

# Food Sources

## Unlimited Fresh Vegetables (this is not an exhaustive list)

Collard Greens	Carrots	Asparagus*
Dandelion Greens	Cucumbers	Cabbage*
Mixed Greens	Celery	Artichokes*
Mustard Greens	Radishes	Red Beets (Beets may be steamed for 20-30 minutes or until soft. You may use the beet greens in salad after washing)
Red, Yellow, and Green Peppers	Kale*	* Can be steamed for 2-3 minutes
Onions *	Broccoli*	
Mushrooms	Swiss Chard*	
Spinach	Brussels Sprouts*	

## Fresh Fruit - Eat twice as many vegetables as compared to fruit

Apples	Grapes	Tomatoes
Oranges	Berries	Lemons & Limes
Bananas	Melons	Mangos

1-2 TBSP “clean” Vinegar per day:  
Balsamic, Red Wine, or Apple Cider  
Vinegar is permitted

2-3 TBSP Good Fats: Coconut oil,  
grass-fed Butter, raw Nut Oils,  
Olive Oil

Spring Water: At least 8 Glasses per day

## Protein

**3-4 ounces of unseasoned lean meat, unprocessed pork, cold water fish, or poultry twice daily.** Prepare by boiling, broiling, grilling, stewing, or, baking.

**1-2 eggs per day (if desired).** Raw or simply prepared boiled, poached, or scrambled. (NB: Eating cooked eggs daily increases the likelihood that an allergy to eggs will develop. This is not a problem with raw eggs.)

## NOT Permitted

No Salad Dressing	No Green Beans
No Nuts	No Grapefruit
No Legumes (beans, peas, etc.)	

**No Grains, Rice, Flour, Wheat, Pasta, Bread or other “White” Foods. Also, no Potatoes, no Corn, no Dairy**

**SP Complete: "The Shake"**

Some patients find it helpful to make two shakes at once, and carry the second shake in a thermos to enjoy later in the day.

A single shake consist of the following recipe (double if making two shakes):

- 2 rounded tablespoons of **SP Complete**
- 1 tablespoon of Flax Oil
- 8 ounces of spring Water
- 1-2 cups of fruit

A good place to start is one ripe banana, and your choice of blueberries, strawberries, or mango. Experiment with other fruits. You will find some fruits work better than others. For example, apples and melons do not work well in the shake.

Frozen berries, and frozen mangos are allowed on the program, and some patients find it convenient to buy bags of frozen, cut up mango; frozen strawberries, etc. **MAKE SURE THERE IS NO SUGAR THESE PRODUCTS.**

**Water**

Spring Water is the most natural water that is readily available. Occasionally while dining out spring water may not be an option. In that case either bring your own, or make the best decision from the choices available.

Europeans label their Spring Water as Mineral Water, so that is also an approved water source. Try some of the flat or sparkling Polish, German, Czech, Scandinavian, or Italian waters for fun!

**Finding Food: Groceries**

Ideally, you will use all fresh organic fruits and vegetables on the program to avoid ingesting cleaning chemicals, pesticides, and fungicides that are present with most conventional produce. If you do not have access to a wide variety of organic foods, use [www.foodnews.org](http://www.foodnews.org) to make informed decisions on produce.

*Consume all fresh foods on this program (not canned or frozen), although I do allow the consumption of some frozen fruits (berries, mango) with the shake only.*