



PURIFICATION PROGRAM

Shake Recipes



ORIGINAL RECIPE

INGREDIENTS

2 rounded Tbs. of SP Complete

8 oz water

1 Tbs. high quality oil

1- 1/2 cups fresh or frozen fruit
or veggies



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APPLE CINNAMON

INGREDIENTS

2 rounded Tbs. of SP Complete

8 oz water

Iscoop SP Whey Protein

Complete

1 Tbs. flaxseed oil

2 apples cored but not peeled

Splash of organic vanilla extract

Dash of cinnamon

Ice Cubes



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PINA COLADA

INGREDIENTS

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



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STRAWBERRY SURPRISE

INGREDIENTS

2 rounded Tbs. of SP Complete

8 oz water

1 scoop SP Whey Protein
Complete

1 Tbs. flaxseed oil

1 cup frozen strawberries

$\frac{1}{4}$ ripe avocado

Splash of organic vanilla extract



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VEGGIE BREAKFAST

INGREDIENTS

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

Y₄ ripe avocado

Handful of ice cubes