

Food Sources

Unlimited Fresh Vegetables (this is not an exhaustive list)

Collard Greens	Carrots
Dandelion Greens	Cucumbers
Mixed Greens Mustard Greens	Celery
Red, Yellow, Green Peppers	Radishes
Onions*	Kale*
Mushrooms	Broccoli*
Spinach	Swiss Chard*
	Brussels Sprouts*

Asparagus*

Cabbage*

Artichokes*

Red Beets (Beets may be steamed or bakes 20-30 minutes until soft. Beet greens can be used in salad)

**Can be steamed for 2-3 minutes)*

Fresh Fruit – Eat twice as many vegetables as fruit

Apples	Grapes	Tomatoes
Oranges	Berries	Lemons & Limes
Banana	Melon	Mangos

1-2 TBSP “clean” Vinegar per day

Balsamic, Red win or Apple Cider vinegar is permitted

2-3 TBSP Good Fats

Coconut oil, grass-fed butter, raw nut oils, EVOO

Spring Water – 9-13 cups per day.

Protein

3-4 ounces of unseasoned lean meat, unprocessed pork, cold water fish, or poultry twice daily. Prepare by poaching, 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 likihood that an allergy to eggs will develop, This is not a problem with raw eggs.*)

NOT Permitted

No commercial salad dressing

No Nuts

No Legumes (beans, peas, etc.)

No Grapefruit

**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 or cup 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 Ground Flax
- 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 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.