

Directions for 10-Day Purification Program

	All 10 Days	
SP Complete (shake) <i>See Instructions</i>	2 times /day	
Gastro Fiber	3 capsules 3x/day (9)	
SP Cleanse	5 capsules 3x/day (15)	
SP Green Food	5 capsules 3x/day (15)	

Food Sources

Unlimited Fresh Vegetables (this is not an exhaustive list)

Collard Greens	Carrots
Dandelion Greens	Cucumbers
Mixed Greens	Celery
Mustard Greens	Radishes
Red, Yellow, and Green Peppers	Kale*
Onions *	Broccoli*
Mushrooms	Swiss Chard*
Spinach	Brussels Sprouts*

Asparagus*
Cabbage*
Artichokes*
Red Beets (Beets may be steamed for 20-30 minutes or until soft. You may use the beet greens in salad after washing)

* Can be steamed for 2-3 minutes

Fresh Fruit - Eat twice as many vegetables as compared to fruit

Apples	Grapes	Tomatoes
Oranges	Berries	Lemons & Limes
Bananas	Melons	Mangos

1 TBSP “clean” Vinegar per day:
Balsamic, Red Wine, or Apple Cider
Vinegar is permitted

2 TBSP Good Fats: Coconut oil,
grass-fed Butter, raw Nut Oils,
Olive Oil

Spring Water: At least 8 Glasses per day

Protein

3-4 ounces of unseasoned lean meat, unprocessed pork, cold water fish, or poultry twice daily. Prepare by boiling, broiling, grilling, stewing, or, baking.

1-2 eggs per day. Raw or simply prepared boiled, poached, or scrambled. (NB: Eating cooked eggs daily increases the likelihood that an allergy to eggs will develop. This is not a problem with raw eggs.)

NOT Permitted

No Salad Dressing	No Green Beans
No Nuts	No Grapefruit
No Legumes (beans, peas, etc.)	

No Grains, Rice, Flour, Wheat, Pasta, Bread or other “White” Foods. Also, no Potatoes, no Corn, no Dairy