

Standard Process 21-Day Purification Program

A Patient Guide to Purifying,
Nourishing, and Maintaining a
Healthy Body and Weight



WHOLE FOOD NUTRIENT SOLUTIONS



Clearer. Brighter. Lighter. Your life in high resolution.

The Standard Process Purification Program helps your body purify and rebuild itself from the inside out. The program gives you a structured plan for purifying, nourishing, and maintaining a healthy lifestyle. Along with Standard Process supplements, you'll support your major organ systems with the vitamins, minerals, and other nutrients found in whole foods. In addition, this program supports the maintenance of healthy weight when combined with a healthy lifestyle. When you've completed the 21-day purification program, you'll be amazed at how good you feel. You'll learn how to transition to a new, healthful way of eating that will continue your journey toward a clearer, brighter, lighter way of life now and in the years ahead.*

This plan is not a fad diet. It's a new way of life, a strategy that you and your health care professional can modify to fit your individual requirements. The plan is a journey of discovery as you try new foods and learn about eating for better health.*

Charles C. DuBois
President & CEO

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Visit standardprocess.com/purificationprogram for exclusive access to recipes, videos, daily emails, and a Facebook group.

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Why Purification?

"I have acquired new eating habits and I don't want them to change now that the program is over because I feel so good!"

- Janelle L. | Program participant

Why do I need purification?

Purification, also known as detoxification, can help you remove natural toxins from your body and help maintain a healthy weight. We are exposed to external toxins on a daily basis. These include pollutants, pesticides, and chemicals. Internally, our bodies produce waste byproducts as a result of normal metabolic function. Although your body is designed to rid itself of these toxins naturally, it can become overburdened. Purification offers your body additional support to expel and metabolize these toxins and manage weight, which is important to maintaining your health and vitality.*

Toxins can contribute to a wide range of conditions:

- Stuffy head
- Fatigue or difficulty sleeping
- Indigestion and other temporary gastrointestinal upset
- Food cravings and weight gain
- Reduced mental clarity
- Low libido
- Skin that's not looking its best
- Joint discomfort

There are approximately 80,000 chemicals registered for use in the U.S. The Centers for Disease Control and Prevention reports that hundreds of these chemicals are present in our bodies.¹ Some research shows that certain chemicals may affect our immune, endocrine, nervous, and reproductive systems. The following are examples of external and internal toxins:

External Toxins

- Air and water pollutants
- Cigarette smoke
- Certain personal care products
- Heavy metals
- Certain household cleaning products
- Pesticides
- Preservatives and additives
- Trans fats

Internal Toxins

- Ammonia
- Carbon dioxide
- Free radicals

1. Centers for Disease Control and Prevention. Fourth National Report on Human Exposure to Environmental Chemicals. Atlanta (GA): CDC, 2009.

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How do I determine my toxic load?

Your toxic load is the amount of toxins that your body must process.

- Yes No Do you or have you eaten processed foods?
- Yes No Do you eat non-organic fruits and vegetables?
- Yes No Do you eat meat that is not organic?
- Yes No Do you or have you ever used artificial sweeteners?
- Yes No Do you drink soda?
- Yes No Do the foods you eat have preservatives, additives, yes, or sweeteners added?
- Yes No Do you eat fast foods and/or eat out regularly?
- Yes No Do you charbroil or grill foods?
- Yes No Do you drink coffee regularly?
- Yes No Do you drink alcohol?
- Yes No Do you drink tap water?

If the majority of your answers are “yes,” then it is likely that your diet contributes significantly to your toxic load. Beyond diet, many external toxins — such as personal care products, cleaners, and pollution — add to your load. Your health care professional may have you complete a more comprehensive questionnaire to understand your toxic load.*

How do internal organs assist in purification?

The Standard Process Purification Program stimulates specific detoxification organs in the body — the liver, kidneys, and intestines. With help from these organs, your toxic load can decrease, and your body can concentrate its energy on purification. This can help you achieve optimal health by cleansing the body from the inside out.*

Liver

- Filters toxins
- Aids the body in metabolizing fat, protein, and carbohydrates
- Helps transform many toxins into harmless agents

Kidneys

- Filter waste and excess fluid from the blood
- Regulate and release the right balance of sodium, phosphorus, and potassium for the body to function properly

Small Intestine

- Digests food so that nutrients can be absorbed into the blood and transported to the liver
- Provides a barrier that blocks toxins from the rest of the body

Large Intestine

- Absorbs water and electrolytes, forming waste that is excreted from the body
- Produces antibodies for gastrointestinal health
- Contains bacteria that create fatty acids and some vitamins for extra nutritional support



Lighten your toxic load and manage your weight through the **Standard Process Purification Program**. You're on your way to a clearer, brighter, lighter future!*

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Preparing for Purification

Home Environment

Our homes should be a sanctuary — a safe environment where we can thrive, grow, and heal. A general description of each area and what you should be aware of to decrease potential exposures are listed on the next page.

If you have any questions, please speak to your health care professional. You can also go to the U.S. Consumer Product Safety Commission website at www.cpsc.gov for specific information.



Recommendations

Plastic containers should be carefully evaluated. Use glass instead, especially when heating food or putting hot food into a storage container. Some plastics contain phthalates and bisphenol A (BPA) that can seep into food when heated. Use a paper towel instead of plastic over food when microwaving.

Candles and scented room fresheners are another area of concern. If you burn the wick of a candle and see a black center, this is a lead-centered wick. The U.S. Consumer Product Safety Commission banned the use of lead wicks in 2003, but they can still be found in candles, specifically candles from other countries. The commission has found that lead-core wicks release around five times the amount of lead considered hazardous for children. Make sure your candle label states the wick is lead-free, and use high-quality candles. Also be aware that paraffin candles release soot in the air, and aromatherapy candles may contain synthetic oils that release toxic particles. The best candles to look for include those that are made of soy, vegetable-based waxes, or 100 percent beeswax and have cotton wicks. For aromatherapy, look for candles that use only natural essential oils.

Many cleaning agents contain various harsh and toxic chemicals. Effective all-natural cleaners include vinegar, lemons, hydrogen peroxide, baking soda, and coarse salt. Olive oil can be used to clean wood and gives it a nice glow. Unless a scented product is labeled as having essential oils, it most likely contains synthetic oils and is something you do not want to be inhaling on a daily basis.

Fertilizers, pesticides, and similar products contain harsh chemicals and are marked as being very toxic. Breathing in the fumes from these products when using them can expose you to toxins. It is best to check the Environmental Protection Agency (EPA) website for safety and recommendations on the use of any of these products.

Work exposures can come in many forms. Be aware of your exposures, and wear protective masks if you are in a questionable environment.

General exposures include any metals used in dentistry, metals used in tattoos, smoking, and the potential for molds in the home due to water exposure. Speak with your health care professional if you have any concerns in this area.

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“This program really tuned me in to my habits and food choices and how they affect my overall being.”

- Hailey C. | Program participant

Your health care professional may address these topics:

+ **Deficiencies and Nutritive-Diet Issues**

Vitamin B12, vitamin D, magnesium, methylation capacity, gastrointestinal conditions impacting nutrient absorption, estrogen metabolism, or malnutrition.

+ **Coffee and Alcohol**

Do you drink more than one serving of alcohol or coffee per day? Don't go cold turkey. Reduce intake to one daily serving before eliminating.

+ **Diet Requirements**

Based on your weight, how much protein must you consume during your program? Do you have dietary concerns, such as glucose management? Together, you can customize a plan based on your unique needs.

+ **Medications and Supplements**

Based on your health history and goals, your health care professional can help you decide if you should continue taking medications or other supplements during this program.

Program Basics

Our 21-day purification program includes eating whole, organic and unprocessed foods and eliminating foods that may cause a concern in some individuals; taking supplements with whole foods and other ingredients; and drinking plenty of water. You will eat a variety of vegetables and fruit for the first 10 days, with select proteins added on day 11.

What supplements will I use during purification?



SP Cleanse®

Combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin-removal processes.*

- Supports healthy kidney, liver and gallbladder function
- Encourages healthy digestive function
- Supports the body's natural toxin-elimination function
- Promotes healthy elimination*



SP Green Food®

Contains whole food concentrates from buckwheat, Brussels sprouts, kale, barley grass and alfalfa to:

- Promote healthy liver function
- Support the body's normal toxin-elimination function*

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Gastro-Fiber® (capsules) or Whole Food Fiber (powder)

- **Gastro-Fiber** is a mix of psyllium husk powder, collinsonia root powder, apple pectin, fennel seed, and fenugreek seed powder.
- **Whole Food Fiber** is a mix of oat fiber, beet fiber and root, rice bran, carrot root and fiber, sweet potato, and apple pectin.

Both help:

- Support healthy elimination
- Encourage a healthy intestinal environment to help maintain proper intestinal flora*

Your health care professional will determine which product is right for you.



SP Complete®, SP Complete® Chocolate or SP Complete® Vanilla (all with whey protein) or SP Complete® Dairy Free (with rice protein)

SP Complete offers essential whole food nutrition in a convenient powder.*

- Provides amino acids
- Supports intestinal, muscular, and immune system health
- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports the body's normal toxin-elimination function
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle*

Supplement Regimen

Follow the supplement regimen below, or as directed by your health care professional.

Standard Process Purification Protocol Days 1-7

Supplement	Amount	Frequency
SP Cleanse®	7 capsules	3x/day
SP Complete® or SP Complete® Dairy Free or SP Complete® Chocolate or SP Complete® Vanilla	2 tablespoons/shake	2-3/day
	4 tablespoons/shake	2/day
Gastro-Fiber® or Whole Food Fiber	3 capsules	3x/day
	1 tablespoon/shake	2-3/day

Standard Process Purification Protocol Days 8-21

Supplement	Amount	Frequency
SP Green Food®	5 capsules	2x/day
SP Complete® or SP Complete® Dairy Free or SP Complete® Chocolate or SP Complete® Vanilla	2 tablespoons/shake	2-3/day
	4 tablespoons/shake	2/day
Gastro-Fiber® or Whole Food Fiber	3 capsules	3x/day
	1 tablespoon/shake	2-3/day

Visit standardprocess.com/purificationprogram for exclusive access to recipes, videos, daily emails, and a Facebook group.

“This program has made me mindful of everything I am consuming and how that impacts my body.”

- Heather F. | Program participant

Additional Supplementation Your Health Care Professional May Recommend

Veg-E Complete Pro™ (Chocolate or Vanilla)

An organic, multisource blend of plant-based protein in a convenient powder*

Whey Pro Complete

Supplies 15 grams of protein per serving to support weight management, muscle tissue, immune system response function, and gastrointestinal health*

Tuna Omega-3 Oil or Tuna Omega-3 Chewable

Delivers essential omega-3 fatty acids*

Gymnema from MediHerb®

Helps reduce sweet cravings and helps suppress/inhibit sweet taste sensation*

ProSynbiotic

Supports healthy gut flora and overall intestinal health*

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Nourish

Nourishing yourself with nutrient-rich foods will provide the complex combination of vitamins, minerals, and antioxidants that are needed to protect the body and promote optimal health.

Focus on Eating Right

- Eat a variety of foods. Choose a rainbow of colors.
- Eat frequently throughout the day to maintain a level blood sugar range.
- Add protein on day 11 (see page 19)



“Food always has been, and I suspect always will be, the ideal source of your vitamins, for they are surrounded by untold numbers of nutritional factors...”

—Dr. Royal Lee | Founder of Standard Process

View more delicious & healthy recipes at standardprocess.com/purificationprogram

21-Day Purification Pantry

Whenever possible, eat only fresh (or frozen) organic vegetables and fruits. Strive to avoid dried or canned ingredients; if you must use them, organic and bisphenol A (BPA)-free are preferred.

Vegetables

You can eat an unlimited amount of vegetables from the list below. Your vegetable intake should be twice the amount of fruit intake.

- Average serving size = ½ cup
- Fresh juices made from vegetables allowed
- Can steam or stir-fry most vegetables for 4 minutes over low heat, but best to consume half total vegetable amount raw
- Fresh herbs and spices optional

- | | | |
|--|------------------------|-----------------------------|
| ▪ Artichokes | ▪ Chicory/radicchio | ▪ Parsnips |
| ▪ Arugula | ▪ Chives | ▪ Pearl onions |
| ▪ Asparagus | ▪ Collard greens | ▪ Pumpkins |
| ▪ Bamboo shoots | ▪ Cucumbers | ▪ Radishes |
| ▪ Bean sprouts and any type of sprouts | ▪ Dandelion greens | ▪ Rutabagas |
| ▪ Beets and beet greens | ▪ Eggplants | ▪ Shallots |
| ▪ Belgian endive | ▪ Endive/escarole | ▪ Spinach |
| ▪ Bell peppers, any variety | ▪ Fennel | ▪ Squash, any variety |
| ▪ Black radishes | ▪ Hearts of palm | ▪ Sweet potatoes |
| ▪ Bok choy | ▪ Jalapeño peppers | ▪ Swiss chard |
| ▪ Broccoli | ▪ Kale | ▪ Tomatoes |
| ▪ Brussels sprouts | ▪ Kohlrabies | ▪ Turnips and turnip greens |
| ▪ Cabbages | ▪ Leeks | ▪ Wasabi roots |
| ▪ Carrots | ▪ Lettuce, any variety | ▪ Water chestnuts |
| ▪ Cauliflowers | ▪ Mushrooms | ▪ Watercress |
| ▪ Celery | ▪ Mustard greens | ▪ Yucca roots |
| | ▪ Okra | ▪ Zucchini |
| | ▪ Onions | |
| | ▪ Oyster plants | |

These vegetables are recommended because of their high nutritive value and their capacity to support purification. Other vegetables can be consumed in moderation, however do not consume corn or white potatoes.

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Fruit

These fruits are just a sampling. Keep in mind that you should eat twice as many servings of vegetables as fruits.

- Average serving size = ½ to ¾ cup

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries
- Boysenberries
- Cherimoyas (custard apples)
- Cherries
- Clementines 🍌
- Coconuts
- Cranberries, any variety
- Dates
- Elderberries 🍌
- Figs 🍌
- Gooseberries
- Grapefruit
- Grapes, any variety
- Guavas 🍌
- Huckleberries 🍌
- Jackfruit 🍌
- Kiwi fruit
- Kumquats
- Lemons
- Limes
- Lychees
- Mangoes 🍌
- Melons, any variety 🍌
- Nectarines
- Olives
- Oranges
- Papayas 🍌
- Passion fruit
- Peaches, any variety
- Pears, any variety
- Persimmons
- Pineapples 🍌
- Plums
- Pomegranates 🍌
- Raspberries
- Red currants
- Rhubarb
- Sapodillas 🍌
- Strawberries
- Tangerines
- Watermelons 🍌

Legumes and Pseudo-Grains

- Average serving size = ½ cup cooked (measure carefully)
- Servings: 1-2 per day
- Use organic when possible

Legumes (sample list)

- Black beans
- Black-eyed peas
- Chickpeas
- Fava beans
- Green beans
- Kidney beans
- Lentils
- Lima beans
- Peas
- Pino beans

Pseudo-Grains

- Gluten-Free
- Quinoa

🍌 Fresh fruit is a healthy and nutritious food with many vitamins, minerals, phytochemicals and fiber. Typically, the recommendation to eat fresh fruit as your appetite dictates holds true for many people. If you are above your ideal weight, eliminating higher-sugar fruits may be necessary. It is best to try to use vegetables instead of high-sugar fruits. Also be aware that for some people, fructose consumption may be a problem. Fruits that have a high fructose-to-glucose ratio should ideally be avoided. For these individuals, fruits with the 🍌 by them should be avoided or minimized.

Oils and Fats

- Average serving size = 1 teaspoon
- Servings: 4-7 teaspoons per day
- Should be cold pressed and unprocessed
- Use organic, high-quality oils when possible

- Avocado oil
- Butter: organic, unsalted
- Coconut oil: *organic, unrefined, raw*
- Flaxseed oil
- Ghee (*clarified butter*)
- Grape seed oil
- Olive oil: *extra virgin*
- Pumpkin seed butter
- Sesame seed oil
- Tahini (*ground sesame seed*)

Protein Sources

Days 1-10

- Ask your health care professional about adding Veg-E Complete Pro™ or Whey Pro Complete to each SP Complete Shake for additional protein

Days 11-21

- Average serving size = 3-5 ounces (roughly the size and thickness of your palm)
- Servings: 2-4 per day, with 1-2 servings being fish
- Broil, bake, roast, or poach
- No cured, smoked, or luncheon meats

- Fish: *deep-sea (e.g., salmon, cod, or sea bass), not farm raised*
- Lean red meats: *beef (grass-fed), venison, or other*
- Poultry (*organic, free-range*)
- Wild game, any variety

“A big change during the program was engaging in cooking. Instead of doing the same staple meals, I was experimenting and diversifying”

- Jennifer W. | Program participant

Broths *ready-made, organic*

- Beef
 - Chicken
 - Vegetable
-

Flour

- Coconut
-

Dairy-Free Milk

- Coconut milk: *unsweetened*
 - Hemp milk: *unsweetened*
-

Miscellaneous

- Baking powder
 - Baking soda
 - Coconut butter
 - Coconut cream
 - Coconut water
 - Curry paste
 - Mustard, Dijon
 - Nutritional yeast
 - Seaweeds such as arame, nori, or kelp
 - Vanilla extract
-

Raw Seeds

- Chia seeds
- Flaxseeds
- Hemp seeds
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

Spices

- Basil
 - Bay leaves
 - Cardamom
 - Cayenne
 - Chili powder
 - Chives
 - Cilantro (*fresh coriander*)
 - Cinnamon
 - Cloves
 - Cumin
 - Dill
 - Garam masala
 - Garlic
 - Ginger
 - Lemon grass
 - Mint
 - Mustard
 - Nutmeg
 - Oregano
 - Paprika
 - Parsley
 - Pepper, black
 - Rosemary
 - Sage
 - Sea salt
 - Tarragon
 - Thyme
 - Turmeric
-

Sugars and Sweeteners

- Bananas
 - Dates
 - Monk fruit
 - Whole-leaf stevia, powder or liquid
-

Vinegars

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- White wine vinegar

Beverages

- **SP Complete shakes:** See Page 49 for recipes.
- **Spring water:** Drink more water. One of the most common symptoms of dehydration is feeling tired. When that tired feeling hits you in the middle of the afternoon and you begin to reach for a sugary drink, try drinking more water instead. You might discover that a healthy glass of water eliminates fatigue, makes you feel better, and helps you focus more sharply. The benefits of water are numerous — from cleansing the kidneys and supporting healthy skin to increasing concentration. Water keeps cells hydrated, helps maintain a healthy balance of body fluids, and supports healthy digestion and bowel movements. To better determine how much water you need each day, divide your body weight in half. The result is the approximate number of water in ounces you should drink daily.
- **Herbal tea:** organic, non-caffeinated

Refrain From Consuming or Using:

- Alcohol, caffeine, tobacco or other stimulants (Taper off before you begin your program to lessen potential headaches.)
- Dairy
- Eggs
- Grains (wheat, rye, barley, corn, rice, bran, bulgur, couscous, and semolina)
- Nuts
- Processed or refined foods















For optimal results, follow the instructions given to you by your health care professional. Any changes or alterations may decrease the detoxification and weight-management potential of the program.*

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Sample Meal Plans

Below is a single day of sample meals during each segment of the program. These are intended to provide inspiration only; individual needs may vary. Be sure to drink plenty of water throughout the day.



DAYS 1 - 10	DAYS 11 - 21
<p>Breakfast: 1 ½ T. Pumpkin seeds (unsalted) and 1 apple</p> <p>Snack: Basic SP Complete Shake (page 49) and ½ cup baby carrots</p> <p>Lunch: Arugula salad with choice of vegetables and Avocado dressing (page 52)</p> <p>Snack: Kale Chips (page 59)</p> <p>Dinner: Lentil Soup (page 57)</p> <p>Snack: Pumpkin Pie Shake (page 50)</p>	<p>Breakfast: ½ cup baby carrots and Zucchini hummus (page 60)</p> <p>Snack: Basic SP Complete Shake (page 49)</p> <p>Lunch: Spinach salad with 3 oz of roasted chicken breasts and choice of vegetables and Apple cider vinaigrette (page 53)</p> <p>Snack: Asparagus Fries (page 58)</p> <p>Dinner: Chipotle Salmon (page 64) with a side of roasted sweet potatoes</p> <p>Snack: Apple Cinnamon Surprise Shake (page 51)</p>

Daily Intake Journal		
	DAY 1	DAY 2
Breakfast		
Lunch		
Dinner		
Other		
Supplements	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water		
Exercise	15m  15m  15m 	15m  15m  15m 
How are you?	  	  
Notes		















Daily Intake Journal

	DAY 3	DAY 4
Breakfast		
Lunch		
Dinner		
Other		
Supplements	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water		
Exercise	15m  15m  15m 	15m  15m  15m 
How are you?	  	  
Notes		















Daily Intake Journal

	DAY 5	DAY 6
Breakfast		
Lunch		
Dinner		
Other		
Supplements	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water		
Exercise	15m  15m  15m 	15m  15m  15m 
How are you?	  	  
Notes		















Daily Intake Journal

	DAY 7	DAY 8
Breakfast		
Lunch		
Dinner		
Other		
Supplements	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water		
Exercise	15m  15m  15m 	15m  15m  15m 
How are you?	  	  
Notes		















Daily Intake Journal

	DAY 9	DAY 10
Breakfast		
Lunch		
Dinner		
Other		
Supplements	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water		
Exercise	15m  15m  15m 	15m  15m  15m 
How are you?	  	  
Notes		















Daily Intake Journal

	DAY 11 You can add protein today.	DAY 12
Breakfast		
Lunch		
Dinner		
Other		
Supplements	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water		
Exercise	15m  15m  15m 	15m  15m  15m 
How are you?	  	  
Notes		















Daily Intake Journal

	DAY 13	DAY 14
Breakfast		
Lunch		
Dinner		
Other		
Supplements	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water		
Exercise	15m  15m  15m 	15m  15m  15m 
How are you?	  	  
Notes		















Daily Intake Journal

	DAY 15	DAY 16
Breakfast		
Lunch		
Dinner		
Other		
Supplements	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water		
Exercise	15m  15m  15m 	15m  15m  15m 
How are you?	  	  
Notes		







Daily Intake Journal

	DAY 17	DAY 18
Breakfast		
Lunch		
Dinner		
Other		
Supplements	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water		
Exercise	15m  15m  15m 	15m  15m  15m 
How are you?	  	  
Notes		

Daily Intake Journal

	DAY 19	DAY 20
Breakfast		
Lunch		
Dinner		
Other		
Supplements	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water		
Exercise	15m  15m  15m 	15m  15m  15m 
How are you?	  	  
Notes		

Daily Intake Journal

	DAY 21
Breakfast	
Lunch	
Dinner	
Other	
Supplements	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Water	
Exercise	15m  15m  15m 
How are you?	  
Notes	





Congratulations on completing the purification program!

Now stay focused!

You've worked hard to follow a healthy meal plan, exercise, and take supplements with whole food and other ingredients. Continue the journey toward maintaining your health and supporting your weight-management goals by following post-purification program recommendations.*



Post-Purification

Get Back to a 'New Normal'

During post-purification, you'll begin to define your "new normal" with a healthy diet and supplements that will help meet your nutritional and lifestyle needs.*

What's different?

Diet

Continue to follow the purification diet with lean protein included (days 11-21).

Food Reintroduction

You'll reintroduce foods you avoided during purification one food group at a time, as described in the next section.

Supplements

Depending on your needs, your health care professional might recommend an individual protocol including these or other specific supplements with whole food and other ingredients.

SP Complete Shakes:

Continue drinking these shakes with meals or as snacks. If needed, add fiber with Whole Food Fiber or Gastro-Fiber.

General Health Daily Fundamentals individual convenience packs contain three basic supplements for foundational support:*

- Catalyn® contains vital nutrients from whole food and other sources and is designed to bridge nutritional gaps in the diet.
- Tuna Omega-3 Oil delivers essential omega-3 fatty acids (including DHA and EPA).
- Trace Minerals-B12™ contains a spectrum of minerals that support a healthy body.*

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Food Reintroduction

Systematically reintroducing foods from one food group at a time allows you to gauge how these foods make you feel and if they cause any problems. Your body hasn't dealt with some of the foods in these groups for a few weeks, so you'll want to introduce each new food in small portions.

Also, it is possible to have a food allergy or intolerance that you don't know about, so one of the key aspects of reintroduction is to keep a journal of how each food makes you feel.

The Process

You'll follow the daily program diet detailed in this guide until you and your health care professional decide to reintroduce the foods you want to add back into your diet. You'll reintroduce one food from a food group at a time, but it's important to undertake this process with your health care professional's guidance. You should work together to decide which foods you'll reintroduce and what you should do if you have a reaction.

Let your body be your guide: If you eat toast and feel bloated or gassy, have a headache, or have any other symptom, note it in your food experience journal and talk to your health care professional. If your symptoms are uncomfortable but not severe, wait a few hours and try the food again, or follow the instructions your health care professional provides you with for reporting any issues. And remember, each person is different, so write down what you feel — different people will have different responses to the same food.

The Difference Between Allergies & Intolerance to Foods

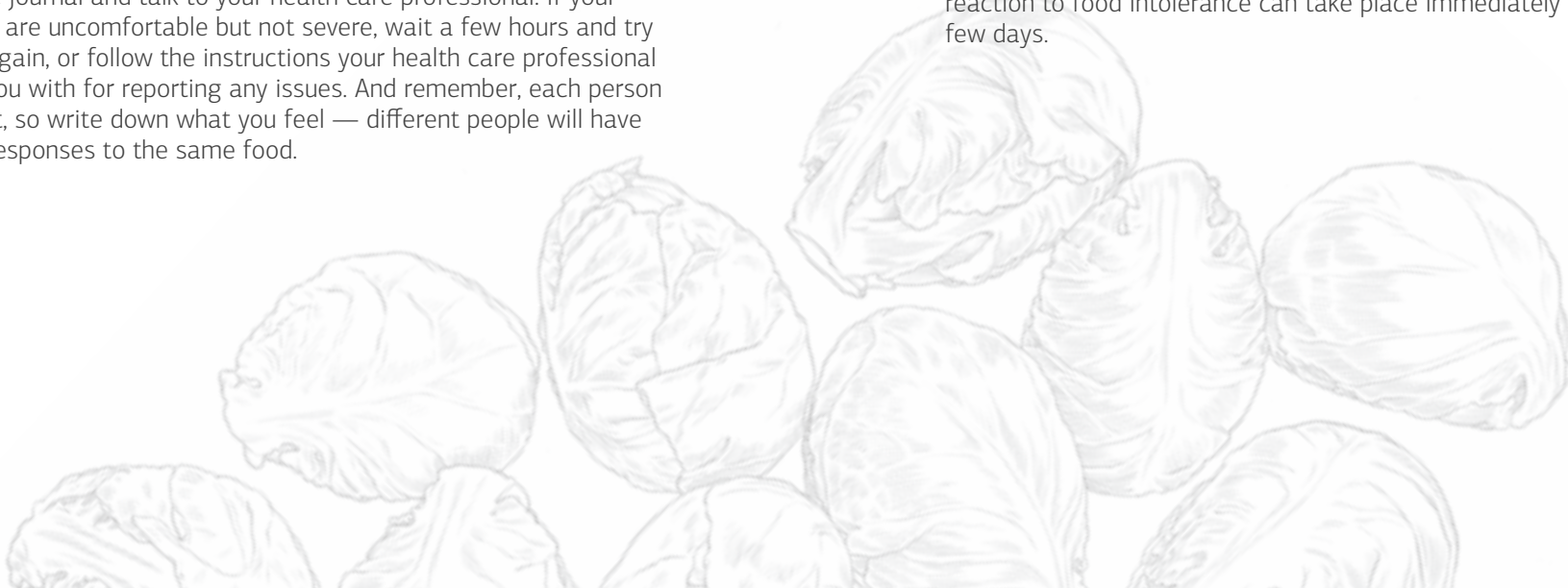
Allergy

An allergic reaction happens when the body's immune system mistakes a part of a food for something harmful. Foods that cause the most problems for adults are peanuts, tree nuts (like walnuts or almonds), fish, and shellfish. Any food can cause an allergy, but some other "highly" allergenic foods are milk, eggs, soy products and wheat. Allergic reactions usually happen within minutes to hours after eating the allergen.

Intolerance

Food intolerance is the digestive system's response to the part of a food or additive that can't be processed or that causes irritation. Intolerance could be from an additive, such as a sugar substitute in diet foods, that is poorly absorbed by the gut.

The body's response to food intolerance is usually based on portion. A small amount provokes a small reaction; a large portion provokes a larger reaction. The time frame for problems is longer too. The body's reaction to food intolerance can take place immediately or over a few days.



Reintroducing Foods Eliminated During Purification

Grains

Choose whole grains (the entire grain kernel) instead of refined grains (just the endosperm). Refined grains have most of their nutrients removed and are then enriched, so whole grains containing their original fiber, iron and B vitamins are a healthier choice. Eat a healthy range of whole grains that includes spelt, bulgur, steel-cut oatmeal, brown rice, and barley.

Dairy

This group includes products like cheese, milk, and yogurt. These foods are nutritionally dense and provide a host of nutrient components, such as calcium and protein. Non-dairy milks — such as almond, rice, or soy milk — are good alternatives.

Nuts (Raw)

Nuts can supply necessary oils to your diet. Nuts are concentrated sources of fuel, so portion control is important. A handful per day is plenty for most people.

Shellfish

Shellfish like shrimp and mussels can add important nutrients, such as protein and iodine, to the diet.

Eggs

Eggs provide an important source of protein, iron, and B vitamins. If you enjoy toast with your eggs, you might want to reintroduce eggs after grains, so you can have whole-grain toast at the same time. Or you could hard-boil an egg and eat it at breakfast or as a snack.

An Example of a New Normal

To give you an idea of how rich and complex your diet should be, we've included a single sample day after you have reintroduced all food groups. If weight loss is a goal, keep in mind that most people who cut 300 calories from the daily diet while also getting 30-40 minutes of daily moderate exercise can expect to lose a pound per week. While individual needs are different, ideally you should drink approximately half your body weight in ounces of water every day.

Breakfast

SP Complete shake	1 serving
Oatmeal <i>prepared with water</i>	$\frac{3}{4}$ cup
Green tea	8 ounces

Snack

Sunflower seeds <i>kernels, oil roasted, without salt</i>	1½ tablespoons
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Lunch

Chicken breast <i>roasted with teriyaki sauce (1½ tablespoons) and celery seeds (1 teaspoon)</i>	2 ounces
Broccoli <i>cooked, without salt</i>	$\frac{1}{2}$ cup
Summer squash <i>cooked, without salt</i>	$\frac{1}{2}$ cup
Asparagus	8 spears

Snack

Cottage cheese	$\frac{1}{2}$ cup
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Dinner

Walleye baked	3 ounces
Salad	
Greens	2 cups
Chickpeas <i>cooked</i>	$\frac{1}{2}$ cup
Green beans <i>cooked</i>	1 cup
Onion <i>sliced</i>	$\frac{1}{4}$ cup
Garlic	1 clove
Kidney beans <i>cooked, without salt</i>	$\frac{1}{3}$ cup

Snack

Whole milk	1 cup
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Health Tips for a Lifetime

Trying to Lose Too Much, Too Fast

The safest way to lose weight is to set a goal of losing 1 to 2 pounds per week. That way you keep weight off and avoid “yo-yo” dieting.



Underestimating the Amount of Calories/Nutrients in Food

Let your body tell you when it's full — never feel like you have to eat everything on your plate. Eat slowly and enjoy the eating experience.

Preparing for Social Gatherings

Drink water before social events and while you're there so you don't mistake hunger for dehydration. If appetizers will be served, eat a healthy snack beforehand so you're not so tempted by foods high in calories and trans fats. Healthy snacks could include:

- 1 cup of carrots
- Celery sticks with 1 tablespoon peanut butter
- 1 medium apple or 1 cup of grapes
- 1 StandardBar® (convenient bars in several flavors)
- Avocado or guacamole

Dealing With Feeling Deprived/Bored With the Diet

Depriving yourself all the time of favorite unhealthy foods might lead you back to unhealthy eating habits. It's OK to give in occasionally and eat an appropriate amount of your favorite foods. But if you're just bored with your diet, try vegetables and fruit you've never had before.

Reaching for Processed or Refined Foods High in Sugar, Fat, and Additives

Avoid temptation by keeping these foods out of the house so you won't be tempted. When you eat out, preview the menu and make your selection in advance, if possible, so you can avoid these foods. If sugar cravings are a problem, ask your health care professional about additional supplementation that can help.

Drinking Alcohol or Caffeine

If you consume these drinks, it's best to drink them only in moderation.

Portion Control

Portion control is essential for maintaining a healthy weight. Consider the serving size for the food you are eating.

Get Back to a “New Normal”

As you begin adding new foods to your diet, make sure you read the labels carefully. Avoid additives and unhealthy fats — your well-being depends on it. Ingredients to watch for include:

Monosodium Glutamate (MSG)

MSG is used as a salt substitute and flavor enhancer. This additive is found in many processed foods, as well as restaurant-prepared foods. Anecdotal evidence suggests that some people are sensitive to this substance, which reportedly triggers headaches, tingling, and other symptoms.

Trans Fats (Hydrogenated Oils)

Most dietary trans fats are found in processed foods like cakes, cookies, crackers, and bread. Trans fats are known to raise “bad” cholesterol levels and lower “good” cholesterol levels and might be listed as “hydrogenated” or “partially hydrogenated.”

Artificial Sweeteners

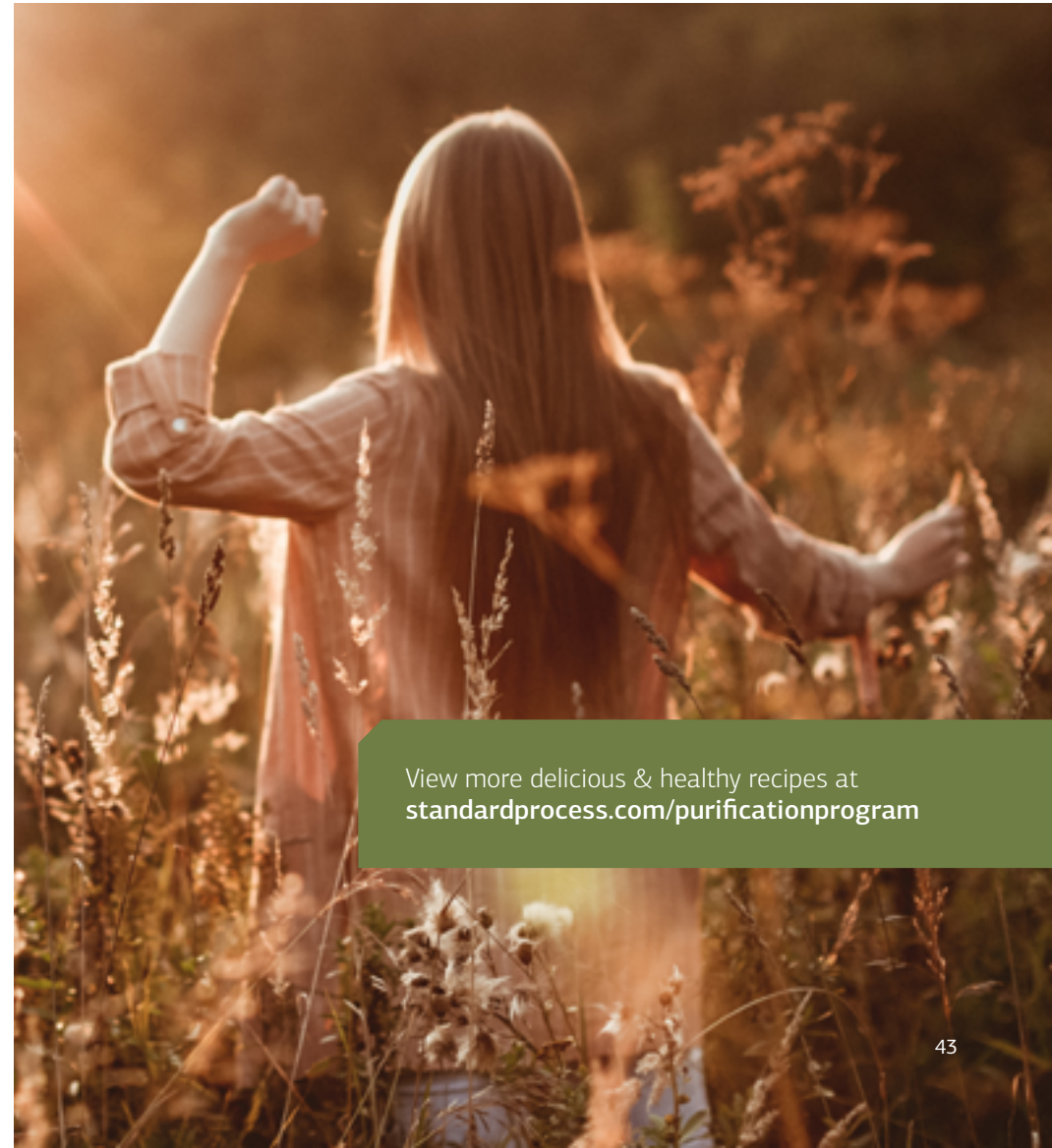
Chemicals like saccharine and aspartame are used to replace sugar in diet/sugar-free foods. Artificial sweeteners are generally found in foods that contain “empty calories” — meaning they don’t provide any nutritive value for the calories they add to your diet.

Artificial Colors/Dyes

These are artificial chemicals added to foods to improve appearance. People expect foods to appear appetizing, so these artificial colors are used to provide uniformity in color and make products look as expected based on ingredients. However, some people have physical reactions to these substances. For example, a common yellow dye may cause an allergic reaction in susceptible individuals. Look for natural coloring agents like turmeric, paprika, or saffron instead.

Sodium

Sodium can hide in the most innocent places, like sauces, soups, and baked goods. Eating too much sodium can contribute to long-term health problems, as well as cause you to retain water and feel bloated. Opt for fresh foods and low-sodium products (including condiments like salad dressing, ketchup, and mustard), season with herbs instead of salt, and take the saltshaker off the table. Some people prefer salt that is less processed, like sea salt. Regardless of what type of salt you use, healthy adults should only consume between 1,500 and 2,300 mg/day.



View more delicious & healthy recipes at
standardprocess.com/purificationprogram

FAQs



Visit standardprocess.com/purificationprogram for exclusive access to recipes, videos, daily emails, and a Facebook group.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

What are the benefits of purification?

A purification program can have a significant, positive effect on the biochemistry of the body while allowing natural toxins and byproducts of daily metabolism to be eliminated. You may notice the following:*

- Improved weight-management results
- Increased energy/vitality
- Better digestion
- Less bloating
- Clearer thinking
- Clearer skin
- Shinier hair
- Disappearance or lessening of past conditions (PMS, digestive problems, etc.)
- Better sleep*

Will this purification program help me lose weight?

By following the Standard Process Purification Program, you will be working toward sustained, long-term weight management. The ideal weight-management system is not a quick fix but a long-term commitment. You will need to make lifestyle changes that will continue long after the purification process is completed. See pages 35-43 for tips on how to continue your success.

Is exercise necessary?

How much and what type is recommended?

Exercise facilitates the removal of toxins and helps maintain a healthy weight. It is recommended that you walk 30-45 minutes at least four days per week. Strenuous exercise should be put on hold during the 21-day program. Consult with your health care professional if you are on a more strenuous exercise program that you would like to maintain throughout the purification program or about resuming strenuous exercise during post-purification.

How do I stick to the program when eating away from home?

Here are some tips to help you stay on track:

- Plan your strategy before you leave home.
- When choosing a restaurant, select one that serves foods on the recommended list (pages 17-21). This will curb temptation.
- When traveling, bring along a cooler packed with water bottles, fresh fruit, and sliced raw vegetables.
- When attending a social gathering, bring a dish to pass that fits your stage of the program, like a fruit/veggie tray or chicken kabobs.

What physical changes will I experience during purification?

Two of the main effects will be an increase in urination and bowel movements. This is a natural effect of purifying and should not interfere with your daily activities. In rare cases, you may experience a throbbing sensation in the head, generalized aches, itchy skin, rashes, or fatigue. These are normal occurrences and will subside in a day or two.

Please talk with your health care professional if you have questions about how you are feeling or what you are experiencing.

Why can't I substitute different vegetables than what are outlined?

The vegetables cited in this booklet are recommended because of their high nutritive value and their capacity to support detoxification.

What can I do for temporary constipation?

Remember to drink plenty of water and eat plenty of vegetables and fruits with high fiber content. Eating one beet daily encourages regular bowel movements. Talk with your health care professional for other recommendations.

Do the purification products contain gluten?

All of the purification supplements are gluten-free. A complete list of gluten-free products is also available at standardprocess.com.

Why is there lactose in SP Complete?

Whey is a protein source found in SP Complete, SP Complete Chocolate, and SP Complete Vanilla; lactose is found in whey. There is approximately ½ gram of lactose per shake. Try SP Complete Dairy Free if lactose is a concern.

Is the Standard Process Purification Program vegetarian?

It is vegetarian (lacto-ovo) but not vegan.

What if I am allergic to certain foods on the list?

If you suspect you are having a reaction to a specific food, refrain from eating it and consult your health care professional about how to incorporate alternative food sources.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Is the purification program recommended for pregnant or lactating women?

No. More calories are required during pregnancy and lactation than are needed during purification and for everyday weight management.

What if I am struggling with the program?

Don't give up! Changing eating habits is difficult, so don't be hard on yourself. Look at each day as a new day. Whenever you get off track, just start over the following day. You can do it!

What if I am not losing weight during post-purification like I did on the purification program?

The post-purification process is a way to establish healthy eating habits rather than a weight-loss program. That said, many people will lose weight during both purification and post-purification because they're eating in a conscious, deliberate way. Healthy weight management is a goal that should be discussed with your health care professional. Some tips for healthy weight management are:*

- Eat more vegetables than fruits.
- Have healthy snacks, such as vegetables and fruits, available at all times.
- Be aware of portion size.
- Don't eat anything in excess. If you must have treats, record them in your journal so you can gauge frequency and how they make you feel.
- If sugar cravings are a problem, ask your health care professional if there are any additional supplements that can help you.

Recipes



Shakes

To prepare a shake with SP Complete Chocolate or SP Complete Vanilla, simply mix the powder with water. Or substitute either flavor for original SP Complete, as detailed in the basic shake recipe below.

Basic Shake Recipe

- 1-1½ cups of your favorite fresh or frozen fruit or vegetables (optional)
- 1 tablespoon high-quality oil (e.g., flax oil), not necessary if already taking an oil supplement
- 2 rounded tablespoons (scoops) SP Complete/SP Complete Dairy Free or 4 rounded tablespoons (scoops) SP Complete Chocolate/SP Complete Vanilla
- 1 cup water (increase for desired consistency)
- 3-4 cubes of ice for thicker shake

Please note: You may add 2 tablespoons Whey Pro Complete and/or 1 tablespoon Whole Food Fiber to any shake recipe. Thoroughly blend all ingredients together, adding water and ice cubes until the shake reaches desired consistency. You may make a large enough batch to last you through the day, but make sure to keep the shake refrigerated and remix as needed before pouring.



Ginger Berry Shake

- 2 rounded scoops SP Complete or SP Complete Dairy Free
- 1 cup frozen cauliflower rice
- 1 cup frozen mixed berries
- 1-inch fresh ginger
- ½ banana
- 1 tablespoon flaxseed oil
- 1 cup unsweetened coconut milk

Blend all ingredients together until smooth.

Nutrition Facts	
servings per container	
Serving size	(624g)
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 20g	28%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	5%
Total Carbohydrate 44g	16%
Dietary Fiber 10g	36%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 3mcg	15%
Calcium 318mg	25%
Iron 2mg	10%
Potassium 702mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Apple Cinnamon Surprise Shake

- 4 rounded scoops SP Complete Chocolate or Vanilla
- 1 medium apple
- ½ banana
- ½ teaspoon cinnamon
- 1 cup water

Blend all ingredients together until smooth.

Nutrition Facts	
servings per container	
Serving size	(507g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 4.5g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	12%
Sodium 85mg	4%
Total Carbohydrate 50g	18%
Dietary Fiber 7g	25%
Total Sugars 27g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 234mg	20%
Iron 2mg	10%
Potassium 732mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pumpkin Pie Shake

- 2 rounded scoops SP Complete or SP Complete Dairy Free
- ½ banana
- ½ cup organic pumpkin
- Few pinches each of ginger and cinnamon

Blend all ingredients together until smooth.

Nutrition Facts	
servings per container	
Serving size	(211g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 5mg	0%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	21%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 270mg	20%
Iron 3mg	15%
Potassium 361mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tips for your shake:

- Use frozen fruit and eliminate water/ice for a frosty, thick shake.
- Mangoes or peaches give your shake a nice zing.
- Peel and slice extra-ripe bananas, and freeze them for easy use.
- Increasing fruit will increase the sweetness but will also increase the calories and may interfere with weight management.
- If blending vegetables, there is no restriction regarding the quantity; it is recommended that a high-performance commercial drink blender be used.

Salad Dressings & Accents

Parsley Garlic Dressing

- ½ bunch fresh parsley, chopped
- 2 garlic cloves, chopped
- ½ cup olive oil
- ¼ cup fresh lemon juice
- 1 teaspoon sea salt

Combine all ingredients in a blender or food processor, mixing until smooth. Serve chilled.

SERVING SIZE: 2 tablespoons

Nutrition Facts	
servings per container	
Serving size	(28g)
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	12%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 49mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Avocado Dressing

- 1 avocado, peeled and chopped
- ¾ cup olive oil
- ¼ lemon, freshly squeezed
- ¼ teaspoon dry mustard
- ¼ teaspoon sea salt
- Pinch ground pepper

Combine all ingredients in a blender or food processor, mixing until smooth. Serve chilled.

SERVING SIZE: 2 tablespoons

Nutrition Facts	
servings per container	
Serving size	(28g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 113mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Garlic Flax Oil Dressing

- 2 cloves organic garlic
- ⅛ teaspoon sea salt
- Juice of half a lemon
- ⅓ cup flax oil

Mash garlic with salt. Add lemon juice. If needed, add more salt, garlic or juice. Mix in flax oil.

SERVING SIZE: 2 tablespoons

Nutrition Facts	
servings per container	
Serving size	(28g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 21mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Apple Cider Vinaigrette

- 3 tablespoons organic apple cider vinegar
- ½ cup olive oil
- ¼ teaspoon sea salt
- 1 teaspoon oregano
- ⅛ teaspoon ground pepper

Mix all ingredients.

SERVING SIZE: 2 tablespoons

Nutrition Facts	
servings per container	
Serving size	(28g)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 10mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vinaigrette Dressing

- 2/3 cup olive or flax oil
- 1 tablespoon Dijon mustard
- 1/4 cup balsamic vinegar or fresh lemon juice
- 1 clove garlic, minced
- 1/4 cup water

Mix together and add herbs to taste.

SERVING SIZE: 2 tablespoons

Nutrition Facts	
servings per container	
Serving size	(29g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 14g	28%
Saturated Fat 2g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	0%
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Fruit Toppers

Top your salad with pureed fresh or frozen raspberries, freshly squeezed lemon, or other fruit to add color and flavor to your greens.

Seasonings

The Standard Process Purification Program was designed to allow you to taste food in its natural state. If you choose to incorporate seasonings, use only fresh, organic herbs and spices.



Soups & Stews

Creamy Red Pepper Soup | Serves 1

- 1 cup warm water
- 1 red pepper, chopped
- ½ large avocado, chopped
- 5 baby carrots, chopped
- 1 teaspoon onion, chopped
- ½ teaspoon garlic, chopped
- ¼ cup hemp seeds
- 1 teaspoon minimally processed honey
- ½ teaspoon jalapeño pepper powder
- ½ teaspoon sea salt

Stir all ingredients while heating for about 5-10 minutes until thick, smooth and slightly warm.

Nutrition Facts	
servings per container	(607g)
Serving size	(607g)
Amount per serving	
Calories	490
% Daily Value*	
Total Fat 35g	45%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1290mg	56%
Total Carbohydrate 36g	13%
Dietary Fiber 14g	50%
Total Sugars 17g	
Includes 6g Added Sugars	12%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 59mg	8%
Iron 6mg	30%
Potassium 1566mg	35%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Gardener's Ratatouille | Serves 1

- 4 teaspoons olive oil
- 1 cup onion, chopped
- 3 cups plum tomatoes, chopped
- 2 cups eggplant, chopped
- 2 cups zucchini, chopped
- 1 cup bell pepper, chopped
- 2 cloves garlic, minced
- 1 tablespoon each fresh basil, oregano and parsley, chopped
- 1 teaspoon sea salt
- 1 teaspoon ground pepper

Heat oil in a large skillet over medium-high heat. Add onion and sauté until tender. Stir in remaining vegetables and garlic. Cover, reduce heat and simmer 30 to 40 minutes or until vegetables are cooked through. Stir in remaining ingredients and simmer, uncovered, an additional 5 to 10 minutes.

Recipe courtesy of *Cooking Light* at cookinglight.com/food

Nutrition Facts	
servings per container	(869g)
Serving size	(869g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 20g	28%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2400mg	104%
Total Carbohydrate 49g	18%
Dietary Fiber 14g	50%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 166mg	15%
Iron 3mg	15%
Potassium 1938mg	40%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Lentil Soup | Serves 1

- ¼ cup olive oil
- 1 onion, chopped
- 2 carrots, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 bay leaf
- 2 cups lentils
- 8 cups water
- 1 (14.5-ounce) can crushed tomatoes
- ½ cup spinach, thinly sliced
- 2 tablespoons vinegar
- Sea salt and ground pepper to taste

In a large soup pot, heat oil over medium heat. Add onion, carrots and celery; cook and stir until onion is tender. Stir in garlic, oregano, basil and bay leaf; cook for 2 minutes. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat and simmer for at least 1 hour. When ready to serve, stir in spinach and cook until it wilts. Stir in vinegar, and season to taste with sea salt, pepper and more vinegar if desired.

Nutrition Facts	
servings per container	(828g)
Serving size	(828g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	28%
Total Carbohydrate 41g	15%
Dietary Fiber 14g	50%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 137mg	10%
Iron 7mg	40%
Potassium 1006mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Dips & Snacks

Asparagus Fries | Serves 2

- 1 pound Asparagus, tough ends removed
- Sea salt
- 1 tablespoon olive oil

Line a pan with foil and preheat broiler. Lay out the asparagus in a row on the lined pan and sprinkle with olive oil first, then sea salt. Broil for 7-9 minutes, very close to the broiler coil, then turn the asparagus over and broil for another 3-5 minutes (time depends on thickness of the stalks).

Nutrition Facts	
servings per container	
Serving size	(235g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 590mg	26%
Total Carbohydrate 9g	3%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 6mg	30%
Potassium 458mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Kale Guacamole | Serves 8

- 2 cups kale leaves, chopped
- 4 avocados
- ½ teaspoon sea salt
- 3 tomatoes, seeded and chopped
- ¼ cup red onion, minced
- 2 jalapeño chilies, finely chopped
- 1 lime, juiced
- ¼ cup fresh cilantro

Use a food processor and pulse kale leaves until finely chopped. Put the avocado flesh in a large bowl. Add salt and mash until desirable texture achieved. Stir in remaining ingredients.

Nutrition Facts	
servings per container	
Serving size	(152g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 10g	4%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 546mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Kale Chips | Serves 2

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon sea salt

Preheat oven to 350°F. Carefully remove kale leaves from the thick stems and tear into bite-size pieces. Drizzle kale with olive oil and massage oil into the kale. Spread evenly on cookie sheet and sprinkle with salt. Cook for 10 minutes or until crispy.

Nutrition Facts	
servings per container	
Serving size	(237g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1270mg	55%
Total Carbohydrate 20g	7%
Dietary Fiber 9g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 341mg	25%
Iron 3mg	15%
Potassium 1114mg	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Salsa Fresca | Serves 4

- 2 cups ripe tomatoes, chopped
- 1 cup sweet onions, chopped
- 1 cup green bell pepper, chopped
- 2 tablespoons fresh lime juice
- 1 jalapeno, finely diced
- 1 teaspoon sea salt
- Fresh cilantro to taste, chopped

Combine the tomatoes, onions, peppers, lime juice, jalapeno and salt in a big bowl and stir to combine. Leave out at room temperature for 1 hour or place in the refrigerator for about 8 hours. Bring up to room temperature before eating. Spoon off any excess liquid, gently mix in the cilantro and season with sea salt to taste.

Nutrition Facts	
servings per container	
Serving size	(180g)
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 360mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Zucchini Hummus | Serves 6

- 2 medium zucchini
- 1/8 to 1/4 cup olive oil
- 4 to 6 cloves garlic, minced
- 1/2 cup fresh lemon or lime juice
- 3/4 cup sesame seeds
- 3/4 cup tahini
- 1/4 teaspoon cayenne
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- Salt to taste

Place all ingredients in a food processor and process until smooth.

Raw Date, Coconut, & Mixed Seed Fiber Power Bites | Makes 12

- 1 cup pitted dates
- 1/2 cup of Tahini Paste
- 1/2 Tablespoon chia seeds
- 1/2 Tablespoon pumpkin seeds
- 1/2 Tablespoon sunflower seeds
- 6 Servings of SP Whole Food Fiber
- Unsweetened, dried shredded coconut (to cover outside of bites)

Place dates, tahini, and SP Whole Food Fiber to the bowl of food processor. Pulse ingredients gently until a paste-like batter is formed (this may take 1-5 minutes). Add chia seeds, pumpkin seeds, and sunflower seeds. Gently pulse mixture to incorporate, but do not blend completely (pieces of the seeds should still be visible and will provide texture to the finished product). Remove mixture from mixing bowl, and using your hand, gently shape mixture into 1 oz. size balls. Place coconut on a plate or flat surface, and gently roll the ball in coconut to cover exterior. Package in an airtight container until desired. Two bites is equal to one full serving of SP Whole Food Fiber.

SERVING SIZE: 2 Bites

Nutrition Facts	
servings per container	
Serving size	(141g)
Amount per serving	
Calories	340
	% Daily Value*
Total Fat 30g	38%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 230mg	20%
Iron 4mg	20%
Potassium 425mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
servings per container	
Serving size	(55g)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	14%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1mg	0%
Potassium 263mg	9%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Entrees

Black Bean & Quinoa Chili | Serves 4

- 1 tablespoon olive oil
- 1 onion, diced
- 4 garlic cloves, minced
- 1 (14-ounce) can black beans, drained and rinsed
- 1 (14-ounce) can chopped tomatoes, including all liquid
- 1 cup of quinoa, uncooked
- 2 1/2 cups water
- 2 teaspoons chili powder
- 1 teaspoon cayenne pepper
- 3 teaspoons ground cumin
- 1/2 teaspoon ground coriander
- 1 teaspoon unsweetened cocoa powder
- Pinch of cinnamon
- Salt and pepper to taste
- Avocado and fresh coriander (optional)

Sauté onion over medium heat, about 2 minutes. Add garlic and cook for another minute, stirring so the garlic does not burn. Add spices and stir. Add beans, tomato, water, and quinoa, cover and simmer for 30 minutes, stirring occasionally.

Nutrition Facts	
servings per container	
Serving size	(440g)
Amount per serving	
Calories	340
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 55g	20%
Dietary Fiber 15g	46%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 124mg	10%
Iron 5mg	30%
Potassium 640mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





Stuffed Sweet Potatoes | Serves 2

- 2 large sweet potatoes
- 2 cups vegetable broth
- 1 cup quinoa, rinsed and uncooked
- ½ teaspoon coconut oil
- 1 cup butter lettuce or other, chopped
- Salt and pepper to taste

SALSA

- 1 baby cucumber, diced
- ½ mango, peeled and diced
- 8 small yellow or red cherry tomatoes, diced
- 2 teaspoons fresh cilantro, finely chopped
- ½ red pepper, chopped
- ½ lime, juiced
- Salt and pepper to taste

Preheat oven to 375°F. Wrap each sweet potato in foil. Bake for 45 to 60 minutes. In a saucepan, bring vegetable broth to a boil, and then add quinoa. Cover and reduce to simmer, about 15 to 18 minutes. Fluff with a fork and add salt and pepper. Set aside. Combine all salsa ingredients. Cut sweet potatoes open, add coconut oil, and top with quinoa, lettuce, and salsa.

Nutrition Facts	
servings per container	
Serving size	(835g)
Amount per serving	
Calories	570
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 640mg	41%
Total Carbohydrate 111g	40%
Dietary Fiber 15g	54%
Total Sugars 27g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 153mg	10%
Iron 6mg	35%
Potassium 1892mg	40%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition facts may vary based on serving size and actual ingredients used.

Quinoa-Stuffed Peppers | Serves 2

- 1 teaspoon olive oil
- 1 pound cremini or button mushrooms, chopped
- 1 cup (packed) fresh parsley, chopped
- 2 teaspoons oregano
- 2 ½ cups quinoa, rinsed and cooked
- 1 cup tomatoes, fire roasted, diced
- Sea salt and pepper
- 6 red or green bell peppers, tops cut off and saved, seeds removed

Preheat oven to 350 F. In large skillet, heat oil over medium-high heat. Add mushrooms and cook, stirring, for 4-5 minutes or until tender. Add parsley and oregano and cook, stirring for 1 minute. Add quinoa and tomatoes and cook, stirring for 3 minutes. Season to taste with salt and pepper. Spoon about ¾ cup quinoa mixture into each bell pepper. Place stuffed peppers in baking dish, tucking the tops beside each pepper. Bake for 25-30 minutes or until peppers are soft. Place tops on stuffed peppers before serving.

Nutrition Facts	
servings per container	
Serving size	(358g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 7190mg	313%
Total Carbohydrate 27g	10%
Dietary Fiber 5g	10%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 2mg	10%
Potassium 766mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	





CONSUME ONLY ON DAYS 11-21

Spiced Moroccan Meatballs | Serves 4

- 1 pound ground beef or turkey
- 1 1/3 cups cooked quinoa, rinsed and cooled
- 1 cup fresh cilantro leaves (packed), chopped
- 2 teaspoons cumin
- Salt and pepper to taste
- 1 egg

Preheat oven to 400°F. In a large bowl, combine all ingredients. Form into 20 balls, about 1 1/2 inches in diameter each. Bake on a greased baking sheet, about 14 to 18 minutes or until no longer pink inside. Serve in marinara sauce or alongside salad.

Made with ground turkey

Nutrition Facts	
servings per container	
Serving size	(192g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 80mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 1mcg	6%
Calcium 20mg	2%
Iron 2mg	10%
Potassium 457mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONSUME ONLY ON DAYS 11-21

Chipotle Salmon & Salsa | Serves 2

- 1 large fillet salmon, wild or organic
- 1 tablespoon chipotle seasoning
- 1 tablespoon avocado oil
- Hemp hearts (optional)

AVOCADO SALSA

- 1 ripe avocado, cubed
- 1 handful of cherry tomatoes, chopped
- 1/2 small red onion, diced
- 1 lime, juiced
- Salt and pepper to taste
- 2 garlic cloves, minced
- A few sprigs of cilantro, chopped

Heat a cast iron skillet over medium heat with avocado oil. Rub salmon with avocado oil and chipotle. Cook salmon 3 minutes with skin side up, then 3 minutes with skin side down. Mix salsa ingredients in a bowl and pile on top of salmon. Sprinkle with hemp hearts.

Nutrition Facts	
servings per container	
Serving size	(436g)
Amount per serving	
Calories	630
% Daily Value*	
Total Fat 45g	58%
Saturated Fat 8g	30%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 85mg	4%
Total Carbohydrate 27g	10%
Dietary Fiber 13g	46%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 34g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 3mg	15%
Potassium 1830mg	40%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Made with ground beef

Nutrition Facts	
servings per container	
Serving size	(192g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 90mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 1mcg	6%
Calcium 29mg	2%
Iron 6mg	30%
Potassium 484mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



CONSUME ONLY ON DAYS 11-21

Chicken Piccata | Serves 4

- 4 boneless, skinless chicken breasts
- Salt and pepper to taste
- 2 tablespoons coconut oil
- 3 tablespoons olive oil
- 6 cloves garlic, minced
- 3 green onions, chopped
- ¾ cup chicken broth
- 1 lemon, juiced
- 3 tablespoons capers

Cut chicken in half lengthwise. Pound to ¼-inch thickness. Season with salt and pepper. In a large pan, heat coconut oil over medium-high heat. Cook chicken. Remove from pan. Add olive oil, garlic, and onions to pan. Sauté for 2 minutes, scraping any chicken drippings. Whisk in the chicken broth, lemon juice, and capers. Simmer for 3 to 5 minutes. Pour sauce over chicken.

Nutrition Facts	
servings per container	
Serving size	(181g)
Amount per serving	
Calories	320
	% Daily Value*
Total Fat 21g	27%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 380mg	17%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 1mg	6%
Potassium 296mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition facts may vary based on serving size and actual ingredients used.

Standard Process Purification Protocol Days 1-7

Supplement	Amount	Frequency
SP Cleanse®	7 capsules	3x/day
SP Complete® or SP Complete® Dairy Free or SP Complete® Chocolate or SP Complete® Vanilla	2 tablespoons/shake	2-3/day
	4 tablespoons/shake	2/day
Gastro-Fiber® or Whole Food Fiber	3 capsules	3x/day
	1 tablespoon/shake	2-3/day

Standard Process Purification Protocol Days 8-21

Supplement	Amount	Frequency
SP Green Food®	5 capsules	2x/day
SP Complete® or SP Complete® Dairy Free or SP Complete® Chocolate or SP Complete® Vanilla	2 tablespoons/shake	2-3/day
	4 tablespoons/shake	2/day
Gastro-Fiber® or Whole Food Fiber	3 capsules	3x/day
	1 tablespoon/shake	2-3/day

Additional Purification and Post-Purification Supplementation

Supplement	Amount	Frequency
Whey Pro Complete		
Tuna Omega-3 Oil (softgels) or Tuna Omega-3 Chewable or Calamari Omega-3 Liquid		
Gymnema from MediHerb		
ProSynbiotic		
Linum B ₆		
General Health Daily Fundamentals (Individual packs that contain Catalyn, Trace Minerals-B ₁₂ , and Tuna Omega-3 Oil)		

Fruit

These fruits are just a sampling. Keep in mind that you should eat twice as many servings of vegetables as fruits.

- | | | |
|--|--|---|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Figs 🍌 | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Gooseberries | <input type="checkbox"/> Papayas 🍌 |
| <input type="checkbox"/> Avocados | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Passion fruit |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Grapes, any variety | <input type="checkbox"/> Peaches, any variety |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Guavas 🍌 | <input type="checkbox"/> Pears, any variety |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Huckleberries 🍌 | <input type="checkbox"/> Persimmons |
| <input type="checkbox"/> Boysenberries | <input type="checkbox"/> Jackfruit 🍌 | <input type="checkbox"/> Pineapples 🍌 |
| <input type="checkbox"/> Cherimoyas (custard apples) | <input type="checkbox"/> Kiwi fruit | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Kumquats | <input type="checkbox"/> Pomegranates 🍌 |
| <input type="checkbox"/> Clementines 🍌 | <input type="checkbox"/> Lemons | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Coconuts | <input type="checkbox"/> Limes | <input type="checkbox"/> Red currants |
| <input type="checkbox"/> Cranberries, any variety | <input type="checkbox"/> Lychees | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Mangoes 🍌 | <input type="checkbox"/> Sapodillas 🍌 |
| <input type="checkbox"/> Elderberries 🍌 | <input type="checkbox"/> Melons, any variety 🍌 | <input type="checkbox"/> Strawberries |
| | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Tangerines |
| | <input type="checkbox"/> Olives | <input type="checkbox"/> Watermelons 🍌 |

Protein Sources

Lean meat/fish can be added on day 11.

- Fish: deep-sea fish (e.g., salmon, cod or sea bass), not farm raised
- Lean red meats: beef (grass-fed), venison or other
- Poultry (organic, free-range)
- Wild game, any variety

Beverages

- SP Complete shakes (with vegetables and/or fruit if desired)
- Spring water
- Herbal tea: organic, non-caffeinated

Oils and Fats

- | | |
|--|---|
| <input type="checkbox"/> Avocado oil | <input type="checkbox"/> Grape seed oil |
| <input type="checkbox"/> Butter: organic, unsalted | <input type="checkbox"/> Olive oil: extra virgin |
| <input type="checkbox"/> Coconut oil: unrefined, raw | <input type="checkbox"/> Pumpkin seed butter |
| <input type="checkbox"/> Flaxseed oil | <input type="checkbox"/> Sesame seed oil |
| <input type="checkbox"/> Ghee (clarified butter) | <input type="checkbox"/> Tahini (ground sesame seeds) |

🍌 Fresh fruit is a healthy and nutritious food with many vitamins, minerals, phytochemicals and fiber. Typically, the recommendation to eat fresh fruit as your appetite dictates holds true for many people. If you are above your ideal weight, eliminating higher-sugar fruits may be necessary. It is best to try to use vegetables instead of high-sugar fruits. Also be aware that for some people, fructose consumption may be a problem. Fruits that have a high fructose-to-glucose ratio should ideally be avoided. For these individuals, fruits with the 🍌 by them should be avoided or minimized.

Shopping List

Vegetables

- | | | |
|---|---|--|
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Chicory/radicchio | <input type="checkbox"/> Oyster plants |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Chives | <input type="checkbox"/> Parsnips |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Collard greens | <input type="checkbox"/> Pearl onions |
| <input type="checkbox"/> Bamboo shoots | <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Pumpkins |
| <input type="checkbox"/> Bean sprouts and any type of sprouts | <input type="checkbox"/> Dandelion greens | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Beets and beet greens | <input type="checkbox"/> Eggplants | <input type="checkbox"/> Rutabagas |
| <input type="checkbox"/> Belgian endive | <input type="checkbox"/> Endive/escarole | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Bell peppers, any variety | <input type="checkbox"/> Fennel | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Black radishes | <input type="checkbox"/> Hearts of palm | <input type="checkbox"/> Squash, any variety |
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Jalapeño peppers | <input type="checkbox"/> Sweet potatoes |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Kale | <input type="checkbox"/> Swiss chard |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Kohlrabies | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Cabbages | <input type="checkbox"/> Leeks | <input type="checkbox"/> Turnips and turnip greens |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Lettuce, any variety | <input type="checkbox"/> Wasabi roots |
| <input type="checkbox"/> Cauliflowers | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Water chestnuts |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Mustard greens | <input type="checkbox"/> Watercress |
| | <input type="checkbox"/> Okra | <input type="checkbox"/> Yucca roots |
| | <input type="checkbox"/> Onions | <input type="checkbox"/> Zucchini |

Legumes and Pseudo-Grains

- | | | |
|--|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Black beans | <input type="checkbox"/> Green beans | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Black-eyed peas | <input type="checkbox"/> Kidney beans | <input type="checkbox"/> Pinto beans |
| <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Lentils | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Fava beans | <input type="checkbox"/> Lima beans | |

Other

- | | |
|--|---|
| <input type="checkbox"/> Baking powder | <input type="checkbox"/> Flour: coconut |
| <input type="checkbox"/> Baking soda | <input type="checkbox"/> Mustard, Dijon |
| <input type="checkbox"/> Broths ready-made, organic | <input type="checkbox"/> Raw seeds |
| <input type="checkbox"/> Coconut butter | <input type="checkbox"/> Seaweeds such as arame, nori or kelp |
| <input type="checkbox"/> Coconut cream | <input type="checkbox"/> Sugars and sweeteners: bananas, dates, monk fruit, or whole-leaf stevia (powder or liquid) |
| <input type="checkbox"/> Coconut or hemp milk, unsweetened | <input type="checkbox"/> Vanilla extract |
| <input type="checkbox"/> Coconut water | <input type="checkbox"/> Vinegars |
| <input type="checkbox"/> Curry paste | |
| <input type="checkbox"/> Fresh herbs, spices, and accents | |

12010 Purification Product Kit with SP Complete® and Gastro-Fiber®



12020 Purification Product Kit with SP Complete® and Whole Food Fiber



12035 Purification Product Kit with SP Complete® Dairy Free and Gastro-Fiber®



12040 Purification Product Kit with SP Complete® Dairy Free and Whole Food Fiber



12065 Purification Product Kit with SP Complete® Chocolate and Gastro-Fiber®



12070 Purification Product Kit with SP Complete® Chocolate and Whole Food Fiber



12055 Purification Product Kit with SP Complete® Vanilla and Gastro-Fiber®



12060 Purification Product Kit with SP Complete® Vanilla and Whole Food Fiber



30% PCW



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