



# WELLBEING SMOOTHIES

## LET FOOD BE YOUR MEDICINE

Studies show that the health benefits from following a diet that focuses on a daily intake of fruit and vegetables include weight loss; diabetes control; lowered insulin secretion; improved sports performance; and reduced risk for diabetes, cardiovascular disease, high blood pressure and cancer.

Think of your body as a high performance sports car, a top of the line machine that needs the right fuel to function at an optimal level. If we don't get the proper fuel into our machine, it will eventually start to break down. We eat to receive energy and nutrients and to support growth and repair and help protect our immune system from the risk of disease.

If you give your body the right environment and adopt healthy habits, you have the power to change your health in the future.



# GIVE YOUR BODY THE RIGHT ENVIRONMENT TO THRIVE

There are six lifestyle behaviours that have the greatest influence to our health and how we age. They are:

- eating healthily
- getting regular exercise
- getting enough sleep
- not smoking
- maintaining a healthy weight, and
- not drinking alcohol or drinking it in moderation.

It's also important to manage stress, as this can influence both physical and psychological ageing and promote the early onset of age-related diseases.

Stay on track! Eat the right food, exercise daily and get enough rest!

# TO SHAKE OR TO BLEND ?

Healthy Chef Pure Protein can support your diet by ensuring you receive the optimum daily protein intake needed for optimum immune function + to help your body repair.

## SHAKE:

For best results, Healthy Chef Pure Protein should be taken according to the instructions on the side panel of the pack. 2 tablespoons per serve in approximately 200mL - 250 mL water or your choice of milk (rice, almond, seed, dairy). Shake with ice and drink immediately. This is the quickest and most convenient way of enjoying your protein supplement. Great as an afternoon or mid morning protein rich and low calorie snack.

## BLEND

For more of a meal replacement, add 2 tablespoons of Healthy Chef Pure Protein into any smoothie along with fresh or frozen fruits, vegetables and smoothie boosters such as omega 3. This will ensure you will receive adequate protein, antioxidants and fiber to supplement your healthy diet and help keep you fuller for longer.

Please consult your healthcare professional before undertaking any diet or exercise program.



# MY TOP SMOOTHIE BOOSTERS

## OMEGA 3

Essential in your diet and will support your health in every way such as reduce inflammation, nourish the brain, help with fat loss and protect the heart. Add 1 teaspoon flaxseed, chia, walnut or their oils into any smoothie. Krill or fish oil can also be added.

## SPIRULINA

High in amino acids the building blocks of protein to help the body repair. Rich in iodine, which is needed for healthy thyroid for metabolism. Add one teaspoon into your next smoothie and feel energized.

## PROBIOTICS

Good bacteria that help protect our immune and digestive system. Fermented foods such as natural yoghurt and kefir are a great addition to smoothies and you can also add a concentrated powder available from health food stores.

## PROTEIN POWDER

Healthy Chef Pure Native Whey and Organic Pea Protein is a great addition to any smoothie. They contain all the essential amino acids needed to repair and support a healthy body. Add 2 tablespoons into any smoothie.

## BERRIES

Low in calories and high in antioxidants. A study published in the British Journal of Nutrition found that adding strawberries to meals slowed the insulin responses by delaying the absorption of sugars in the digestive tract. Insulin is an anabolic hormone that increases storage of fat, protein and glucose. It's main effect in regard to fat is to block lipolysis (oxidation of fat). Throw frozen or fresh berries into any smoothie.



## HOW I LIKE TO ENJOY MY SMOOTHIE

In the mornings, I'm often pulling out my Vitamix and whipping up a healthy smoothie for breakfast. It's an easy way of getting a nutritious start to the day. I throw in berries, rice milk + a serve of Organic Pea Protein or WPI - it's that simple then blend and enjoy.

When traveling or busy with work I make it portable and keep one in my desk at work or in my suitcase when traveling. They are so quick and easy to prepare with water or your choice of milk then shaken. This helps me power through the day and keeps my energy levels on track.







REMOVE  
RESTORE  
REJUVENATE

# DETOX SMOOTHIE

2 Kiwi fruit, peeled  
1 cup (250 ml) coconut water or apple juice  
handful kale or spinach leaves  
1 teaspoon spirulina  
1/2 teaspoon grated fresh ginger  
2 tablespoons Healthy Chef Pure Native WPI or  
Organic Pea Protein

## What it's good for:

High in antioxidants.  
Supports colon health  
+ elimination

**COMBINE** all the ingredients into a blender.

**BLEND** until smooth smooth + creamy.

**ENJOY.**

## PER SERVING:

Protein: 30.2 g  
Total Fat: 0.9 g  
Saturated: 0.5  
Carbs: 13 g  
Sodium: 301 mg  
Fiber: 3.8 g  
Calories: 179  
kilojoules: 750

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# ANTI AGEING SMOOTHIE

1 cup ( 150 g) fresh or frozen strawberries  
250 ml (1 cup) coconut water or seed milk, nut milk, rice milk  
1 teaspoon flaxseed oil or walnut oil  
2 tablespoons Healthy Chef Pure Native WPI or  
Organic Pea Protein

## What it's good for:

high antioxidants +  
protein to support repair +  
nourish a healthy  
immune system

**COMBINE** all the ingredients into a blender.

**BLEND** until smooth smooth + creamy.

**ENJOY.**

## PER SERVING:

Protein: 30.4 g  
Total Fat: 5.8 g  
Saturated: 0.9 g  
Carbs: 7.1 g  
Sodium: 300 mg  
Fiber: 3.3 g  
Calories: 201  
kilojoules: 840

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# IMMUNE BOOSTER SMOOTHIE

1 cup (150 g) mixed frozen berries  
1 whole orange, peeled or 1/2 cup papaya  
1 tablespoon goji berries  
250 ml (1 cup) coconut water or apple juice or orange juice  
2 tablespoons Healthy Chef Pure Native WPI or  
Organic Pea Protein

**What it's good for:**  
high in antioxidants + protein  
to support healthy immune  
function + repair

**COMBINE** all the ingredients into a blender.  
**BLEND** until smooth smooth + creamy.  
**ENJOY.**

**PER SERVING:**

Protein: 31.8 g  
Total Fat: 0.8 g  
Saturated: 0  
Carbs: 13.8 g  
Sodium: 302 mg  
Fiber: 5 g  
Calories: 187  
kilojoules: 783

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# OPTIMUM HEALTH SMOOTHIE

150 g (1 cup) **blueberries** frozen  
250 ml (1 cup) coconut water or apple juice  
1 teaspoon flaxseed, chia, walnut or omega 3 oils  
2 tablespoons Healthy Chef Pure Native WPI or  
Organic Pea Protein

## What it's good for:

High antioxidants  
Anti-inflammatory  
Helps regulate blood sugar  
Supports heart  
+ brain health

**COMBINE** all the ingredients into a blender.

**BLEND** until smooth smooth + creamy.

**ENJOY.**

## PER SERVING:

Protein: 30.3 g  
Total Fat: 2.4 g  
Saturated: 0.7  
Carbs: 20 g  
Sodium: 291 mg  
Fiber: 4.8 g  
Calories: 223  
kilojoules: 935

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# DIGESTIVE BALANCE SMOOTHIE

- 1 banana
- pinch of nutmeg
- 1 cup your choice (almond milk, seed milk, coconut water, rice milk)
- 2 tablespoons Healthy Chef Pure Native WPI or Organic Pea Protein
- 1 teaspoon probiotic powder
- 1/2 cup ice

**COMBINE** all the ingredients into a blender.  
**BLEND** until smooth smooth + creamy.  
**ENJOY.**

## What it's good for:

high in minerals + protein  
to support gastrointestinal  
health + immune function.

## PER SERVING::

Protein: 29.7 g  
Total Fat: 0.7 g  
Saturated: 0.5  
Carbs: 19 g  
Sodium: 291 mg  
Fiber: 1.8 g  
Calories: 198  
kilojoules: 780

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# HAPPINESS SMOOTHIE

- 1 banana, fresh or frozen
- 1 tablespoon walnuts, cashew or brazil nuts
- 2 teaspoons raw cacao powder
- 1 cup (250 ml) your choice water, nut milk, seed milk or coconut water
- 2 tablespoons Healthy Chef Pure Native WPI or Organic Pea Protein
- 1/2 cup ice

## What it's good for:

high in protein, minerals +  
omega 3 to support  
mental health .

**COMBINE** all the ingredients into a blender.

**BLEND** until smooth smooth + creamy.

**ENJOY.**

## PER SERVING::

Protein: 30.6 g  
Total Fat: 7.4 g  
Saturated: 1.0  
Carbs: 17 g  
Sodium: 47 mg  
Fiber: 2.7 g  
Calories: 256  
kilojoules: 1070

WELLBEING

FINALLY A PROTEIN SUPPLEMENT THAT'S

# ALL NATURAL + DELICIOUS

*Teresa Cutter*

Great as a healthy meal replacement or snack + supports weight loss, body shaping + recovery.

#### Benefits

Gluten free, low carb, high protein, no artificial sweeteners, fillers or gums, low fat, organic and purely delicious.

Available online at [thehealthychef.com](http://thehealthychef.com)



**HEALTHY  
CHEF**  
Purely delicious



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# WHY I DIDN'T WANT THESE INGREDIENTS IN MY PROTEIN SUPPLEMENT:

## **SOY PROTEIN**

Most come from GM sources with high pesticide use. Phyto-oestrogens may cause hormonal disturbances + suppressed thyroid function in some people.

## **GLUTEN**

Food sensitivities to gluten can elevate inflammation in some people and cause a range of health problems from hormonal imbalances, skin conditions, nutrient depletion, fatigue, mood swings and headaches.

## **DEXTRINS / GLUCOSE / FRUCTOSE**

Can raise glycemic load as well as cause gastrointestinal distress, malabsorption and mineral loss in some people.

## **ARTIFICIAL SWEETENERS**

Common sweeteners used are sucralose, splenda (955), aspartame, equal, nutrasweet, (951) saccharin (954). Side effects may include headaches, migraines, gastric distress, depression and weight gain.

## **SKIM MILK POWDER / MILK SOLIDS**

Often used as a cheap bulking agent in less quality powders to maximise profit for the manufacturer. They are high in lactose sugars that can cause bloating, gastrointestinal distress, constipation and loose stools.

## **WHEY PROTEIN CONCENTRATE (WPC) + CASEINATE**

WPC's and casein proteins are both by-products of cheese making. These slower release proteins are added to supplements to add a creamy mouthfeel to the final drink. They are poorly absorbed, high in lactose and poorly digested that can often cause bloating, flatulence + gastrointestinal distress in some people. It's quite ironic that these powders actually started off as a weight gainer in medical institutions !

## **VEGETABLE OILS / FATS**

These ingredients are often added to many weight loss and protein supplements to increase richness and mouth feel of the powder. These fats are often derived from hydrogenated sources that contain trans fats, which are thought to be more harmful than saturated fats. Trans fats raise levels of bad cholesterol and lower levels of good cholesterol. Additionally, studies also suggest that trans fats may worsen insulin resistance, weight gain and diabetes and have detrimental effects on brain health.

## **THICKENERS + GUMS**

Including xanthan gum and guar gum which are used as thickening agents and to create a feeling of fullness in the gut. The common side effects are gas, bloating, gastrointestinal distress.