

PHASE 2 Essentials

The key to success in SMART Diet is to live a disciplined life. MAKING THE RIGHT CHOICES are imperative to the success of this diet...Its only a short time and the foods that are listed are chemically balanced to produce the weight loss you are expecting. Deviating even a small amount e.g. 1 tsp. sugar or a piece of bread or a mouthful of food not on the protocol will affect the outcome. Buy what you need and just make up your mind to stick to it. Below is a shopping guide.

From The Food Store:

- Green Tea
- Organic Coffee
- Liquid Stevia Drops or Powdered
- Braggs Liquid Amino s
- Unfiltered apple cider vinegar

Edible Oil:

- Extra Virgin Organic Coconut Oil (Health Store)

Fruits Veggies And Edibles:

- Lettuce (iceberg & romaine) or any green lettuce or rocket
- Asparagus
- Broccoli
- Cucumbers
- Lemons
- Cabbage
- Sweet onions
- Celery
- Green onions
- Bag of spinach
- Silver beet
- Mushrooms (2 serves a week)

- Bok Choy
- Broccoli
- Brussels Sprouts
- Chard
- Beet Greens
- Rocket

- Strawberries
- Apples
- Oranges
- Grapefruit (red)
- Lemons

Note - Fresh or frozen fruit only, canned is prohibited (may contain added sugar and preservatives).

Spices and Condiments:

- Fresh garlic & ginger
- Tomatoes (cherry, roma etc.)
- Canned stewed or diced tomatoes (make sure is low sugar)
- Melba Toast (wheat & garlic)
- Grissini Bread Sticks
- Shirataki Noodles (Asian / Japanese Shop)
- Salsa (no sugar added)
- Chinese 5 Spice seasoning
- Spices: basil, parsley, garlic powder or minced, minced ginger, cumin, rosemary, coriander, onion powder, cayenne, lemon pepper, chili powder, curry powder etc.
- Sea Salt
- Organic Tomato Paste (no sugar)
- Worcestershire / Horseradish Sauce
- Chicken Broth (use when cooking instead of oils)
- Beef Broth (use when cooking instead of oils)

Proteins:

- Fresh chicken breast or tender loins
- 93% lean ground beef and chicken mince
- lean steak
- lean roast
- prawns, lobster, crab
- white fish
- Free range eggs

Tip Purchase all proteins raw and in bulk. Weigh and cut into (kJ or oz). (See Food Chart) individual portions. Cover with plastic wrap and place poultry, meat and fish in separate containers and store in freezer.

Beverages:

- Bottled or Filtered Water
- Sparkling Mineral Water
- Herbal Teas (any tea bag assortment)
- Unsweetened Green Tea
- Unsweetened Black Tea
- Unsweetened Wu-Long Tea
- Organic Coffee

Personal Care Items / Cosmetics :

- Body Lotion (water based)
 - Eye Makeup (water/mineral based)
 - Perfumes (Herbal)
 - Moisturizer (water based)
 - Sunscreen (water based)
 - Foundation (mineral based)
 - Shampoo (oil free/ organic)
 - Soap (oil / fat free)
 - Deodorant (oil free/Crystal)
- (See SMART Personal Care for Specific Recommendations)

Equipment:

- Weighing machine to measure weight every day
- Digital Food Scale to measure the calorie of the edibles
- George Forman Grill
- Latex Gloves to wear during cooking or oiling others' hair
- Measuring tape
- Blender for Green Smoothies (optional)
- Meditation Cd's