

# Standard Process Purification Program

What will I eat?

## 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:

<b>Artichokes</b>	<b>Cauliflower</b>	<b>Onions</b>
<b>Asparagus</b>	<b>Celery</b>	<b>Oyster Plant</b>
<b>Bamboo Shoots</b>	<b>Chives</b>	<b>Radishes</b>
<b>Beets, red</b> <i>(steamed 20-30 min)</i>	<b>Cucumbers</b>	<b>Sea Vegetables</b>
<b>Bok Choy</b>	<b>Eggplant</b>	<b>Squash</b>
<b>Broccoli</b>	<b>Garlic</b>	<b>String Beans</b>
	<b>Kohlrabies</b>	<b>Sweet Potatos (1/2)</b>

Lettuce and Greens:

<b>Arugula</b>	<b>Escarole</b>	<b>Red Leaf</b>
<b>Beet Greens</b>	<b>Green Leaf</b>	<b>Romaine</b>
<b>Collard Greens</b>	<b>Kale</b>	<b>Spinach</b>
<b>Dandelion Greens</b>	<b>Mustard Greens</b>	<b>Swiss Chard</b>
<b>Endive</b>	<b>Radicchio</b>	<b>Watercress</b>

## Oils

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

<b>Coconut</b>	<b>Flaxseed</b>
<b>Extra-Virgin Olive</b>	<i>(do not heat)</i>
<b>Fish</b>	<b>Grape Seed</b>

## Spring Water

- Drink a minimum of 8 glasses (64oz) 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 a day as fruits- fresh or frozen only, no dried or canned fruits (use organic whenever possible).

- Serving sizes indicated

<b>Apples</b> <i>1 med</i>	<b>Guavas</b> <i>1</i>	<b>Papaya</b> <i>1small</i>
<b>Apricots, raw</b> <i>3 med</i>	<b>Honeydew</b> <i>1/4 small</i>	<b>Peaches</b> <i>2small</i>
<b>Avocados</b> <i>1/4</i>	<b>Kiwi</b> <i>1</i>	<b>Pears</b> <i>1med</i>
<b>Bananas</b> <i>1/2</i>	<b>Kumquats</b> <i>1</i>	<b>Pineapple</b> <i>1/2cup</i>
<b>Blackberries</b> <i>1cup</i>	<b>Lemons</b> <i>1</i>	<b>Plums</b> <i>2small</i>
<b>Blueberries</b> <i>1cup</i>	<b>Limes</b> <i>1</i>	<b>Pomegranate</b> <i>1</i>
<b>Cantaloupe</b> <i>1/2 med</i>	<b>Loganberries</b> <i>1cup</i>	<b>Raspberries</b> <i>1 1/2cups</i>
<b>Cherries</b> <i>15</i>	<b>Mango</b> <i>1</i>	<b>Rhubarb</b> <i>1cup</i>
<b>Cranberries</b> <i>1cup</i>	<b>Mulberries</b> <i>1cup</i>	<b>Strawberries</b> <i>1 1/2cups</i>
<b>Figs</b> <i>2</i>	<b>Nectarines</b> <i>2small</i>	<b>Tangerines</b> <i>2small</i>
<b>Grapefruit</b> <i>1</i>	<b>Oranges</b> <i>1 large</i>	<b>Tomatoes</b> <i>1small</i>
<b>Grapes</b> <i>15</i>		

## Lentils or Wild/ Brown Rice

- Average serving size= ½ cup cooked
- 1-2 servings of lentils or 1 serving of wild or brown rice per day
- Lentils are recommended over rice because lentils have a higher protein content

## Protein Sources

- Can be added to program on day 11
- Average serving size= 3 - 5oz. cooked
- 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 **Whey Pro Complete**, a powdered protein supplement, to each SP Complete shake for additional protein. (Whey Pro Complete can be added to shakes starting on day 1.)