

Supplement and Dietary Guidelines

Days 1-11

Eating Guidelines:

VEGETABLES

UNLIMITED amount of Approved Vegetables

(See list. The carbohydrate information on the list is purely for your education and does not have anything to do with the effectiveness of this detox).

FRUITS

EAT TWICE AS MANY VEGETABLES AS FRUITS.

No canned or dried fruit allowed. All fresh fruits are allowed except bananas. White-flesh fruits are preferred.

SWEETENERS

STEVIA OR XYLITOL ARE ACCEPTABLE.

No other sweeteners allowed – not even honey. We want the body's insulin levels stabilized in this program.

BEVERAGES

You **MUST** have 1/2 your body's weight in oz. of pure water DAILY (up to 100 ozs.) regardless of any other beverage you ingest.

When you've reached your quota of water, you may have:

Mineral Water, Naturally Decaffeinated Teas

Lemon Drink (see "**Tips For Quick Eating**")

ALLOWED IN MODERATION

1/2 cup of brown rice per day.

Raw or Organic Pasteurized Butter, Olive Oil, Coconut Oil, Tamari, Red Wine Vinegar, Balsamic Vinegar, Apple Cider Vinegar, Lemon Juice

NOT ALLOWED

NO MEAT, POULTRY, FISH OR TOFU (OR OTHER MEAT SUBSTITUTES)

NO CAFFEINE, ALCOHOL, SMOKING OR ANY OTHER STIMULANT.

NO GRAINS, BEANS, SOY OR POTATOES (sweet potatoes are okay).

NOTE: Corn is a grain, so it's restricted in this period of the diet.

NOTES:

SOY SAUCE CONTAINS WHEAT – Use Wheat-free "Tamari"

"Semonlina" is wheat, just so you are aware when reading labels.

Supplement Instructions:

- **SP Complete** - Shake 2x per day
Whole Food Fiber – add 1 scoop to each shake
(add fresh or frozen fruit, **Whey Pro Complete** and/or Stevia Sweetener)
- **7 SP Cleanse** capsules 3x daily
- **1 Linum B6** perle 2x daily

Supplement and Dietary Guidelines

Days 12-21

Continue with the previous 11 days' dietary protocol, but now you can start adding small portions (approx 4oz per serving or the size of the palm of your hand) of Wild-Caught (not Farmed!) fish such as Cod, Salmon and Tilapia. *Trader Joe's* is a great resource for reasonably priced and easy-to-fix wild-caught fish, but be careful that you don't buy them pre-marinated. Certain oils are avoided in this program. You can also add canned tuna, but it's best to buy the ones that are slightly more expensive and labeled "Low Mercury" (normally found at Whole Foods or other specialized health food stores.)

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- **SP Complete** - Shake 2x per day
Whole Food Fiber – add 1 scoop to each shake
(add fresh or frozen fruit, **Whey Pro Complete** and/or Stevia Sweetener)
- **7 SP Cleanse** capsules 3x daily
- **5 SP Green Food** capsules 2x daily
- **1 Linum B6** perle 2x daily

Please see the “Additional Recommended Products” section in the back of this folder to see other items that can boost your performance on this cleanse, such as Gymnema, which can tame your sugar cravings as well as help heal your overworked pancreas.