SP Detox Balance™ Program

Your guide to whole-body detoxification

Standard Process®
WHOLE FOOD NUTRIENT SOLUTIONS

You are about to embark on your detoxification journey.

You may be feeling a mix of emotions — excitement, motivation, or even apprehension. But most importantly, you are here. You've committed to rebooting your health, detoxifying your body, and kick-starting lifelong, healthy habits. We applaud you and are here to guide you each and every step of the way.

We are committed to changing lives. We help people find their way to a healthier, happier version of themselves. We believe that — from soil to seed to supplement — there is a direct relationship between the earth, what you consume, and your overall well-being.

That's why, for three generations we've focused on making high-quality and nutrient-dense supplements. From our organic, sustainable farming practices to our Nutrition Innovation Center research facility, we are committed to clinical science that advances health and changes lives.

Our SP Detox Balance™ program was born out of this desire to help you achieve wholistic health through nutrition. Thank you for making us a part of your journey.

Yours in health,

Charles C. DuBois
President

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

ACHIEVE BALANCE. CHANGE YOUR LIFE.

You. Your Health Care Practitioner.
And your SP Detox Balance™ Program.

1 INTRO TO TOXINS

Toxins are everywhere.

You are exposed to toxins every single day. In fact, your body produces its own toxins, or waste known as endogenous toxins, simply by functioning. Your body also encounters external (exogenous) toxins, or chemicals made outside of your body. They are in the air you breathe, the food you eat, the water you drink, and the products you touch.[1,2] Exposure to these toxins can overburden your system's natural ability to detoxify.

Toxins can contribute to:

- Fatigue or difficulty sleeping
- Indigestion and other temporary gastrointestinal upset
- Food cravings and weight gain
- Reduced mental clarity
- Low libido
- Skin issues
- Joint discomfort

1. *Romilly E. Hodges and Deanna M. Minich, "Modulation of Metabolic Detoxification Pathways Using Foods and Food-Derived Components: A Scientific Review with Clinical Application," Journal of Nutrition and Metabolism (2015): 16. http://dx.doi.org/10.1155/2015/760689.*
2. *Joseph W. Thornton, Michael McCally, and Jane Houlihan, "Biomonitoring of Industrial Pollutants: Health and Policy Implications of the Chemical Body Burden," Public Health Reports 117, no. 4 (2002): 315-23, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1497458/pdf/12477912.pdf.*
3. *Ian A. Myles, "Fast Food Fever: Reviewing the Impacts of the Western Diet on Immunity," Nutrition Journal 13 (2014): 1. https://doi.org/10.1186/1475-2891-13-61.*

YOU ARE WHAT YOU EAT.

The typical American diet favors processed foods that are high in fat, refined sugar, and salt. Processed foods often contain pesticides and artificial ingredients that can contribute to toxin buildup.[3]

US Statistics

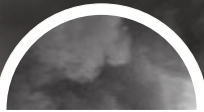
80K
CHEMICALS
registered for use [4]

800
MILLION+ POUNDS
of herbicides used per year [5,6]

167
INDUSTRIAL CHEMICALS
found in adults with no employment-related exposure [7]

Preservatives & Additives

Certain Household Cleaning Products



Cigarette Smoke

Dyes & Paints

Air & Water Pollutants

Endogenous Toxins

AMMONIA

CARBON DIOXIDE

FREE RADICALS

Certain Personal Care Products

Pesticides & Insecticides

Exogenous Toxins

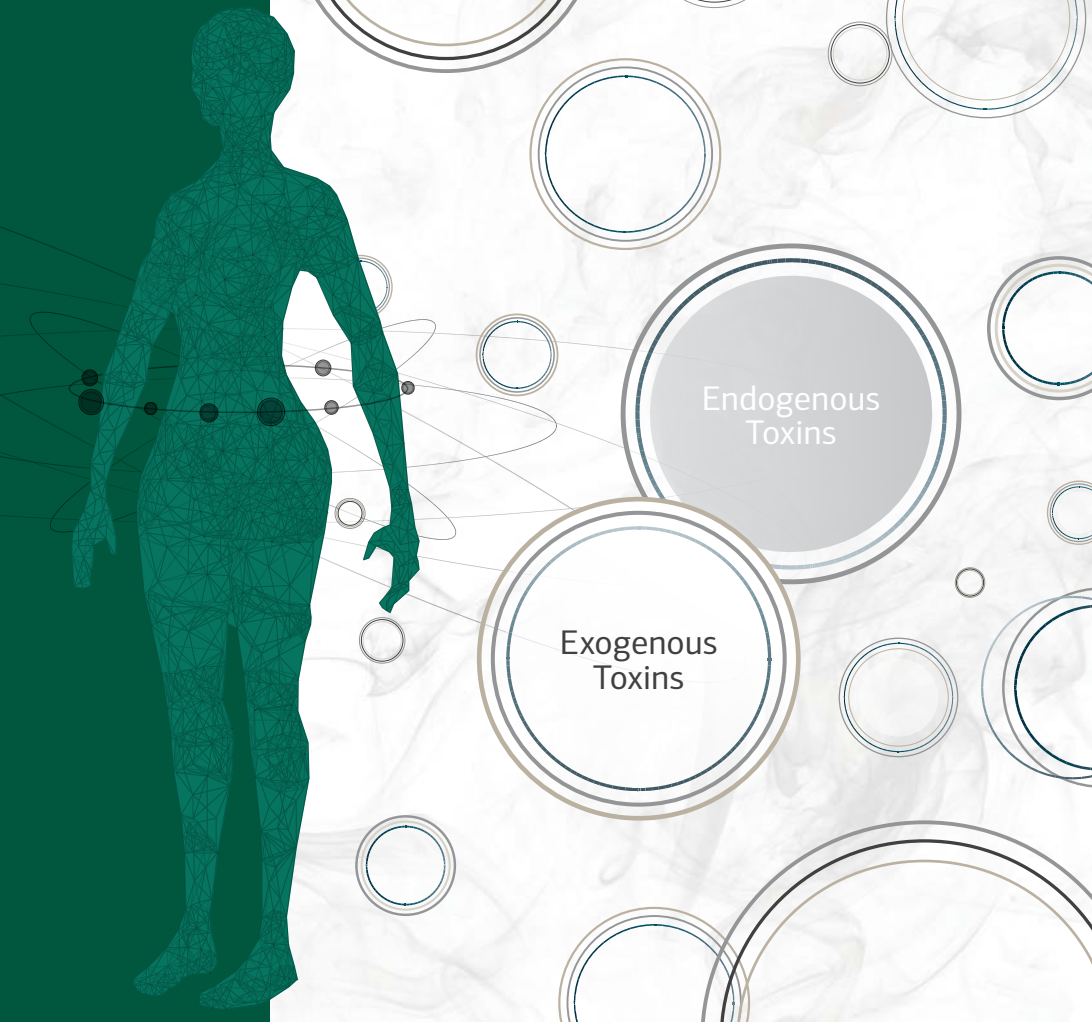
Heavy Metals

4. *"About," National Toxicology Program, US Department of Health and Human Services, accessed March 13, 2018, https://ntp.niehs.nih.gov/about/index.html.*
5. *Arthur Grube, David Donaldson, Timothy Kiely, and La Wu, "Pesticides Industry Sales and Usage 2006 and 2007 Market Estimates," Washington, D.C.: United States Environmental Protection Agency, February 2011, PDF e-book, http://www.epa.gov/sites/production/files/2015-10/documents/market_estimates2007.pdf.*
6. *Michael N. Antoniou et al., "Concerns Over Use of Glyphosate-Based Herbicides and Risks Associated with Exposures: a Consensus Statement." Environmental Health 15, no. 1 (2016): 1-13. https://doi.org/10.1186/s12940-016-0117-0.*
7. *Joseph W. Thornton, Michael McCally, and Jane Houlihan, "Biomonitoring of Industrial Pollutants: Health and Policy Implications of the Chemical Body Burden," Public Health Reports 117, no. 4 (2002): 315-23.*

1 INTRO TO TOXINS

The human body is an amazing place.[8]

Metabolic detoxification is your body's natural process of neutralizing and eliminating toxins from your body. This three-phase process unlocks fat-soluble toxins and converts them to a water-soluble state that is easier for your body to remove. Your body needs key nutrients and phytonutrients to support each of these phases.



8. Cline JC, "Nutritional Aspects of Detoxification in Clinical Practice," Alternative Therapies in Health and Medicine 21, no. 3 (2015): 54-62, http://www.ncbi.nlm.nih.gov/pubmed/26026145.

METABOLIC DETOXIFICATION

SP Detox Balance program provides your body with the additional nutritional support it may need to metabolize and expel toxins safely during each of the three phases of metabolic detoxification.*

Phase I: Unlock

Stored fat-soluble toxins transform into an "unlocked" state that is more water-soluble and, in many cases, more toxic than its original form.

Your SP Detox Balance program delivers nutrients that activate enzymes required for Phase I reactions. It also supplies antioxidants that reduce stress on your body, such as tissue damage sometimes caused by these enzyme activities.

Phase II: Neutralize

The highly toxic substances produced in Phase I convert to non-toxic molecules and become even more water-soluble.

Your SP Detox Balance program supplies key nutrients and amino acids needed to support Phase II enzymes. These enzymes enhance the water solubility of toxins.

Phase III: Eliminate

Water-soluble toxins leave your cells, and your body eliminates them.

Your SP Detox Balance program provides your body with plant-based fiber and water, which aid in toxin elimination.

* 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.

2 GET STARTED

Prepare for your journey.

Before starting your SP Detox Balance program, meet with your health care practitioner to discuss a plan that's right for you. Preparing your body in advance is essential to successful and safe detoxification. Your health care practitioner will check that you have the proper levels of nutrition to support metabolic detoxification, and help you to identify and remove triggers that could impact your journey.

WHAT'S YOUR TOXICITY LEVEL?

Take our toxicity questionnaire to help your health care practitioner evaluate your toxin-exposure levels.

Page 22-27

Your health care practitioner may address these topics:

Deficiencies and Nutritive-Diet Issues

Vitamin B_{12}, 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.

Elimination Diet

Are you a candidate? If so, you will remove foods from your diet and methodically add them back to identify adverse reactions to foods such as dairy, peanuts, eggs, soy, and gluten.[9]

28-Day vs. 10-Day Program

You will discuss the results of your toxicity questionnaire. If you have significant toxin exposure, the 28-day program may be right for you.

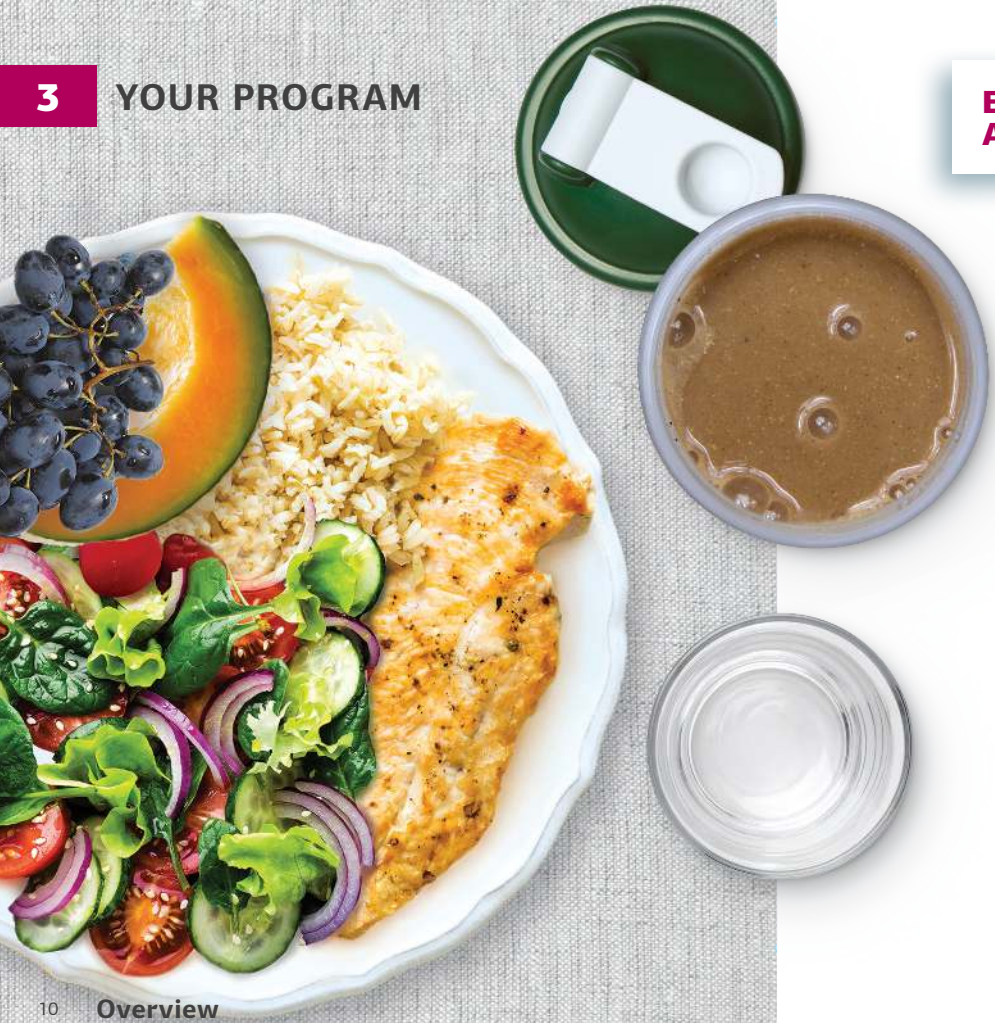
Diet Requirements

Based on your weight, how much protein must you consume during your program? Do you have dietary concerns like 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 practitioner can help you decide if you should continue taking medications or other supplements during this program.

9. *"Handout Elimination Diet Patient," University of Wisconsin Family Medicine & Community Health, accessed March 13, 2018, http://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/handout_elimination_diet_patient.pdf.*



EXCLUSIVE ACCESS

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

A fresh start you can feel.

Welcome to your SP Detox Balance program. Based on the results of your toxicity questionnaire, your doctor will recommend either the 28-day or 10-day plan. You will follow a simple protocol that includes a tasty, all-in-one detox shake, supported by a basic meal, hydration, and exercise plan. Our goal is to help you feel your very best by supporting your body's natural ability to rid itself of toxins.

Ready to get started? Great!

STAY ON TRACK

Log your daily accomplishments with our tracking calendar.

Page 84-87

Get to know your SP Detox Balance program.

EASY

Say goodbye to complicated nourishment schedules. Your all-in-one SP Detox Balance shakes take the guesswork out of daily prep so you can focus on making healthy choices.

SAFE

Improper removal of toxins can put stress on your body. Our guided program provides balanced, safe, and effective nutritional support for all three phases of detoxification.*

HEALTHY

From our organic and regenerative farming practices to our state-of-the-art manufacturing technologies, we bring you high-quality, nutrient-dense nourishment in a clean, more wholistic form.

Nutrition scientist approved!

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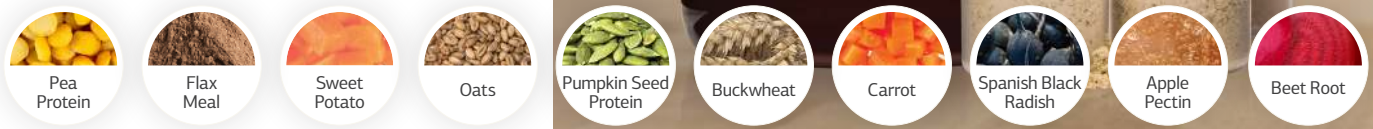
Scoop. Mix. Enjoy.

Depending on the day, you will drink one, two, or three delicious, nutrient-packed SP Detox Balance shakes. Just follow the daily shake schedule to determine how many shakes you need. Then, combine two heaping scoops of your SP Detox Balance powder with water (or other approved beverage), mix, and enjoy — morning, noon, or night. While this is not a meal-replacement shake, it could replace some food intake. Pay attention to your body's signals and adjust accordingly.

Your SP Detox Balance powder is full of whole, nutritious ingredients, including 17 grams of protein per shake!



28-DAY PROGRAM

Number of Shakes^ Per Day

3 Canisters · Program Guide · Shaker

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WK1	1	1	1	2	2	2	2
WK2	3	3	3	3	3	3	3
WK3	3	3	3	3	3	3	3
WK4	2	2	2	1	1	1	1

10-DAY PROGRAM

Number of Shakes^ Per Day

1 Canister · Program Guide

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WK1	1	2	2	3	3	3	3
WK2	2	1	1				
WK3							
WK4							

^ For each shake, mix two heaping scoops of SP Detox Balance powder with 10 to 12 ounces of liquid.

WANT TO SHAKE IT UP?

Your shake powder can be simply mixed with water or check out other tasty shake recipes.

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SHAKES ON THE GO:

Pre-portion your shake powder into portable containers so you can grab and go in the morning.

Stash 10-to 12-ounce reusable water bottles in convenient places. Mix with pre-portioned powder when ready to drink.

If desired, add ice! No blender needed. Refrigerate leftovers.

The whole of it.

Our meal plan is all about eating right. Focus on fueling your body with nutrient-rich foods and maintaining a well-balanced diet. Eat whole, unprocessed foods that are void of additives and unhealthy fats. And, when possible, select organic options.

The alkaline difference.[10,11]

The foods you eat can affect acidity levels in your body. Your SP Detox Balance™ shake plus diet regimen, addresses this head-on. By providing your body with nourishment rich in alkaline minerals, you can lower your body's urinary-acid levels. Which, in turn, may help with toxin removal.*

The protein difference.[12]

As you go through detoxification, you need to consume enough protein to support your body. Protein provides amino acids to help support detoxification pathways. Your health care practitioner can help you calculate your protein needs, which vary depending on body weight.

See page 66 for a general protein guide.

*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.

10. *Daniel König, Klaus Muser, Hans-Hermann Dickhuth, Aloys Berg, and Peter Deibert, "Effect of a Supplement Rich in Alkaline Minerals on Acid-Base Balance in Humans," Nutrition Journal 8 (2009): 1-2, https://doi.org/10.1186/1475-2891-8-23.*
11. *Deanna M. Minich and Jeffrey S. Bland, "Acid-Alkaline Balance: Role in Chronic Disease and Detoxification," Altern Ther Health Med 13, no. 4 (July/August 2007): 62-65, https://www.ncbi.nlm.nih.gov/pubmed/17658124.*
12. *Melissa Bernstein and Nancy Munoz, "Position of the Academy of Nutrition and Dietetics: Food and Nutrition for Older Adults: Promoting Health and Wellness," Journal of the Academy of Nutrition and Dietetics 112, no. 8 (2012): 1255-1277, https://doi.org/10.1016/j.jand.2012.06.015.*

YOUR SHOPPING LIST

Stock your kitchen with approved foods by following our handy grocery guide.

Page 28-33

What balanced looks like.

- Fill your plate with healthy vegetables, fruits, grains, and lean meats, fish, or vegan proteins like legumes and nuts.
- Achieve balance by following the outlined plate proportions and daily serving sizes for each food category.
- Balance your macronutrients! The foods in your meal plan contain macronutrients — proteins, carbohydrates, and healthy fats.

Water[13]

A hydrated body is a happy body. Water keeps cells hydrated, helps maintain a healthy balance of body fluids, and most importantly supports the elimination phase of your detoxification. Drink about eight to 10 glasses of water per day. Each glass should contain eight ounces of water.

Hydration Tips:

- Carry a reusable water bottle to encourage frequent water consumption.
- Add lemon or cucumber to infuse flavor.
- Combat fatigue with water, not sugary or caffeinated drinks.
- Be sure to drink water before, during, and after exercise.

13. *Barry M. Popkin, Kristen E. D'Anci, and Irwin H. Rosenberg, "Water, Hydration, and Health," Nutrition Reviews 68, no. 8: 439-458, https://doi.org/10.1111/j.1753-4887.2010.00304.x.*

THIRSTY?

Check out our nourishment guide for additional beverage guidance.

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Exercise

Get moving! Exercise not only facilitates the removal of toxins, but it also helps you maintain a healthy weight. Incorporate 30 to 45 minutes of exercise, targeting 10,000 steps or more, per day.

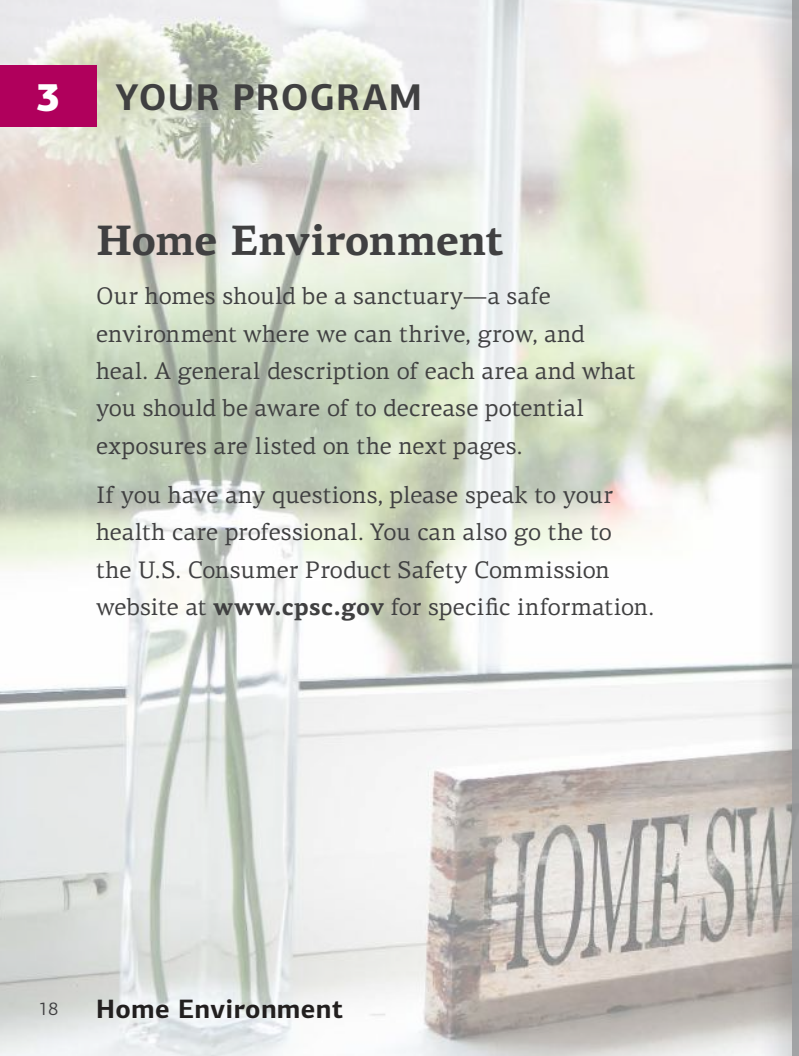
Consider incorporating mind-body connection into your daily life.

- Ten minutes of deep breathing
- Self-guided meditation
- Yoga classes
- Quick walk with a friend or pet

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 pages.

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



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.

Home Environment Recommendations

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 practitioner if you have any concerns in this area.

Welcome to the new you.

Congrats! Pat yourself on the back for a job well done. You worked hard to eat right, hydrate, exercise, and support your body with nutrient-dense SP Detox Balance shakes. Now stay focused. Continue your journey toward maintaining your health and supporting your weight-management goals by following our post-detoxification recommendations.

SUPPLEMENT SUPPORT

Customize your supplement regimen to support your nutrition and general health.

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Post-Program Recommendations

Meet with your health care practitioner to discuss a post-program plan that's right for you. Recommendations may include continuing 1 SP Detox Balance shake per day, adding additional supplements, or repeating your SP Detox Balance program once or more per year.

Reduce toxins in your environment. Eliminate toxic or chemical substances, such as paints, insecticides, and dyes, from home and work. Wear protective gloves and gear when handling harmful materials.

Remove toxins from your diet. Continue to make healthy food and drink choices. Avoid foods high in refined sugar or preservatives. When possible, opt for organic options.

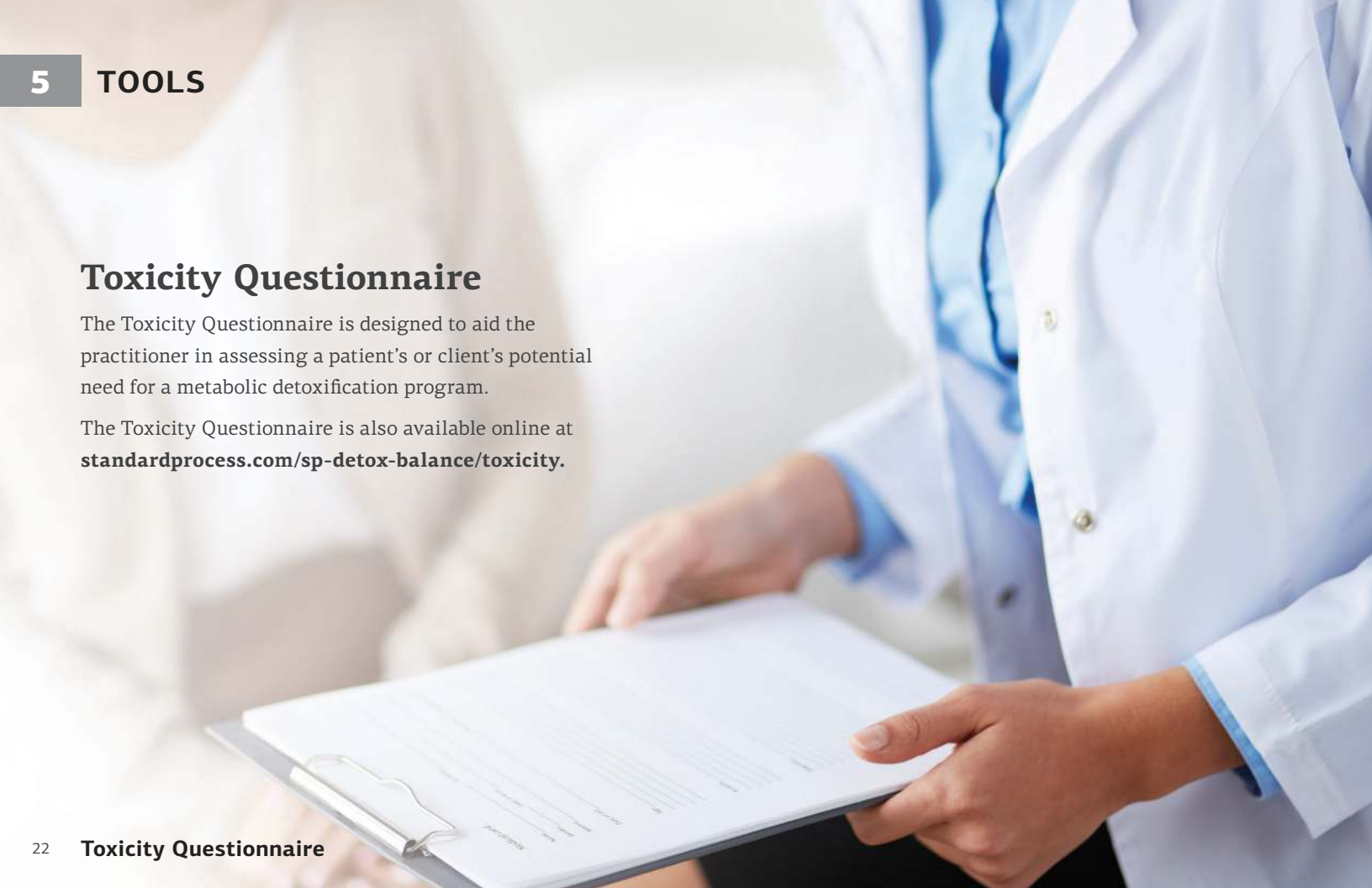
Keep up the great work. We know it isn't easy. But, you've already taken a great first step by completing your detoxification program. Keep the momentum going by making healthy choices, reducing toxin exposure, and maintaining your exercise and mind-body regimen.

You got this! Year-round tricks:

- Bring a nutritious dish to parties, so you have at least one healthy option.
- Stash healthy snacks in your car, desk, and bag, so you are never without.
- Identify stressors that trigger unhealthy choices and plan an escape route.
- When dining out, look at the menu in advance and decide what to order.
- Rally friends and family for monthly exercise challenges or meet-ups.

Get Social

Follow @StandardProcess for more inspiration, and don't forget to share your SP Detox Balance™ journey by mentioning #SPDetoxBalance.



Toxicity Questionnaire

The Toxicity Questionnaire is designed to aid the practitioner in assessing a patient's or client's potential need for a metabolic detoxification program.

The Toxicity Questionnaire is also available online at **standardprocess.com/sp-detox-balance/toxicity.**

SECTION I - SYMPTOMS

NAME _____ DATE _____

Circle the corresponding number to describe the frequency and severity of the symptom.
Rate each of the following based upon your health profile for the past 90 days.

0	**1**	**2**	**3**	**4**
Rarely *or Never*	Occasionally *Effect is Not Severe*	Occasionally *Effect is Severe*	Frequently *Effect is Not Severe*	Frequently *Effect is Severe*

Digestive					
Nausea and/or Vomiting	0	1	2	3	4
Diarrhea	0	1	2	3	4
Constipation	0	1	2	3	4
Bloated Feeling	0	1	2	3	4
Belching and/or Passing Gas	0	1	2	3	4
Heartburn	0	1	2	3	4

TOTAL _____

Ears					
Itchy Ears	0	1	2	3	4
Earaches or Ear Infections	0	1	2	3	4
Drainage from Ear	0	1	2	3	4
Ringing in Ears or Hearing Loss	0	1	2	3	4

TOTAL _____

Emotions					
Mood Swings	0	1	2	3	4
Anxiety, Fear, or Nervousness	0	1	2	3	4
Anger, Irritability	0	1	2	3	4
Depression	0	1	2	3	4
Sense of Despair	0	1	2	3	4
Uncaring or Disinterested	0	1	2	3	4

TOTAL _____

Energy / Activity					
Fatigue or Sluggishness	0	1	2	3	4
Hyperactivity	0	1	2	3	4
Restlessness	0	1	2	3	4
Insomnia	0	1	2	3	4
Startled Awake at Night	0	1	2	3	4

TOTAL _____

SECTION I - SYMPTOMS

Eyes					
Watery or Itchy Eyes	0	1	2	3	4
Swollen, Reddened, or Sticky Eyelids	0	1	2	3	4
Dark Circles Under Eyes	0	1	2	3	4
Blurred or Tunnel Vision	0	1	2	3	4

TOTAL _____

Head					
Headaches	0	1	2	3	4
Faintness	0	1	2	3	4
Dizziness	0	1	2	3	4
Pressure	0	1	2	3	4

TOTAL _____

Lungs					
Chest Congestion	0	1	2	3	4
Asthma or Bronchitis	0	1	2	3	4
Shortness of Breath	0	1	2	3	4
Difficulty Breathing	0	1	2	3	4

TOTAL _____

Heart					
Skipped Heartbeats	0	1	2	3	4
Rapid Heartbeats	0	1	2	3	4
Chest Pain	0	1	2	3	4

TOTAL _____

Mind					
Poor Memory	0	1	2	3	4
Confusion	0	1	2	3	4
Poor Concentration	0	1	2	3	4
Poor Coordination	0	1	2	3	4
Difficulty Making Decisions	0	1	2	3	4
Stuttering, Stammering	0	1	2	3	4
Slurred Speech	0	1	2	3	4
Learning Disabilities	0	1	2	3	4

TOTAL _____

Nose					
Stuffy Nose	0	1	2	3	4
Sinus Problems	0	1	2	3	4
Hay Fever	0	1	2	3	4
Sneezing Attacks	0	1	2	3	4
Excessive Mucous	0	1	2	3	4

TOTAL _____

NAME _____ DATE _____

Skin					
Acne	0	1	2	3	4
Hives, Rashes, or Dry Skin	0	1	2	3	4
Hair Loss	0	1	2	3	4
Flushing	0	1	2	3	4
Excessive Sweating	0	1	2	3	4

TOTAL _____

Mouth/Throat					
Chronic Coughing	0	1	2	3	4
Gagging or Frequent Need to Clear Throat	0	1	2	3	4
Swollen or Discolored Tongue, Gums, Lips	0	1	2	3	4
Canker Sores	0	1	2	3	4

TOTAL _____

Weight					
Binge Eating or Drinking	0	1	2	3	4
Craving Certain Foods	0	1	2	3	4
Excessive Weight	0	1	2	3	4
Compulsive Eating	0	1	2	3	4
Water Retention	0	1	2	3	4
Underweight	0	1	2	3	4

TOTAL _____

Joints / Muscles					
Pain or Aches in Joints	0	1	2	3	4
Rheumatoid Arthritis	0	1	2	3	4
Osteoarthritis	0	1	2	3	4
Stiffness or Limited Movement	0	1	2	3	4
Pain or Aches in Muscles	0	1	2	3	4
Recurrent Back Aches	0	1	2	3	4
Feeling of Weakness or Tiredness	0	1	2	3	4

TOTAL _____

Other					
Frequent Illness	0	1	2	3	4
Frequent or Urgent Urination	0	1	2	3	4
Leaky Bladder	0	1	2	3	4
Genital Itch, Discharge	0	1	2	3	4

TOTAL _____

TOTAL: SECTION I

SECTION II - RISK OF EXPOSURE

Rate each of the following based upon your environmental profile for the past 120 days.

0	**1**	**2**	**3**	**4**
Never	Rarely	Monthly	Weekly	Daily

Circle the corresponding number to describe the frequency of exposure.

How often are strong chemicals used in your home (disinfectants, bleaches, oven and drain cleaners, furniture polish, floor wax, window cleaners, etc.)?	0	1	2	3	4
How often are pesticides used in your home?	0	1	2	3	4
How often do you have your home treated for insects?	0	1	2	3	4
How often are you exposed to dust, overstuffed furniture, tobacco smoke, mothballs, incense, or varnish in your home or office?	0	1	2	3	4
How often are you exposed to nail polish, perfume, hairspray, or other cosmetics?	0	1	2	3	4
How often are you exposed to diesel fumes, exhaust fumes, or gasoline fumes?	0	1	2	3	4
How often do you consume non-organic food?	0	1	2	3	4

TOTAL _____

0	**1**	**2**	**3**
No	Mild	Moderate	Drastic

Circle the corresponding number to describe the level of change.

Have you noticed any negative change in your health since you moved into your home or apartment?	0	1	2	3
Have you noticed any change in your health since you started your new job?	0	1	2	3

TOTAL _____

Answer yes or no and circle the corresponding number.	NO	YES
Do you have a water-purification system in your home?	2	0
Do you have an air-purification system in your home?	2	0
Do you have any indoor pets?	0	2
Are you a dentist, painter, farm worker, or construction worker?	0	2

TOTAL _____

TOTAL: SECTION II

SECTION I + SECTION II

To calculate your grand total, combine your totals from section I and section II. If any individual section total equals six or more, or the grand total is 40 or more, you may benefit from a metabolic-detoxification program.

GRAND TOTAL

Nourishment Guidelines

Your SP Detox Balance meal plan is not meant to be restrictive. Our goal is to arm you with the guidelines you need for a successful detoxification program and to help you establish lifelong, healthy eating habits. As the name implies - it is all about the balance. Focus on eating a balanced diet of whole, clean, nutritious, macronutrient-rich foods, and make sure to follow this nourishment guide. Outside of that, check out our handy shopping list, so your fridge and pantry are stocked with a variety of healthy options!

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

HELPFUL TIPS

While your daily SP Detox Balance shakes are not meal replacement shakes, they could replace some food intake. They should be part of your total calories consumed, not in addition to.

We recommend eating organic foods. If you are unable to purchase all organic, consider staying away from the most contaminated fruits and vegetables listed below:[14]

- Apples
- Blueberries
- Celery
- Grapes
- Lettuce
- Nectarines
- Peaches
- Potatoes
- Snap peas
- Spinach
- Strawberries
- Sweet bell peppers

- Eggs are acceptable
- Limit or ideally avoid dairy
- When possible opt for BPA-free packaging

Refrain From Consuming:

- Processed or refined foods
- Soda, diet soda, fruit juice, energy or sports drinks, alcohol, coffee, non-herbal teas, and caffeinated drinks
- Processed meats like sausage, canned meat, cold cuts, and frankfurters
- Foods if you have known allergy or you have received other nourishment guidelines from your health care professional

14. *"EWG's 2019 Shopper's Guide to Pesticides in Produce," EWG, accessed February 4, 2020, https://www.ewg.org/foodnews/dirty-dozen.php on page 30*

VEGETABLES

Daily servings: Unlimited (target 5 to 7)
Serving size: ½ cup

- Only eat fresh or frozen varieties
- Best to eat half of your vegetables in their raw, uncooked form.
- Fresh, homemade vegetable juices are acceptable.
- Avoid white potatoes and corn.

SHOPPING LIST

These vegetables are just a sampling.

Artichokes
Arugula
Asparagus
Bamboo shoots
Bean sprouts
Beet greens
Beets
Belgian endive
Bell peppers
Black radishes
Bok choy
Broccoli
Broccolini
Brussels sprouts
Cabbages
Carrots
Cauliflowers
Celery
Chicory/Radicchio
Chives
Collard greens
Cucumbers
Dandelion greens
Eggplants
Endive/Escarole
Fennel
Green beans
Hearts of palm
Jalapeño peppers
Jicama
Kale
Kohlrabies
Leeks
Lettuces
Mushrooms
Mustard greens
Okra
Onions
Oyster plants
Parsnips
Pearl onions
Pumpkins
Radishes
Rutabagas
Shallots
Spinach
Squash
Sweet potatoes
Swiss chard
Tomatoes
Turnip greens
Turnips
Water chestnuts
Watercress
Yucca roots
Zucchini

FRUITS

Daily servings: 2 to 3
Serving size: ½ to ¾ cup (about 60 calories)

- Eat any fresh or frozen varieties except grapefruit, which can alter detoxification enzymes.[15]
- If using canned fruits, like tomatoes or pumpkin, opt for BPA-free packaging.
- **DO NOT drink fruit juices, even if homemade.**
- Limit intake of berries to one serving or less per day.
- Only consume one banana per day.
- Individuals who have glucose management concerns should avoid or minimize fruits with a high glycemic index (over 55). ❀

SHOPPING LIST

These fruits are just a sampling.

Apples
Apricots
Avocados
Bananas ❀
Blueberries
Cherimoyas/ Custard apples
Cherries
Clementines ❀
Coconuts
Dates
Elderberries ❀
Figs ❀
Grapes
Guavas ❀
Huckleberries ❀
Jackfruit ❀
Kiwifruit
Kumquats
Lemons
Limes
Lychees
Mangoes ❀
Melons ❀
Nectarines
Olives
Oranges
Papayas ❀
Passionfruit
Peaches
Pears
Persimmons
Pineapples ❀
Plums
Pomegranates ❀
Raspberries
Red currants
Rhubarb
Sapodillas ❀
Strawberries
Tangerines
Watermelons ❀

15. *UWE Fuhr, Kristina Klittich, and A. Horst Staib, "Inhibitory effect of Grapefruit Juice and its Bitter Principal, Naringenin on CYP1A2 Dependent Metabolism of Caffeine in Man," Br J Clin Pharmacol 35, no. 4 (1993): 431-6, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1381556/pdf/brjclinpharm00034-0094.pdf.*

HEALTHY GRAINS

Daily servings: 1
Serving size: ¼ to ¾ cup (cooked)

- If organic is not possible buy non-GMO.
- Only eat gluten-free varieties.
- Focus on high-fiber options.
- Avoid refined grains like white rice, as heavy processing removes valuable fiber, vitamins, and nutrients.

SHOPPING LIST

Amaranth
Buckwheat groats
Buckwheat noodles (pure buckwheat or groats)
Oats (gluten free, whole, or steel cut)
Quinoa
Rice (basmati, wild, or brown)
Rice cakes
Rice cereal (unsweetened)
Teff

Did you know?

Buckwheat is actually a pseudo-cereal, not wheat. So it's naturally (and deliciously) gluten-free!

LEAN MEATS, FISH, AND VEGAN PROTEINS

Daily servings: 2 to 4
Serving size: 3 to 5 ounces

- Eat enough plant-based or animal-based protein to support your weight.
- Canned fish and seafood are acceptable.
- Eat fatty fish with low risk of mercury, and deep-sea – not farm-raised varieties.
- Broiled, baked, roasted, or poached are the best cooking options.

* Avoid if you have a known allergy or intolerance

SHOPPING LIST

Poultry (chicken, turkey, duck, or other)
Lean red meat (beef, venison, buffalo, wild game, or other)
Cod
Salmon
Sea bass
Tuna
Black beans
Black-eyed peas
Chickpeas
Fava beans
Lentils
Lima beans
Peas (green and yellow)
Red kidney beans
Fresh nuts spreads and nuts*

Protein Reminder:

Remember that adequate protein intake is crucial during detoxification. Calculate your protein requirements in advance, keeping in mind that each **SP Detox Balance shake has 17 grams of protein! See page 80 for more information.**

FATS

Daily servings: Limit to maximum of 4

- Avocado
- Chia seeds
- Coconut oil
- Coconut spread
- Coconut milk (whole fat)
- Flaxseed oil
- Ghee/Clarified butter
- Grapeseed oil
- High-oleic safflower oil
- Olive oil (extra virgin)
- Sesame oil*
- Fresh nut spreads and nuts*
- Yogurt (plain, Greek or non-dairy)

RAW SEEDS

- Chia
- Flax
- Hemp
- Poppy
- Pumpkin
- Sesame
- Sunflower

SPICES

- Basil
- Bay leaves
- Cardamom
- Cayenne
- Chili powder
- Chives
- Cilantro/Fresh coriander
- Cinnamon
- Cloves
- Cumin
- Dill
- Garam masala
- Garlic
- Ginger
- Lemongrass
- Mint
- Mustard
- Nutmeg
- Oregano
- Paprika
- Parsley
- Pepper, black
- Rosemary
- Sage
- Sea salt
- Tarragon
- Thyme
- Turmeric
- Vanilla extract (pure)

* Avoid if you have a known allergy or intolerance

SUGARS AND SWEETENERS

Bananas
Dates
Whole-leaf stevia (powder or liquid)
Monk fruit/ Luo Han Guo

VINEGARS

Apple cider
Balsamic
Red wine
White wine

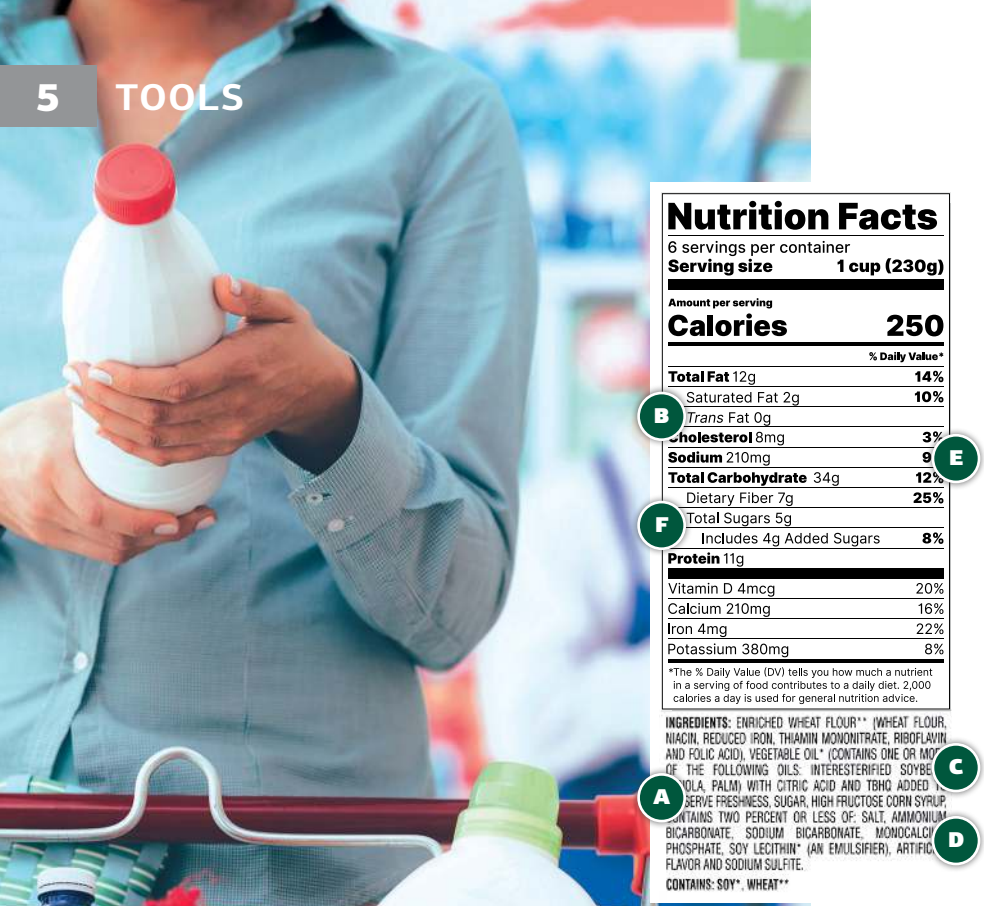
MISCELLANEOUS

Baking powder
Baking soda
Coconut butter
Coconut cream
Coconut water
Curry paste
Mustard
Seaweeds (arame, nori, or kelp)
Broth (beef, chicken, or vegetable)
Flour (almond, coconut quinoa, oat, teff, or whole grain)

BEVERAGES

Water (strive for 8-10 glasses per day)
Organic herbal tea, non-caffeinated
Nut milk (unsweetened, plain or vanilla)

* Avoid if you have a known allergy or intolerance



Decoding Labels

As you begin adding new foods to your diet, make sure to read the labels carefully. If you come across an ingredient list that sounds like it belongs in a chemistry lab, it very well may. Steer clear of additives and unhealthy fats - your body will thank you.

Ingredients to watch for:

A **Monosodium Glutamate (MSG)**

Many foods that are processed or prepared in restaurants use MSG as a flavor-enhancing agent. Some individuals are sensitive to this substance, which reportedly triggers headaches, tingling, and other symptoms.

B **Trans Fats or Hydrogenated Oils**

Dietary trans fats, often called hydrogenated or partially hydrogenated oils, are typically used in processed snacks and baked goods. Trans fats have been shown to raise "bad" cholesterol levels and lower "good" cholesterol levels.

C **Artificial Sweeteners**[16,17]

Artificial sweeteners like saccharin and aspartame are chemicals used to replace sugar. Many foods labeled as sugar-free contain these chemicals. Processed foods that are full of "empty calories," or no nutritional value, are also typical offenders. New evidence suggests that exposure to artificial sweeteners negatively affects gastrointestinal microbiota in humans and animals.

D **Artificial Colors or Dyes**

Artificial colors and dyes are chemicals added to foods to make them look more appetizing by improving their appearance and color uniformity. Some individuals can experience intolerances or allergic reactions to artificial color agents, such as yellow dye. Look for natural, color-enhancing alternatives like turmeric, paprika, and saffron.

E **Sodium**

Sodium is a hidden ingredient in many foods that are processed or prepared in restaurants. Regardless of the type of salt used, adults should only consume 1,500 to 2,300 milligrams per day. Excessive sodium consumption can contribute to poor health and bloat caused by water retention. Try using herbs in place of salt and do not keep the salt shaker on your table.

F **Hidden Sugars**

Sugars are often disguised in processed foods under names like corn syrup or high-fructose corn syrup, dextrose or crystal dextrose, fructose, maltose, lactose, sucrose, rice syrup, glucose, evaporated cane juice, and agave nectar. Less processed options like honey, coconut palm sap, and molasses are healthier alternatives but should still be limited.

16. *Xiaoming Bian, Liang Chi, Bei Gao, Pengcheng Tu, Hongyu Ru, and Kun Lu, "The Artificial Sweetener Acesulfame Potassium Affects the Gut Microbiome and Body Weight Gain in CD-1 Mice," PLOS ONE 12, no. 6 (2017): 1-16, https://doi.org/10.1371/journal.pone.0178426.*
17. *Jotham Suez, Tal Korem, Gili Zilberman-Schapira, Eran Segal, and Eran Elinav, "Non-Caloric Artificial Sweeteners, and the Microbiome: Findings and Challenges," Gut Microbes 6, no. 2 (2015): 149-155, https://doi.org/10.1080/19490976.2015.1017700.*

Sample Meals

Meal planning helps you stay on track and make healthy, balanced choices. In addition to water, exercise, and your SP Detox Balance shakes, the food you consume is critical in supporting your body in metabolic detoxification. Need meal-planning inspiration? Check out our sample meals and mouthwatering recipes!

SP Detox Balance Shake Reminder:

Remember, your daily shakes, as determined by your 28-day or 10-day program schedule, only require two ingredients:

- 2 heaping scoops SP Detox Balance powder
- 10 to 12 ounces of liquid

One enhanced shake can replace one SP Detox Balance™ shake per day

This could be a 1 Shake Day Make an enhanced shake with breakfast!	This could be a 1 Shake Day Make an enhanced shake with lunch!
BREAKFAST Enhanced Shake and 1 Cup Greek Yogurt	**BREAKFAST** Enhanced Shake and 1/4 Cup Almonds
LUNCH RECIPE #7 Turkey Chili	**LUNCH RECIPE #4** Stuffed Bell Peppers
DINNER RECIPE #2 Chicken Piccata	**DINNER RECIPE #6** Spiced Moroccan Meatballs
SNACK RECIPE #1 Avocado Chimichurri on Cucumber	**SNACK RECIPE #2** Kale Chips
ENHANCED SHAKE RECIPE #3 Creamy Strawberry	**ENHANCED SHAKE RECIPE #5** Mixed Berry

This could be a 1 Shake Day Make an enhanced shake with dinner!	This could be a 2 Shake Day Replace one shake with an enhanced shake.	This could be a 2 Shake Day Replace one shake with an enhanced shake.	This could be a 3 Shake Day Replace one shake with an enhanced shake.	This could be a 3 Shake Day Replace one shake with an enhanced shake.
BREAKFAST RECIPE #7 Zucchini Bread	**BREAKFAST** Enhanced Shake and 2 Eggs	**BREAKFAST RECIPE #2** Curry Eggs	**BREAKFAST** Enhanced Shake and 1/4 Cup Walnuts	**BREAKFAST RECIPE #5** Shrimp and Avocado Omelet
LUNCH RECIPE #6 Taco Salad	**LUNCH RECIPE #1** Buckwheat and Chickpea Salad	**LUNCH RECIPE #2** Herbed Chicken and Pomegranate Salad	**LUNCH RECIPE #3** Red Lentil and Squash Soup	**LUNCH RECIPE #5** Sunflower-Seed Veggie Burger
DINNER RECIPE #3 Chipotle Salmon and Salsa	**DINNER RECIPE #4** Quick Bison Soup	**DINNER RECIPE #1** Black Bean and Quinoa Chili	**DINNER RECIPE #5** Quinoa and Beef Skillet	**DINNER RECIPE #7** Stuffed Sweet Potatoes
SNACK RECIPE #6 Sesame Crackers	**N/A**	**N/A**	**N/A**	**N/A**
ENHANCED SHAKE RECIPE #4 Green Power	**ENHANCED SHAKE RECIPE #6** Kale Apple Pineapple	**ENHANCED SHAKE RECIPE #2** Beet and Green	**ENHANCED SHAKE RECIPE #7** Fresh Nut and Banana	**ENHANCED SHAKE RECIPE #1** Avocado Colada

5 TOOLS

Breakfast Recipes**

Start your day off with a tasty SP Detox Balance shake, cook up a creation of your own, or give one of our nutritionist-approved recipes a try. If caffeine is a part of your regular morning routine, swap in an herbal tea or other refreshing beverage.

View more delicious and healthy recipes at standardprocess.com/recipes.

*** All images are for illustrative purposes and may not reflect your personal results.*

Apple-Quinoa Breakfast Bowl

Apple-Quinoa Breakfast Bowl | SERVES 2

- ½ cup raw quinoa
- 1 large apple, peeled and diced
- ¼ teaspoon salt
- ⅓ cup raisins (optional)
- 1⅔ cup water
- ¼ teaspoon pure vanilla extract
- 3 tablespoons coconut butter (optional)
- ½ teaspoon cinnamon
- Unsweetened dairy-free milk (optional)
- Nuts (optional)

Peel and dice apple. In a small pot, bring water to a boil before simmering on low. Add quinoa, apple, salt, and raisins. Cover and simmer for 40 minutes. Turn off heat and let quinoa sit covered for an additional 20 minutes. If too thin, bring back to a boil and stir until fluffy. Stir in cinnamon, vanilla, nuts, sweetener, and coconut butter.

Nutrition Facts

servings per container
Serving size (353g)

Amount per serving
Calories 220

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 43g	16%
Dietary Fiber 6g	21%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 2mg	10%
Potassium 381mg	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.

Nutrition Facts

servings per container
Serving size (466g)

Amount per serving
Calories 500

	% Daily Value*
Total Fat 20g	26%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 71g	26%
Dietary Fiber 11g	39%
Total Sugars 34g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 1mcg	6%
Calcium 86mg	6%
Iron 4mg	20%
Potassium 599mg	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.

WITH optional ingredients
(including ½ cup almond milk and 1 Tbsp. almonds)

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

Curry Eggs

Curry Eggs | SERVES 6

- 2 tablespoons coconut oil
- 1 onion, thinly sliced
- 4 cloves garlic, chopped
- 2 tablespoons fresh ginger, chopped
- 1 tablespoon curry powder
- 3 cups marinara sauce
- 8 eggs, hard-boiled
- Salt and pepper to taste

Heat oil in a large skillet over medium-high heat. Add onion, garlic, and ginger. Cook, occasionally stirring until onions begin to soften, about 4 to 5 minutes. Add curry powder and cook while stirring for about 30 seconds. Add marinara sauce and eggs. Cook to heat through, about 2 to 3 minutes, stirring gently to avoid breaking up eggs. Season with salt and pepper.

Nutrition Facts

servings per container
Serving size (235g)

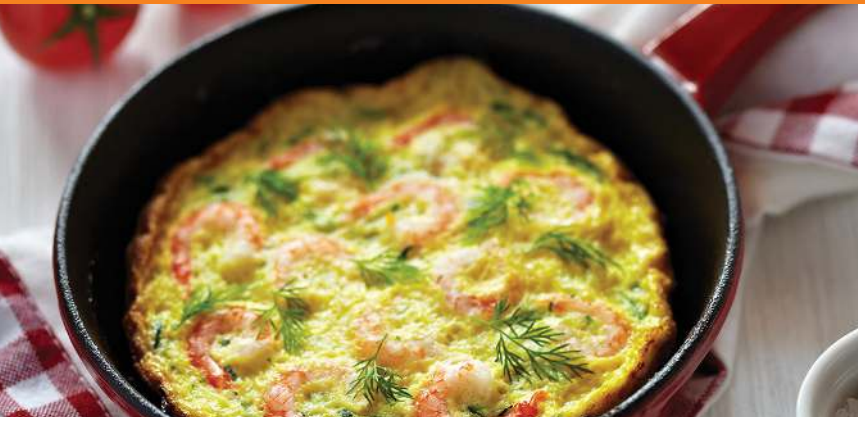
Amount per serving
Calories 230

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 250mg	83%
Sodium 660mg	29%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 1mcg	6%
Calcium 86mg	6%
Iron 2mg	10%
Potassium 583mg	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 may vary based on serving size and actual ingredients used.

Shrimp and Avocado Omelet



Shrimp and Avocado Omelet | SERVES 2

- ½ medium tomato, diced
- ½ avocado, diced
- ½ tablespoon fresh cilantro, chopped
- Salt and pepper to taste
- 2 ounces shrimp, peeled
- 2 large eggs, beaten
- ½ tablespoon coconut oil

Toss tomato, avocado, cilantro, salt, and pepper together in a bowl. Cook shrimp over medium-high heat. Chop and set aside. Beat eggs in a separate bowl. Heat coconut oil over medium heat. Pour eggs into skillet, tilting gently to cover skillet bottom. Cook eggs until almost fully firm. Add shrimp. Fold omelet in half and cook for 1 minute more. Top with tomato-avocado mixture.

Nutrition Facts

servings per container

Serving size (210g)

Amount per serving

Calories 200

	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 230mg	**77%**
Sodium 105mg	**5%**
Total Carbohydrate 7g	**3%**
Dietary Fiber 4g	**14%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 15g	
Vitamin D 2mcg	10%
Calcium 45mg	4%
Iron 1mg	6%
Potassium 527mg	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 may vary based on serving size and actual ingredients used.

Lunch Recipes**

A healthy lunch can energize your body and give it the boost it needs to tackle the afternoon ahead. You know your schedule best, so plan meals that suit your lifestyle. Have a meeting-packed day? Pack lunches, like our buckwheat and chickpea salad, that can easily be enjoyed on the go.

View more delicious and healthy recipes at standardprocess.com/recipes.

*** All images are for illustrative purposes and may not reflect your personal results.*

Buckwheat and Chickpea Salad

Buckwheat and Chickpea Salad | SERVES 6

- 1 cup raw buckwheat groats■
- 2 cups water
- Salt to taste
- 2 cups chickpeas, cooked
- 1 large eggplant, small cubes
- 1 teaspoon cumin powder
- 1 teaspoon chili powder
- 1 teaspoon black pepper
- ½ teaspoon turmeric powder
- 3 tablespoons olive oil
- ¼ cup raisins
- 2 shallots, sliced
- 1 cup cherry tomatoes, halved

Dressing:

- 1 bunch cilantro stems, chopped (set aside leaves for garnish)
- 1 lemon, juiced
- 1 tablespoon olive oil
- 1 tablespoon honey or agave nectar
- Salt and pepper to taste

Toast buckwheat on low, about 5 minutes. Cool. Add to boiling water with salt. Lower heat, cover, and simmer, about 10 to 12 minutes. Remove from heat. Strain excess water. Let sit for 10 minutes, then fluff with a fork. Preheat oven to 350°F. Toss olive oil, spices, salt, eggplant, and chickpeas together. Roast, about 30 minutes. Blend dressing ingredients in a food processor. Toss remaining ingredients together with dressing.

Nutrition Facts

servings per container

Serving size (288g)

Amount per serving

Calories 360

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 54g	20%
Dietary Fiber 8g	29%
Total Sugars 15g	
Includes 3g Added Sugars	6%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 61mg	4%
Iron 4mg	20%
Potassium 505mg	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 may vary based on serving size and actual ingredients used.

■ ROYAL LEE Organics organicsbylee.com

Herbed Chicken and Pomegranate Salad

Herbed Chicken and Pomegranate Salad | SERVES 4

- 3 cups quinoa, cooked and cooled
- 2 cups chicken, cooked and shredded
- 1 cup pomegranate seeds
- Salt and pepper to taste
- ¼ cup fresh mint leaves (packed), chopped
- ¼ cup fresh cilantro leaves (packed), chopped

Dressing:

- 2 teaspoons lime zest
- 2 tablespoons fresh lime juice
- 2 tablespoons olive oil

In a large bowl, combine quinoa, chicken, and pomegranate seeds. In a small bowl, whisk together lime zest, lime juice, and olive oil. Add to quinoa mixture and gently mix to coat. Season to taste, then cover and refrigerate for at least 30 minutes or until chilled. Just before serving, add mint and cilantro, mixing gently to combine.

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

Nutrition Facts

servings per container
Serving size (257g)

Amount per serving
Calories 370

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 65mg	3%
Total Carbohydrate 36g	13%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 3mg	15%
Potassium 495mg	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.

Red Lentil and Squash Soup

Red Lentil and Squash Soup | SERVES 6

- ¼ cup olive oil
- 5 cloves garlic, minced
- 4 medium carrots, finely chopped
- 3 celery stalks, finely chopped
- 1 medium white onion, finely chopped
- 1 teaspoon ground cumin
- ½ teaspoon crushed red pepper flakes
- ½ small butternut squash (about 1 pound), peeled, seeded, and finely chopped
- Salt and pepper to taste
- 6 cups chicken stock
- 1 cup red lentils
- Parsley (optional)
- Paprika (optional)

Heat oil over medium-high heat. Add garlic, carrots, celery, and onion. Cook until slightly caramelized. Stir in cumin, red pepper flakes, squash, salt, and pepper. Cook until squash is soft. Add chicken stock and lentils. Bring to boil. Reduce heat to medium low and cook, loosely covered, until lentils are very tender, about 20 minutes. Cool and puree soup until smooth. Garnish with parsley and paprika.

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

Nutrition Facts

servings per container
Serving size (494g)

Amount per serving
Calories 300

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 590mg	26%
Total Carbohydrate 42g	15%
Dietary Fiber 9g	32%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 98mg	8%
Iron 3mg	15%
Potassium 819mg	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.

Stuffed Bell Peppers

Stuffed Bell Peppers | SERVES 6

- 2 tablespoons olive oil or coconut oil
- 4 to 5 small mushrooms, chopped
- 1 small onion, chopped
- 1 pound ground beef
- 1 clove garlic, chopped
- 1 teaspoon dried thyme or Italian seasoning
- Salt and pepper to taste
- 4 medium to large tomatoes, chopped
- 1½ cups quinoa, rinsed and cooked (optional)
- 6 to 8 medium bell peppers, tops and seeds removed

Preheat oven to 350°F.
In a large skillet, heat oil over medium heat. Sauté mushrooms and onion. Add garlic for last 1 to 2 minutes, cooking until fragrant. Add ground beef and seasonings. Brown ground beef.
Add tomatoes and cook until tender. Add cooked quinoa. Place bell peppers in an oven-safe pan. Spoon mixture into bell peppers. Cover and bake for 30 minutes or until bell peppers are soft.

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

Nutrition Facts

servings per container
Serving size **(451g)**

Amount per serving
Calories **320**

	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 60mg	3%
Total Carbohydrate 28g	**10%**
Dietary Fiber 7g	**25%**
Total Sugars 12g	
Includes 0g Added Sugars	**0%**
Protein 26g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 4mg	20%
Potassium 1047mg	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.

LUNCH RECIPE #5

Sunflower-Seed Veggie Burger

Sunflower-Seed Veggie Burger | SERVES 3

- 1 small or medium onion, chopped
- 1 to 2 cloves garlic, chopped
- 1 to 2 tablespoons vegetable broth
- 8 to 10 ounces mushrooms, coarsely chopped
- Seasonings: salt, pepper, parsley flakes, basil, oregano, and cilantro to taste
- ½ cup quinoa flakes
- ¼ cup nutritional yeast
- ¼ cup raw sunflower seeds
- 1 tablespoon tahini
- 1 tablespoon olive oil

Sauté onions and garlic in broth until translucent. Add mushrooms and seasonings. Cook until tender. Remove from heat, drain liquid, and cool. Add to food processor with yeast, quinoa flakes, sunflower seeds, and tahini. Pulse until mixture is a firm, sticky consistency. Grease hands with oil and form 3 patties. Cook in skillet over medium heat with olive oil, about 5 minutes per side.

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

Nutrition Facts

servings per container

Serving size **(202g)**

Amount per serving

Calories **270**

	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 4g	**14%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 11g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 2mg	10%
Potassium 622mg	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

Taco Salad

Taco Salad | SERVES 4

- 2 tablespoons olive oil or coconut oil
- 2 red or green bell peppers, chopped
- 4 to 5 small mushrooms, chopped
- 1 small onion, chopped
- 1 clove garlic, chopped
- 1 pound ground beef
- 4 medium to large tomatoes, chopped
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Romaine lettuce, chopped

In a large skillet, heat oil over medium heat. Sauté bell peppers, mushrooms, onion, and garlic. Add ground beef and cook until brown. Add tomatoes and thyme, cooking until tender. Season to taste with salt and pepper. Cool for a few minutes. Serve on top of romaine lettuce.

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

Nutrition Facts

servings per container
Serving size (486g)

Amount per serving
Calories 350

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 115mg	5%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 7mg	40%
Potassium 1106mg	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.

LUNCH RECIPE #7

Turkey Chili

Turkey Chili | SERVES 4

- 1 tablespoon olive oil or coconut oil
- 1½ pounds ground turkey
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 medium red bell pepper, seeded and chopped
- 1 (16-ounce) can pumpkin puree
- 1 (28-ounce) can diced tomatoes
- 3 tablespoons apple cider vinegar
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika
- ½ teaspoon ground cinnamon

Heat oil in a large skillet over medium-high heat. Add turkey and cook thoroughly. Transfer to a large soup pan and add remaining ingredients. Stir and bring to a boil. Lower heat and allow to simmer for about 1 hour. Serve hot.

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

Nutrition Facts

servings per container
Serving size (586g)

Amount per serving
Calories 320

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 310mg	13%
Total Carbohydrate 24g	9%
Dietary Fiber 8g	29%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 1mcg	6%
Calcium 93mg	8%
Iron 4mg	20%
Potassium 1012mg	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.

Dinner Recipes**

Eating the same foods day in and day out can leave you feeling bored, which can promote unhealthy eating. Spice up your dinner by planning a variety of nutritious and delicious meals that leave you excited and satisfied. Check out a few of these tried-and-true, family-friendly recipes.

View more delicious and healthy recipes at standardprocess.com/recipes.

*** All images are for illustrative purposes and may not reflect your personal results.*

Black Bean and Quinoa Chili

Black Bean and 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
- 2½ cups water
- 2 teaspoons chili powder
- 1 teaspoon cayenne pepper
- 3 teaspoons ground cumin
- ½ 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 may vary based on serving size and actual ingredients used.

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 13g	46%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 124mg	10%
Iron 5mg	30%
Potassium 849mg	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.

Chicken Piccata

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 may vary based on serving size and actual ingredients used.

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.

Chipotle Salmon and Salsa

Chipotle Salmon and Salsa | SERVES 1

- 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
- ½ 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 may vary based on serving size and actual ingredients used.

Nutrition Facts

servings per container

Serving size (436g)

Amount per serving

Calories **630**

	% Daily Value*
Total Fat 45g	**58%**
Saturated Fat 6g	**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.

Quick Bison Soup

Quick Bison Soup | SERVES 4

- 1 pound ground bison
- 6 cups beef broth
- 1 tablespoon olive oil or coconut oil
- 3 celery stalks, chopped
- 1 cup carrots, shredded
- ¼ cup onion, chopped
- 1 garlic clove, minced
- Fresh or dried parsley
- Salt and pepper to taste
- Chopped kale, swiss chard, or spinach

Sauté onion, garlic, and celery in oil until tender. Add bison and cook thoroughly. Add broth and seasonings. Cook slowly for at least 30 minutes, adding kale, swiss chard, or spinach for the last few minutes.

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

Nutrition Facts

servings per container
Serving size (541g)

Amount per serving
Calories 280

	% Daily Value*
Total **Fat** 13g	17%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 980mg	43%
Total **Carbohydrate** 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 81mg	6%
Iron 5mg	30%
Potassium 602mg	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.

Quinoa and Beef Skillet

Quinoa and Beef Skillet | SERVES 4

- 6 ounces flank steak, fat trimmed
- 1 cup quinoa
- 2 cups water
- 1 bay leaf
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, thinly sliced or shredded
- 12 ounces mushrooms, cleaned and sliced
- 1½ cups beef stock
- 1½ teaspoons dried thyme
- ½ teaspoon dried rosemary

Cut steak lengthwise (2-inch strips), then slice across the grain (paper-thin). Bring quinoa, water, and bay leaf to a boil. Lower heat and simmer, about 15 minutes. Stir-fry steak in oil over medium heat. Set aside. Cook onions and garlic. Then, add carrots and mushrooms. Cook 2 minutes. Add quinoa, stock, thyme, and rosemary. Cover and simmer, about 10 minutes. Add beef and warm.

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

Nutrition Facts

servings per container

Serving size **(455g)**

Amount per serving

Calories **360**

	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 250mg	**11%**
Total Carbohydrate 39g	**14%**
Dietary Fiber 5g	**18%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 22g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 5mg	30%
Potassium 935mg	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.

Spiced Moroccan Meatballs

Spiced Moroccan Meatballs | SERVES 4

- 1 pound ground beef or turkey
- 1⅓ 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 1½ 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.

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.

Made with ground turkey

Nutrition Facts

servings per container
Serving size (192g)

Amount per serving
Calories 290

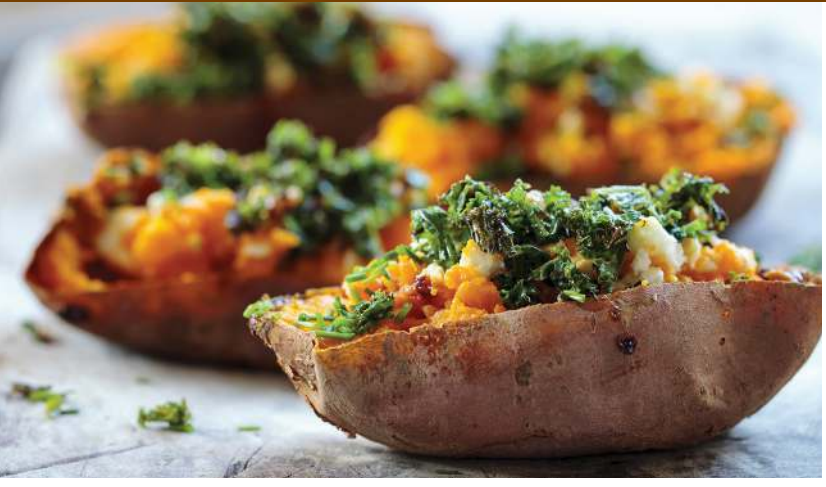
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 90mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 1mcg	6%
Calcium 29mg	2%
Iron 5mg	30%
Potassium 484mg	10%

*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.

Made with ground beef

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

Stuffed Sweet Potatoes



Stuffed Sweet Potatoes | SERVES 2

- 2 large sweet potatoes
- 2 cups chicken 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 chicken 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 may vary based on serving size and actual ingredients used.

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 940mg	**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%

*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.

Snack Recipes**

If you need extra nourishment throughout the day, incorporate healthy, whole food snacks. Just make sure that you are actually hungry, and not snacking out of habit. Have healthy snacks handy, like carrot sticks, nuts, or our kale guacamole.

View more delicious and healthy recipes at standardprocess.com/recipes.

*** All images are for illustrative purposes and may not reflect your personal results.*

SNACK RECIPE #1

Avocado Chimichurri on Cucumber

Avocado Chimichurri on Cucumber | SERVES 2

- 2 tablespoons fresh lemon juice
- 2 tablespoons red wine vinegar
- 3 cloves garlic, minced
- ½ teaspoon sea salt
- ½ teaspoon dried oregano
- ¼ teaspoon ground pepper
- ¼ cup olive oil
- ¼ cup fresh cilantro (packed), chopped
- ¼ cup fresh parsley (packed), chopped
- 2 avocados, cubed
- 2 cucumbers, sliced

Combine lemon juice, vinegar, garlic, sea salt, oregano, and pepper in a small bowl. Whisk in olive oil, then stir in cilantro and parsley. Gently fold in avocado. Spoon onto cucumber slices.

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

Nutrition Facts

servings per container

Serving size (512g)

Amount per serving

Calories 550

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 810mg	27%
Total Carbohydrate 26g	9%
Dietary Fiber 11g	39%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 2mg	10%
Potassium 1235mg	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.

SNACK RECIPE #2

Kale Chips

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 may vary based on serving size and actual ingredients used.

Nutrition Facts

servings per container
Serving size (237g)

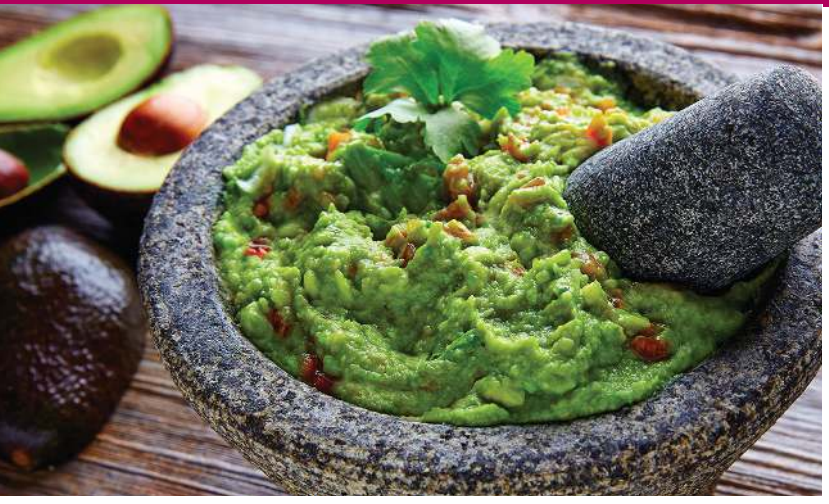
Amount per serving
Calories 180

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1270mg	55%
Total Carbohydrate 20g	7%
Dietary Fiber 8g	28%
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.

SNACK RECIPE #3

Kale Guacamole



Kale Guacamole | SERVES 2

- 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, chopped

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 may vary based on serving size and actual ingredients used.

Nutrition Facts

servings per container

Serving size (303g)

Amount per serving

Calories 260

	% Daily Value*
Total Fat 21g	27%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 19g	7%
Dietary Fiber 12g	43%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 1mg	6%
Potassium 1092mg	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.

Olive and Rosemary Crackers

Olive and Rosemary Crackers | MAKES
12 CRACKERS, SERVING SIZE 1 CRACKER

- ¾ cup creamy or crunchy almond butter, room temperature
- 2 tablespoons olive oil, plus extra for greasing pan
- 3 eggs
- 1 tablespoon whole-leaf stevia powder
- ¼ cup almond flour (meal)
- ¼ cup arrowroot powder
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- ¼ cup kalamata olives, pitted and finely chopped
- 1 tablespoon fresh rosemary, finely chopped

Preheat oven to 350°F. Grease loaf pan. Mix almond butter and oil until smooth. Blend in eggs and stevia. In another bowl, combine almond flour, arrowroot powder, salt, and baking soda. Blend dry ingredients with wet. Fold in olives and rosemary. Pour batter into loaf pan. Bake about 45 minutes. Cool bread in pan for 1 hour. Remove and cut into thin slices. Toast in oven for 5 to 10 minutes.

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

Nutrition Facts

servings per container
Serving size **(39g)**

Amount per serving
Calories **170**

	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 140mg	**6%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 62mg	4%
Iron 1mg	6%
Potassium 121mg	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.

Piña Colada Balls

Piña Colada Balls | MAKES 15 BALLS, SERVING SIZE 1 BALL

- 1 cup pineapple, diced
- ½ cup coconut flour
- 2 cups toasted desiccated coconut
- ½ teaspoon pure vanilla extract
- 1 tablespoon hemp seeds
- 1 cup dates, soaked

In a food processor, pulse dates until creamy. Add coconut flour, vanilla, hemp seeds, pineapple, and 1½ cups of the desiccated coconut. Pulse until dough-like consistency forms. Create 15 to 17 balls and roll in remaining desiccated coconut. Place in refrigerator until dough sets.

Nutrition Facts

servings per container
Serving size (41g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 1mg	6%
Potassium 78mg	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.

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

Sesame Crackers

Sesame Crackers | MAKES 60 CRACKERS, SERVING SIZE 6 CRACKERS

- 3 cups almond flour (meal)
- 1½ teaspoons sea salt
- 1 cup sesame seeds
- 2 tablespoons olive oil
- 2 eggs

Preheat oven to 350°F. Combine almond flour, salt, and sesame seeds. In another bowl, mix oil and eggs. Mix wet with dry ingredients. Divide dough into 2 pieces and place between 2 sheets of parchment. Roll to about $\frac{1}{16}$-inch thickness. Remove the top piece of parchment and transfer the remaining dough and parchment to a baking sheet. Cut dough into 2-inch squares. Bake 12 to 15 minutes or until lightly golden brown.

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

Nutrition Facts

servings per container
Serving size (9g)

Amount per serving
Calories 50

	% Daily Value*
Total Fat 4g	5%
Saturated **Fat** 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 1g	0%
Dietary **Fiber** 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 1mg	6%
Potassium 45mg	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.

Zucchini Hummus

Zucchini Hummus | SERVES 6

- 2 medium zucchini
- ⅛ to ¼ cup olive oil
- 4 to 6 cloves garlic, minced
- ½ cup fresh lemon or lime juice
- ¾ cup sesame seeds
- ¾ cup tahini
- ¼ teaspoon cayenne
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- Salt to taste

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

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

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 9g	
Vitamin **D** 0mcg	0%
Calcium 236mg	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.

Enhanced Shake Recipes**

Your SP Detox Balance™ shake requires minimal preparation — just combine two heaping scoops of powder, 10 to 12 ounces of liquid, ice, and shake, shake, shake! If you have a blender and want to experiment with a few other tastebud-pleasing flavors, give these enhanced shake recipes a spin.

*** All images are for illustrative purposes and may not reflect your personal results.*

ENHANCED SHAKE RECIPE #1

Avocado Colada

- 2 heaping scoops SP Detox Balance™ powder
- 1 avocado
- 1 cup pineapple, diced
- 1 cup unsweetened coconut water
- ½ teaspoon whole-leaf stevia powder
- 2 tablespoons fresh lime juice
- 1 tablespoon coconut oil
- 1 teaspoon pure vanilla extract
- Pinch of sea salt
- Ice

Blend all ingredients until smooth.

Nutrition Facts

servings per container
Serving size **(593g)**

Amount per serving

Calories	**560**
	% Daily Value*
Total Fat 33g	**42%**
Saturated Fat 14g	**70%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 330mg	**14%**
Total Carbohydrate 51g	**19%**
Dietary Fiber 13g	**46%**
Total Sugars 27g	
Includes 1g Added Sugars	**2%**
Protein 20g	
Vitamin D 0mcg	0%
Calcium 88mg	6%
Iron 6mg	35%
Potassium 1222mg	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.

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

Beet and Green

- 2 heaping scoops SP Detox Balance™ powder
- 1 cup fresh beet juice
- ½ cup spinach
- 1 celery stalk, sliced
- ½ bell pepper, sliced
- ½ cup cucumber, peeled and chopped
- Ice

Blend all ingredients until smooth.

Nutrition Facts

servings per container

Serving size **(547g)**

Amount per serving

Calories **280**

	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 260mg	**11%**
Total Carbohydrate 40g	**15%**
Dietary Fiber 8g	**29%**
Total Sugars 25g	
Includes 0g Added Sugars	**0%**
Protein 21g	
Vitamin D 0mcg	0%
Calcium 133mg	10%
Iron 8mg	45%
Potassium 1167mg	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.

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

ENHANCED SHAKE RECIPE #3

Creamy Strawberry

- 2 heaping scoops SP Detox Balance™ powder
- 1 cup frozen strawberries
- ½ avocado
- ⅛ teaspoon pure vanilla extract
- Ice

Blend all ingredients until smooth.

Nutrition Facts

servings per container

Serving size **(255g)**

Amount per serving

Calories **290**

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 8g	**29%**
Total Sugars 10g	
Includes 0g Added Sugars	**0%**
Protein 18g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 5mg	30%
Potassium 456mg	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 may vary based on serving size and actual ingredients used.

ENHANCED SHAKE RECIPE #4

Green Power

- 2 heaping scoops SP Detox Balance™ powder
- 4 ounces unsweetened almond or hemp milk
- 1 small green apple, chopped
- ¼ lemon, juiced
- 2 tablespoons ginger, grated
- 2 tablespoons basil, chopped
- 4 ounces water
- Ice

Blend all ingredients until smooth.

Nutrition Facts

servings per container
Serving size **(454g)**

Amount per serving
Calories **240**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**
Total Carbohydrate 32g	**12%**
Dietary Fiber 7g	**25%**
Total Sugars 17g	
Includes 0g Added Sugars	**0%**
Protein 18g	
Vitamin D 1mcg	6%
Calcium 281mg	20%
Iron 6mg	35%
Potassium 424mg	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 may vary based on serving size and actual ingredients used.

ENHANCED SHAKE RECIPE #5

Mixed Berry

- 2 heaping scoops SP Detox Balance powder
- 1 cup of water
- ¼ cup fresh or frozen blueberries
- ¼ cup fresh or frozen raspberries
- ¼ cup fresh or frozen blackberries
- ¼ cup fresh or frozen strawberries
- ¼ cup non-fat plain Greek yogurt
- 1 peeled banana

Blend all ingredients until smooth.

Nutrition Facts

servings per container

Serving size **(630g)**

Amount per serving

Calories **340**

	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 220mg	**10%**
Total Carbohydrate 52g	**19%**
Dietary Fiber 11g	**39%**
Total Sugars 32g	
Includes 0g Added Sugars	**0%**
Protein 20g	
Vitamin D 3mcg	15%
Calcium 620mg	50%
Iron 7mg	40%
Potassium 753mg	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.

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

ENHANCED SHAKE RECIPE #6

Kale Apple Pineapple

- 2 heaping scoops SP Detox Balance powder
- 1 cup unsweetened almond milk
- 1 washed, cored fresh apple
- 2 cups packed fresh kale
- ½ cup pineapple

Blend all ingredients until smooth.

Nutrition Facts

servings per container

Serving size **(543g)**

Amount per serving

Calories **450**

	% Daily Value*
Total Fat 17g	**22%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 280mg	**12%**
Total Carbohydrate 43g	**16%**
Dietary Fiber 9g	**32%**
Total Sugars 19g	
Includes 0g Added Sugars	**0%**
Protein 34g	
Vitamin D 3mcg	15%
Calcium 740mg	60%
Iron 7mg	40%
Potassium 968mg	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.

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

ENHANCED SHAKE RECIPE #7

Fresh Nut and Banana

- 2 heaping scoops SP Detox Balance powder
- 1 cup unsweetened almond milk
- ½ cup non-fat plain Greek yogurt
- ½ tablespoon ground flaxseed
- 1 tablespoon fresh nut spread
- 1 peeled and chopped banana

Blend all ingredients until smooth.

Nutrition Facts

servings per container

Serving size **(288g)**

Amount per serving

Calories **290**

	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 80mg	**3%**
Total Carbohydrate 48g	**17%**
Dietary Fiber 9g	**32%**
Total Sugars 23g	
Includes 0g Added Sugars	**0%**
Protein 19g	
Vitamin D 0mcg	0%
Calcium 102mg	8%
Iron 7mg	40%
Potassium 604mg	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.

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

ENHANCED SHAKE RECIPE #8

Kale Spinach Pineapple

- 2 heaping scoops SP Detox Balance powder
- 1 cup water
- 2 cups packed spinach
- ½ cup pineapple
- 1 peeled banana

Blend all ingredients until smooth.

Nutrition Facts

servings per container

Serving size **(314g)**

Amount per serving

Calories **270**

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 37g	13%
Dietary Fiber 6g	21%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 1mcg	6%
Calcium 203mg	15%
Iron 5mg	30%
Potassium 463mg	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 may vary based on serving size and actual ingredients used.

Pineapple

- 2 heaping scoops SP Detox Balance powder
- ¼ cup freshly squeezed orange juice
- ¼ cup non-fat plain Greek yogurt
- 1 cup fresh pineapple
- ½ cup ice cubes
- ½ cup water

Blend all ingredients until smooth.

Nutrition Facts

servings per container
Serving size (359g)

Amount per serving
Calories 350

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 63g	23%
Dietary Fiber 10g	36%
Total Sugars 38g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 6mg	35%
Potassium 883mg	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.

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

ENHANCED SHAKE RECIPE #10

Tropical

- 2 heaping scoops SP Detox Balance powder
- ½ cup of water
- ½ cup fresh or frozen pineapple
- ½ cup fresh or frozen mango
- ¼ cup fresh or frozen kiwi
- 1 peeled banana

Blend all ingredients until smooth.

Nutrition Facts

servings per container

Serving size **(254g)**

Amount per serving

Calories **290**

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 42g	15%
Dietary Fiber 7g	25%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 116mg	8%
Iron 5mg	30%
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.

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

ENHANCED SHAKE RECIPE #11

Kale Banana Mango

- 2 heaping scoops SP Detox Balance powder
- 1 cup water
- ¼ cup non-fat plain Greek yogurt
- ½ cup packed kale
- 1 frozen, peeled banana
- ¼ cup frozen mango

Blend all ingredients until smooth.

Nutrition Facts

servings per container
Serving size **(523g)**

Amount per serving
Calories **470**

	% Daily Value*
Total Fat 33g	**42%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 300mg	**13%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 11g	**39%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 26g	
Vitamin D 4mcg	20%
Calcium 847mg	70%
Iron 8mg	45%
Potassium 1015mg	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.

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

ENHANCED SHAKE RECIPE #12

Avocado and Pistachio

- 2 heaping scoops SP Detox Balance powder
- 1 ½ cups unsweetened almond milk
- ½ cup raw pistachio nuts
- ½ of an avocado, peeled and pitted
- 1 cup ice
- ¼ cup of fat-free planin Greek yogurt
- 1 peeled banana

Blend all ingredients until smooth.

Nutrition Facts

servings per container

Serving size **(349g)**

Amount per serving

Calories **310**

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 40mg	**2%**
Total Carbohydrate 47g	**17%**
Dietary Fiber 9g	**32%**
Total Sugars 23g	
Includes 0g Added Sugars	**0%**
Protein 24g	
Vitamin D 0mcg	0%
Calcium 123mg	10%
Iron 6mg	35%
Potassium 813mg	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.

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

Strawberry

- 2 heaping scoops SP Detox Balance powder
- 3/4 cup water
- 1 cup fresh or frozen strawberries
- ½ cup fresh or frozen mango
- ¼ of an avocado, peeled and pitted
- ½ tablespoon of freshly squeezed lime juice
- 1 cup ice

Blend all ingredients until smooth.

Nutrition Facts

servings per container
Serving size **(155g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 25mg	**1%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 7g	**25%**
Total Sugars 11g	
Includes 0g Added Sugars	**0%**
Protein 17g	
Vitamin D 0mcg	0%
Calcium 46mg	**4%**
Iron 5mg	30%
Potassium 408mg	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.

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

ENHANCED SHAKE RECIPE #14

Mango

- 2 heaping scoops SP Detox Balance powder
- ½ cup water
- ½ cup fresh or frozen mango
- ¼ of an avocado, peeled and pitted
- ½ tablespoon of freshly squeezed lime juice
- 1 cup of ice

Blend all ingredients until smooth.

Nutrition Facts

servings per container

Serving size **(342g)**

Amount per serving

Calories **300**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 95mg	**4%**
Total Carbohydrate 38g	**14%**
Dietary Fiber 17g	**61%**
Total Sugars 15g	
Includes 0g Added Sugars	**0%**
Protein 26g	
Vitamin D 0mcg	0%
Calcium 158mg	10%
Iron 6mg	35%
Potassium 392mg	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.

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

ENHANCED SHAKE RECIPE #15

Beet Raspberry

- 2 heaping scoops SP Detox Balance powder
- ¾ cup water
- ½ cup coarsely chopped beets
- 1 cup fresh or frozen raspberries
- ¼ cup fat-free plain Greek yogurt
- 1 cup of ice

Blend all ingredients until smooth.

Nutrition Facts

servings per container

Serving size **(342g)**

Amount per serving

Calories **300**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 95mg	**4%**
Total Carbohydrate 38g	**14%**
Dietary Fiber 17g	**61%**
Total Sugars 15g	
Includes 0g Added Sugars	**0%**
Protein 26g	
Vitamin D 0mcg	0%
Calcium 158mg	10%
Iron 6mg	35%
Potassium 392mg	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.

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

Daily Tracker

Use our 10-day or 28-day accountability tracker to meet your goals each and every day.

GET STARTED!

Step 1: Calculate your protein needs.

- Work with your health care practitioner to determine your daily protein target (see general guidelines below with a requirement of 1.0-1.5 g of protein/ kg of weight).
- Enter your protein goal in the upper right corner of your daily tracker on the following pages.

BODY MASS	ADULTS Daily Protein Goal (Grams per Day)
110 lbs.	50 to 80
121 lbs.	55 to 88
132 lbs.	60 to 96
143 lbs.	65 to 104
154 lbs.	70 to 112
165 lbs.	75 to 120
176 lbs.	80 to 128
187 lbs.	85 to 136
198 lbs.	90 to 144
209 lbs.	95 to 152
220 lbs.	100 to 160
231 lbs.	105 to 168
243 lbs.	110 to 176

Step 2: Stay on track.

- Log your shakes, protein, water, exercise, and mood daily.
- Use the notes section to record food intake and changes to your body or health conditions.

SAMPLE PROTEIN CHART

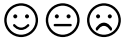
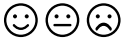
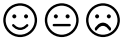
Below is the approximate protein content in some common foods consumed during detoxification.

FOOD	SERVING	PROTEIN
Poultry	3 oz	27 g
Lean red meat	3 oz	25 g
Cod	3 oz	23 g
Salmon	3 oz	19 g
Sea bass	3 oz	21 g
Black beans	1/3 cup	5 g
Lentils	1 cup	18 g
Peas - green	1 cup	8 g
Peas - yellow	1 cup	16 g
Kidney beans	1/3 cup	4 g
Almonds	1/4 cup	8 g
Oats	1/4 cup dry	7 g
Quinoa	1 cup	24 g
Rice, wild	1 cup	23 g
Rice, brown	1 cup	8 g
Rice, basmati	1 cup	6 g
Yogurt, plain	1 cup	9 g
Yogurt, Greek	1 cup	18 g
Egg	1 large	6 g

DAILY TRACKER

10-Day Program *(See pages 83-85 for 28-day program tracker)*

_____ **grams** YOUR DAILY PROTEIN GOAL

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
SHAKES										
PROTEIN FROM SHAKES	17g	34g	34g	51g	51g	51g	51g	34g	17g	17g
+ PROTEIN FROM MEALS	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____
= TOTAL DAILY PROTEIN										
WATER										
EXERCISE										
HOW ARE YOU?										
NOTES										

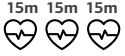
DAILY TRACKER

28-Day Program *(Days 1-10)*

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
SHAKES										
PROTEIN FROM SHAKES	17g	17g	17g	34g	34g	34g	34g	51g	51g	51g
+ PROTEIN FROM MEALS	+	+	+	+	+	+	+	+	+	+
= TOTAL DAILY PROTEIN										
WATER										
EXERCISE	15m 15m 15m	15m 15m 15m	15m 15m 15m	15m 15m 15m	15m 15m 15m	15m 15m 15m	15m 15m 15m	15m 15m 15m	15m 15m 15m	15m 15m 15m
HOW ARE YOU?										
NOTES										

28-Day Program *(Days 11-20)*

_____ **grams** YOUR DAILY PROTEIN GOAL

	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
SHAKES										
PROTEIN FROM SHAKES	51g	51g	51g	51g	51g	51g	51g	51g	51g	51g
+ PROTEIN FROM MEALS	+	+	+	+	+	+	+	+	+	+
= TOTAL DAILY PROTEIN										
WATER										
EXERCISE										
HOW ARE YOU?										
NOTES										

DAILY TRACKER

28-Day Program *(Days 21-28)*

	DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
SHAKES								
+ PROTEIN FROM MEALS = TOTAL DAILY PROTEIN	+	+	+	+	+	+	+	+
WATER								
EXERCISE								
HOW ARE YOU?								
NOTES								

GLOSSARY

Alkalinization	To make alkaline when the body's pH is too acidic. You need a more alkaline pH to facilitate toxin removal.
Amino acids	A simple organic compound containing both a carboxyl (-COOH) and an amino (-NH2) group.
Antioxidant	A substance that inhibits oxidation by removing potentially damaging oxidizing agents in a living organism.
Endogenous	Having an internal cause or origin.
Enzyme	A substance produced by a living organism that acts as a catalyst to bring about a biochemical reaction.
Estrogen	A sex hormone found in both males and females.
Estrogen metabolism	The body's process of metabolizing estrogen. Patients with deficiencies in estrogen metabolism should consult their health care practitioner before starting a metabolic-detoxification program.
Exogenous	Growing or originating from outside an organism.
Glycemic index	Indicates the effect of carbohydrates, from a particular type of food, on a person's blood-glucose, or blood-sugar, level.
Macronutrient	A nutrient in food specific to carbohydrates, fats, and proteins.
Methylation	The addition of a methyl group to another molecule, such as protein and DNA.
Methylation capacity	The capacity of the cell to methylate. Some key Phase II enzymes use methylation to metabolize toxins. Patients with deficiencies in methylation capacity should consult their health care practitioner before starting a metabolic-detoxification program.
Microbiota	Collective term for microflora (i.e., any type of minute organism) in a given environment.
Monk Fruit	A small subtropical melon used as a natural, low-calorie sweetener (also known as Luo Han Guo).
pH	A measure of the acidity or alkalinity of a solution where a value of 7 represents neutrality.
Phytonutrients	A substance found in certain plants, which is believed to be beneficial to human health and help prevent various diseases.

You. Your Health Care Practitioner. And Standard Process.

Thank you for choosing SP Detox Balance™. Our Standard Process family, along with your health care practitioner, are here for you every step of the way - before, during, and after your program. For some, this may mean additional support. Talk to your health care practitioner to determine if additional supplements are needed for your nutrition and general health.

Additional Supplements:

- ☐ Calamari Omega-3 Liquid
- ☐ Catalyn®
- ☐ Catalyn® GF
- ☐ Cataplex® D
- ☐ Enzycore
- ☐ Multizyme®
- ☐ ProSynbiotic
- ☐ Tuna Omega-3 Oil
- ☐ Veg-E Complete Pro™
- ☐ Whey Pro Complete
- ☐ Whole Food Fiber
- ☐ Zypan®

Visit www.standardprocess.com/products for a full product list.

Balanced Approach to Holistic Health

At Standard Process, we believe in a balanced approach to achieving holistic health through nutrition. From soil to supplement, we focus on bringing you whole food-based nutrition in a clean form. The supplements you put into your body are a vital part of the equation. The care you give yourself, coupled with the care you receive from a trusted health care practitioner, is just as important.

The power is in the balance. Achieve your balance. Change your life.

Standard Process®
WHOLE FOOD NUTRIENT SOLUTIONS