



STANDARD PROCESS Purification Program

Your 21-day guide for purifying, nourishing, and
maintaining a healthy body & lifestyle


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Why Purification?

The Standard American Diet is loaded with added sugars, trans fats, processed ingredients, and immense portions. Environmental toxins are everywhere with over 80,000 chemicals registered for use in the U.S. **The good news is, we can help.**

A woman with long brown hair, wearing a bright yellow long-sleeved shirt, is shown from the chest up. She is holding a whole orange to her lips with her right hand and is about to take a bite. Her eyes are closed, and she has a peaceful expression. In her left hand, she holds a half-cut orange. The background is a soft-focus outdoor scene with green trees and a clear sky. A white text box is overlaid on the right side of the image.

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

- HEATHER F.
Program participant

The SP Purification Program helps you rebuild your body from the inside out.

It's a structured plan for purifying, nourishing, and maintaining a healthy lifestyle. It also supports the maintenance of healthy weight when combined with healthy habits.*

Best of all — **when the program is over, a new way of living is just beginning.**

Our 21-day purification program focuses on eating whole, organic, and unprocessed foods and temporarily eliminating foods that may cause concern in some individuals. Participants will eat a variety of vegetables and fruit for the first 10 days, with select proteins added on day 11.

In addition, proper hydration and whole food-based supplements play important roles throughout the program and beyond.





Purification Supports Detoxification

The SP 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.*

Toxin removal can contribute to:



Increased energy



Better digestion



Decreased cravings



Weight management



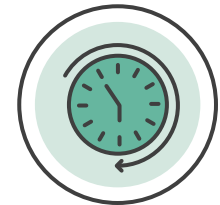
Clearer skin



Clearer thinking



Healthier hair



Better sleep



Preparing for Purification

Home Environment

Our homes should be a sanctuary — a safe environment where we can thrive, grow, and heal.

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

Everyday Encounters That Increase Your Toxic Load



Plastic
containers



Fertilizers/
pesticides



Candles/room
fresheners



Work
exposures



Cleaning
agents



Smoking and
second-hand smoke

Your health care professional may address these topics:

✓ Deficiencies and Nutritive-Diet Issues

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

✓ Coffee and Alcohol

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

✓ Diet Requirements

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

✓ Medications and Supplements

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

Program Basics

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.* It also:

- Supports healthy kidney, liver and gallbladder function*
- Supports processes involved in healthy digestive function*
- Helps regulate pathways in the body's natural toxin-elimination function*



SP Green Food®

Provides phytonutrients from organic whole food-based sources including alfalfa, Brussels sprouts, and kale, is a simple way to supplement the diet.*

- Promotes healthy liver function*
- Supports overall cellular health*
- Our preclinical research shows compounds in kale and Brussels sprouts promote the liver's natural detoxification pathway.*





Gastro-Fiber®

A mix of psyllium husk powder, collinsonia root powder, apple pectin, fennel seed, and fenugreek seed powder.

OR



Whole Food Fiber

A good source of dietary fiber from nutrient-rich whole foods.

Both help:

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

Ask your health care professional which fiber product they recommend

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

Offers essential whole food nutrition in a convenient powder.* Each variety also:

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



Supplement Regimen

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

Supplement Protocol Days 1-7 Supplement Protocol Days 8-21

SP Cleanse®	
AMOUNT	FREQUENCY
7 capsules	3x/day

SP Complete® (any of the four flavors options below)

Unflavored OR Dairy Free

AMOUNT	FREQUENCY
2 tbs/shake	2-3/day

Chocolate OR Vanilla

AMOUNT	FREQUENCY
4 tbs/shake	2x/day

Gastro-Fiber®

AMOUNT	FREQUENCY
3 capsules	3x/day

Whole Food Fiber®

AMOUNT	FREQUENCY
1 tbs/shake	2-3/day

SP Green Food®	
AMOUNT	FREQUENCY
5 capsules	2x/day

SP Complete® (any of the four flavors options below)

Unflavored OR Dairy Free

AMOUNT	FREQUENCY
2 tbs/shake	2-3/day

Chocolate OR Vanilla

AMOUNT	FREQUENCY
4 tbs/shake	2x/day

Gastro-Fiber®

AMOUNT	FREQUENCY
3 capsules	3x/day

Whole Food Fiber®

AMOUNT	FREQUENCY
1 tbs/shake	2-3/day

Supplements Change After Day 7
See page 41 for supplement schedule

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

- HAILEY C.
Program participant

Additional Supplementation Your Health Care Professional May Recommend



Veg-E Complete Pro™ (Chocolate or Vanilla):

An organic multisource blend of plant-based protein powder and an excellent source of protein and iron with delicious vanilla or chocolate flavor.



Whey Pro Complete:

Supports weight management by increasing satiety and also supports the body's muscle growth and repair processes.*



Tuna Omega-3 Oil or Tuna Omega-3 Chewable:

Delivers essential omega-3 fatty acids and supports the body's natural inflammatory response function.*



Gymnema from MediHerb®:

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



ProSynbiotic:

Supports healthy gut flora and overall intestinal health.*

A person wearing a vibrant, multi-colored striped sweater (yellow, green, orange, red, and blue) is preparing a tray of fresh vegetables and fruits. They are holding a small glass bowl of chopped green onions over a black tray filled with various produce, including orange sweet potato cubes, yellow bell peppers, red radishes, and green herbs. The scene is set on a light-colored countertop with natural light illuminating the ingredients.

21-Day Purification Pantry

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.

Whenever possible, eat only fresh (or frozen) organic vegetables and fruits. Strive to avoid or limit 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. Your vegetable intake should be twice the amount of fruit intake.

SERVING SIZE	1/2 CUP
SERVINGS	UNLIMITED
Fresh juices made from vegetables allowed	
Steam or stir-fry most vegetables for 4 minutes over low heat, but best to consume half of total vegetables amount raw	
Fresh herbs and spices optional	

Fruit

Keep in mind that you should eat twice as many servings of vegetables as fruits.

SERVING SIZE	1/2-3/4 CUP
SERVINGS	1-2 PER DAY
Use organic when possible	

Legumes and Pseudo-Grains

SERVING SIZE	1/2 CUP COOKED
SERVINGS	1-2 PER DAY
Use organic when possible	

Oils and Fats

SERVING SIZE	1 TSP
SERVINGS	4-7 TSP PER DAY
Should be cold pressed and unprocessed	
Use organic, high-quality oils when possible	

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

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

SERVING SIZE	3-5 OZ (SHOULD BE ROUGHLY SIZE OF PALM)
SERVINGS	2-4 PER DAY, WITH 1-2 SERVINGS BEING FISH
Broil, bake, roast, or poach	
No cured, smoked, or luncheon meats	

Refrain From Consuming or Using:

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



Scan or Click the QR Code
For a full pantry list



Scan or Click the QR Code
For a full shopping list

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.*



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.



Scan or click the QR code for the daily intake journal

Sample of daily intake journal

DAYS 1 - 10

Breakfast:

1 ½ T. Pumpkin seeds (unsalted) and 1 apple

Snack:

Basic SP Complete® Shake and ½ cup baby carrots

Lunch:

Arugula salad with choice of vegetables and **avocado dressing**

Snack:

Kale chips

Dinner:

Lentil soup

Snack:

Pumpkin pie shake

DAYS 11 - 21

Breakfast:

½ cup baby carrots and **zucchini hummus**

Snack:

Basic SP Complete® Shake

Lunch:

Spinach salad with 3oz of roasted chicken breast and choice of vegetables and **apple cider vinaigrette**

Snack:

Asparagus fries

Dinner:

Chipotle salmon with roasted sweet potatoes

Snack:

Apple cinnamon surprise shake



Congratulations on completing the purification program!

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.*

ENJOY NEW HABITS

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

Post-Purification

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 foods and other ingredients.

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

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

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



*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.

Food Reintroduction

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

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

The Process

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

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



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

Enjoy Your New Diet

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

Breakfast

SP Complete® Shake	1 serving
Oatmeal <i>prepared with water</i>	¾ cup
Green tea	8 ounces

Snack

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

Lunch

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

Snack

Cottage cheese	½ cup
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Dinner

Walleye baked	3 ounces
Salad	
Greens	2 cups
Chickpeas <i>cooked</i>	½ cup
Green beans <i>cooked</i>	1 cup
Onion <i>sliced</i>	¼ cup
Garlic	1 clove
Kidney beans <i>cooked, without salt</i>	1/3 cup

Snack

Whole milk	1 cup
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Health Tips for a Lifetime

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 with 2 tablespoons guacamole
- 2 celery sticks with 1 tablespoon nut butter
- 1 medium apple or 1 cup of grapes
- 1 StandardBar® (convenient bars in several flavors)

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 okay 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 fruits 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.

Ingredients to Watch For

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

Monosodium Glutamate (MSG)

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

Trans Fats (Hydrogenated Oils)

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

Artificial Sweeteners

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

Artificial Colors/Dyes

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

Sodium

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



View more delicious & healthy recipes at
standardprocess.com/recipe1715



FAQs

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

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

How do I stick to the program when eating away from home? Here are some tips to help you stay on track:

- Plan your strategy before you leave home.
- When choosing a restaurant, select one that serves foods on the recommended pantry list (see the Resources section on page 42). 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.

Why can't I substitute different vegetables than what are outlined? The vegetables cited in the Purification Pantry (see the Resources section on page 42) are recommended because of their high nutritive value and their capacity to support detoxification.

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

Will this purification program help me lose weight?

By following the Standard Process Purification Program, you will be working toward sustained, long-term weight management. The ideal weight-management system is not a quick fix; it is a long-term commitment. You will need to make lifestyle changes that will continue long after the purification process is completed. See pages 19-25 for tips on how to continue your success.

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

What physical changes will I experience during purification? Two of the main effects will be an increase in urination and bowel movements. This is a natural effect of purifying and should not interfere with your daily activities. In some cases, you may experience a throbbing sensation in the head, generalized aches, itchy skin, rashes, fatigue, or other physical effects. These are generally normal purification occurrences and should subside within a few days.

If you have any questions or concerns about how you are feeling, or if these effects last for more than a few days, please contact your health care professional.

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

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

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

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

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

Is the Standard Process Purification Program vegetarian?

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

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

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

Is the purification program recommended for pregnant or lactating women?

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

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

RECIPES

Shakes

Basic Shake Recipe

Serves: 1

100
Calories*

10g
Protein*

- 1-½ 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
- 1 cup water (increase for desired consistency)

- 2 rounded tablespoons (scoops) SP Complete®/ SP Complete® Dairy Free or 4 rounded tablespoons (scoops) SP Complete® Chocolate/SP Complete® Vanilla
- 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.

**Calories and protein are of SP Complete® only*



Ginger Berry Shake

Serves: 1

Serving Size: 624g

430

Calories

16g

Protein

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.



Pumpkin Pie Shake

Serves: 1

Serving Size: 211g

210

Calories

13g

Protein

2 rounded scoops
SP Complete® or
SP Complete® Dairy Free

½ banana

½ cup organic pumpkin

Few pinches each of ginger
and cinnamon

½-1 cup of water (less if
adding ice cubes)

Blend all ingredients together until smooth.

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 blender be used.



RECIPES

Salad Dressings



Parsley Garlic Dressing

Serving Size: 2 tablespoons

120
Calories

0g
Protein

- 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.



Avocado Dressing

Serving Size: 2 tablespoons

80
Calories

0g
Protein

1 avocado, peeled and chopped
 $\frac{3}{4}$ cup olive oil
 $\frac{1}{4}$ lemon, freshly squeezed

$\frac{1}{4}$ teaspoon dry mustard
 $\frac{1}{4}$ teaspoon sea salt
Pinch ground pepper

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



Vinaigrette Dressing

Serving Size: 2 tablespoons

130
Calories

0g
Protein

$\frac{2}{3}$ cup olive oil or flax oil
1 tablespoon Dijon mustard
 $\frac{1}{4}$ cup balsamic vinegar or fresh lemon juice
1 clove garlic, minced
 $\frac{1}{4}$ cup water

Shake well and add herbs to taste.

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.

RECIPES

Soups & Stews



Creamy Red Pepper Soup

Serves: 1

Serving Size: 607g

490
Calories

17g
Protein

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.



Gardener's Ratatouille

Serves: 2
Serving Size: 484g

190
Calories

5g
Protein

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 30-40 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



Lentil Soup

Serves: 4
Serving Size: 828g

330
Calories

14g
Protein

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.

RECIPES

Entrees



Quinoa-Stuffed Peppers

Serves: 3

Serving Size: 739g

360
Calories

15g
Protein

- 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.

CONSUME ONLY ON DAYS 11-21



Chipotle Salmon & Salsa

Serves: 2

Serving Size: 436g

630
Calories

34g
Protein

- 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.

CONSUME ONLY ON DAYS 11-21



Chicken Piccata

Serves: 4

Serving Size: 181g

320
Calories

28g
Protein

- 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.

RECIPES

Dips & Snacks

Asparagus Fries

Serves: 2

Serving Size: 235g

110
Calories

5g
Protein



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).



Kale Chips

Serves: 2

Serving Size: 152g

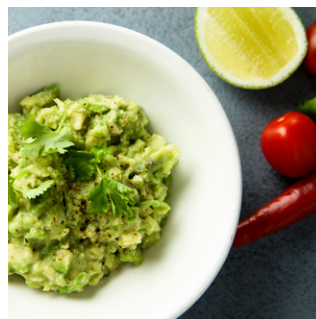
10
Calories

10g
Protein

- 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.



Kale Guacamole

Serves: 8

Serving Size: 152g

130
Calories

2g
Protein

- 2 cups kale leaves, chopped
- 4 avocados
- ½ teaspoon sea salt
- 3 tomatoes, seeded and chopped

- ¼ cup red onion, minced
- 2 jalapeño chilies, finely chopped
- 1 lime, juiced
- ¼ cup fresh cilantro

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



View more delicious & healthy recipes at
standardprocess.com/recipe1715



Supplement Regimen

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

Supplement Protocol Days 1-7

SP Cleanse®	
AMOUNT	FREQUENCY
7 capsules	3x/day
SP Complete® (any of the four flavors options below)	
Unflavored OR Dairy Free	
AMOUNT	FREQUENCY
2 tbs*/shake	2-3/day
Chocolate OR Vanilla	
AMOUNT	FREQUENCY
4 tbs*/shake	2x/day
Gastro-Fiber®	
AMOUNT	FREQUENCY
3 capsules	3x/day
Whole Food Fiber®	
AMOUNT	FREQUENCY
1 level tbs*/shake	2-3/day

Supplement Protocol Days 8-21

SP Green Food®	
AMOUNT	FREQUENCY
5 capsules	2x/day
SP Complete® (any of the four flavors options below)	
Unflavored OR Dairy Free	
AMOUNT	FREQUENCY
2 tbs*/shake	2-3/day
Chocolate OR Vanilla	
AMOUNT	FREQUENCY
4 tbs*/shake	2x/day
Gastro-Fiber®	
AMOUNT	FREQUENCY
3 capsules	3x/day
Whole Food Fiber®	
AMOUNT	FREQUENCY
1 level tbs*/shake	2-3/day

Additional Purification and Post-Purification Supplementation

Veg-E Complete™ Pro OR Whey Pro Complete	
AMOUNT	FREQUENCY
Tuna Omega-3 Oil (softgels) OR Tuna Omega-3 Chewable	
AMOUNT	FREQUENCY
Gymnema from MediHerb®	
AMOUNT	FREQUENCY
ProSynbiotic	
AMOUNT	FREQUENCY
General Health Convenience Packs (Individual packs that contain Catalyn®, Trace Minerals-B ₁₂ ™, and Tuna Omega-3 Oil)	
AMOUNT	FREQUENCY

*1 tablespoon=1 rounded scoop

Resources



Daily Intake Journal

Track your food, water, exercise, and more.



Recipe Booklet

Enjoy these delicious recipes during and after the program.



System Survey Form

Fill in the form and share the results with your practitioner.



Pantry List

A list of foods we recommend during and after the program.



Toxicity Questionnaire

Determine your toxic load based on everyday habits.



Shopping List

Make your grocery shopping easier and healthier.



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



12075 Purification
Product Kit with SP
Complete® Chocolate,
SP Complete® Vanilla, and
Gastro-Fiber®



12080 Purification
Product Kit with SP
Complete® Chocolate,
SP Complete® Vanilla, and
Whole Food Fiber

