SP Detox Balance™ Program

Your guide to whole-body detoxification
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 transforming lives. We help people find their way to the healthiest, happiest version of themselves. We believe that from soil 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 practice to our Nutrition Innovation Center research facility, we are committed to clinical science that advances health and transforms 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
ACHIEVE BALANCE. TRANSFORM YOUR LIFE.
You. Your Health Care Practitioner. And your SP Detox Balance™ Program.
INTRO TO TOXINS
Where toxins come from and how SP Detox Balance™ helps.

GET STARTED
How to prepare your body for metabolic detoxification.

YOUR PROGRAM
Your SP Detox Balance™ shake, meal, hydration, and exercise plan.

THE NEW YOU
What to do after completing your 28-day or 10-day program.

TOOLS
Planning resources, shopping lists, tips, calendars, your glossary, and more!
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.\textsuperscript{1,2} Exposure to these toxins can overburden your system’s natural ability to detoxify.


The human body is an amazing place. 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.


Metabolic Detoxification
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.

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

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

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

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.

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.
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.
Your health care practitioner 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.

**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

**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.

**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.

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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!
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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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 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!

Shakes
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 base shake powder is a neutral, chai flavor. Check out other tasty shake recipes. Page 60-64

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.

28-DAY PROGRAM

Number of Shakes Per Day

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<thead>
<tr>
<th>WK1</th>
<th>WK2</th>
<th>WK3</th>
<th>WK4</th>
</tr>
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<tr>
<td>2</td>
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10-DAY PROGRAM

Number of Shakes Per Day

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<tr>
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<td>3</td>
<td>2</td>
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<tr>
<td>2</td>
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</tr>
</tbody>
</table>

For each shake, mix two heaping scoops of SP Detox Balance™ powder with 10 to 12 ounces of liquid.
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.\textsuperscript{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.\textsuperscript{*}

The protein difference.\textsuperscript{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.

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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.
- Get your macronutrients! The foods in your meal plan contain macronutrients — proteins, carbohydrates, and healthy fats. Aim to consume an equal amount of calories from each macronutrient.

Water

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.
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

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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.
Post-Program Recommendations

Meet with your health care practitioner to discuss a post-program plan that’s right for you. Recommendations may include additional supplements and repeating your SP Detox Balance™ program twice 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 www.standardprocess.com/sp-detox-balance/toxicity.
## SECTION I - SYMPTOMS

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.

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<thead>
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<th>Frequency</th>
<th>Description</th>
<th>Digestive</th>
<th>Emotions</th>
<th>Energy / Activity</th>
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<tr>
<td>0</td>
<td>Rarely or Never</td>
<td>Nausea and/or Vomiting 0 1 2 3 4</td>
<td>Mood Swings 0 1 2 3 4</td>
<td>Fatigue or Sluggishness 0 1 2 3 4</td>
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<td>1</td>
<td>Occasionally</td>
<td>Diarrhea 0 1 2 3 4</td>
<td>Anxiety, Fear, or Nervousness 0 1 2 3 4</td>
<td>Hyperactivity 0 1 2 3 4</td>
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<td>2</td>
<td>Occasionally</td>
<td>Constipation 0 1 2 3 4</td>
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<td>3</td>
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<td>Bloated Feeling 0 1 2 3 4</td>
<td>Depression 0 1 2 3 4</td>
<td>Insomnia 0 1 2 3 4</td>
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<tr>
<td>4</td>
<td>Frequently</td>
<td>Belching and/or Passing Gas 0 1 2 3 4</td>
<td>Sense of Despair 0 1 2 3 4</td>
<td>Startled Awake at Night 0 1 2 3 4</td>
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<td></td>
<td></td>
<td>Heartburn 0 1 2 3 4</td>
<td>Uncaring or Disinterested 0 1 2 3 4</td>
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**TOTAL**

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<th>Emotions</th>
<th>Energy / Activity</th>
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### Toxicity Questionnaire

#### SECTION I - SYMPTOMS

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<td>Blurred or Tunnel Vision</td>
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<td>Chest Congestion</td>
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<td>Asthma or Bronchitis</td>
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<td>Shortness of Breath</td>
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<tr>
<td>Difficulty Breathing</td>
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<td>Skipped Heartbeats</td>
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<td>Rapid Heartbeats</td>
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<td>Confusion</td>
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<td>Poor Concentration</td>
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<td>Difficulty Making Decisions</td>
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<td>Stuttering, Stammering</td>
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<tbody>
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<td>Hives, Rashes, or Dry Skin</td>
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<td>2</td>
<td>3</td>
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<td>Hair Loss</td>
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<tr>
<td>Flushing</td>
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<td>Excessive Sweating</td>
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<td>Mouth/Throat</td>
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<td>Gagging or Frequent Need to Clear Throat</td>
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<td>Canker Sores</td>
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<td>Weight</td>
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<td>Binge Eating or Drinking</td>
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<td>Stiffness or Limited Movement</td>
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**TOTAL: SECTION I**
SECTION II - RISK OF EXPOSURE

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

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<td>Monthly</td>
<td>Weekly</td>
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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 ________

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 ________

Toxicity Questionnaire
Answer yes or no and circle the corresponding number.

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<tr>
<td>Do you have an air-purification system in your home?</td>
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<td>Do you have any indoor pets?</td>
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<tr>
<td>Are you a dentist, painter, farm worker, or construction worker?</td>
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TOTAL _______

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.

TOTAL: SECTION II

TOTAL _______

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!

VEGETABLES

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

- Only eat fresh or frozen varieties from the shopping list on page 28.
- Fresh, homemade vegetable juices are acceptable.
- Best to eat half of your vegetables in their raw, uncooked form.
- Avoid white potatoes and corn.

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. 
- 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.
- If you have glucose concerns, consult your health care practitioner. Typically avoid fruits with a high glycemic index.
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.

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.
• Avoid processed meats like sausage, canned meat, cold cuts, and frankfurters.
• 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.

OTHER

• Limit or ideally avoid dairy.
• Eggs are acceptable.
• Avoid soda, diet soda, fruit juice, energy or sport drinks, alcohol, coffee, non-herbal teas, and caffeinated drinks.
• When possible, opt for BPA-free packaging.
• Avoid foods if you have a known allergy or intolerance.

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!
Shopping List

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:15

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


VEGETABLES

<table>
<thead>
<tr>
<th>Artichokes</th>
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<tr>
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<td>Water chestnuts</td>
<td>Watercress</td>
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<tr>
<td>Yucca roots</td>
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</table>
FRUITS ⋆ Varieties with a high glycemic index

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

LEAN MEATS, FISH, AND VEGAN PROTEINS

Poultry (chicken, turkey, duck, or other)
Lean red meat (beef, venison, buffalo, wild game, or other)

Cod
Salmon
Sea bass

Black beans
Black-eyed peas
Chickpeas
Fava beans
Lentils

HEALTHY GRAINS

Amaranth
Buckwheat groats
Buckwheat noodles (pure buckwheat or groats)
Lima beans
Peas (green and yellow)
Red kidney beans
Nuts

FATS

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

Did you know?

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

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

## MISCELLANEOUS
- Baking powder
- Baking soda
- Curry paste
- Mustard
- Seaweeds (arame, nori, or kelp)
- Broth (beef, chicken, or vegetable)
- Flour (coconut and whole grain)

## RAW SEEDS
- Chia
- Poppy
- Sesame
- Sunflower
- Flax
- Pumpkin
- Hemp

## VINEGARS
- Apple cider
- Balsamic
- Red wine
- White wine

### Shopping List
Shopping List Notes:
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) or Natural Flavoring

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

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.

Sample Meals

Meal planning helps you stay on track and make healthy and 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:
• SP Detox Balance™ powder
• 10 to 12 ounces of liquid

One enhanced shake can replace one chai flavor SP Detox Balance™ shake.
### Breakfast Recipes

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<tr>
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<td>#7</td>
<td>Zucchini Bread</td>
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<tr>
<td>#4</td>
<td>Peach-Ginger Scones</td>
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<tr>
<td>#2</td>
<td>Curry Eggs</td>
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<tr>
<td>#6</td>
<td>Sprouted Buckwheat Bites</td>
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<tr>
<td>#5</td>
<td>Shrimp and Avocado Omelet</td>
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### Lunch Recipes

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<td>#1</td>
<td>Buckwheat and Chickpea Salad</td>
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<tr>
<td>#2</td>
<td>Herbed Chicken and Pomegranate Salad</td>
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<tr>
<td>#3</td>
<td>Red Lentil and Squash Soup</td>
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<td>#5</td>
<td>Sunflower-Seed Veggie Burger</td>
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### Dinner Recipes

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<td>Quick Bison Soup</td>
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<td>#1</td>
<td>Black Bean and Quinoa Chili</td>
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<td>#5</td>
<td>Quinoa and Beef Skillet</td>
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### Snack Recipes

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### Enhanced Shake Recipes

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<td>Beet and Green</td>
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<td>#7</td>
<td>Pear-Chai Balance</td>
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<tr>
<td>#1</td>
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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.

** All images are for illustrative purposes and may not reflect your personal results.
BREAKFAST RECIPE #1
Apple-Quinoa Breakfast Bowl

BREAKFAST RECIPE #2
Curry Eggs

BREAKFAST RECIPE #3
Gluten Free Pancakes

BREAKFAST RECIPE #4
Peach Ginger Scones
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.

Apple-Quinoa Breakfast Bowl | SERVES 2
• ½ cup raw quinoa
• 1 large apple, peeled and diced
• ¼ teaspoon salt
• ½ 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.

Peach Ginger Scones | MAKES 14
• ⅔ cup unsweetened applesauce
• ¾ cup unsweetened almond milk
• 1 tablespoon pure vanilla extract
• 1 inch fresh ginger, grated
• 3 cups oat flour, finely ground
• 2 tablespoons baking powder

½ cup coconut palm sugar, plus extra for dusting scones
• ½ teaspoon salt
• ½ cup coconut oil, chilled
• 2 cups fresh peaches, chopped

Mix together applesauce, almond milk, and vanilla. Add ginger and combine. Whisk together flour, baking powder, coconut sugar, and salt. Using a pastry blender, cut chilled coconut oil into flour mixture until crumbly. Add wet mixture to dry, and stir gently to combine. Scoop ¼ cup of batter onto greased baking sheets. Top with peach pieces, and dust with coconut sugar. Bake for 18 minutes at 400°F.

Gluten Free Pancakes | MAKES 12
• 2 eggs
• ⅛ cup whole-leaf stevia powder
• 1 tablespoon pure vanilla extract
• ¼ cup water
• ½ cups almond flour (meal)
• ½ teaspoon salt
• ½ teaspoon baking soda
• 1 tablespoon arrowroot powder
• 2 tablespoons olive oil

Blend eggs, stevia, vanilla, and water in a large bowl. Add remaining ingredients, except olive oil, and blend thoroughly. Heat olive oil in a large skillet over medium heat. Spoon 1 heaping tablespoon of batter into the skillet for each pancake. Cook until small bubbles form on top of each pancake. Flip and cook opposite side.
BREAKFAST RECIPE #5
Shrimp and Avocado Omelet

BREAKFAST RECIPE #6
Sprouted Buckwheat Bites

BREAKFAST RECIPE #7
Zucchini Bread

BREAKFAST TIP

Start with warm water.
Drink a glass of warm water in the morning to hydrate, stimulate your digestive system, and help your body detoxify. Consider adding fresh lemon, cucumber, or fruit for additional flavor.
Sprouted Buckwheat Bites | MAKES 24

- ½ cup raw almonds
- ½ teaspoon pure vanilla powder
- ½ cup dates, chopped
- 2 tablespoons dried cranberries
- 2 tablespoons dried currants
- 2 tablespoons hemp seeds
- 1 teaspoons water
- ½ cup buckwheat groats

Process almonds to a coarse meal in food processor (avoid overprocessing). Add vanilla powder, dates, cranberries, currants, and hemp seeds. Process until the mixture starts to come together (thick, wet dough). If needed, add water and pound to combine. Lastly, add buckwheat and pulse to combine. Roll balls, using about ½ tablespoon of dough per ball.

Shrimp and Avocado Omelet | SERVES 2

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


Zucchini Bread | MAKES 1 LOAF

- Olive oil or coconut oil for greasing pan
- 2 cups almond flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ cup olive oil
- ¼ cup whole-leaf stevia powder
- 2 eggs
- 1 cup zucchini, grated
- ½ cup pecans, chopped
- ¼ cup dried currants (optional)

Preheat oven to 350°F. Lightly grease loaf pan. Combine almond flour, salt, baking soda, and cinnamon. In a separate bowl, mix oil, stevia, and eggs. Combine wet and dry ingredients. Fold in zucchini, pecans, and currants. Scoop batter into pan and bake for 30 to 50 minutes or until a toothpick comes out clean.
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.

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

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.

Stuffed Bell Peppers | SERVES 6 TO 8

- 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

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.

Buckwheat and Chickpea Salad | SERVES 6 TO 8

- 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

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.

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
- 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.
LUNCH RECIPE #5
Sunflower-Seed Veggie Burger

LUNCH RECIPE #6
Taco Salad

LUNCH RECIPE #7
Turkey Chili

LUNCH TIP

Add protein.

Meet your daily protein requirements by incorporating lean meat, fish, or vegan proteins into your lunch. Protein not only provides your body with the amino acids it needs for metabolic detoxification, but it can also help you stay full longer.
**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.

**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.

**Turkey Chili** | SERVES 4 TO 6

- 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.
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 sated. Check out a few of these tried-and-true, family-friendly recipes.

** All images are for illustrative purposes and may not reflect your personal results.
**Chicken Piccata | SERVES 4**

- 4 boneless skinless chicken breasts
- Salt and pepper to taste
- 2 tablespoons coconut oil
- 3 tablespoons olive oil

Cut chicken in half lengthwise. Pound to ¼-inch thickness. Season with salt and pepper. In a large pan, heat 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.

**Quick Bison Soup | SERVES 4**

- 1 lb ground bison
- 6 cups beef broth
- 1 tablespoon olive oil or coconut oil
- 3 celery stalks, chopped
- 1 cup carrots, shredded

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.

**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
- 2⅓ cups water
- 2 teaspoons chili powder

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.

**Chipotle Salmon and Salsa | SERVES 1**

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

Heat a cast iron 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.

**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
Form healthy habits.

Do you find yourself reaching for sweets after dinner? Eating a well-balanced meal helps curb cravings by controlling blood sugar levels. However, you may also crave sweets out of habit. Form new, healthy habits like a post-meal walk with a friend or a warm cup of chamomile tea in bed, away from the kitchen.

DINNER RECIPE #5
Quinoa and Beef Skillet

DINNER RECIPE #6
Spiced Moroccan Meatballs

DINNER RECIPE #7
Stuffed Sweet Potatoes
Spiced Moroccan Meatballs  |  SERVES 4
- 1 pound ground beef or turkey
- 1½ cups cooked quinoa, rinsed and cooled
- 1 cup fresh cilantro leaves (packed, chopped)
- 1 egg
- ½ cup quinoa
- Salt and pepper to taste
- 2 teaspoons cumin
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.

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. Add beef stock and return steak to pan. Cover and simmer, about 10 minutes. Add beef and warm.

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
- 1 tablespoon olive oil
- 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. Add quinoa 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.
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, like carrot sticks, nuts, or our kale guacamole, handy.

** All images are for illustrative purposes and may not reflect your personal results.
SNACK RECIPE #1
Avocado Chimichurri on Cucumber

SNACK RECIPE #2
Kale Chips

SNACK RECIPE #3
Kale Guacamole

SNACK RECIPE #4
Olive and Rosemary Crackers
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.

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.

Olive and Rosemary Crackers | MAKES 12 CRACKERS

- 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


Kale Guacamole | SERVES 2 TO 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 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.
SNACK TIP

Eat macronutrients.
Focus on consuming at least two of your three macronutrients (proteins, carbohydrates, and healthy fats) per snack. If you are eating carrots (carbohydrate), add a healthy fat like guacamole.
Sesame Crackers | MAKES 60

- 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 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.

Piña Colada Balls | MAKES 15 TO 17

- 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.

Zucchini Hummus | SERVES 4 TO 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
- ¾ teaspoon cayenne
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- Salt to taste

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

ENHANCED SHAKE RECIPE #2
Beet and Green

ENHANCED SHAKE RECIPE #3
Creamy Strawberry

ENHANCED SHAKE RECIPE #4
Green Power
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.

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 (optional)
- 1 teaspoon pure vanilla extract
- Pinch of sea salt
- Ice

Blend all ingredients until smooth.

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.

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.
ENHANCED SHAKE RECIPE #5
Mango Madness

ENHANCED SHAKE RECIPE #6
Orange Chai

ENHANCED SHAKE RECIPE #7
Pear-Chai Balance

SHAKE TIP
Your shakes are protein packed!
Depending on the day, you will drink between one and three shakes. Remember that each shake has 17 grams of protein, which counts towards your daily protein requirements.
Mango Madness

- 2 heaping scoops SP Detox Balance™ powder
- 4 ounces unsweetened coconut milk
- ½ cup mango, cubed
- ¼ teaspoon turmeric powder
- ½ teaspoon cumin powder
- ⅛ teaspoon sea salt
- 4 ounces water
- Ice

Blend all ingredients until smooth.

Pear-Chai Balance

- 2 heaping scoops SP Detox Balance™ powder
- 4 ounces unsweetened almond milk
- 1 small pear
- ¾ cup arugula
- ¼ lemon, juiced
- 1 celery stalk, sliced
- 1 tablespoon sunflower seeds
- 3 leaves basil
- 4 ounces water
- Ice

Blend all ingredients until smooth.

NEED MORE INSPIRATION?

Orange Chai

- 2 heaping scoops SP Detox Balance™ powder
- 4 ounces unsweetened coconut milk
- 2 medium carrots, chopped
- 1 small orange, peeled
- ¼ lemon, juiced
- 4 ounces water
- Ice

Blend all ingredients until smooth.

Mango Madness

- 2 heaping scoops SP Detox Balance™ powder
- 4 ounces unsweetened coconut milk
- ½ cup mango, cubed
- ¼ teaspoon turmeric powder
- ½ teaspoon cumin powder
- ⅛ teaspoon sea salt
- 4 ounces water
- Ice

Blend all ingredients until smooth.
GET STARTED!

Step 1: Calculate your protein needs.
- Work with your health care practitioner to determine your daily protein target (see general guidelines below).
- Enter your protein goal in the upper right corner of your daily tracker.

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.

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

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**TOOLS**

Daily Tracker

5

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**Daily Tracker**

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

(See pages 68-70 for 28-day program tracker)

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**NOTES**
## DAILY TRACKER
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</thead>
</table>

### EXERCISE

<table>
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<tr>
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<th>15m</th>
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</table>

### HOW ARE YOU?

|     | 😞 | 😞 | 😞 | 😞 | 😞 | 😞 | 😞 | 😞 | 😞 | 😞 |

### NOTES
<table>
<thead>
<tr>
<th>Day</th>
<th>DAY 21</th>
<th>DAY 22</th>
<th>DAY 23</th>
<th>DAY 24</th>
<th>DAY 25</th>
<th>DAY 26</th>
<th>DAY 27</th>
<th>DAY 28</th>
</tr>
</thead>
<tbody>
<tr>
<td>SHAKES</td>
<td><img src="image" alt="Shakes Icon" /></td>
<td><img src="image" alt="Shakes Icon" /></td>
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</tr>
<tr>
<td>Protein from shakes</td>
<td>51g</td>
<td>34g</td>
<td>34g</td>
<td>34g</td>
<td>17g</td>
<td>17g</td>
<td>17g</td>
<td>17g</td>
</tr>
<tr>
<td>+ Protein from meals</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
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</tr>
<tr>
<td>= Total Daily Protein</td>
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</tr>
<tr>
<td>WATER</td>
<td><img src="image" alt="Water Icons" /></td>
<td><img src="image" alt="Water Icons" /></td>
<td><img src="image" alt="Water Icons" /></td>
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<tr>
<td>HOW ARE YOU?</td>
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<tr>
<td>NOTES</td>
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</tr>
</tbody>
</table>

DAILY TRACKER

28-Day Program (Days 21-28)
## GLOSSARY

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alkalinization</td>
<td>To make alkaline when the body’s pH is too acidic. You need a more alkaline pH to facilitate toxin removal.</td>
</tr>
<tr>
<td>Amino acids</td>
<td>A simple organic compound containing both a carboxyl (-COOH) and an amino (-NH2) group.</td>
</tr>
<tr>
<td>Antioxidant</td>
<td>A substance that inhibits oxidation by removing potentially damaging oxidizing agents in a living organism.</td>
</tr>
<tr>
<td>Endogenous</td>
<td>Having an internal cause or origin.</td>
</tr>
<tr>
<td>Enzyme</td>
<td>A substance produced by a living organism that acts as a catalyst to bring about a biochemical reaction.</td>
</tr>
<tr>
<td>Estrogen</td>
<td>A sex hormone found in both males and females.</td>
</tr>
<tr>
<td>Estrogen metabolism</td>
<td>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.</td>
</tr>
<tr>
<td>Exogenous</td>
<td>Growing or originating from outside an organism.</td>
</tr>
<tr>
<td>Glycemic index</td>
<td>Indicates the effect of carbohydrates, from a particular type of food, on a person’s blood-glucose, or blood-sugar, level.</td>
</tr>
<tr>
<td>Macronutrient</td>
<td>A nutrient in food specific to carbohydrates, fats, and proteins.</td>
</tr>
<tr>
<td>Methylation</td>
<td>The addition of a methyl group to another molecule, such as protein and DNA.</td>
</tr>
<tr>
<td>Methylation capacity</td>
<td>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.</td>
</tr>
<tr>
<td>Microbiota</td>
<td>Collective term for microflora (i.e., any type of minute organism) in a given environment.</td>
</tr>
<tr>
<td>Monk Fruit</td>
<td>A small subtropical melon used as a natural, low-calorie sweetener (also known as Luo Han Guo).</td>
</tr>
<tr>
<td>pH</td>
<td>A measure of the acidity or alkalinity of a solution where a value of 7 represents neutrality.</td>
</tr>
<tr>
<td>Phytonutrients</td>
<td>A substance found in certain plants, which is believed to be beneficial to human health and help prevent various diseases.</td>
</tr>
</tbody>
</table>

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 Wholistic Health

At Standard Process, we believe in a balanced approach to achieving wholistic 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. And, 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. Transform your life.