



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.

BI FND

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 keifir 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 SMOOTHE

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.









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

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

ENJOY.

DETOX SMOOTHE

What it's good for:

High in antioxidants.
Supports colon health
+ elimination

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 kiilojoules: 750







ANTI AGENG SMOOTHE

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

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

ENJOY.

What it's good for:

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

PER SERVING:

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





IMMUNE BOOSTER SMOOTHE

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
killojoules: 783



Low GI - High Protein - Gluten free - Antioxidants



OPTIMUM HEALTH SMOTHE

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

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

ENJOY.

What it's good for:

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

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 killojoules: 935







DIGESTIVE BALANCE SMOOTHIF

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 killojoules: 780







HAPPINESS SMOOTHE

- 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

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

ENJOY.

What it's good for:

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

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 killojoules: 1070

FINALLY A PROTEIN SUPPLEMENT THAT'S

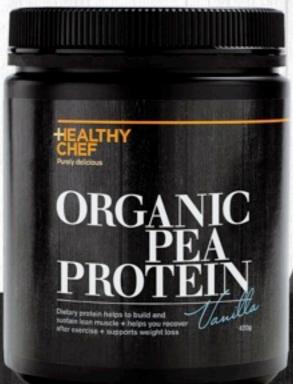
ALL NATURAL +DELICIOUS

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





Purely delicious

FINALLY A PROTEIN SUPPLEMENT THAT'S

ALLNATURAL

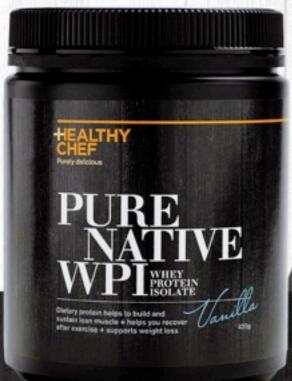
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WHY I DIDN'T WANT THESE INGREDIENTS IN MY PROTEIN SUPPLEMENT:

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, malabsorbtion and mineral loss in some people.

ARTIFICIAL SWEETENERS

Common sweeteners used are sucrolose, splenda (955), aspartamine, 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 agents 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 bi-products of cheese making. These slower release proteins are added to 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.