

Phase 2 – Apple Rescue Day

Using and Apple Day

'**Apple Day**' is the technique suggested by Dr. A.T.W. Simeons to break plateaus during Phase 2 (VLCD or LCD). (sometimes used in Phase 3 also). In this phase of the SMART Diet, it often happens that the dieter notices a stall in the weight loss process. For 4-6 days, the weight neither increases nor decreases even if the dieter maintains VLCD or LCD and takes regular doses of SMART Drops. An 'Apple Day' can effectively deal with such a situation ensuring significant weight reduction on the next day

The plateau can occur due to cheating as well. Sometimes it happens that the dieter crosses 500 cal – 650 cal / day menu consciously or unconsciously as a result they observe a noticeable gain in weight or the fat loss process just stops. Some of the important points about the 'Apple Day' are mentioned below:

1. An Apple Day should be started as soon as you experience a plateau during the diet.
2. You should employ this diet technique from lunchtime that subsequently ends next day at the same time.
3. During these hours, six big apples eaten.
4. You should take one apple whenever you feel cravings for food. However, you are only allowed maximum six apples for the whole day.
5. No other food is permitted during the day. Apple contains enough fluid. **Hence, the dieter doesn't need to drink too much water.** However, if you feels thirsty after six apples, take some plain water to quench thirst.
6. Apple Day also helps in colon cleansing.

The Apple Day is the ideal solution for plateau correction. Many dieters have reported around 2 pounds (.900 grams +) weight loss on the next day of the

