SP Detox Balance™ Program

Your guide to whole-body detoxification

Standard Process®
WHOLE FOOD NUTRIENT SOLUTIONS

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.

1 INTRO TO TOXINS

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.[1,2] Exposure to these toxins can overburden your system's natural ability to detoxify.

Toxins can contribute to:

- Fatigue or difficulty sleeping
- Indigestion and other temporary gastrointestinal upset
- Food cravings and weight gain
- Reduced mental clarity
- Low libido
- Skin issues
- Joint discomfort

1. *Romilly E. Hodges and Deanna M. Minich, "Modulation of Metabolic Detoxification Pathways Using Foods and Food-Derived Components: A Scientific Review with Clinical Application," Journal of Nutrition and Metabolism (2015): 16. http://dx.doi.org/10.1155/2015/760689.*
2. *Joseph W. Thornton, Michael McCally, and Jane Houlihan, "Biomonitoring of Industrial Pollutants: Health and Policy Implications of the Chemical Body Burden," Public Health Reports 117, no. 4 (2002): 315-23, https://www.ncbi.nlm.nlm.nih.gov/pmc/articles/PMC1497458/pdf/12477912.pdf.*
3. *Ian A. Myles, "Fast Food Fever: Reviewing the Impacts of the Western Diet on Immunity," Nutrition Journal 13 (2014): 1. https://doi.org/10.1186/1475-2891-13-61.*

YOU ARE WHAT YOU EAT.

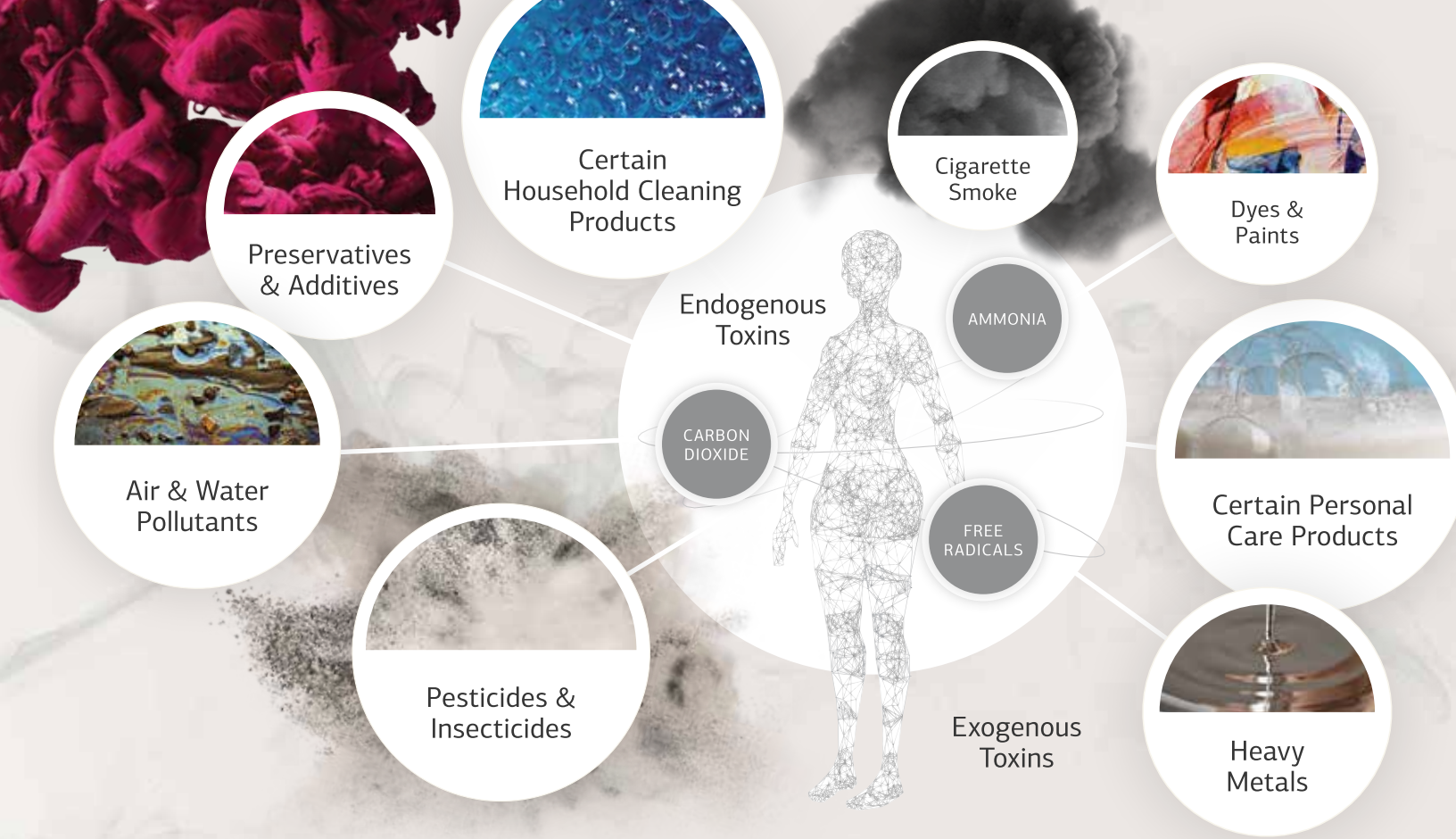
The typical American diet favors processed foods that are high in fat, refined sugar, and salt. Processed foods often contain pesticides and artificial ingredients that can contribute to toxin buildup.[3]

US Statistics

80K
CHEMICALS
registered for use [4]

800
MILLION+ POUNDS
of herbicides used per year [5,6]

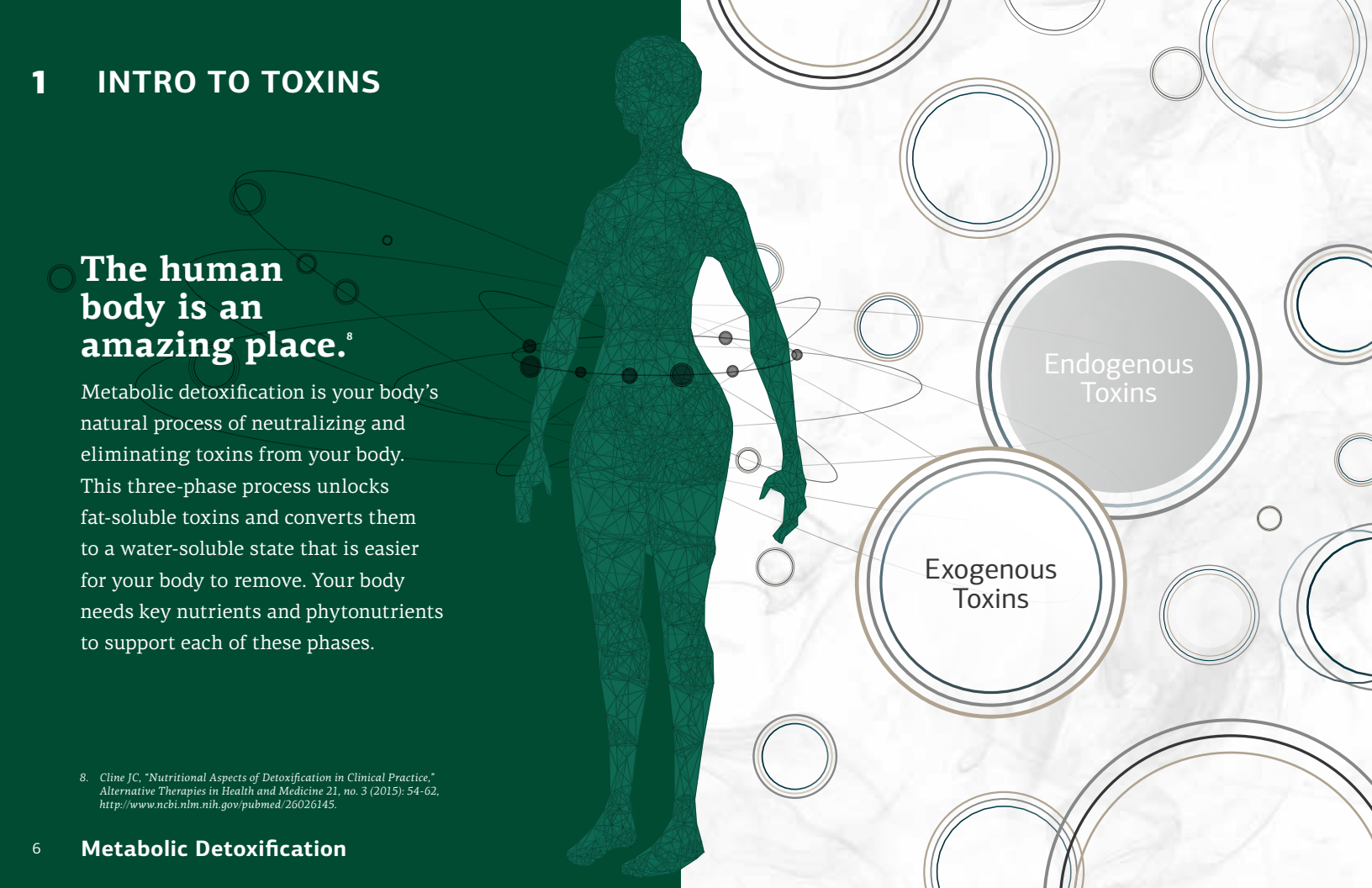
167
INDUSTRIAL CHEMICALS
found in adults with no employment-related exposure [7]



4. *"About," National Toxicology Program, US Department of Health and Human Services, accessed March 13, 2018, https://ntp.niehs.nih.gov/about/index.html.*
5. *Arthur Grube, David Donaldson, Timothy Kiely, and La Wu, "Pesticides Industry Sales and Usage 2006 and 2007 Market Estimates," Washington, D.C.: United States Environmental Protection Agency, February 2011, PDF e-book, http://www.epa.gov/sites/production/files/2015-10/documents/market_estimates2007.pdf.*
6. *Michael N. Antoniou et al., "Concerns Over Use of Glyphosate-Based Herbicides and Risks Associated with Exposures: a Consensus Statement." Environmental Health 15, no. 1 (2016): 1-13. https://doi.org/10.1186/s12940-016-0117-0.*
7. *Joseph W. Thornton, Michael McCally, and Jane Houlihan, "Biomonitoring of Industrial Pollutants: Health and Policy Implications of the Chemical Body Burden," Public Health Reports 117, no. 4 (2002): 315-23.*

The human body is an amazing place.[8]

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.



8. Cline JC, "Nutritional Aspects of Detoxification in Clinical Practice," Alternative Therapies in Health and Medicine 21, no. 3 (2015): 54-62, http://www.ncbi.nlm.nih.gov/pubmed/26026145.

METABOLIC DETOXIFICATION

SP Detox Balance™ program provides your body with the additional nutritional support it may need to metabolize and expel toxins safely during each of the three phases of metabolic detoxification.*

Phase I: Unlock

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

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.

Phase II: Neutralize

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

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.

Phase III: Eliminate

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

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.

2 GET STARTED

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.

WHAT'S YOUR TOXICITY LEVEL?

Take our toxicity questionnaire to help your health care practitioner evaluate your toxin-exposure levels.

Page 20-25

Your health care practitioner may address these topics:

Deficiencies and Nutritive-Diet Issues

Vitamin B_{12}, vitamin D, magnesium, methylation capacity, gastrointestinal conditions impacting nutrient absorption, estrogen metabolism, or malnutrition.

Coffee and Alcohol

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

Elimination Diet

Are you a candidate? If so, you will remove foods from your diet and methodically add them back to identify adverse reactions to foods such as dairy, peanuts, eggs, soy, and gluten.[9]

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.

9. *"Handout Elimination Diet Patient," University of Wisconsin Family Medicine & Community Health, accessed March 13, 2018, http://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/handout_elimination_diet_patient.pdf.*

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!

STAY ON TRACK

Log your daily accomplishments with our tracking calendar.

Page 66-70

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!

*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.

Scoop. Mix. Enjoy.

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!

28-DAY PROGRAM

Number of Shakes^ Per Day

3 Canisters · Program Guide · Shaker

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WK1	1	1	1	2	2	2	2
WK2	3	3	3	3	3	3	3
WK3	3	3	3	3	3	3	3
WK4	2	2	2	1	1	1	1

10-DAY PROGRAM

Number of Shakes^ Per Day

1 Canister · Program Guide

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WK1	1	2	2	3	3	3	3
WK2	2	1	1				
WK3							
WK4							

^ 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.

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.[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.*

The protein difference.[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.

*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.

10. *Daniel König, Klaus Muser, Hans-Hermann Dickhuth, Aloys Berg, and Peter Deibert, "Effect of a Supplement Rich in Alkaline Minerals on Acid-Base Balance in Humans," Nutrition Journal 8 (2009): 1-2, https://doi.org/10.1186/1475-2891-8-23.*
11. *Deanna M. Minich and Jeffrey S. Bland, "Acid-Alkaline Balance: Role in Chronic Disease and Detoxification," Altern Ther Health Med 13, no. 4 (July/August 2007): 62-65, https://www.ncbi.nlm.nih.gov/pubmed/17658124.*
12. *Melissa Bernstein and Nancy Munoz, "Position of the Academy of Nutrition and Dietetics: Food and Nutrition for Older Adults: Promoting Health and Wellness," Journal of the Academy of Nutrition and Dietetics 112, no. 8 (2012): 1255-1277, https://doi.org/10.1016/j.jand.2012.06.015.*

YOUR SHOPPING LIST

Stock your kitchen with approved foods by following our handy grocery guide.

Page 28-31

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[13]

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.

13. Barry M. Popkin, Kristen E. D'Anci, and Irwin H. Rosenberg, "Water, Hydration, and Health," *Nutrition Reviews* 68, no. 8: 439-458, https://doi.org/10.1111/j.1753-4887.2010.00304.x.

THIRSTY?

Check out our nourishment guide for additional beverage guidance.

Page 26

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

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.

SUPPLEMENT SUPPORT

Customize your supplement regimen to support your nutrition and general health.

Page 73

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.

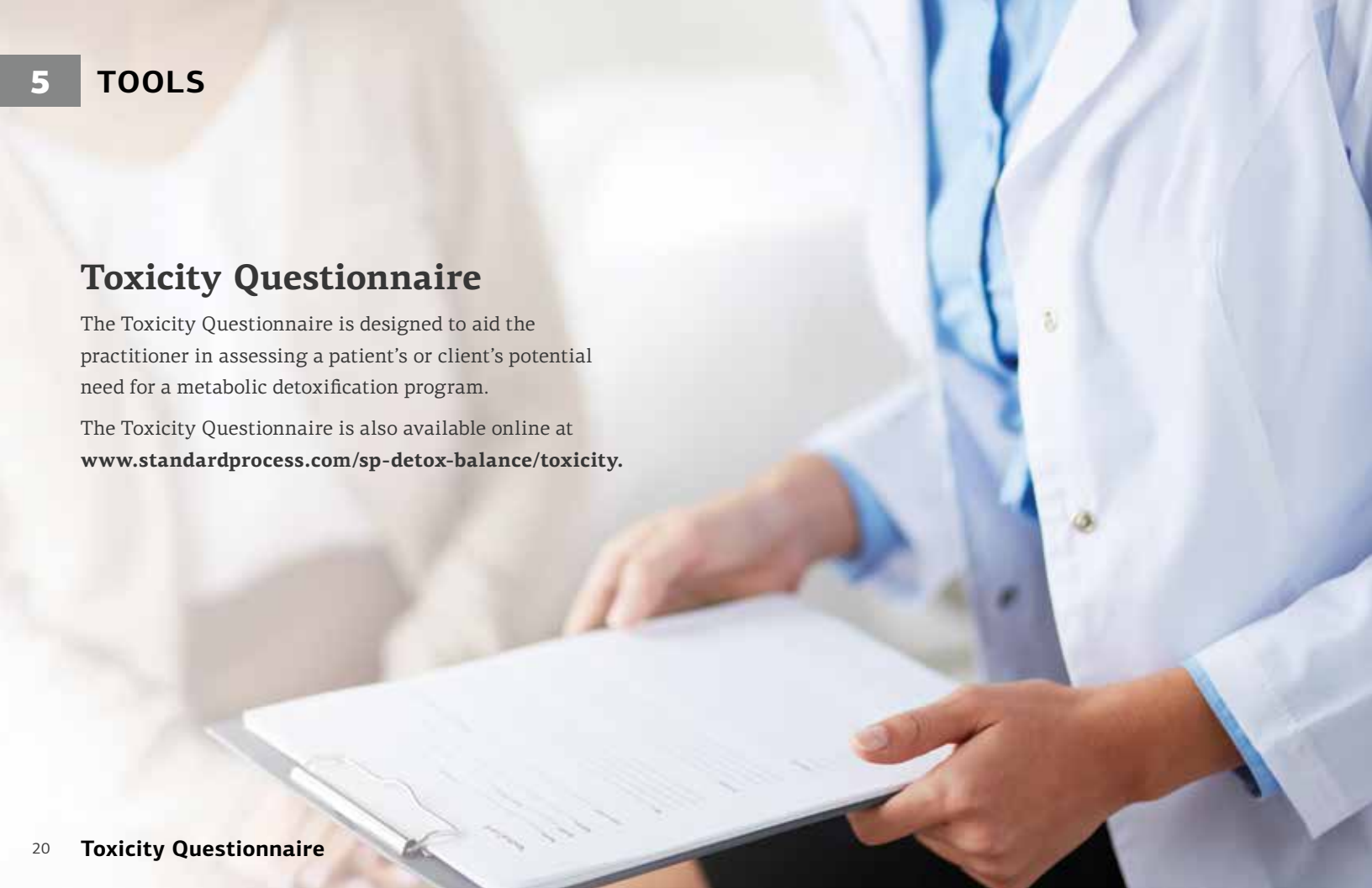
Keep up the great work. We know it isn't easy. But, you've already taken a great first step by completing your detoxification program. Keep the momentum going by making healthy choices, reducing toxin exposure, and maintaining your exercise and mind-body regimen.

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

NAME _____ DATE _____

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.

0	**1**	**2**	**3**	**4**
Rarely *or Never*	Occasionally *Effect is Not Severe*	Occasionally *Effect is Severe*	Frequently *Effect is Not Severe*	Frequently *Effect is Severe*

Digestive					
Nausea and/or Vomiting	0	1	2	3	4
Diarrhea	0	1	2	3	4
Constipation	0	1	2	3	4
Bloated Feeling	0	1	2	3	4
Belching and/or Passing Gas	0	1	2	3	4
Heartburn	0	1	2	3	4

TOTAL _____

Ears					
Itchy Ears	0	1	2	3	4
Earaches or Ear Infections	0	1	2	3	4
Drainage from Ear	0	1	2	3	4
Ringing in Ears or Hearing Loss	0	1	2	3	4

TOTAL _____

Emotions					
Mood Swings	0	1	2	3	4
Anxiety, Fear, or Nervousness	0	1	2	3	4
Anger, Irritability	0	1	2	3	4
Depression	0	1	2	3	4
Sense of Despair	0	1	2	3	4
Uncaring or Disinterested	0	1	2	3	4

TOTAL _____

Energy / Activity					
Fatigue or Sluggishness	0	1	2	3	4
Hyperactivity	0	1	2	3	4
Restlessness	0	1	2	3	4
Insomnia	0	1	2	3	4
Startled Awake at Night	0	1	2	3	4

TOTAL _____

SECTION I - SYMPTOMS

Eyes					
Watery or Itchy Eyes	0	1	2	3	4
Swollen, Reddened, or Sticky Eyelids	0	1	2	3	4
Dark Circles Under Eyes	0	1	2	3	4
Blurred or Tunnel Vision	0	1	2	3	4

TOTAL _____

Head					
Headaches	0	1	2	3	4
Faintness	0	1	2	3	4
Dizziness	0	1	2	3	4
Pressure	0	1	2	3	4

TOTAL _____

Lungs					
Chest Congestion	0	1	2	3	4
Asthma or Bronchitis	0	1	2	3	4
Shortness of Breath	0	1	2	3	4
Difficulty Breathing	0	1	2	3	4

TOTAL _____

Heart					
Skipped Heartbeats	0	1	2	3	4
Rapid Heartbeats	0	1	2	3	4
Chest Pain	0	1	2	3	4

TOTAL _____

Mind					
Poor Memory	0	1	2	3	4
Confusion	0	1	2	3	4
Poor Concentration	0	1	2	3	4
Poor Coordination	0	1	2	3	4
Difficulty Making Decisions	0	1	2	3	4
Stuttering, Stammering	0	1	2	3	4
Slurred Speech	0	1	2	3	4
Learning Disabilities	0	1	2	3	4

TOTAL _____

Nose					
Stuffy Nose	0	1	2	3	4
Sinus Problems	0	1	2	3	4
Hay Fever	0	1	2	3	4
Sneezing Attacks	0	1	2	3	4
Excessive Mucous	0	1	2	3	4

TOTAL _____

NAME _____ DATE _____

Skin					
Acne	0	1	2	3	4
Hives, Rashes, or Dry Skin	0	1	2	3	4
Hair Loss	0	1	2	3	4
Flushing	0	1	2	3	4
Excessive Sweating	0	1	2	3	4

TOTAL _____

Mouth/Throat					
Chronic Coughing	0	1	2	3	4
Gagging or Frequent Need to Clear Throat	0	1	2	3	4
Swollen or Discolored Tongue, Gums, Lips	0	1	2	3	4
Canker Sores	0	1	2	3	4

TOTAL _____

Weight					
Binge Eating or Drinking	0	1	2	3	4
Craving Certain Foods	0	1	2	3	4
Excessive Weight	0	1	2	3	4
Compulsive Eating	0	1	2	3	4
Water Retention	0	1	2	3	4
Underweight	0	1	2	3	4

TOTAL _____

Joints / Muscles					
Pain or Aches in Joints	0	1	2	3	4
Rheumatoid Arthritis	0	1	2	3	4
Osteoarthritis	0	1	2	3	4
Stiffness or Limited Movement	0	1	2	3	4
Pain or Aches in Muscles	0	1	2	3	4
Recurrent Back Aches	0	1	2	3	4
Feeling of Weakness or Tiredness	0	1	2	3	4

TOTAL _____

Other					
Frequent Illness	0	1	2	3	4
Frequent or Urgent Urination	0	1	2	3	4
Leaky Bladder	0	1	2	3	4
Genital Itch, Discharge	0	1	2	3	4

TOTAL _____

TOTAL: SECTION I

SECTION II - RISK OF EXPOSURE

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

0	**1**	**2**	**3**	**4**
Never	Rarely	Monthly	Weekly	Daily

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 _____

0	**1**	**2**	**3**
No	Mild	Moderate	Drastic

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 _____

NAME _____ DATE _____

Answer yes or no and circle the corresponding number.	NO	YES
Do you have a water-purification system in your home?	2	0
Do you have an air-purification system in your home?	2	0
Do you have any indoor pets?	0	2
Are you a dentist, painter, farm worker, or construction worker?	0	2

TOTAL _____

TOTAL: SECTION II

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.

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.[14]
- 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.

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.

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.

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!**

14. *UWE Fuhr, Kristina Klittich, and A. Horst Staib, "Inhibitory effect of Grapefruit Juice and its Bitter Principal, Naringenin on CYP1A2 Dependent Metabolism of Caffeine in Man," Br J Clin Pharmacol 35, no. 4 (1993): 431-6, https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1381556/pdf/brjclinpharm00034-0094.pdf.*

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

15. *"EWG's 2017 Shopper's Guide to Pesticides in Produce," EWG, accessed March 14, 2018, https://www.ewg.org/foodnews/list.php#.Woc88yPMyCQ.*

VEGETABLES

- Artichokes
- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beet greens
- Beets
- Belgian endive
- Bell peppers
- Black radishes
- Bok choy
- Broccoli
- Broccolini
- Brussels sprouts
- Cabbages
- Carrots
- Cauliflowers
- Celery
- Chicory/Radicchio
- Chives
- Collard greens
- Cucumbers
- Dandelion greens
- Eggplants
- Endive/Escarole
- Fennel
- Green beans
- Hearts of palm
- Jalapeño peppers
- Jicama
- Kale
- Kohlrabies
- Leeks
- Lettuces
- Mushrooms
- Mustard greens
- Okra
- Onions
- Oyster plants
- Parsnips
- Pearl onions
- Pumpkins
- Radishes
- Rutabagas
- Shallots
- Spinach
- Squash
- Sweet potatoes
- Swiss chard
- Tomatoes
- Turnip greens
- Turnips
- Water chestnuts
- Watercress
- Yucca roots
- Zucchini

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
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

HEALTHY GRAINS

Amaranth
Buckwheat groats
Buckwheat noodles (pure buckwheat or groats)
Oats (gluten free, whole, or steel cut)
Quinoa
Rice (basmati, wild, or brown)
Rice cakes
Rice cereal (unsweetened)
Teff

Did you know?

Buckwheat is actually a pseudo-cereal, not wheat.

So it's naturally (and deliciously) gluten-free!

5 TOOLS

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)

RAW SEEDS

- Chia
- Flax
- Hemp
- Poppy
- Pumpkin
- Sesame
- Sunflower

SUGARS AND SWEETENERS

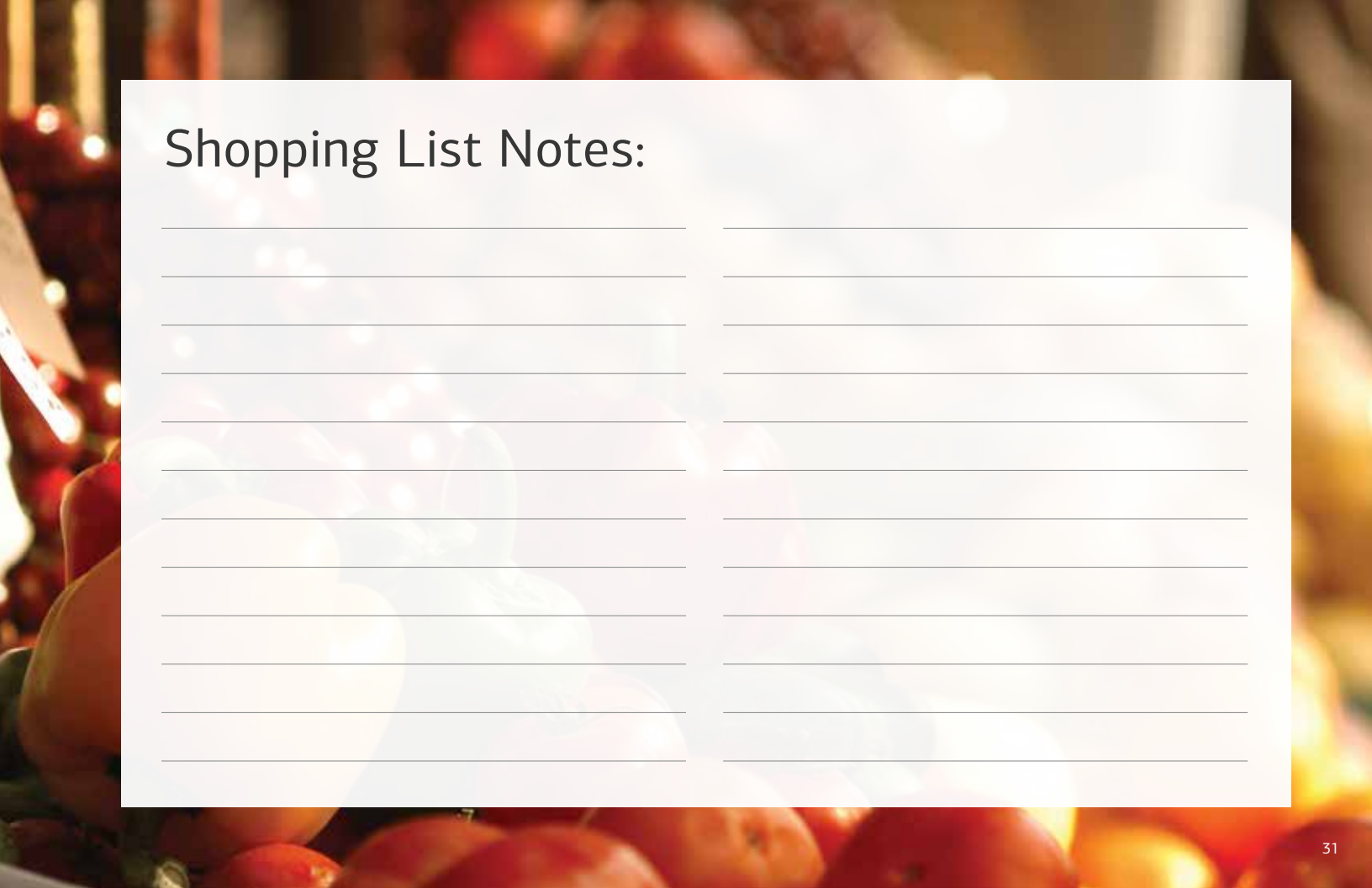
- Bananas
- Dates
- Whole-leaf stevia (powder or liquid)
- Monk fruit/ Luo Han Guo

MISCELLANEOUS

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

VINEGARS

Apple cider | Balsamic | Red wine | White wine



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**[16,17]

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.

16. *Xiaoming Bian, Liang Chi, Bei Gao, Pengcheng Tu, Hongyu Ru, and Kun Lu, "The Artificial Sweetener Acesulfame Potassium Affects the Gut Microbiome and Body Weight Gain in CD-1 Mice," PLOS ONE 12, no. 6 (2017): 1-16, https://doi.org/10.1371/journal.pone.0178426.*
17. *Jotham Suez, Tal Korem, Gili Zilberman-Schapira, Eran Segal, and Eran Elinav, "Non-Caloric Artificial Sweeteners, and the Microbiome: Findings and Challenges," Gut Microbes 6, no. 2 (2015): 149-155, https://doi.org/10.1080/19490976.2015.1017700.*

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.

This could be a 1 Shake Day Make an enhanced shake with breakfast!	This could be a 1 Shake Day Make an enhanced shake with lunch!
BREAKFAST RECIPE #3 Gluten-Free Pancakes	**BREAKFAST RECIPE #1** Apple-Quinoa Breakfast Bowl
LUNCH RECIPE #7 Turkey Chili	**LUNCH RECIPE #4** Stuffed Bell Peppers
DINNER RECIPE #2 Chicken Piccata	**DINNER RECIPE #6** Spiced Moroccan Meatballs
SNACK RECIPE #1 Avocado Chimichurri on Cucumber	**SNACK RECIPE #2** Kale Chips
ENHANCED SHAKE RECIPE #3 Creamy Strawberry	**ENHANCED SHAKE RECIPE #5** Mango Madness

This could be a 1 Shake Day Make an enhanced shake with dinner!	This could be a 2 Shake Day Replace one chai flavor shake with an enhanced shake.	This could be a 2 Shake Day Replace one chai flavor shake with an enhanced shake.	This could be a 3 Shake Day Replace one chai flavor shake with an enhanced shake.	This could be a 3 Shake Day Replace one chai flavor shake with an enhanced shake.
BREAKFAST RECIPE #7 Zucchini Bread	**BREAKFAST RECIPE #4** Peach-Ginger Scones	**BREAKFAST RECIPE #2** Curry Eggs	**BREAKFAST RECIPE #6** Sprouted Buckwheat Bites	**BREAKFAST RECIPE #5** Shrimp and Avocado Omelet
LUNCH RECIPE #6 Taco Salad	**LUNCH RECIPE #1** Buckwheat and Chickpea Salad	**LUNCH RECIPE #2** Herbed Chicken and Pomegranate Salad	**LUNCH RECIPE #3** Red Lentil and Squash Soup	**LUNCH RECIPE #5** Sunflower-Seed Veggie Burger
DINNER RECIPE #3 Chipotle Salmon and Salsa	**DINNER RECIPE #4** Quick Bison Soup	**DINNER RECIPE #1** Black Bean and Quinoa Chili	**DINNER RECIPE #5** Quinoa and Beef Skillet	**DINNER RECIPE #7** Stuffed Sweet Potatoes
SNACK RECIPE #6 Sesame Crackers	**N/A**	**N/A**	**N/A**	**N/A**
ENHANCED SHAKE RECIPE #4 Green Power	**ENHANCED SHAKE RECIPE #6** Orange Chai	**ENHANCED SHAKE RECIPE #2** Beet and Green	**ENHANCED SHAKE RECIPE #7** Pear-Chai Balance	**ENHANCED SHAKE RECIPE #1** Avocado Colada

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.

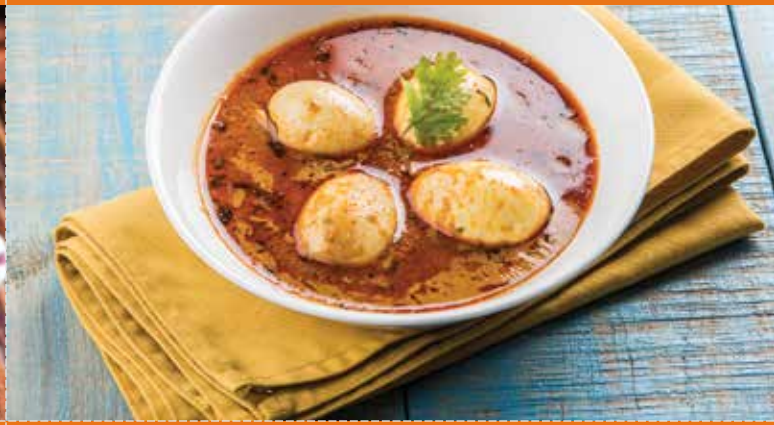
*** All images are for illustrative purposes and may not reflect your personal results.*

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
- ⅓ 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
- 1½ 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 tablespoons 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
- ½ tablespoon fresh cilantro, chopped
- Salt and pepper to taste
- 2 ounces shrimp, peeled
- 2 large eggs, beaten
- ½ tablespoon coconut oil

Toss tomato, avocado, cilantro, salt, and pepper together in a bowl. Cook shrimp over medium-high heat. Chop and set aside. Beat eggs in a separate bowl. Heat coconut oil over medium heat. Pour eggs into skillet, tilting gently to cover skillet bottom. Cook eggs until almost fully firm. Add shrimp. Fold omelet in half and cook for 1 minute more. Top with tomato-avocado mixture.

NEED MORE INSPIRATION?

Standard Process
WHOLE FOOD NUTRIENT SOLUTIONS

www.standardprocess.com/sp-detox-balance

ROYAL LEE Organics

www.organicsbylee.com

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.*

LUNCH RECIPE #1

Buckwheat and Chickpea Salad

LUNCH RECIPE #2

Herbed Chicken and Pomegranate Salad

LUNCH RECIPE #3

Red Lentil and Squash Soup

LUNCH RECIPE #4

Stuffed Bell Peppers

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
- ¼ cup fresh cilantro 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.

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
- 2 shallots, sliced
- 1 cup cherry tomatoes, halved

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.

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
- Salt and pepper to taste
- 4 medium to large tomatoes, chopped
- 1½ cups quinoa, rinsed and cooked (optional)
- 6 to 8 medium bell peppers, tops and seeds removed

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.

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
- ½ small butternut squash (about 1 pound), peeled, seeded, and finely chopped
- 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.

NEED MORE INSPIRATION?

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.

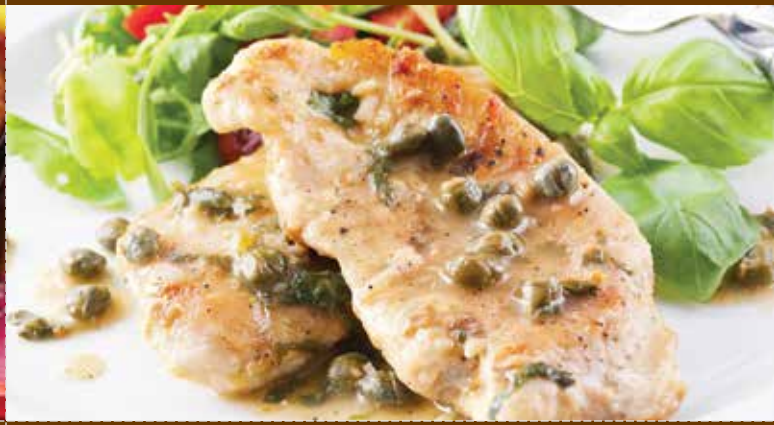
*** All images are for illustrative purposes and may not reflect your personal results.*

DINNER RECIPE #1

Black Bean and Quinoa Chili

DINNER RECIPE #2

Chicken Piccata



DINNER RECIPE #3

Chipotle Salmon and Salsa

DINNER RECIPE #4

Quick Bison Soup

Chicken Piccata | SERVES 4

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

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

Black Bean and Quinoa Chili | SERVES 4

- 1 tablespoon olive oil
- 1 onion, diced
- 4 garlic cloves, minced
- 1 (14-ounce) can black beans, drained and rinsed
- 1 (14-ounce) can chopped tomatoes, including all liquid
- 1 cup of quinoa, uncooked
- 2½ cups water
- 2 teaspoons chili powder
- 1 teaspoon cayenne pepper
- 3 teaspoons ground cumin
- ½ teaspoon ground coriander
- 1 teaspoon unsweetened cocoa powder
- Pinch of cinnamon
- Salt and pepper to taste
- Avocado and fresh coriander (optional)

Sauté onion over medium heat, about 2 minutes. Add garlic and cook for another minute, stirring so the garlic does not burn. Add spices and stir. Add beans, tomato, water, and quinoa, cover and simmer for 30 minutes, stirring occasionally.

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
- ¼ cup onion, chopped
- 1 garlic clove, minced
- Fresh or dried parsley
- Salt and pepper to taste
- Chopped kale, swiss chard, or spinach

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.

Chipotle Salmon and Salsa | SERVES 1

- 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 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.

DINNER RECIPE #5

Quinoa and Beef Skillet

DINNER RECIPE #6

Spiced Moroccan Meatballs

DINNER RECIPE #7

Stuffed Sweet Potatoes

DINNER TIP

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.

Spiced Moroccan Meatballs | SERVES 4

- 1 pound ground beef or turkey
- 1⅓ cups cooked quinoa, rinsed and cooled
- 1 cup fresh cilantro leaves (packed), chopped
- 2 teaspoons cumin
- Salt and pepper to taste
- 1 egg

Preheat oven to 400°F. In a large bowl, combine all ingredients. Form into 20 balls, about 1½ inches in diameter each. Bake on a greased baking sheet, about 14 to 18 minutes or until no longer pink inside. Serve in marinara sauce or alongside salad.

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. Cook 2 minutes. Add quinoa, stock, thyme, and rosemary. Cover and simmer, about 10 minutes. Add beef and warm.

NEED MORE INSPIRATION?

Stuffed Sweet Potatoes | SERVES 2

- 2 large sweet potatoes
- 2 cups chicken broth
- 1 cup quinoa, rinsed and uncooked
- ½ teaspoon coconut oil
- 1 cup butter lettuce or other, chopped
- Salt and pepper to taste

Salsa

- 1 baby cucumber, diced
- ½ mango, peeled and diced
- 8 small yellow or red cherry tomatoes, diced
- 2 teaspoons fresh cilantro, finely chopped
- ½ red pepper, chopped
- ½ lime, juiced
- Salt and pepper to taste

Preheat oven to 375°F. Wrap each sweet potato in foil. Bake for 45 to 60 minutes. In a saucepan, bring chicken broth to a boil, and then add quinoa. Cover and reduce to simmer, about 15 to 18 minutes. Fluff with a fork and add salt and pepper. Set aside. Combine all salsa ingredients. Cut sweet potatoes open, add coconut oil, and top with quinoa, lettuce, and salsa.

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

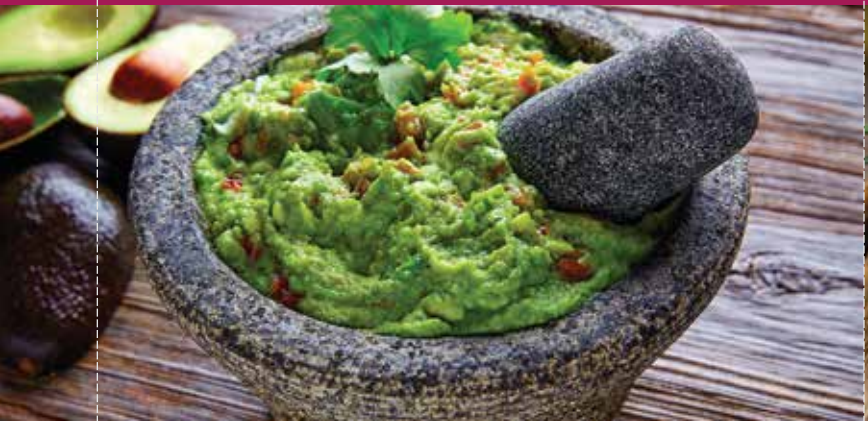
Avocado Chimichurri on Cucumber

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

Preheat oven to 350°F. Grease loaf pan. Mix almond butter and oil until smooth. Blend in eggs and stevia. In another bowl, combine almond flour, arrowroot powder, salt, and baking soda. Blend dry ingredients with wet. Fold in olives and rosemary. Pour batter into loaf pan. Bake about 45 minutes. Cool bread in pan for 1 hour. Remove and cut into thin slices. Toast in oven for 5 to 10 minutes.

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 RECIPE #5

Piña Colada Balls

SNACK RECIPE #6

Sesame Crackers

SNACK RECIPE #7

Zucchini Hummus

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.

NEED MORE INSPIRATION?

Standard Process
WHOLE FOOD NUTRIENT SOLUTIONS

www.standardprocess.com/sp-detox-balance

ROYAL LEE Organics
BY STANDARD PROCESS

www.organicsbylee.com

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
- ¼ 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.

Orange Chai

- 2 heaping scoops SP Detox Balance™ powder
- 4 ounces unsweetened almond 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.

NEED MORE INSPIRATION?

Standard Process
WHOLE FOOD NUTRIENT SOLUTIONS

www.standardprocess.com/sp-detox-balance

ROYAL LEE Organics
BY STANDARD PROCESS

www.organicsbylee.com

Pear-Chai Balance

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

Blend all ingredients until smooth.

Daily Tracker

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

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.

BODY MASS	ADULTS Est. Daily Protein Goal (Grams per Day)
110 lbs.	50 to 80
121 lbs.	55 to 88
132 lbs.	60 to 96
143 lbs.	65 to 104
154 lbs.	70 to 112
165 lbs.	75 to 120
176 lbs.	80 to 128
187 lbs.	85 to 136
198 lbs.	90 to 144
209 lbs.	95 to 152
220 lbs.	100 to 160
231 lbs.	105 to 168
243 lbs.	110 to 176

DAILY TRACKER

10-Day Program *(See pages 68-70 for 28-day program tracker)*

_____ **grams** YOUR DAILY PROTEIN GOAL

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
SHAKES										
PROTEIN FROM SHAKES	17g	34g	34g	51g	51g	51g	51g	34g	17g	17g
+ PROTEIN FROM MEALS	+	+	+	+	+	+	+	+	+	+
= TOTAL DAILY PROTEIN										
WATER										
EXERCISE										
HOW ARE YOU?										
NOTES										

DAILY TRACKER

28-Day Program *(Days 1-10)*

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
SHAKES										
PROTEIN FROM SHAKES	17g	17g	17g	34g	34g	34g	34g	51g	51g	51g
+ PROTEIN FROM MEALS	+	+	+	+	+	+	+	+	+	+
= TOTAL DAILY PROTEIN										
WATER										
EXERCISE	15m 15m 15m	15m 15m 15m	15m 15m 15m	15m 15m 15m	15m 15m 15m	15m 15m 15m	15m 15m 15m	15m 15m 15m	15m 15m 15m	15m 15m 15m
HOW ARE YOU?										
NOTES										

DAILY TRACKER

28-Day Program *(Days 11-20)*

_____ **grams** YOUR DAILY PROTEIN GOAL

	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
SHAKES										
PROTEIN FROM SHAKES	51g	51g	51g	51g	51g	51g	51g	51g	51g	51g
+ PROTEIN FROM MEALS	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____	+ _____
= TOTAL DAILY PROTEIN										
WATER										
EXERCISE										
HOW ARE YOU?										
NOTES										

DAILY TRACKER

28-Day Program *(Days 21-28)*

	DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
SHAKES								
PROTEIN FROM SHAKES	51g	34g	34g	34g	17g	17g	17g	17g
+ PROTEIN FROM MEALS	+	+	+	+	+	+	+	+
= TOTAL DAILY PROTEIN								
WATER								
EXERCISE								
HOW ARE YOU?								
NOTES								

GLOSSARY

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

You. Your Health Care Practitioner. And Standard Process.

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.

Standard Process®
WHOLE FOOD NUTRIENT SOLUTIONS