Standard Process 21-Day Purification Program

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

Standard Process®

WHOLE FOOD NUTRIENT SOLUTIONS

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

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

The Standard Process Purification Program helps your body purify and rebuild itself from the inside out. The program gives you a structured plan for purifying, nourishing, and maintaining a healthy lifestyle.

Along with Standard Process supplements, you'll support your major organ systems with the vitamins, minerals, and other nutrients found in whole foods. In addition, this program supports the maintenance of healthy weight when combined with a healthy lifestyle. When you've completed the 21-day purification program, you'll be amazed at how good you find yourself feeling. You'll learn how to transition to a new, healthful way of eating that will continue your journey toward a clearer, brighter, lighter way of life now and in the years ahead.*

Charles C. DuBois
President & CEO

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

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Purify

Why do I need purification?

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

Toxins can contribute to a wide range of conditions:

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

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

External Toxins

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

Internal Toxins

- Ammonia
- Carbon dioxide
- Free radicals*

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

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How do I determine my toxic load?

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

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

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

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

How do internal organs assist in purification?

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

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

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

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

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

Preparing for Purification

Home Environment

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

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.

Recommendations

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

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

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

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

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

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

Your health care professional may address these topics:

Deficiencies and Nutritive-Diet Issues

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

Coffee and Alcohol

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

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.[2]

Diet Requirements

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

Medications and Supplements

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

2. " 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.

Program Basics

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

What supplements will I use during purification?

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

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

SP Complete®, SP Complete® Chocolate or SP Complete® Vanilla (all with whey protein) or SP Complete® Dairy Free (with rice protein)
SP Complete offers essential whole food nutrition in a convenient powder.*

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

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

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

Both help:

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

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

SP Green Food®

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

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

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Supplement Regimen

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

Standard Process Purification Protocol Days 1-7

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

Standard Process Purification Protocol Days 8-21

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

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Additional Supplementation Your Health Care Professional May Recommend

Veg-E Complete Pro™ (Chocolate or Vanilla)
- An organic, multisource blend of plant-based protein in a convenient powder in either chocolate or vanilla flavor*

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

Tuna Omega-3 Oil or Tuna Omega-3 Chewable
- Delivers essential omega-3 fatty acids*

Gymnema from MediHerb®
- Helps reduce sweet cravings and helps suppress/inhibit sweet taste sensation*

ProSynbiotic
- Supports healthy gut flora and overall intestinal health*

Linum B6
- Contains flaxseed oil to support healthy skin, nerve tissue, and cognitive function*

Calamari Omega-3 Liquid
- Contains a natural concentration of omega-3 fatty acids, including DHA and EPA*

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

—Dr. Royal Lee, founder of Standard Process

Nourish

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

Focus on Eating Right

- Eat a variety of foods. Choose a rainbow of colors.
- Eat frequently throughout the day to maintain a level blood sugar range.
- Your health care professional may modify this program for your individual health needs.

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

21-Day Purification Pantry

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

Vegetables

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

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

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

Fruit

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

› Average serving size = ½ to ¾ cup

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

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

Legumes and Pseudo-Grains

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

Legumes

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

Pseudo-Grains

Gluten-Free

- Quinoa

Oils and Fats

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

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

Protein Sources

Days 1 - 10

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

Days 11 - 21

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

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

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Broths: *ready-made, organic*

- Beef
- Chicken
- Vegetable

Flours

- Coconut

Dairy-Free Milk

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

Miscellaneous

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

Raw Seeds

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

Spices

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

Sugars and Sweeteners

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

Vinegars

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

Beverages

SP Complete shakes: See Page 46 for recipes.

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

Herbal tea: organic, non-caffeinated

Refrain From Consuming or Using

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

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

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Sample Meal Plans

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

DAYS 1 - 10

Breakfast:
1 ½ T. Pumpkin seeds *(unsalted)* and 1 apple

Snack:
Basic SP Complete Shake *(page 46)*
and 1/2 cup baby carrots

Lunch:
Arugula salad with choice of vegetables
and Avocado dressing *(page 49)*

Snack:
Kale Chips *(Page 55)*

Dinner:
Lentil Soup *(page 53)*

Snack:
Pumpkin Pie Shake *(page 47)*

DAYS 11 - 21

Breakfast:
1/2 cup baby carrots
and Zucchini hummus (*page 56)*

Snack:
Basic SP Complete Shake *(page 46)*

Lunch:
Spinach salad with 3 oz of roasted chicken
breasts and choice of vegetables
and Apple cider vinaigrette *(page 50)*

Snack:
Asparagus Fries *(page 54)*

Dinner:
Chipotle Salmon *(page 60)*
with a side of roasted sweet potatoes

Snack:
Apple Cinnamon Surprise Shake *(page 48)*

Daily Intake Journal

	DAY 1	DAY 2
WHAT DID YOU EAT TODAY?	Breakfast Lunch Dinner Other	Breakfast Lunch Dinner Other
SUPPLEMENTS	☐ ☐ ☐	☐ ☐ ☐
WATER		
EXERCISE	15m 15m 15m	15m 15m 15m
HOW ARE YOU?		
NOTES		

Daily Intake Journal

	DAY 3	DAY 4
WHAT DID YOU EAT TODAY?	Breakfast Lunch Dinner Other	Breakfast Lunch Dinner Other
SUPPLEMENTS	☐ ☐ ☐	☐ ☐ ☐
WATER		
EXERCISE	15m 15m 15m	15m 15m 15m
HOW ARE YOU?		
NOTES		

Daily Intake Journal

	DAY 5	DAY 6
WHAT DID YOU EAT TODAY?	Breakfast Lunch Dinner Other	Breakfast Lunch Dinner Other
SUPPLEMENTS	☐ ☐ ☐	☐ ☐ ☐
WATER		
EXERCISE	15m 15m 15m	15m 15m 15m
HOW ARE YOU?		
NOTES		

Daily Intake Journal

	DAY 7	DAY 8
WHAT DID YOU EAT TODAY?	Breakfast Lunch Dinner Other	Breakfast Lunch Dinner Other
SUPPLEMENTS	☐ ☐ ☐	☐ ☐ ☐
WATER		
EXERCISE	15m 15m 15m	15m 15m 15m
HOW ARE YOU?		
NOTES		

Daily Intake Journal

	DAY 9	DAY 10
WHAT DID YOU EAT TODAY?	Breakfast Lunch Dinner Other	Breakfast Lunch Dinner Other
SUPPLEMENTS	☐ ☐ ☐	☐ ☐ ☐
WATER		
EXERCISE	15m 15m 15m	15m 15m 15m
HOW ARE YOU?		
NOTES		

Daily Intake Journal

	DAY 11 You can add protein today.	DAY 12
WHAT DID YOU EAT TODAY?	Breakfast Lunch Dinner Other	Breakfast Lunch Dinner Other
SUPPLEMENTS	☐ ☐ ☐	☐ ☐ ☐
WATER		
EXERCISE	15m 15m 15m	15m 15m 15m
HOW ARE YOU?		
NOTES		

Daily Intake Journal

	DAY 13	DAY 14
WHAT DID YOU EAT TODAY?	Breakfast Lunch Dinner Other	Breakfast Lunch Dinner Other
SUPPLEMENTS	☐ ☐ ☐	☐ ☐ ☐
WATER		
EXERCISE	15m 15m 15m	15m 15m 15m
HOW ARE YOU?		
NOTES		

Daily Intake Journal

	DAY 15	DAY 16
WHAT DID YOU EAT TODAY?	Breakfast Lunch Dinner Other	Breakfast Lunch Dinner Other
SUPPLEMENTS	☐ ☐ ☐	☐ ☐ ☐
WATER		
EXERCISE	15m 15m 15m 	15m 15m 15m 
HOW ARE YOU?		
NOTES		

Daily Intake Journal

	DAY 17	DAY 18
WHAT DID YOU EAT TODAY?	Breakfast Lunch Dinner Other	Breakfast Lunch Dinner Other
SUPPLEMENTS	☐ ☐ ☐	☐ ☐ ☐
WATER		
EXERCISE	15m 15m 15m	15m 15m 15m
HOW ARE YOU?		
NOTES		

Daily Intake Journal

	DAY 19	DAY 20
WHAT DID YOU EAT TODAY?	Breakfast Lunch Dinner Other	Breakfast Lunch Dinner Other
SUPPLEMENTS	☐ ☐ ☐	☐ ☐ ☐
WATER		
EXERCISE	15m 15m 15m	15m 15m 15m
HOW ARE YOU?		
NOTES		

Daily Intake Journal

	DAY 21
WHAT DID YOU EAT TODAY?	Breakfast Lunch Dinner Other
SUPPLEMENTS	☐ ☐ ☐
WATER	
EXERCISE	15m 15m 15m 
HOW ARE YOU?	
NOTES	

Congratulations on completing the purification program!

Now stay focused!

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

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Post-Purification

Get Back to a ‘New Normal’

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

What’s different?

Diet

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

Food Reintroduction

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

Supplements

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

SP Complete, SP Complete Chocolate, SP Complete Vanilla or SP Complete Dairy Free shakes:
Continue drinking these shakes with meals or as snacks. If needed, add fiber with Whole Food Fiber or Gastro-Fiber.

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

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

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Food Reintroduction

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

Also, it is possible to have a food allergy or intolerance that you don't know about, so one of the key aspects of reintroduction is to keep a journal of how each food makes you feel. A complete food experience journal is available for downloading and printing at **standardprocess.com.**

The Process

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

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

The Difference Between Allergies and Intolerance to Foods

Allergy

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

Intolerance

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

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

Reintroducing Foods Eliminated During Purification

Grains

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

Dairy

This group includes products like cheese, milk, and yogurt. These foods are nutritionally dense and provide a host of nutrient components, such as calcium and protein.

Non-dairy milks — such as almond, rice, or soy milk — are good alternatives.

Nuts (Raw)

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

Shellfish

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

Eggs

Eggs provide an important source of protein, iron, and B vitamins. If you enjoy toast with your eggs, you might want to reintroduce eggs after grains, so you can have whole-grain toast at the same time.

Or you could hard-boil an egg and eat it at breakfast or as a snack.

An Example of a New Normal

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

Breakfast

SP Complete shake	1 serving
Oatmeal *prepared with water*	¾ cup
Green tea	8 ounces

Snack

Sunflower seeds *kernels, oil roasted, without salt*	1½ tablespoons

Lunch

Chicken breast *roasted with teriyaki sauce (1½ tablespoons) and celery seeds (1 teaspoon)*	2 ounces
Broccoli cooked, without salt	½ cup
Summer squash cooked, without salt	½ cup
Asparagus	8 spears

Snack

Cottage cheese	½ cup

Dinner

Walleye *baked*	3 ounces
Salad	
Greens	2 cups
Chickpeas *cooked*	½ cup
Green beans *cooked*	1 cup
Onion	¼ cup
Garlic	1 clove
Kidney beans *cooked, without salt*	1⁄3 cup

Snack

Whole milk	1 cup

Note: The above example contains approximately 1,600 calorie and is a general sample of a healthy meal plan.

Health Tips for a Lifetime

Trying to Lose Too Much, Too Fast

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

Underestimating the Amount of Calories/Nutrients in Food

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

Preparing for Social Gatherings

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

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

Dealing With Feeling Deprived/Bored With the Diet

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

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

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

Drinking Alcohol or Caffeine

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

Portion Control

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

Get Back to a 'New Normal'

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

Monosodium Glutamate (MSG)

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

Trans Fats (Hydrogenated Oils)

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

Artificial Sweeteners

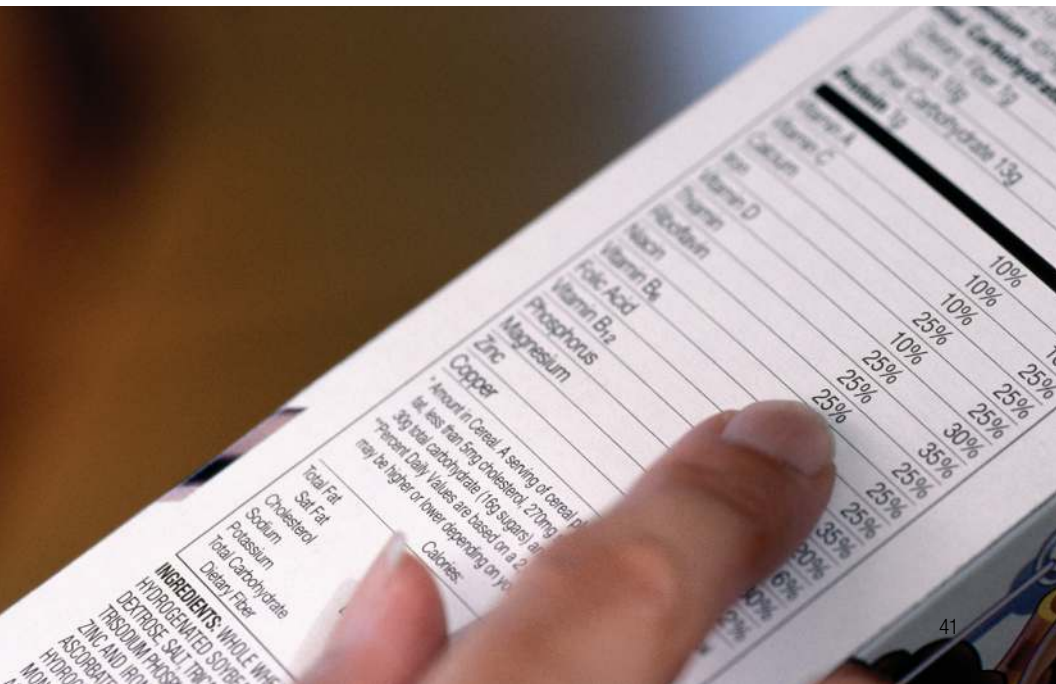
Chemicals like saccharine and aspartame are used to replace sugar in diet/sugar-free foods. Artificial sweeteners are generally found in foods that contain "empty calories" — meaning they don't provide any nutritive value for the calories they add to your diet.

Artificial Colors/Dyes

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

Sodium

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



Frequently Asked Questions

Q What are the benefits of purification?

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

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

Q Will this purification program help me lose weight?

A By following the Standard Process Purification Program, you will be working toward sustained, long-term weight management. The ideal weight-management system is not a quick fix but a long-term commitment. You will need to make lifestyle changes that will continue long after the purification process is completed. See pages 33-41 for tips on how to continue your success.

Q Is exercise necessary? How much and what type is recommended?

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

***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.**

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

A Here are some tips to help you stay on track:

- Plan your strategy before you leave home.
- When choosing a restaurant, select one that serves foods on the recommended list (pages 15-19). This will curb temptation.
- When traveling, bring along a cooler packed with water bottles, fresh fruit, and sliced raw vegetables.
- When attending a social gathering, bring a dish to pass that fits your stage of the program, like a fruit/veggie tray or chicken kabobs.

Q What physical changes will I experience during purification?

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

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

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

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

Q What can I do for temporary constipation?

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

Q Do the purification products contain gluten?

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

Q Why is there lactose in SP Complete?

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

Q Is the Standard Process Purification Program vegetarian?

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

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

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

Q Is the purification program recommended for pregnant or lactating women?

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

Q What if I am struggling with the program?

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

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

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

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

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Recipes

Shakes

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

Basic Shake Recipe

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

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

Tips for your shake:

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

Additional Shake Recipes

Ginger Berry Shake

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

Blend all ingredients together until smooth.

Nutrition Facts

servings per container
Serving size **(624g)**

Amount per serving
Calories **430**

	% Daily Value*
Total Fat 20g	**26%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 105mg	**5%**
Total Carbohydrate 44g	**16%**
Dietary Fiber 10g	**36%**
Total Sugars 20g	
Includes 0g Added Sugars	**0%**
Protein 16g	
Vitamin D 3mcg	15%
Calcium 318mg	25%
Iron 2mg	10%
Potassium 702mg	15%

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

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

Pumpkin Pie Shake

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

Blend all ingredients together until smooth.

Nutrition Facts

servings per container
Serving size **(211g)**

Amount per serving
Calories **210**

	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 5mg	**0%**
Total Carbohydrate 31g	**11%**
Dietary Fiber 6g	**21%**
Total Sugars 11g	
Includes 0g Added Sugars	**0%**
Protein 13g	
Vitamin D 0mcg	0%
Calcium 270mg	20%
Iron 3mg	15%
Potassium 361mg	8%

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

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

Additional Shake Recipes

Apple Cinnamon Surprise Shake

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

Blend all ingredients together until smooth.

Nutrition Facts

servings per container
Serving size **(507g)**

Amount per serving
Calories **270**

	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 85mg	**4%**
Total Carbohydrate 50g	**18%**
Dietary Fiber 7g	**25%**
Total Sugars 27g	
Includes 0g Added Sugars	**0%**
Protein 11g	
Vitamin D 0mcg	0%
Calcium 234mg	20%
Iron 2mg	10%
Potassium 732mg	15%

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

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Salad Dressings and Accents

Parsley Garlic Dressing

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

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

SERVING SIZE: 2 tablespoons

Nutrition Facts

servings per container
Serving size **(28g)**

Amount per serving
Calories **120**

	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 280mg	**12%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 49mg	2%

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

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

Avocado Dressing

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

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

SERVING SIZE: 2 tablespoons

Nutrition Facts

servings per container
Serving size **(28g)**

Amount per serving
Calories **80**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 20mg	**1%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 2g	**7%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 113mg	2%

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

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

Garlic Flax Oil Dressing

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

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

SERVING SIZE: 2 tablespoons

Nutrition Facts

servings per container
Serving size **(28g)**

Amount per serving
Calories **90**

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 40mg	**2%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 21mg	0%

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

Apple Cider Vinaigrette

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

Mix all ingredients.

SERVING SIZE: 2 tablespoons

Nutrition Facts

servings per container
Serving size **(28g)**

Amount per serving
Calories **170**

	% Daily Value*
Total Fat 19g	**24%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 105mg	**5%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 10mg	0%

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

Vinaigrette Dressing

- ⅔ cup olive or flax oil
- 1 tablespoon Dijon mustard
- ¼ cup balsamic vinegar or fresh lemon juice
- 1 clove garlic, minced
- ¼ cup water

Mix together and add herbs to taste.

SERVING SIZE: 2 tablespoons

Nutrition Facts

servings per container
Serving size **(29g)**

Amount per serving
Calories **130**

	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 40mg	**2%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 9mg	0%

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

Fruit Toppers

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

Seasonings

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

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Soups and Stews

Creamy Red Pepper Soup | *SERVES 1*

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

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

Nutrition Facts

servings per container
Serving size **(607g)**

Amount per serving
Calories **490**

	% Daily Value*
Total Fat 35g	**45%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 1290mg	**56%**
Total Carbohydrate 36g	**13%**
Dietary Fiber 14g	**50%**
Total Sugars 17g	
Includes 6g Added Sugars	**12%**
Protein 17g	
Vitamin D 0mcg	0%
Calcium 99mg	8%
Iron 5mg	30%
Potassium 1566mg	35%

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

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

Gardener's Ratatouille | *SERVES 1*

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

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

Recipe courtesy of Cooking Light at cookinglight.com/food

Nutrition Facts

servings per container
Serving size **(869g)**

Amount per serving
Calories **390**

	% Daily Value*
Total Fat 20g	**26%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 2400mg	**104%**
Total Carbohydrate 49g	**18%**
Dietary Fiber 14g	**50%**
Total Sugars 26g	
Includes 0g Added Sugars	**0%**
Protein 9g	
Vitamin D 0mcg	0%
Calcium 166mg	15%
Iron 3mg	15%
Potassium 1938mg	40%

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

Lentil Soup | *SERVES 4*

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

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

Nutrition Facts

servings per container
Serving size **(828g)**

Amount per serving
Calories **330**

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 650mg	**28%**
Total Carbohydrate 41g	**15%**
Dietary Fiber 14g	**50%**
Total Sugars 10g	
Includes 0g Added Sugars	**0%**
Protein 14g	
Vitamin D 0mcg	0%
Calcium 137mg	10%
Iron 7mg	40%
Potassium 1006mg	20%

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Dips and Snacks

Asparagus Fries | *SERVES 2*

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

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

Nutrition Facts

servings per container
Serving size **(235g)**

Amount per serving
Calories **110**

	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 590mg	**26%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 5g	**18%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 5mg	30%
Potassium 458mg	10%

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

Salsa Fresca | *SERVES 4*

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

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

Nutrition Facts

servings per container
Serving size **(180g)**

Amount per serving
Calories **45**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 600mg	**26%**
Total Carbohydrate 10g	**4%**
Dietary Fiber 2g	**7%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 360mg	8%

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

Kale Chips | *SERVES 2*

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

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

Nutrition Facts

servings per container
Serving size **(237g)**

Amount per serving
Calories **180**

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 1270mg	**55%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 8g	**29%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 10g	
Vitamin D 0mcg	0%
Calcium 341mg	25%
Iron 3mg	15%
Potassium 1114mg	25%

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

Kale Guacamole | *SERVES 4*

- 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

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

Nutrition Facts

servings per container
Serving size **(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.

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

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

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.

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

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

- 1 Cup pitted dates
- ½ Cup of Tahini Paste
- ½ Tablespoon chia seeds
- ½ Tablespoon pumpkin seeds
- ½ Tablespoon sunflower seeds
- 6 Servings of Standard Process Whole Food Fiber
- Unsweetened, dried shredded coconut (to cover outside of bites)

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

SERVING SIZE: 2 BITES

Nutrition Facts

servings per container
Serving size **(55g)**

Amount per serving
Calories **240**

	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 4g	**14%**
Total Sugars 16g	
Includes 0g Added Sugars	**0%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1mg	6%
Potassium 263mg	6%

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

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

Entrees

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

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.

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

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

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.

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

Chicken Piccata | *SERVES 4*

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

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

Nutrition Facts

servings per container
Serving size **(181g)**

Amount per serving
Calories **320**

	% Daily Value*
Total Fat 21g	**27%**
Saturated Fat 8g	**40%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 380mg	**17%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 1g	**4%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 28g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 1mg	6%
Potassium 296mg	6%

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

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

Chipotle Salmon and Salsa | *SERVES 2*

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

AVOCADO SALSA

- 1 ripe avocado, cubed
- 1 handful of cherry tomatoes, chopped
- 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

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.

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

Spiced Moroccan Meatballs | *SERVES 4*

- 1 pound ground beef or turkey
- 1 ⅓ 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 may vary based on serving size and actual ingredients used.

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.

Quinoa-Stuffed Peppers | *SERVES 2*

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

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

Nutrition Facts

servings per container
Serving size **(358g)**

Amount per serving
Calories **150**

	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 7190mg	**313%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 5g	**18%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 7g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 2mg	10%
Potassium 768mg	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.

Standard Process Purification Protocol Days 1-7

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

Standard Process Purification Protocol Days 8-21

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

Additional Purification and Post-Purification Supplementation

Supplement	Amount	Frequency
Whey Pro Complete		
Tuna Omega-3 Oil *(perles)* **or** Tuna Omega-3 Chewable **or** Calamari Omega-3 Liquid		
Gymnema from MediHerb		
ProSynbiotic		
Linum B_6		
General Health Daily Fundamentals *(Individual packs that contain Catalyn, Trace Minerals-B_{12}, and Tuna Omega-3 Oil)*		

Fruit

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

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

Protein Sources

Lean meat/fish can be added on day 11.

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

Beverages

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

Oils and Fats

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

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

Shopping List

Vegetables

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

Legumes and Pseudo-Grains

- ☐ Black beans
- ☐ Black-eyed peas
- ☐ Chickpeas
- ☐ Fava beans
- ☐ Green beans
- ☐ Lentils
- ☐ Lima beans
- ☐ Peas
- ☐ Quinoa

Other

- ☐ Baking powder
- ☐ Baking soda
- ☐ Broths *ready-made, organic*
- ☐ Coconut butter
- ☐ Coconut cream
- ☐ Coconut or hemp milk, *unsweetened*
- ☐ Coconut water
- ☐ Curry paste
- ☐ Fresh herbs, spices, and accents
- ☐ Flour: coconut
- ☐ Mustard, Dijon
- ☐ Raw seeds
- ☐ Seaweeds such as arame, nori or kelp
- ☐ Sugars and sweeteners: bananas, dates or whole-leaf stevia *(powder or liquid)*
- ☐ Vanilla extract
- ☐ Vinegars

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

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

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

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

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

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

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

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