

Radiant BEAUTY DIET

GLOWING SKIN - RADIANT HEALTH - BOOST WELLBEING



01 DRINK

Beauty Collagen as part of your daily ritual. Mix 1 serve into a large glass of filtered water. Aim to drink 2 – 3 litres of water daily to support the skins production of collagen.

02 REMOVE

gluten, alcohol, starchy carbs and refined sugars. By reducing or eliminating these elements from your diet, you can minimise inflammatory skin responses.

03 EAT

a diet rich in protein, antioxidants + healthy fats. Protein builds and repairs skin tissues, antioxidants protect against free radical cell damage, while healthy fats improve the skin's moisture + elasticity. Make a beauty boosting smoothie by blending a serve of Healthy Chef Protein, strawberries and almond milk.

04 REPLACE

your morning coffee with Matcha Tea. Enjoy Nourish + Glow Tea and Organic Superfood to boost antioxidants and hydration.

05 MOVE

your body every day. Regular exercise helps to increase blood flow, nourish skin cells and keep then toned and supple.

06 NURTURE

your skin with quality sleep, between 7-9 hours. When we sleep, our body releases human grown hormone, a key ingredient for collagen production.

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MORNING

1 large glass room temperature water
mixed with 1 served of Beauty Collagen.

BREAKFAST

Strawberry Glow Smoothie
1 cup Matcha Green Tea

LUNCH

Smoked Salmon Caesar Salad

AFTERNOON

Healthy Chef Protein w/ water

DINNER

3-ingredient carrot soup

NIGHT

Nourish + Glow tea

EAT WELL
MOVE DAILY
HYDRATE OFTEN
SLEEP LOTS
LOVE YOUR BODY

CORE PRODUCTS

BEAUTY COLLAGEN

Formulated to support skin, hair and nail health. Combining pure wild-caught Marine Collagen with natural Vitamin C, Zinc + B5 for hydrated, glowing skin. Beauty Collagen helps to boost natural cell regeneration; leaving your skin feeling nourished and glowing.



NOURISH + GLOW

Get your skin glowing with our unique blend of rosehip and hibiscus flowers infused with superfood berries and pomegranate. A delicious beautifying tea for a glowing complexion.



YOUR CHOICE OF HEALTHY CHEF PROTEIN

High in amino acids to nourish skin cells + repair. Provides vital nutrients at any stage of your life. Gluten free – low carb – sugar free.



SUPPLEMENTARY PRODUCTS

EVERYDAY GREENS

A delicious low FODMAP blend of organic green superfoods combined with probiotics + L-Glutamine to BOOST YOUR WELLBEING.

MATCHA TEA

Matcha is high in antioxidants, increases energy levels, enhances mood, boosts your immune system, stimulates your metabolism, detoxifies the body, boosts concentration and improves skin health.

ORGANIC SUPERFOOD

A delicious blend of organic fruits, vegetables, antioxidants + pre-biotics to nourish the digestive system, boost skin health + support total wellbeing.

EARTH TO TABLE

Inspired by healthy, Mediterranean, plant-based cuisine using wholefood ingredients to support glowing skin.

DISCLAIMER

See your health practitioner for a full medical check-up before embarking on any new diet and fitness program. This information is only intended to serve as an introduction to healthy lifestyle changes. It should not be treated as a definitive guide, nor should it be considered to cover every area of concern or be regarded as legal or medical advice. Readers should always consult an appropriate health professional on matters relating to their wellbeing. Neither the author nor the publisher and their distributors can be held responsible for any loss, claim or action that may arise from reliance on the information contained in this book.