



# S.M.A.R.T. INGREDIENTS LIST

## S.M.A.R.T. PLANT-BASED PROTEINS

### PROTEIN POWDERS

- ✓ Flaca Stay Lean All-in-One Shake – Vanilla or Chocolate
- ✓ Flaca Get Lean Plus – Vanilla or Chocolate
- ✓ Flaca Detox Plus
- ✓ Other Plant-based protein powders (must be dairy-free, gluten-free, soy-free, sugar-free, non-GMO)

### NUTS AND NUT BUTTERS: FROM RAW NUTS AND UNSWEETENED

- ✓ Butters
- ✓ Almonds
- ✓ Cashews
- ✓ Hazelnuts
- ✓ Pecans
- ✓ Pine nuts
- ✓ Walnuts

### SEEDS: RAW

- ✓ Chia seeds
- ✓ Hemp seeds
- ✓ Pumpkin seeds
- ✓ Sesame seeds
- ✓ Sunflower seeds

## S.M.A.R.T. ANIMAL PROTEINS

- ✓ Chicken and Turkey - organic free-range
- ✓ Eggs - organic and free range
- ✓ Pork – pastured
- ✓ Red meats - organic, grass-fed lean beef, game, or lamb – see section below on how to buy meat

### FISH

- ✓ Anchovies
- ✓ Butterfish
- ✓ Clams
- ✓ Cold water fish and shellfish, preferably wild-caught
- ✓ Halibut
- ✓ Herring
- ✓ King crab

- ✓ Lobster
- ✓ Sardines
- ✓ Scallops
- ✓ Shellfish
- ✓ Sole
- ✓ Tilapia
- ✓ Trout
- ✓ Whitefish
- ✓ Wild Salmon

## S.M.A.R.T. FATS

- ✓ Almond meal
- ✓ Almond milk – unsweetened
- ✓ Avocado
- ✓ Coconut butter
- ✓ Coconut milk – unsweetened
- ✓ Flaxseed meal
- ✓ Olives

### HEALTHY OILS:

- ✓ Flaxseed oil
- ✓ Avocado oil
- ✓ Coconut oil - extra virgin
- ✓ Olive oil - extra virgin
- ✓ Palm fruit oil

### NUTS

- ✓ Cashews
- ✓ Hazelnuts
- ✓ Macadamia nuts
- ✓ Pecans
- ✓ Walnuts

### SEEDS: raw

- ✓ Chia
- ✓ Flax
- ✓ Pumpkin
- ✓ Sesame
- ✓ Sunflower

## S.M.A.R.T. VEGETABLES: NON-STARCHY (UNLIMITED)

- ✓ Arugula
- ✓ Asparagus
- ✓ Bamboo shoots
- ✓ Bean sprouts
- ✓ Beet greens
- ✓ Bell peppers: red green and yellow - (Dirty Dozen, so they need to be organic)
- ✓ Broccoli
- ✓ Brussels sprouts
- ✓ Cherry tomatoes - (Dirty Dozen, so they need to be organic)
- ✓ Cucumber - (Dirty Dozen so it needs to be organic)
- ✓ Cabbage: red, yellow, and green
- ✓ Cauliflower
- ✓ Celery - (Dirty Dozen, so it needs to be organic)
- ✓ Chayote
- ✓ Chives
- ✓ Collard greens
- ✓ Eggplant
- ✓ Endive
- ✓ Fennel
- ✓ Garlic
- ✓ Ginger
- ✓ Green beans
- ✓ Green onions
- ✓ Jicama
- ✓ Kale
- ✓ Mushrooms
- ✓ Jalapeño peppers
- ✓ Sunflower seeds
- ✓ Mustard greens
- ✓ Dandelion greens
- ✓ Hot peppers
- ✓ Leeks
- ✓ Lemon
- ✓ Lettuce
- ✓ Limes
- ✓ Onions – yellow, red, white
- ✓ Parsley
- ✓ Poblano peppers
- ✓ Radishes
- ✓ Scallions
- ✓ Serrano peppers
- ✓ Shallots
- ✓ Snow peas
- ✓ Spaghetti squash
- ✓ Spinach (Dirty Dozen, so it must be organic)
- ✓ Sugar snap peas - (imported are Dirty Dozen, so they need to be organic)
- ✓ Summer squash
- ✓ Swiss chard
- ✓ Summer squash
- ✓ Tomatoes
- ✓ Turnip greens
- ✓ Water chestnuts
- ✓ Watercress
- ✓ Zucchini

## S.M.A.R.T. CARBS

### FRUITS

- ✓ Apples
- ✓ Berries: acai, blackberries, blueberries, boysenberries, elderberries, goji berries, goose berries, loganberries, raspberries, strawberries
- ✓ Cranberries
- ✓ Grapefruit
- ✓ Nectarines
- ✓ Oranges
- ✓ Passion fruit

### VEGETABLES

- ✓ Acorn squash
- ✓ Artichokes
- ✓ Butternut Squash
- ✓ Carrots
- ✓ Leeks
- ✓ Okra
- ✓ Pumpkin
- ✓ Sweet potato/yam
- ✓ Turnip
- ✓ Winter squash

### GRAINS

- ✓ Amaranth
- ✓ Brown rice and brown rice pasta (no corn)
- ✓ Quinoa and quinoa pasta (no corn)
- ✓ Millet
- ✓ Oatmeal
- ✓ Teff
- ✓ Wild rice

### BEANS AND LEGUMES

- ✓ Chickpeas or garbanzo beans
- ✓ French beans
- ✓ Hummus
- ✓ Kidney beans
- ✓ Lentils
- ✓ Lima beans
- ✓ Pinto beans
- ✓ Split beans
- ✓ White beans

## S.M.A.R.T. CONDIMENTS AND SPICES (UNLIMITED)

- ✓ Apple cider vinegar
- ✓ Black pepper
- ✓ Cayenne
- ✓ Cinnamon
- ✓ Coriander
- ✓ Cumin
- ✓ Dijon or spicy mustard - no sugar added

- ✓ Dried bay leaf
- ✓ Garlic
- ✓ Oregano
- ✓ Rosemary
- ✓ Sea salt
- ✓ Shallots
- ✓ Thyme
- ✓ Turmeric

## S.M.A.R.T. CARBS

- ✓ Acai
- ✓ Cacao nibs
- ✓ Cacao powder – organic, raw,
- ✓ Coconut chips - unsweetened
- ✓ Maca powder
- ✓ Seaweed

## S.M.A.R.T. DRINKS

- ✓ Coffee - organic and dark roasted
- ✓ Flaca Forever Stay Lean, Get Lean or Detox Shakes
- ✓ Green tea
- ✓ Teas - No caffeine
- ✓ Teas - With caffeine
- ✓ Water: Plain water only



# S.T.U.P.I.D. INGREDIENTS LIST

## S.T.U.P.I.D. INGREDIENTS TO AVOID

- ✘ Dairy
- ✘ Gluten
- ✘ Sugar
- ✘ Artificial sweeteners
- ✘ GMO products
- ✘ Soy
- ✘ Corn
- ✘ Unhealthy oils
- ✘ Processed foods
- ✘ Unhealthy additives – like MSG and artificial flavors
- ✘ The most contaminated vegetables and fruits as found on the list of the Dirty 12, which is a list compiled annually by the EWG (Environmental Working Group). The list includes the fruits and vegetables with the most pesticide residues. To get list for the year, go to:  
[https://www.ewg.org/foodnews/dirty\\_dozen\\_list.php#.WaDWra2ZNE4](https://www.ewg.org/foodnews/dirty_dozen_list.php#.WaDWra2ZNE4)  
When buying any of the foods in this list, I want you to choose organic order to keep toxins in your body

