

Purification Program Shake Recipes

Original Recipe

2 rounded Tbs. of SP Complete
8 oz water
1 Tbs. high quality oil
1- 1½ cups fresh or frozen fruit or veggies

Apple Cinnamon

2 rounded Tbs. of SP Complete
8 oz water
1 scoop SP Whey Protein Complete
1 Tbs. flaxseed oil
2 apples cored but not peeled
Splash of organic vanilla extract
Dash of cinnamon
Ice Cubes

Pina Colada

2 rounded Tbs. of SP Complete
8 oz water
1 scoop SP Whey Protein Complete
1 Tbs. coconut oil
1 cup fresh pineapple
Handful of organic unsweetened shredded coconut
Ice Cubes

Strawberry Surprise

2 rounded Tbs. of SP Complete
8 oz water
1 scoop SP Whey Protein Complete
1 Tbs. flaxseed oil
1 cup frozen strawberries
¼ ripe avocado
Splash of organic vanilla extract

Veggie Breakfast

2 rounded Tbs. of SP Complete
4 -- 8 oz water
1 scoop SP Whey Protein Complete
1 Tbs. flaxseed oil
1 cup tomato
1 carrot
1 stalk celery
¼ ripe avocado
Handful of ice cubes

