

Program Diet

Vegetables

You can eat an unlimited amount of vegetables from the list below (use organic whenever possible). Your vegetable intake should be twice the amount of fruit intake.



- Average serving size = ½ cup
- No dried or canned vegetables; frozen OK
- Fresh juices made from vegetables are also allowed
- Most vegetables may be steamed for four minutes or stir fried over low heat; however, for best results, consume ½ of your vegetables raw
- Fresh herbs and spices are optional

Vegetables

Artichokes
Asparagus
Bamboo shoots
Bean sprouts
Beets, red
(Steam for 20-30 minutes or until soft)
Bok choy
Broccoli or brocciflower
Brussels sprouts
Cabbage *(all types)*
Carrots
Cauliflower
Celery
Chives
Cucumbers

Eggplant
Garlic
Kohlrabies
Leeks
Mushrooms
Okra
Onions
Oyster plant
Parsley
Peppers *(any color)*
Pimentos
Radishes
Sea vegetables
Squash (acorn, butternut, spaghetti)
String beans
Sweet potatoes
(if purifying, only ½ per day)
Turnips
Water chestnuts
Yams
(if purifying, only ½ per day)
Zucchini

Lettuce and Greens

Arugula
Beet greens
Chicory
Collard greens
Dandelion greens
Endive
Escarole
Kale
Mustard greens
Radicchio
Red and green leaf
Romaine
Spinach
Swiss chard
Watercress

Oils

- Average serving size = 1 tsp. | Servings: 4-7 teaspoons per day
- Should be cold-pressed and unprocessed
- Use high-quality oils, such as:

Coconut oil
Extra-virgin olive oil
Fish oil
Flaxseed oil (Keep refrigerated, do not heat)
Grape seed oil

Real butter (can use during post-purification; organic/raw is preferred)

Spring Water

- Drink a minimum of 8 glasses (64 oz.) of spring water a day

Fruit

These fruits are just a sampling. Keep in mind that you should eat twice as many servings of vegetables as fruits—fresh or frozen only, no dried or canned fruit (*use organic whenever possible*).

Average serving size indicated

Apples, 1 medium	Loganberries, 1 cup
Apricots, raw (3 medium)	Mangos, 1 whole
Avocados, ¼	Mulberries, 1 cup
Bananas, ½ per shake	Nectarines, 2 small
Blackberries, 1 cup	Oranges, 1 large
Blueberries, 1 cup	Papayas, 1 small
Cantaloupe, ½ medium	Peaches, 2 small
Cherries, 15	Pears, 1 medium
Cranberries, 1 cup whole	Pineapple, ½ cup
Figs, 2	Plums, 2 small
Grapefruit, 1 whole	Pomegranates, 1 whole
Grapes, 15	Raspberries, 1 ½ cup
Guavas, 1 whole	Rhubarb, 1 cup
Honeydew melon, ¼ small	Strawberries, 1 ½ cup
Kiwis, 1 whole	Tangerines, 2 small
Kumquats, 1 whole	Tomatoes, 1 medium
Lemons, 1 whole	
Limes, 1 whole	

Lentils or Wild/Brown Rice (*measure carefully*)

- Average serving size = ½ cup cooked
- 1-2 servings of lentils or 1 serving of wild or brown rice per day

Please note: Lentils have a higher protein content and less carbohydrates than rice. For ideal weight and blood glucose management, choose lentils more often than rice.

Protein Sources

Protein can be added on day 11 of purification program. Protein is ok throughout post-purification.

- Average serving size = 3-5 oz. cooked (*Roughly the size and thickness of your palm*).
- Total servings: 2-4 per day, with 1-2 servings being fish

Fish should be deep sea fish (e.g. salmon, cod, or sea bass), not farm raised

Select lean meat (chicken) that is organic, free range, antibiotic free, and hormone free, if possible.

- Prepare by broiling, baking, roasting, or poaching
- No cured, smoked, or luncheon meats
- Ask your health care professional about adding 2 scoops of a powdered protein supplement, to each SP Complete shake for additional protein. (*Whey Pro Complete can be added to shakes starting on day 1 of preparation.*)