

# Directions for 21 day Detoxification/ Weight Loss Program

**Post on Your Refrigerator !**

Date started \_\_\_\_\_

**Weigh** and **measure** yourself before you begin and make a note of your results.

## **Supplements for Week One:**

- 7 Capsules of SP Cleanse 3 times a day and
- 3 Capsules of Gastro Fiber 3 times a day taken with SP Complete Shake before meals.
- SP Complete Shake 2/3 times a day.

## **Supplements for Weeks Two and Three:**

- 3 Capsules of Gastro Fiber 3 times a day and
- 5 Capsules of SP Green Food 2 times a day with SP Complete Shake
- SP Complete Shake 2/3 times a day.

## **How to Make Complete Shake ...take before meals:**

- 1 – 1 ½ cups of fresh fruit, frozen is ok
- ½ - 1 glass of purified water
- 2 scoops of SP Complete Shake Powder
- 1 tablespoon of 3 6 9 omega oil
- Blend all together.

## **Meals:**

Eat fresh, raw, organic fruits and vegetables, particularly green leafy vegetables. Red, yellow and green peppers, onions ,tomatoes, mushrooms, spinach, mixed greens, sprouts, zucchini, fennel, celery, snap peas, jicama etc....can be added to your salads. Salads can have unlimited fresh vegetables.

No bought salad dressings, nuts, seeds or beans. Fresh squeezed lemon ok.

**Steamed veggies** are recommended along with your salad at dinner:

- Kale, broccoli, swiss chard, brussels sprouts, asparagus, cabbage, onions, bok choy cabbage etc. Steam all for 4 mins.
- Red beets ...Steam for 20 – 25 mins until soft. Use beet greens in salad after washing.
- Stir fry's and veggie soups ok.
- Nori rolls filled with chopped veggies.

### **Beverages:**

- Water at least 8...8 ounce glasses a day.
- Herbal teas ...no caffeine
- Fresh squeezed juices

### **If you need more protein:**

- Salmon, halibut, trout, sardines, turbot, mahi mahi, orange roughy, cod etc.
- Organic chicken, turkey, red meats are harder to digest.
- Eggs

### **Salad dressing recipes:**

- Bunch of washed and chopped cilantro or basil
- ½ cup olive oil
- 1 – 2 garlic cloves
- 1/3<sup>rd</sup> cup of apple cider vinegar... do not use other vinegars, too acidic
- 3 tablespoons of tamari...like soy sauce but better
- 1 tablespoon of tahini...sesame seeds ground up like peanut butter
- 1 tablespoon of miso paste
- Water to thin...to your liking

### **Basic Dressing:**

- ½ cup olive oil
- 2 -3 garlic cloves or to your taste
- 1/3 cup apple cider vinegar
- 1 tablespoon of ground mustard
- Lemon juice to your taste

You can add all kinds of herbs or tomatoes to this to make other delicious dressings. Blend all ingredients together for 1 – 2 mins until smooth and creamy. Keep refrigerated.

### **Additional Recommendations:**

- Exercise and sweat daily
- Drink plenty of water
- SP Complete can be used as a meal replacement
- You can repeat this 21 day program if you wish
- Colonics are recommended while doing this program. This increases the detoxification process. At least one colonic per week.
- Massage and/ or Lymphatic foot baths are helpful for lymph detox. All these services are offered at Body Basics ask about our special offers.