DIET MEALS

WITH L-CARNITINE AND PHASEOLAMIN

GLUTEN FREE

LOW FAT - HIGH PROTEIN - LOW CARB

BERRY FLAVOURED PANCAKES

WITH ADDED FAT BURNERS AND HYDROXY CARB BLOCKERS

PER SERVE	CARBS	PROTEIN	FIBRE	SAT FAT
40G	4.9G	20.4G	7.4G	0.2G

CONTAINS 10 MEALS

(10 x 40G SERVES)

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BERRY FLAVOURED DONUTS

WITH ADDED FAT BURNERS AND HYDROXY CARB BLOCKERS

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CONTAINS 10 MEALS

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(10 x 40G SERVES)

SMARTDIET SOLUTIONS .COM

THE EASIEST WAY TO DIET

YOU'VE MADE THE **SMART** CHOICE

COMPARE THE DIFFERENCE

AVERAGE PER SERVE	CARBS	SAT FAT	PROTEIN	FIBRE
DIET SHAKES	24g	0.4g	17g	4g
DIET BARS	27g	2g	17g	2g
SMARTDIET MEALS	4.9g	0.2g	20.4g	7.5g

PLUS ADDED FAT BURNERS AND CARB BLOCKERS

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SMART DIET MEALS

RECIPE SAMPLES FROM OUR WEBSITE:

BERRY FLAVOUR

Choc Berry Muffins

Add 2 scoops of your choice of chocolate or 1 tsp cocoa mixed with 1 packet sweetener and 1 tsp low fat yogurt or cream cheese) plus 1 tsp frozen berries to 2 x 1 Muffin mix/muffin tray before adding rest of mix and cook.

Banana Berry Waffles

Add ½ of a chopped banana to mix and cook. Serve with fat free sugar free ice cream or cream with sugar free maple syrup or jam.

Berry Pancakes

Add ½ cup of berries or fresh berries on top pancake immediately after pouring into pan. Flip and cook as normal. Serve with sugar free maple syrup or sugar free jam (sweetener and low fat cream cheese flavoured fat free sugar free yoghurt.

Triple Berry Cup Cakes

To standard mix add 1 tbsp sugar free berry yoghurt and ½ tsp mixed berry flavoured jelly powder. Pour into cup cake holders and cook as per muffin instructions. For the icing, mix fat free cream cheese with sugar free jam. Spread on to cooled cupcakes and top with berries.

Jelly Donuts

Cook donuts as per instructions on packet. While still warm, cut open and spread with sugar free jam then top with ice cream. Serve warm.

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***ACTIVE INGREDIENTS FOR WEIGHT LOSS:**

L-CARNITINE ..... FAT BURNER
PHASEOLAMIN ..... CARBOHYDRATE BLOCKER
CHROMIUM ..... APPETITE SUPPRESSANT AND CRAVING STABILISER
L-GLUTAMINE ..... INCREASES FAT LOSS DURING TRAINING BY PRESERVING MUSCLE
PSYLLIUM HUSK AND INULIN FIBRE ..... AIDS DIGESTION AND KEEPS YOU FULL FOR LONGER
WPI, WPC, EGG WHITE & CASSEIN PROTEINS ..... INCREASES FAT LOSS BY PRESERVING MUSCLE

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DIRECTIONS:

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   1 PACKET = 1 SERVE
2. ADD A SMALL AMOUNT OF WATER DEPENDING ON YOUR MEAL CHOICE
   WATER QUANTITIES FOR EACH MEAL TYPE ARE SPECIFIED ON THE BACK OF EACH PACK.
3. STIR AND COOK ACCORDING TO DIRECTIONS ON THE BACK OF PACKET
   COOKING TIMES VARY BASED ON MEAL TYPE AND COOKING METHOD
4. ENJOY HOT OR COLD
   EXTRA INGREDIENTS CAN BE ADDED BEFORE OR AFTER COOKING (SEE RECIPES INSIDE OF BOX)

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SMART DIET MEALS
PATENT PENDING

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Nutritional Facts Serving size 1 Packet (40g)

Amount Per 100 Grams		Amount Per 1 Serve	
Calories	**142 Cal**	**57 Cal**	2.3%
	Per 40g	**% Daily Value***	Per 100g
Protein	**20.4g**	**40.8%**	51%
Energy	355kJ	142kJ	888kJ
Total Carbohydrate	**4.9g**	**1.6%**	12.3%
Sugars	1.1g	0.4g	2.8%
Dietary Fibre	**7.4g**	**27.2%**	18.5%
Sugar Alcohols	1g		2.5%
Fructose	0.4g		1%
Total Fat	**0.2g**	**0%**	0.5%
Saturated Fat	0.2g	0.0%	0.5%
Polyunsaturated Fat	0.0g		0.0%
Monounsaturated Fat	1.6g		4.1%
Cholesterol	**0g**	**0%**	0g
Total Fat	0g	0.0g	0g
Sodium	**270mg**	**11.3%**	1750mg
Calcium	**0mg**	**0%**	0mg

* Based on a 2000 calorie diet

Vitamins	Per 100g	Per 1 Serve	% Daily Value*
Vitamin A	0.0IU	0.0IU	0%
Vitamin C	0.0mg	0.0mg	0%
Thiamin (B1)	0.0mg	0.0mg	0%
Riboflavin (B2)	0.0mg	0.0mg	0%
Niacin	0.0mg	0.0mg	0%
Pyridoxine (B6)	0.0mg	0.0mg	0%
Folate	0.0µg	0.0µg	0%
Vitamin B12	0.0µg	0.0µg	0%
Pantothenic Acid	0.0mg	0.0mg	0%
Biotin	0.0µg	0.0µg	0%
Vitamin D	0.0IU	0.0IU	0%
Vitamin E	0.0IU	0.0IU	0%
Vitamin K	0.0µg	0.0µg	0%
Iodine	0.0µg	0.0µg	0%
Iron	0.0mg	0.0mg	0%
Phosphorus	0.0mg	0.0mg	0%
Magnesium	0.0mg	0.0mg	0%
Zinc	0.0mg	0.0mg	0%
Selenium	0.0µg	0.0µg	0%
Copper	0.0mg	0.0mg	0%
Manganese	0.0mg	0.0mg	0%
Chromium	0.0µg	0.0µg	0%
Potassium	0.0mg	0.0mg	0%
Chloride	0.0mg	0.0mg	0%

* Based on a 2000 calorie diet

INGREDIENTS: Smart Diet Meals (Protein Blend [Whey Protein Concentrate, Whey Protein Isolate, Hydrolysed Whey Isolate, Hydrolysed Casein], Tapioca Maltodextrin, Cocoa Powder, Psyllium Husk, Baking Powder [Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate], Sweetener [951], Xanthan Gum, Salt, Flavour, Sunflower Lecithin, Vitamins [Vitamin C, Niacinamide, Vitamin A, Calcium D-Pantothenate, Vitamin B6, Riboflavin, Thiamin, Vitamin B12], Citrulline, Lecithin, Acesulfame Potassium, Sucralose, Xanthan Gum, Sodium Chloride, Potassium Chloride, Sodium Citrate, Sodium Bicarbonate, Egg White Powder, Guar Gum, Beetroot Powder, Natural Flavour, Natural Colour [Beetroot Red], Cellulose Gum, Maltodextrin, Tocopherols (Vitamin E), Ascorbic Acid (Vitamin C), Cellulose, Sunflower Oil, Lecithin, Salt, Natural Flavour, Natural Colour [Beetroot Red], Sweetener [951], Cellulose Gum, Maltodextrin, Tocopherols (Vitamin E), Ascorbic Acid (Vitamin C), Cellulose, Sunflower Oil, Lecithin, Salt, Natural Flavour, Natural Colour [Beetroot Red], Egg Powder, Sweetener [951], Xanthan Gum, Sodium Chloride, Potassium Chloride, Sodium Citrate, Sodium Bicarbonate, Egg White Powder.

GLUTEN FREE, NO SOY, NO RICE AND NO ADDED SUGAR.

Smart Diet Meals are not designed as a complete meal replacement.
A daily multi-vitamin/mineral supplement should be taken with any restricted diet plan.
This is a high fibre product. A full glass of water should be consumed with every meal.
Prior to ordering your diet it is recommended that you consult your G.P.
Not available for children under the age of 15yrs or for pregnant/lactating women.
Product contains milk & egg products as well as nuts.

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Manufactured by Smart Diet Solutions - Shop 5 Bishop Street Mackay, Western Australia 6062 Ph: 1300 DIET MEALS

DIET MEALS

WITH L-CARNITINE AND PHASEOLAMIN

GLUTEN FREE

LOW FAT - HIGH PROTEIN - LOW CARB

VANILLA FLAVOURED PANCAKES

WITH ADDED FAT BURNERS AND HYDROXY CARB BLOCKERS

PER SERVE	CARBS	PROTEIN	FIBRE	SAT FAT
40G	4.9G	20.4G	7.4G	0.2G

CONTAINS 10 MEALS

(10 x 40G SERVES)

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SMART DIET MEALS

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VANILLA FLAVOUR

Warm Apple Muffins
Add 1 tsp of vanilla flavoured muffin product to dry mix together with small diced apple pieces, sweetened and cinnamon (only add water if still too dry). Mix well and cook as normal. Serve warm with yoghurt.

Chocolate Waffles
Add 1 tsp of cocoa or chocolate drops to dry mix before adding water and cook as normal. Serve warm with sugar free maple syrup or chocolate sauce (also available sugar/fat free).

Almond Ricotta Pancakes or Crepes
Add 1 tsp of almond flavoured muffin product and cinnamon and sweetener. Spread on to cooked pancakes or crepes. Top with slivered roasted almonds and sugar free maple syrup.

Cinnamon Donuts
Add 1 tsp of cinnamon and sweetener coarsely sprinkle onto warm donuts and serve.

Apple Cinnamon Donuts
Add 1 tsp of cinnamon and sweetener together and sprinkle onto warm donuts and serve.

Chocolate Peanut Butter Cup Cakes
Add 1 tsp of cocoa or choc drops to standard muffin mix. Add 1 tsp of peanut butter and choc drops and cook as per muffin directions. Allow to cool then top with a mix of peanut butter, a few choc drops and sweetener. Serve cold. Also delicious when cooking if serving warm.

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Nutritional Facts Serving size 1 Packet (40g)

Amount Per 100 Grams		Amount Per Serve	
Calories	142 Cal**	**Calories**	57 Cal
	kJ	**kJ**	238 kJ
Protein	51.0g	**Protein**	20.4g
	20.4g		8.2g
Total Carbohydrate	12.3g	**Total Carbohydrate**	4.9g
	4.9g		1.9g
Sugars	2.4g	**Sugars**	0.9g
	0.9g		0.4g
Dietary Fiber	18.5g	**Dietary Fiber**	7.4g
	7.4g		2.9g
Total Fat	0.5g	**Total Fat**	0.2g
	0.2g		0.1g
Saturated Fat	0.4g	**Saturated Fat**	0.1g
	0.1g		0.0g
Polyunsaturated Fat	0.0g	**Polyunsaturated Fat**	0.0g
	0.0g		0.0g
Monounsaturated Fat	0.0g	**Monounsaturated Fat**	0.0g
	0.0g		0.0g
Trans Fat	0.0g	**Trans Fat**	0.0g
	0.0g		0.0g
Cholesterol	0mg	**Cholesterol**	0mg
	0mg		0mg
Sodium	1770mg	**Sodium**	708mg
	708mg		283mg
Calcium	2.2%	**Calcium**	0.9%
	0.9%		0.4%
Iron	6.5%	**Iron**	2.6%
	2.6%		1.0%
Vitamin A	0.0%	**Vitamin A**	0.0%
	0.0%		0.0%
Vitamin C	0.0%	**Vitamin C**	0.0%
	0.0%		0.0%
Thiamin	0.0%	**Thiamin**	0.0%
	0.0%		0.0%
Riboflavin	0.0%	**Riboflavin**	0.0%
	0.0%		0.0%
Niacin	0.0%	**Niacin**	0.0%
	0.0%		0.0%
Vitamin B6	0.0%	**Vitamin B6**	0.0%
	0.0%		0.0%
Folate	0.0%	**Folate**	0.0%
	0.0%		0.0%
Vitamin B12	0.0%	**Vitamin B12**	0.0%
	0.0%		0.0%
Phosphorus	0.0%	**Phosphorus**	0.0%
	0.0%		0.0%
Magnesium	0.0%	**Magnesium**	0.0%
	0.0%		0.0%
Zinc	0.0%	**Zinc**	0.0%
	0.0%		0.0%
Selenium	0.0%	**Selenium**	0.0%
	0.0%		0.0%
Copper	0.0%	**Copper**	0.0%
	0.0%		0.0%
Manganese	0.0%	**Manganese**	0.0%
	0.0%		0.0%
Potassium	0.0%	**Potassium**	0.0%
	0.0%		0.0%

* Based on a 2000 calorie diet

"Calories from fat per serve"	
Total Fat	0.2g
Saturated Fat	0.1g
Trans Fat	0.0g
Monounsaturated Fat	0.0g
Polyunsaturated Fat	0.0g
Total Carbohydrate	4.9g
Protein	20.4g
Total Calories	57
% Calories from Fat	3%

* Based on a 2000 calorie diet

INGREDIENTS: Smart Diet Meals (Protein Isolate (Whey Protein Isolate, Hydrolysed Whey Isolate, Hydrolysed Egg Isolate), Fructose, Maltodextrin, Cinnamon Powder, Natural Flavour, Acesulfame Potassium, Sucralose, Sunflower Oil, Lecithin, Carrageenan, Xanthan Gum, Salt, Sodium Citrate, Sodium Bicarbonate, Tricalcium Phosphate, Baking Powder, Citric Acid, Sweetener (955), Sodium Benzoate, Potassium Sorbate, Natural Flavour, Sucralose, Acesulfame Potassium, Beta Carotene, Annatto, Tocopherols, Ascorbic Acid, Rosemary Extract, Lecithin, Sunflower Oil, Egg White Powder.

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PATENT PENDING

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AVERAGES PER SERVE	CARBS	SAT FAT	PROTEIN	FIBRE
DIET SHAKES	24g	0.4g	17g	4g
DIET BARS	27g	2g	17g	2g
SMART DIET MEALS	4.9g	0.2g	20.4g	7.5g

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SMART DIET MEALS

RECIPE SAMPLES FROM OUR WEBSITE:

BANANA FLAVOUR

Banana Berry Yoghurt Muffins
Add 1 tbsp of your favourite yoghurt (any other flavour) and 1 tbsp frozen berries to dry mix (add a little water if too thick). Mix and cook as per packet instructions. Serve with yoghurt. Mix another 1 tbsp of berries mixed with another tbsp of yoghurt.

Choc Chip Banana Waffles
Mix 1 tbsp choc chips and some chopped banana into dry mix. Add water and cook as per packet instructions. Serve with fat free, sugar free ice cream or cream and sugar free maple syrup.

Banana, Strawberry & Cream Pancakes
Add 1 tbsp of strawberry jam and banana slices immediately after pouring into pan. Flip and cook as per normal. Serve with a sprinkle of sugar free icing (sweetener) and low fat cream.

Cookie, Jam and Cream Donuts
Cook as per packet (per instructions). Allow to cool then slice open and add sugar free jam, mashed banana and cream. Sprinkle with cinnamon. Sugar free icing (sweetener) can be sprinkled on top before serving (serve warm or cold).

Banana Crème Cup Cakes
Add 1 tbsp of sugar free custard and banana slices to muffin directions using a cupcake liner. Allow to cool. Serve topped with sweetener and vanilla essence.

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Nutritional Facts

Serving Size 1 Packet (40g)

Amount Per 100 Grams		Serving Size 1 Packet (40g)	
Calories	**142 Cal**	**Calories**	**57 Cal**
Protein	**20.4g**	**Protein**	**8.2g**
Sugars	**2.1g**	**Sugars**	**0.8g**
Sugar Alcohols	**0.1g**	**Sugar Alcohols**	**0.0g**
Dietary Fibre	**7.4g**	**Dietary Fibre**	**2.9g**
Total Carbohydrates	**4.9g**	**Total Carbohydrates**	**1.9g**
Fat	**0.2g**	**Fat**	**0.1g**
Saturated Fat	**0.2g**	**Saturated Fat**	**0.1g**
Trans Fat	**0g**	**Trans Fat**	**0g**
Cholesterol	**0mg**	**Cholesterol**	**0mg**
Sodium	**270mg**	**Sodium**	**108mg**
Potassium	**1.1g**	**Potassium**	**0.4g**
Iron	**4.5mg**	**Iron**	**1.8mg**
Calcium	**0.6g**	**Calcium**	**0.2g**
Phosphorus	**0.6g**	**Phosphorus**	**0.2g**
Magnesium	**0.1g**	**Magnesium**	**0.0g**
Zinc	**0.1g**	**Zinc**	**0.0g**
Vitamin A	**0.0g**	**Vitamin A**	**0.0g**
Vitamin C	**0.0g**	**Vitamin C**	**0.0g**
Vitamin D	**0.0g**	**Vitamin D**	**0.0g**
Vitamin E	**0.0g**	**Vitamin E**	**0.0g**
Vitamin K	**0.0g**	**Vitamin K**	**0.0g**
Thiamin	**0.0g**	**Thiamin**	**0.0g**
Riboflavin	**0.0g**	**Riboflavin**	**0.0g**
Niacin	**0.0g**	**Niacin**	**0.0g**
Pantothenic Acid	**0.0g**	**Pantothenic Acid**	**0.0g**
Folate	**0.0g**	**Folate**	**0.0g**
Biotin	**0.0g**	**Biotin**	**0.0g**
Phosphorus	**0.0g**	**Phosphorus**	**0.0g**
Iodine	**0.0g**	**Iodine**	**0.0g**
Magnesium	**0.0g**	**Magnesium**	**0.0g**
Zinc	**0.0g**	**Zinc**	**0.0g**
Selenium	**0.0g**	**Selenium**	**0.0g**
Copper	**0.0g**	**Copper**	**0.0g**
Manganese	**0.0g**	**Manganese**	**0.0g**
Chromium	**0.0g**	**Chromium**	**0.0g**
Molybdenum	**0.0g**	**Molybdenum**	**0.0g**
Chloride	**0.0g**	**Chloride**	**0.0g**
Boron	**0.0g**	**Boron**	**0.0g**
Nickel	**0.0g**	**Nickel**	**0.0g**
Silicon	**0.0g**	**Silicon**	**0.0g**
Vanadium	**0.0g**	**Vanadium**	**0.0g**
Sulfur	**0.0g**	**Sulfur**	**0.0g**
Tartaric Acid	**0.0g**	**Tartaric Acid**	**0.0g**
Malic Acid	**0.0g**	**Malic Acid**	**0.0g**
Citric Acid	**0.0g**	**Citric Acid**	**0.0g**
Lactic Acid	**0.0g**	**Lactic Acid**	**0.0g**
Acetic Acid	**0.0g**	**Acetic Acid**	**0.0g**
Succinic Acid	**0.0g**	**Succinic Acid**	**0.0g**
Fumaric Acid	**0.0g**	**Fumaric Acid**	**0.0g**
Glycerol	**0.0g**	**Glycerol**	**0.0g**
Sorbitol	**0.0g**	**Sorbitol**	**0.0g**
Mannitol	**0.0g**	**Mannitol**	**0.0g**
Xylitol	**0.0g**	**Xylitol**	**0.0g**
Erythritol	**0.0g**	**Erythritol**	**0.0g**
Maltitol	**0.0g**	**Maltitol**	**0.0g**
Lactitol	**0.0g**	**Lactitol**	**0.0g**
Isomalt	**0.0g**	**Isomalt**	**0.0g**
Polyglycitol	**0.0g**	**Polyglycitol**	**0.0g**
Maltotriose	**0.0g**	**Maltotriose**	**0.0g**
Maltotetraose	**0.0g**	**Maltotetraose**	**0.0g**
Maltopentaose	**0.0g**	**Maltopentaose**	**0.0g**
Maltohexaose	**0.0g**	**Maltohexaose**	**0.0g**
Maltoheptaose	**0.0g**	**Maltoheptaose**	**0.0g**
Glycogen	**0.0g**	**Glycogen**	**0.0g**
Starch	**0.0g**	**Starch**	**0.0g**
Dextrin	**0.0g**	**Dextrin**	**0.0g**
Inulin	**0.0g**	**Inulin**	**0.0g**
Polydextrose	**0.0g**	**Polydextrose**	**0.0g**
Alcohol	**0.0g**	**Alcohol**	**0.0g**
Water	**0.0g**	**Water**	**0.0g**
Ash	**0.0g**	**Ash**	**0.0g**

* Based on a 2000 calorie diet

INGREDIENTS: Soft Centre Pancake [Egg Powder, Water, Sugar, Maltodextrin, Sweetener (Sucralose), Flavour, Salt, Xanthan Gum], Sugar Free Maple Syrup [Water, Maltitol, Sweetener (Sucralose), Flavour, Salt, Xanthan Gum].

GLUTEN FREE, NO SOY, NO RICE AND NO ADDED SUGAR.

SmartDiet Meals are not designed as a complete meal replacement.
A daily multi-vitamin/mineral supplement should be taken with any restricted diet plan.
This is a high fibre product. A glass of water should be consumed with every meal.
Fibre is a bulking agent and it is recommended that you consult your G.P.
Not available for children under the age of 15yrs or for pregnant/lactating women.
Product contains milk & egg products as well as nuts.

www.smartdietsolutions.com

MADE IN AUSTRALIA FROM LOCAL AND IMPORTED INGREDIENTS
Manufactured by Smart Diet Solutions - Shop 5 Bishop Street Mackay, Western Australia 6062 Ph: 1300 DIET MEALS

SMARTDIET MEALS
PATENT PENDING

DIET MEALS

WITH L-CARNITINE AND PHASEOLAMIN

GLUTEN FREE

LOW FAT - HIGH PROTEIN - LOW CARB

CHEESE FLAVOURED CREPES

WITH ADDED FAT BURNERS AND HYDROXY CARB BLOCKERS

PER SERVE	CARBS	PROTEIN	FIBRE	SAT FAT
40G	4.6G	20G	7.5G	0.3G

CONTAINS 10 MEALS

(10 x 40G SERVES)

DIET MEALS

WITH L-CARNITINE AND PHASEOLAMIN

GLUTEN FREE

LOW FAT - HIGH PROTEIN - LOW CARB

CHEESE FLAVOURED WAFFLES

WITH ADDED FAT BURNERS AND HYDROXY CARB BLOCKERS

PER SERVE	CARBS	PROTEIN	FIBRE	SAT FAT
40G	4.6G	20G	7.5G	0.3G

CONTAINS 10 MEALS

(10 x 40G SERVES)

DIET MEALS

WITH L-CARNITINE AND PHASEOLAMIN

GLUTEN FREE

LOW FAT - HIGH PROTEIN - LOW CARB

CHEESE FLAVOURED PIZZA BASE

WITH ADDED FAT BURNERS AND HYDROXY CARB BLOCKERS

PER SERVE	CARBS	PROTEIN	FIBRE	SAT FAT
40G	4.6G	20G	7.5G	0.3G

CONTAINS 10 MEALS

(10 x 40G SERVES)

DIET MEALS

WITH L-CARNITINE AND PHASEOLAMIN

GLUTEN FREE

LOW FAT - HIGH PROTEIN - LOW CARB

CHEESE FLAVOURED MUFFINS

WITH ADDED FAT BURNERS AND HYDROXY CARB BLOCKERS

PER SERVE	CARBS	PROTEIN	FIBRE	SAT FAT
40G	4.6G	20G	7.5G	0.3G

CONTAINS 10 MEALS

(10 x 40G SERVES)

SMART DIET MEALS
PATENT PENDING

SMART DIET MEALS

RECIPE SAMPLES FROM OUR WEBSITE:

CHEESE FLAVOUR

Ham, Egg & Cheese Muffins
Add ham, eggs, cheese and a pinch of herbs (all optional) together with small pieces of ham to a standard mix. Mix and cook as normal. Serve warm with a dollop of light sour cream on mays.

Hot Chicken, Bacon, Cheese and Mayo Rolls
Make up a standard mix and add cooked lean chicken, bacon pieces, some low fat cheese and a dollop of low fat mayo. Roll or fold and reheat.

Eggs Benedict
Make waffles as per instructions on pack. Top with a slice of ham and a poached egg. Top with a dollop of low fat mayo and a squeeze of lemon juice. Serve warm with cooked asparagus (optional).

Sandwiches / Wraps
Make crepes as per instructions on pack. Allow crepes to cool. Add fillings such as ham, cheese, favourite salads and/or vegetables and low fat/sugar free sauces.

Pizza
Make pizza base as per instructions on pack, cooking a little longer for a crisper base. Allow to cool. Add pizza sauce and top with ham meats and vegetables. Add mozzarella cheese. Reheat and place under a grill until melted. Serve hot.

MORE FREE RECIPES AT OUR WEB SITE:
smartdietsolutions.com

THE EASIEST WAY TO DIET

SMARTDIET SOLUTIONS .COM

YOU'VE MADE THE **SMART** CHOICE

COMPARE THE DIFFERENCE

AVERAGES PER SERVE	CARBS	SAT FAT	PROTEIN	FIBRE
DIET SHAKES	24g	0.4g	17g	4g
DIET BARS	27g	2g	17g	2g
SMART DIET MEALS	4.6g	0.3g	20g	7.5g

PLUS ADDED FAT BURNERS AND CARB BLOCKERS

The easiest way to lose weight in a delicious guilt free meal.

For a guaranteed weight loss plan, without the need to exercise:

thecheatdiet.com

DELICIOUS, GUILT FREE MEALS SUITABLE FOR ANY TYPE OF DIET

***ACTIVE INGREDIENTS FOR WEIGHT LOSS:**

L-CARNITINE ..... FAT BURNER
PHASEOLAMIN ..... CARBOHYDRATE BLOCKER
CHROMIUM ..... APPETITE SUPPRESSANT AND CRAVING STABILISER
L-GLUTAMINE ..... INCREASES FAT LOSS DURING TRAINING BY PRESERVING MUSCLE
PSYLLIUM HUSK AND INULIN FIBRE ..... AIDS DIGESTION AND KEEPS YOU FULL FOR LONGER
WPI, WPC, EGG WHITE & CASSEIN PROTEINS ..... INCREASES FAT LOSS BY PRESERVING MUSCLE

*Active ingredients are chosen for their promoted weight loss benefits, not all necessarily scientifically proven.

DIRECTIONS:

1. SIMPLY POUR CONTENTS OF PACKET INTO A BOWL
   1 PACKET = 1 SERVE
2. ADD A SMALL AMOUNT OF WATER DEPENDING ON YOUR MEAL CHOICE
   WATER QUANTITIES FOR EACH MEAL TYPE ARE SPECIFIED ON THE BACK OF EACH PACK.
3. STIR AND COOK ACCORDING TO DIRECTIONS ON THE BACK OF PACKET
   COOKING TIMES VARY BASED ON MEAL TYPE AND COOKING METHOD
4. ENJOY HOT OR COLD
   EXTRA INGREDIENTS CAN BE ADDED BEFORE OR AFTER COOKING (SEE RECIPES INSIDE OF BOX)

FURTHER INFORMATION INCLUDING RECIPES AND DIET OPTIONS CAN BE FOUND ON OUR WEB SITE

www.smartdietsolutions.com

SMART DIET MEALS
PATENT PENDING

Nutritional Facts Serving size 1 Packet (40g)

Amount Per 100 Grams			
Calories	1181Cal	**% Daily Value***	Per 100g
Protein	26g	40%	65.5g
Fibre	19g	76%	47.5g
Sugars	2.5g	3%	6.3g
Polyols	1g		2.5g
Total Carbohydrates	**6.6g**	**1%**	**16.5g**
Starch	0.1g		0.3g
Total Fat	**2.7g**	**3%**	**6.7g**
Saturated Fat	0.6g		1.5g
Polyunsaturated Fat	1.6g		4g
Monounsaturated Fat	1g		2.5g
Trans Fat	0g		0g
Cholesterol	**0g**	**0%**	0g
Vitamin A	0g		0g
Vitamin C	0g		0g
Calcium	0.3g		0.8g
Iron	0.3g		0.8g
Vitamin B6	0.3g		0.8g
Vitamin B12	0.3g		0.8g
Folate	0.3g		0.8g
Pantothenic Acid	0.3g		0.8g
Phosphorus	0.3g		0.8g
Magnesium	0.3g		0.8g
Zinc	0.3g		0.8g
Copper	0.3g		0.8g
Manganese	0.3g		0.8g
Selenium	0.3g		0.8g
Iodine	0.3g		0.8g
Potassium	0.3g		0.8g
Sodium	0.3g		0.8g
Chloride	0.3g		0.8g
Sulfur	0.3g		0.8g
Chromium	0.3g		0.8g
Molybdenum