

# Phase 2 Shopping List

NOTE: Using organic and pure water is only recommended by Kevin Trudeau.

## Meat & Fish:

### Organic grass fed suggested

Beef  
Veal  
Chicken breast (skinless)  
Wild Chilean sea bass  
Flounder  
Sole  
Halibut  
Fresh White Fish (\*)  
Lobster (\*)  
Crab (\*)  
Shrimp (\*)

## Vegetables (Organic suggested):

Spinach  
Chard  
Beet greens  
Lettuces of any kind  
Tomatoes  
Celery  
Fennel  
White, yellow, or red onions  
Red radishes  
Cucumbers  
Asparagus  
Cabbage

## Fruit (Organic suggested):

Apple (1-2 per day)  
½ grapefruit, (per day)  
Strawberries  
Orange (\*)

## Seasonings (Organic suggested):

Lemon (*juice of one daily*)  
White or Black Pepper  
Sea salt  
Garlic  
Basil  
Parsley  
Thyme  
Marjoram  
Raw Organic Apple Cider Vinegar  
or any other herb or organic herb

## Tea (Organic suggested) & Water (pure suggested):

Green tea  
(stimulates cell cleansing, increases metabolism, helps regulate hunger)  
Wu Long tea (a green tea)  
(melts away fat)  
Yerba Mate tea  
(increases energy, reduces appetite and stimulates releasing of fat cells)  
Chamomile tea  
Water - ½ to 1 gallon daily  
- (*Pure water is suggested - Volvic, Fiji, Evian; ideally with coral calcium sachets*)

## **Other:**

Melba Toast (\*)  
Grissini (\*)  
One Tablespoon of milk daily

(\*) Noted in these words only in Dr. Simeons' protocol