



SP Detox Balance™ Program

Meal Plan & Shake Recipes





Standard Process® Detox Balance™ Program

As you embark on your detox journey, this companion guide will help you simplify weekly planning with thoughtfully crafted meal plans, nourishing recipes, and practical tools like a shopping list and weekly shake schedule. You'll have everything you need to stay balanced and feel your best.

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A woman with dark hair tied back is shown in profile, holding a dark mug with both hands. She is looking out towards a bright sunset over a body of water. The sun is low on the horizon, creating a strong orange and yellow glow that fills the sky and reflects on the water. A green rectangular box with the text "WEEK 1" is overlaid on the image.

WEEK 1

Detox Days 1-7

WEEK 1

Shopping List

Fruits

- ☐ **3** Apples
- ☐ **8 1/2** Avocados
- ☐ **1 cup** Blackberries
- ☐ **1 1/2 cups** Blueberries
- ☐ **3/4 cup** Cherries
- ☐ **1/4 cup** Grapes
- ☐ **1 1/4** Lemons
- ☐ **1/3 cup** Lemon Juice
- ☐ **2 1/2** Limes
- ☐ **1 cup** Pineapple
- ☐ **1 cup** Strawberries

Vegetables

- ☐ **6 cups** Arugula
- ☐ **1 cup** Asparagus
- ☐ **6 cups** Baby Spinach
- ☐ **2 cups** Basil Leaves
- ☐ **5 1/2 cups** Broccoli
- ☐ **3/4 cup** Butternut Squash
- ☐ **6** Carrots
- ☐ **1 1/2 heads** Cauliflower
- ☐ **3 stalks** Celery
- ☐ **2 1/4 cups** Cherry Tomatoes
- ☐ **2 tbsps** Cilantro
- ☐ **6** Cremini Mushrooms
- ☐ **1/2** Cucumber

- ☐ **1/2 cup** Fresh Dill
- ☐ **12 1/2** Garlic Cloves
- ☐ **1 tbsp** Ginger
- ☐ **5 1/2 cups** Green Beans
- ☐ **1/2** Green Bell Peppers
- ☐ **4 stalks** Green Onion
- ☐ **1/2** Jalapeño Pepper
- ☐ **13 cups** Kale Leaves
- ☐ **2 tbsps** Microgreens
- ☐ **1/2 cup** Mushrooms
- ☐ **2** Orange Bell Peppers
- ☐ **3 1/2 cups** Radishes
- ☐ **1/3 cup** Red Onion
- ☐ **8 leaves** Romaine
- ☐ **2 1/2 cups** Snow Peas
- ☐ **1** Spaghetti Squash
- ☐ **1** Sweet Onion
- ☐ **1** Sweet Potato
- ☐ **2 1/4** Tomatoes
- ☐ **1/2** Yellow Onion
- ☐ **3** Zucchini

Breakfast

- ☐ **1/2 cup** Almond Butter
- ☐ **1/3 cup** Buckwheat Groats

Seeds, Nuts & Spices

- ☐ **1/3 cup** Almonds
- ☐ **1/4 cup** Brazil Nuts
- ☐ **1/8 tsp** Cayenne Pepper
- ☐ **1 tbsp** Chia Seeds
- ☐ **1 1/2 tps** Chili Flakes
- ☐ **1 1/8 tbsps** Chili Powder
- ☐ **1/2 tsp** Chipotle Powder
- ☐ **1/16 tsp** Cinnamon
- ☐ **2 tps** Cumin
- ☐ **1 tbsp** Curry Powder
- ☐ **1 tsp** Dried Chives
- ☐ **1 1/2 tps** Garlic Powder
- ☐ **1 1/2 tbsps** Ground Flax Seed
- ☐ **2 1/2 tbsps** Hemp Seeds
- ☐ **2 tps** Nutmeg
- ☐ **1 tsp** Paprika
- ☐ **1/2 cup** Pumpkin Seeds
- ☐ **2 3/4 tps** Red Pepper Flakes
- ☐ **1/2 tsp** Salt
- ☐ **1 tbsp** Sea Salt
- ☐ Sea Salt & Black Pepper
- ☐ **1/2 cup** Slivered Almonds
- ☐ **2 tbsps** Steak Spice Seasoning
- ☐ **1 1/2 tbsps** Taco Seasoning
- ☐ **1/4 cup** Walnuts

Boxed & Canned

- ☐ **1 cup** Basmati Rice
- ☐ **4 1/2 cups** Black Beans
- ☐ **1 1/2 cups** Canned Coconut Milk
- ☐ **3 1/2 cups** Cannellini Beans
- ☐ **3/4 cup** Chicken Broth, Low Sodium
- ☐ **5 oz** Chickpea Pasta
- ☐ **1 cup** Chickpeas
- ☐ **1 cup** Diced Tomatoes
- ☐ **3 cups** Quinoa
- ☐ **1 1/2 cups** Salsa
- ☐ **1/2 can** Tuna
- ☐ **3 1/4 cups** Vegetable Broth

Baking

- ☐ **3 1/2 tbsps** Nutritional Yeast

Bread, Fish, Meat & Cheese

- ☐ **1 2/3 lbs** Chicken Breast
- ☐ **12 oz** Chicken Breast, Cooked
- ☐ **1 lb** Extra Lean Ground Beef
- ☐ **1 1/2 lbs** Extra Lean Ground Chicken
- ☐ **2 lbs** Extra Lean Ground Turkey
- ☐ **1 lb** Salmon Fillet
- ☐ **10 oz** Top Sirloin Steak

Condiments & Oils

- ☐ **3 tbsps** Avocado Oil
- ☐ **1/3 cup** Cilantro Lime Dressing
- ☐ **1/4 cup** Coconut Aminos
- ☐ **3 3/4 tbsps** Coconut Oil
- ☐ **1 tbsp** Dijon Mustard
- ☐ **2/3 cup** Extra Virgin Olive Oil
- ☐ **2 tbsps** Green Goddess Salad Dressing
- ☐ **1 tbsp** Pesto
- ☐ **2 tbsps** Pitted Kalamata Olives
- ☐ **1/2 cup** Tahini

Cold

- ☐ **11** Eggs
- ☐ **1 3/4 cups** Plain Greek Yogurt
- ☐ **1 1/4 cups** Unsweetened Almond Milk

Other

- ☐ **4 1/4 cups** Water



Triple Berry Protein Bowl

7 ingredients · 10 minutes · 2 servings

Ingredients

- 1 cup Strawberries (sliced)
- 1 cup Blueberries
- 1 cup Blackberries
- 2 tbsps Almond Butter
- 2 tbsps Hemp Seeds
- 1/4 cup Slivered Almonds
- 1/2 cup Unsweetened Almond Milk

Amount per serving

360
Calories

13g
Protein

31g
Carbs

24g
Fat

- Directions
1. Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!



Egg & Mushroom Buckwheat Bowl

9 ingredients · 35 minutes · 2 servings

Ingredients

- 1/3 cup Buckwheat Groats
- 1 1/3 tbsps Extra Virgin Olive Oil (divided)
- 1 Garlic (clove, small, minced)
- 6 Cremini Mushrooms (sliced)
- 1 cup Asparagus (trimmed and chopped)
- 2 stalks Green Onion (chopped, divided)
- 2 cups Kale Leaves (chopped)
- 2 tbsps Coconut Aminos (no added sugar)
- 2 Eggs

Amount per serving

299
Calories

13g
Protein

30g
Carbs

15g
Fat

- Directions
1. Cook the buckwheat according to the package directions.
 2. Add half the oil to a large pan over medium heat. Add the garlic, mushrooms, asparagus, and half of the green onion. Sauté for five to seven minutes or until the mushrooms start to brown.
 3. Add the kale and tamari to the pan and sauté for two minutes or until the kale wilts. Set aside.
 4. Add the remaining oil to a separate pan over medium heat. Once hot, add the eggs and cook until the egg whites have set and the yolk is cooked to your preference.
 5. Divide the buckwheat, vegetables, and eggs between plates. Garnish with the remaining green onions. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container. Cook the eggs when ready to serve. To meal prep, hard boil the eggs.

Serving Size: One serving is 1/3 cup cooked buckwheat, 1 1/2 cups of vegetables, and one egg.

Make it Vegan: Omit the egg.

Additional Toppings: Sesame seeds and/or chilli flakes.



Cherry & Blueberry Yogurt Parfait

8 ingredients · 10 minutes · 2 servings

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Unsweetened Almond Milk
- 1 tbsp Ground Flax Seeds
- 1 tbsp Chia Seeds
- 1/2 cup Cherries (pitted, halved)
- 1/2 cup Blueberries
- 2 tbsps Pumpkin Seeds
- 1/16 tsp Cinnamon

Amount per serving

234
Calories

16g
Protein

22g
Carbs

10g
Fat

- Directions
1. In a bowl, mix the Greek yogurt, oat milk, flax, and chia seeds together until smooth.
 2. Layer the yogurt mixture, cherries, and blueberries into individual serving glasses, bowls, or jars.
 3. Repeat the layering process until all ingredients are used.
 4. Top the parfait with pumpkin seeds and cinnamon. Serve immediately or refrigerate until ready to eat. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately 1 1/2 cups.



Eggs in a Butternut Squash Nest

5 ingredients · 15 minutes · 1 serving

Ingredients

- 3/4 cup Butternut Squash (spiralized into noodles)
- 1 tsp Coconut Oil
- 2 Eggs
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Microgreens (optional)

Amount per serving

234

Calories

14g

Protein

14g

Carbs

14g

Fat

Directions

1. Form the spiralized squash noodles into nests, making a small well in the center for the egg.
2. Heat a pan over medium heat and add the coconut oil. Use a spatula to transfer the squash nests to the pan and cook for about 7 minutes.
3. Crack eggs into cups and transfer them into the wells of the squash nests. Cook for about 3 to 4 minutes or until the whites have set and it is cooked to your liking. Cover the pan with a lid to speed up the cooking time.
4. Transfer the egg nests onto a plate and season with sea salt and black pepper to taste. Garnish with microgreens (optional) and enjoy!

NOTES

No Squash: Use spiralized sweet potato, beets or zucchini instead.

Save Time: Use storebought spiralized veggies.

Spiralizing Squash: Use a spiralizer machine to create spirals with the long part of the butternut squash, not the bulb. Peel first and then cut in half horizontally to spiralize.



Greek Yogurt, Almonds & Cherries

3 ingredients · 5 minutes · 1 serving

Ingredients

- 3/4 cup Plain Greek Yogurt
- 1/3 cup Cherries (pitted)
- 2 tbsps Almonds (chopped)

Amount per serving

271

Calories

21g

Protein

21g

Carbs

13g

Fat

Directions

1. Add all of the ingredients to a bowl and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Make it Vegan: Use a plant-based yogurt.

More Flavor: Add vanilla extract to the yogurt.



Zucchini Turkey Breakfast Skillet

6 ingredients · 20 minutes · 3 servings

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 2 Zucchini (large, finely diced)
- 1 cup Salsa
- 3 Eggs
- Sea Salt & Black Pepper (to taste)

Amount per serving

365

Calories

37g

Protein

10g

Carbs

20g

Fat

Directions

1. Add the oil to a large skillet and place over medium heat.
2. Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 to 5 minutes).
3. Add the salsa to the skillet and stir well to mix.
4. Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
5. Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

NOTES

Leftovers: For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

More Protein: Add extra eggs.

Vegetarian: Use lentils instead of ground turkey.

More Greens: Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa: Use crushed tomatoes instead.



Black Bean & Mushroom Omelette

11 ingredients · 15 minutes · 2 servings

Ingredients

- 1 **tbsp** Coconut Oil
- 4 Eggs (whisked)
- 1/4 **cup** Unsweetened Almond Milk
- 1/2 Green Bell Pepper (finely diced)
- 1 **cup** Black Beans (cooked, drained and rinsed)
- 1/2 **cup** Mushrooms (diced)
- 1 1/2 **tsps** Chili Powder
- 1 **tsp** Nutmeg
- 1 **tsp** Paprika
- Sea Salt & Black Pepper (to taste)
- 1/2 Avocado (diced)

Directions

1. Place coconut oil in a frying pan and place on medium-low heat.
2. Mix eggs, almond milk, green pepper, mushrooms, half the black beans, chili powder, nutmeg and paprika in a mixing bowl. Beat with a fork.
3. Pour egg mixture into frying pan and let cook for about 3 minutes. Fold in half when underside of omelette begins to brown and let cook for another 3 minutes. (Note: If you are making more than 1 serving, you will have to divide the egg mixture and cook it in portions).
4. Top with diced avocado and the remaining black beans. Sprinkle with sea salt and pepper to taste. Enjoy!

Amount per serving

427
Calories

23g
Protein

30g
Carbs

25g
Fat



Cleaned Up Chicken Salad

10 ingredients · 30 minutes · 2 servings

Ingredients

- 4 **oz** Chicken Breast, Cooked
- 1 **stalk** Celery (diced)
- 1/4 **cup** Grapes (halved)
- 2 **cups** Kale Leaves (finely sliced into ribbons)
- 2 2/3 **tbsps** Slivered Almonds
- 1 1/2 **tsps** Hemp Seeds
- 1 **tbsp** Dijon Mustard
- 1 **tbsp** Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

Directions

1. Shred your oven baked chicken breasts using a cheese grater and place in bowl. Then add celery, grapes, hemp hearts, slivered almonds and kale to bowl.
2. In a separate small bowl, combine mustard, lemon juice and olive oil. Stir well.
3. Add dressing to the bowl with chicken and toss well to coat. Season with salt and pepper. Enjoy!

Amount per serving

256
Calories

22g
Protein

6g
Carbs

16g
Fat



Grilled Fajita Burgers

9 ingredients · 25 minutes · 4 servings

Ingredients

- 1 **lb** Extra Lean Ground Beef
- 1 1/2 **tbsps** Taco Seasoning
- 1/2 Yellow Onion (small, finely chopped)
- 1/2 Jalapeño Pepper (medium, finely chopped)
- 2 Garlic (clove, minced)
- 2 Orange Bell Peppers (stem and seeds removed, quartered)
- 1 **tsp** Avocado Oil
- 8 **leaves** Romaine
- 2 Avocados (small, mashed)

Directions

1. Preheat your grill to medium heat.
2. In a mixing bowl combine the beef, taco seasoning, onion, jalepeño, and garlic. Mix until well combined. Form the meat into tightly packed patties, 4 to 5-inches in diameter.
3. Rub the peppers with the oil.
4. Grill the burger patties and peppers for five to seven minutes per side or until the burgers are cooked through and peppers are tender.
5. To serve, use a few leaves of lettuce as a bun and top burgers with mashed avocado and grilled peppers. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Salsa, cilantro, hot sauce, or pickled jalepeño.

More Flavor: If your taco seasoning doesn't have salt added, be sure to add salt to the meat mixture. Season the bell peppers with salt and pepper before grilling.

No Letuce Bun: Serve over a bed of lettuce instead.

No Beef: Use chicken or turkey instead.



Creamy Cauliflower Soup

11 ingredients · 1 hour · 4 servings

Ingredients

- 1 **tbsp** Coconut Oil
- 1/2 **Sweet Onion** (chopped)
- 1 **Carrot** (chopped)
- 1 **head** Cauliflower (cut into florets)
- 2 **cups** Vegetable Broth
- 1 **cup** Water
- 1 **cup** Canned Coconut Milk
- 1/4 **tsp** Sea Salt (or more to taste)
- 1 **tsp** Nutmeg
- 1 **Avocado** (peeled and sliced)
- 2 **stalks** Green Onion (chopped)

Directions

1. Add coconut oil to a large pot and place over medium heat. Saute the onions and carrots for about 5 minutes or until soft and golden.
2. Add the cauliflower and cook until it browns (about 5 minutes).
3. Add the broth and water. Bring to a boil. Reduce heat to simmer and cover. Let simmer for 30 minutes.
4. Add in coconut milk, sea salt and nutmeg. Stir well until milk is heated through and remove from heat.
5. With caution, puree your soup using a blender. Ensure lid is on tightly. (NOTE: If using a regular blender, ensure to remove the centerpiece of the lid and cover with a tea towel to allow a place for the steam to escape. Otherwise the steam will cause the lid to pop off, creating a mess and potentially burning yourself.)
6. Pour into bowl and top with sliced avocado and green onion. Sprinkle with fresh ground pepper and serve!

NOTES

Leftovers: Refrigerate in an airtight container for up to four days.
Serving Size: One serving is equal to approximately 1.5 cups of soup.
More Flavor: Add fresh garlic, additional salt, and/or black pepper.

Amount per serving

283
Calories

5g
Protein

19g
Carbs

22g
Fat



Chicken, Kale & Sweet Potato Skillet

7 ingredients · 20 minutes · 2 servings

Ingredients

- 8 **1/16 oz** Extra Lean Ground Chicken
- 1 **tsp** Dried Chives
- 1/2 **tsp** Garlic Powder
- 1/4 **tsp** Sea Salt (divided)
- 1 **tbsp** Coconut Oil
- 1 **Sweet Potato** (medium, peeled and diced)
- 1 **cup** Kale Leaves (finely chopped)

Directions

1. Heat a skillet or pan over medium heat. Add the chicken to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with the chives, garlic powder, and half of the salt. Transfer to a bowl and set aside.
2. Add the coconut oil to the pan. Add the sweet potatoes and cook for eight to 10 minutes, stirring often, until the sweet potatoes are tender and browned.
3. Add the kale and the cooked chicken to the pan with the sweet potatoes and continue to cook for one to two minutes until the kale has wilted and the chicken has warmed through. Season with the remaining salt.
4. Divide between plates and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately equal to two cups.
Less Carbs: Use butternut squash in place of sweet potato.
No Chicken: Use turkey or beef instead.
No Coconut Oil: Use avocado oil or extra virgin olive oil instead.
No Chives: Use another dried herb instead.
Sweet Potato: One medium sweet potato is approximately equal to two cups diced.

Amount per serving

285
Calories

21g
Protein

14g
Carbs

16g
Fat



Quinoa, Spinach & Tuna Salad with Pesto

5 ingredients · 30 minutes · 1 serving

Ingredients

- 1/2 **cup** Quinoa (dry, rinsed)
- 1 **cup** Baby Spinach
- 1/4 **Tomato** (sliced)
- 1/2 **can** Tuna (drained)
- 1 **tbsp** Pesto

Directions

1. Cook the quinoa according to the package directions. Set it aside and allow it to cool slightly.
2. Divide the quinoa, spinach, tomatoes, and tuna evenly between bowls or plates. Top with pesto and toss to combine. Enjoy!

NOTES

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.
Serving Size: One serving is one cup of quinoa, 1/2 can of tuna, and one cup of spinach with pesto.
More Flavor: Cook the quinoa in broth instead of water.
Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Amount per serving

461
Calories

31g
Protein

58g
Carbs

12g
Fat



Burrito Bowl Mason Jar

10 ingredients · 25 minutes · 4 servings

Ingredients

- 1 cup Quinoa
- 2 cups Water
- 1 lb Extra Lean Ground Chicken
- 1/2 cup Salsa
- 2 Avocados (peeled and diced)
- 2 Tomatoes (diced)
- 1 cup Baby Spinach (chopped)
- 2 cups Black Beans (cooked, drained and rinsed)
- 1 Lime (juiced)
- Sea Salt & Black Pepper (to taste)

Amount per serving

616
Calories

37g
Protein

61g
Carbs

27g
Fat

Directions

- Place the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, fluff with a fork and set aside.
- Cook your extra lean ground chicken over medium heat in a non-stick frying pan. Season with a bit of salt and pepper and stir occasionally until cooked through.
- Assemble your burrito bowl mason jars by placing avocado in the bottom with a splash of lime juice. Top with a couple of tablespoons of salsa. Next add in your quinoa, cooked chicken, diced tomatoes, spinach and top with black beans. Seal with a lid. When ready to eat, shake well and dump into a bowl. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: 16 fl oz (500 mL) mason jars were used here. One mason jar is one serving.



Broccoli & Chickpea Green Goddess Salad

9 ingredients · 20 minutes · 2 servings

Ingredients

- 1 1/2 cups Broccoli (cut into florets)
- 1 cup Chickpeas (cooked)
- 1 cup Baby Spinach
- 2 tbsps Almonds (toasted, chopped)
- 1 1/2 tsps Nutritional Yeast
- 1 1/2 tsps Ground Flax Seeds
- 2 tbsps Green Goddess Salad Dressing
- 2 tbsps Cilantro (chopped)
- Sea Salt & Black Pepper (to taste)

Amount per serving

294
Calories

13g
Protein

32g
Carbs

14g
Fat

Directions

- Steam the broccoli in a steamer basket for three to five minutes or until tender-crisp. Set aside to cool for five minutes.
- Meanwhile, mix together the remaining ingredients in a large salad bowl.
- Add the broccoli and toss until well combined. Divide evenly between plates and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to two days.
Serving Size: One serving is approximately two cups of salad.
Additional Toppings: Parsley, shallots and/or chives.



Chicken & Kale Skillet with Chickpea Pasta

8 ingredients · 20 minutes · 2 servings

Ingredients

- 5 oz Chickpea Pasta (dry)
- 1 tbsp Extra Virgin Olive Oil
- 10 oz Chicken Breast (skinless, boneless, cut into strips)
- Sea Salt & Black Pepper (to taste)
- 8 cups Kale Leaves (stems removed and leaves chopped)
- 1/4 cup Water
- 1 1/2 tsps Lemon Juice
- 1 1/2 tsps Red Pepper Flakes

Amount per serving

500
Calories

52g
Protein

45g
Carbs

16g
Fat

Directions

- Cook the pasta according to the package directions. Drain and set aside.
- Heat the oil in a large pan over medium heat. Add the chicken and cook for five to seven minutes or until cooked through. Season with salt and pepper and stir as it cooks. Transfer the chicken to a bowl and set aside.
- To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice.
- Add the pasta to the skillet and stir to combine. Divide onto plates and season with red pepper flakes on top. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately three cups.
Make it Vegan: Omit the chicken.
More Flavor: Add minced garlic, lemon juice, parmesan and/or shallots.
Additional Toppings: Freshly parsley and/or hemp seeds.



Grilled Salmon Salad with Cilantro Lime Dressing

9 ingredients · 20 minutes · 4 servings

Ingredients

- 1 lb Salmon Fillet (skin on)
- 2 tsps Avocado Oil
- 1/2 tsp Chipotle Powder
- Sea Salt & Black Pepper (to taste)
- 6 cups Arugula
- 1/3 cup Red Onion (thinly sliced)
- 1/2 Cucumber (large, sliced)
- 2 cups Cherry Tomatoes (halved)
- 1/3 cup Cilantro Lime Dressing

Directions

1. Preheat the grill to medium-high heat. Clean the grates and grease well.
2. Pat the salmon dry with paper towel. Drizzle the oil over the salmon. Rub it with chipotle powder and season with salt and pepper.
3. Place the salmon flesh side down and close the lid. Grill for two to three minutes. Gently flip the salmon skin side down and reduce the heat to medium. Close the lid and grill for three to five minutes or until cooked through. Rest for five minutes and then flake into pieces.
4. Add the arugula, onion, cucumber, and tomatoes to a salad bowl. Drizzle most of the dressing over top. Portion onto plates and top with salmon. Add the remaining dressing as needed and enjoy!

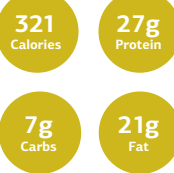
NOTES

Leftovers: Refrigerate the salmon and salad ingredients separately from the dressing in sealed containers for up to two days.

Serving Size: One serving is approximately 2 1/2 cups of salad with salmon.

Additional Toppings: Sliced avocado, cilantro, radish or toasted nuts/seeds.

Amount per serving



Turkey Pineapple Quinoa Bowl

13 ingredients · 30 minutes · 4 servings

Ingredients

- 1/2 cup Quinoa
- 1 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Curry Powder
- 1/8 tsp Cayenne Pepper
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Ginger (peeled and grated)
- 1 cup Pineapple (cored and sliced into chunks)
- 1 Carrot (grated)
- 1 Zucchini (grated)
- 1 tbsp Coconut Aminos (no added sugar)
- 1 cup Baby Spinach

Directions

1. Cook the pasta according to the package directions. Drain and set aside.
2. Heat the oil in a large pan over medium heat. Add the chicken and cook for five to seven minutes or until cooked through. Season with salt and pepper and stir as it cooks. Transfer the chicken to a bowl and set aside.
3. To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice.
4. Add the pasta to the skillet and stir to combine. Divide onto plates and season with red pepper flakes on top. Enjoy!

Amount per serving



Pressure Cooker Mexican Quinoa & Black Beans

11 ingredients · 15 minutes · 4 servings

Ingredients

- 1 1/2 cups Black Beans (cooked, rinsed)
- 1 1/4 cups Vegetable Broth
- 1 cup Quinoa (uncooked)
- 1 cup Diced Tomatoes (from the can, drained)
- 2 tsps Chili Powder
- 2 tsps Cumin
- 1 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1/2 Lime (juiced)
- 2 Avocados (diced)

Directions

1. Combine the black beans, vegetable broth, quinoa, tomatoes, chili powder, cumin, garlic powder, salt and red pepper flakes in the pot of the pressure cooker and close the lid.
2. Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and stir in the lime juice.
3. Divide between bowls and top with diced avocado. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 cup of the quinoa mixture and 1/2 an avocado.

More Flavor: Add fresh garlic or onion, coriander or smoked paprika.

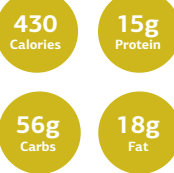
Additional Toppings: Serve with fresh cilantro, green onion, jalapeños, salsa or hot sauce.

More Vegetables: Add chopped leafy greens or bell peppers.

Cooking Time: If the cooking liquid has not completely absorbed after the initial cooking time, return the lid, seal and cook for another couple of minutes on high pressure.

No Canned Tomatoes: Use fresh tomatoes instead.

Amount per serving





Creamy Spaghetti Squash

9 ingredients · 1 hour · 4 servings

Ingredients

- 1 Spaghetti Squash
- 1 1/2 tps Coconut Oil
- 1/2 Sweet Onion (finely diced)
- 3 Garlic (cloves, minced)
- 1/2 cup Canned Coconut Milk
- 2 cups Baby Spinach
- 1 tsp Red Pepper Flakes
- Sea Salt & Black Pepper (to taste)
- 8 oz Chicken Breast, Cooked

Directions

1. Preheat oven to 375°F (191°C). Carefully cut the spaghetti squash in half lengthwise and carve out the seeds. Place the halves on a parchment paper lined baking sheet flesh side up. Brush with olive oil and sprinkle with sea salt and pepper. Cook the squash in the oven for 45 to 50 minutes.
2. In the meantime, in a saucepan heat the coconut oil over medium-low heat. Sauté your finely diced onion until golden. Then add in minced garlic and stir until fragrant (about 2 minutes). Add coconut milk and continue to stir until slightly thickened (5 to 6 minutes).
3. Remove your spaghetti squash from oven and let cool for 5 minutes. Stand each half up vertically and scrape out the flesh using a fork. It should come out as string-like noodles.
4. In a mixing bowl, toss the spaghetti squash with the cream sauce. Add the shredded baby spinach and mix well. Plate and sprinkle with desired amount of red pepper flakes, sea salt and pepper. Top with your strips of sliced oven baked chicken breast and enjoy!

Amount per serving



One Pan Steak with Broccoli & Green Beans

6 ingredients · 20 minutes · 2 servings

Ingredients

- 2 tbsps Steak Spice Seasoning
- 10 oz Top Sirloin Steak
- 2 tbsps Avocado Oil
- 2 cups Broccoli (cut into florets)
- 2 cups Green Beans (trimmed)
- Sea Salt & Black Pepper (to taste)

Directions

1. Heat a cast iron pan over high heat. While the pan is heating up, rub the steak spice seasoning all over the steaks.
2. Once the pan is heated, coat the pan with oil. Place the steaks on the pan and cook for five to six minutes per side or until cooked to your liking. Remove the steaks from the pan and rest for five minutes before slicing.
3. Meanwhile, reduce the heat to medium and add more oil if needed. Add the broccoli, green beans, salt, and pepper. Cook for three to four minutes or until tender-crisp. If you prefer softer veggies, add a bit of water and steam.
4. Divide the broccoli, green beans, and steak between plates and enjoy!

Amount per serving



NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups of vegetables with steak.

No Steak Spice Seasoning: Use garlic powder, onion flakes, or your favorite seasoning blend instead.



Chicken & Veggie Stir Fry

9 ingredients · 25 minutes · 4 servings

Ingredients

- 1 cup Basmati Rice (dry)
- 1 lb Chicken Breast (boneless, skinless, cut into strips)
- Sea Salt & Black Pepper (to taste)
- 3/4 cup Chicken Broth, Low Sodium (divided)
- 2 cups Broccoli (cut into florets)
- 1/2 head Cauliflower (small, cut into florets)
- 1 tbsps Coconut Aminos
- 2 cups Snow Peas
- 1 tsp Chili Flakes

Directions

1. Cook the rice according to the package directions. Set aside.
2. Season the chicken with salt and pepper.
3. Heat a non-stick pan over medium-high heat. Add the chicken and cook for about four to five minutes then flip over. Cook for another four to five minutes before adding 2/3 of the broth. Lower the heat to medium, scraping any bits of chicken to deglaze the pan.
4. As the broth thickens, move the chicken around to get coated. Once cooked through, remove the chicken from the pan.
5. Add the broccoli and cauliflower to the pan. Add the remaining broth and coconut aminos. Sauté for five to six minutes or until softened and cooked to your liking. Stir in the snow peas and sauté for an additional two minutes. Add the chicken back to the pan warm through.
6. Divide the rice, chicken, and vegetables into bowls. Season with salt and pepper (if desired) and top with chili flakes. Enjoy!

Amount per serving



NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 3/4 cup of rice and 1 1/2 cups of vegetables with chicken.

More Flavor: Add minced garlic while cooking the vegetables.

Additional Toppings: Top with fresh herbs like parsley or cilantro.



Nut-Free Vegan Pesto

6 ingredients · 20 minutes · 2 servings

Ingredients

- 1/3 cup Pumpkin Seeds
- 3 Garlic (cloves, peeled)
- 1 Lemon (juiced)
- 3 tbsps Nutritional Yeast
- 2 cups Basil Leaves (de-stemmed)
- 1/2 tsp Chili Flakes (optional)
- 1/2 tsp Salt (or to taste)
- 1 1/2 tsps Extra Virgin Olive Oil

Amount per serving

446

Calories

31g

Protein

22g

Carbs

29g

Fat

Directions

1. Add the pumpkin seeds, garlic, lemon juice, nutritional yeast, basil, chili flakes if using, and salt to a food processor. Close the lid and begin to process, then use the opening in the device to slowly pour in the olive oil. Process for at least 60-90 seconds, or until the pumpkin seeds are finely chopped and have softened slightly.
2. Season with additional salt or red pepper flakes, if desired. Use immediately, or transfer to a container with a tight-fitting lid. Store in the fridge for up to 7 days, or in the freezer for up to 2 months.



Carrots & Guacamole

4 ingredients · 5 minutes · 2 servings

Ingredients

- 4 Carrots (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

Amount per serving

216

Calories

3g

Protein

22g

Carbs

15g

Fat

Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy! Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

NOTES

Leftovers: Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up: Add chili flakes, salsa and/or chopped cilantro to the guacamole.



Apple with Almond Butter

2 ingredients · 5 minutes · 2 servings

Ingredients

- 2 Apples
- 1/4 cup Almond Butter

Amount per serving

287

Calories

7g

Protein

31g

Carbs

18g

Fat



Celery with Almond Butter

2 ingredients · 5 minutes · 1 serving

Ingredients

- 2 tbsps Almond Butter
- 2 stalks Celery (halved)

Amount per serving

203

Calories

7g

Protein

8g

Carbs

17g

Fat

Directions

1. Spread the almond butter on the apples or celery sticks and enjoy!

NOTES

Nut-Free: Use sunflower seed butter instead of almond butter.



Snow Peas & Almonds

2 ingredients · 5 minutes · 1 serving

Ingredients

2 tbsps Almonds

1/2 cup Snow Peas (stems removed)

Amount per serving

117
Calories

5g
Protein

6g
Carbs

9g
Fat



Apple & Brazil Nuts

2 ingredients · 5 minutes · 1 serving

Ingredients

1 Apple (cored, sliced)

1/4 cup Brazil Nuts

Amount per serving

314
Calories

5g
Protein

29g
Carbs

23g
Fat

Directions

1. Add the fruit, veggies, and nuts to a plate. Enjoy!

NOTES

No Almonds: Use walnuts instead.

Serving Size: One serving is one apple and 1/4 cup Brazil nuts.



Walnuts, Tomatoes & Olives

3 ingredients · 5 minutes · 1 serving

Ingredients

1/4 cup Cherry Tomatoes

1/4 cup Walnuts

2 tbsps Pitted Kalamata Olives

Amount per serving

222
Calories

5g
Protein

7g
Carbs

21g
Fat

Directions

- 1. Add all ingredients to a plate or separate bowls and enjoy!

NOTES

Leftovers: Walnuts can be stored in an airtight container in a cool dark place or in the refrigerator for up to three months.

No Walnuts: Use other nuts like cashews, pecans or almonds instead.



Lemon & Dill White Bean Dip

9 ingredients · 10 minutes · 14 servings

Ingredients

3 1/2 cups Cannellini Beans (cooked)

1/2 cup Fresh Dill (chopped, plus more for garnish)

1/3 cup Extra Virgin Olive Oil

1/2 cup Tahini

1/3 cup Lemon Juice

1 3/4 tsps Sea Salt

3 1/2 Garlic (clove, minced)

3 1/2 cups Radishes (halved)

3 1/2 cups Green Beans (trimmed)

Amount per serving

159
Calories

5g
Protein

15g
Carbs

9g
Fat

Directions

1. In a food processor, combine the beans, dill, oil, tahini, lemon juice, salt, and garlic. Blend until creamy.

2. Serve with veggies and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1/4 cup of dip and 1/2 cup veggies.

Serve it With: Veggie sticks, on a salad, in a lettuce wrap.

A woman with blonde hair is running through a field of tall green grass. She is wearing a red and white striped tank top and dark leggings. A yellow rectangular overlay with the text 'WEEK 2' is positioned over her midsection. The background shows a line of trees under a bright sky.

WEEK 2

Detox Days 8-14

WEEK 2

Don't forget your shakes! Follow the shake schedule to meet your daily goal. Mix with water or blend into a tasty recipe (just one enhanced shake per day) as a snack or alongside a meal.*

*One of the enhanced shake recipes can replace one SP Detox Balance™ shake per day.

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
10-Day Plan	2 Shakes	1 Shake	1 Shake				
28-Day Plan	3 Shakes	3 Shakes	3 Shakes	3 Shakes	3 Shakes	3 Shakes	3 Shakes
BREAKFAST	Yogurt & Berries Sweet Potato Toast	Cherry & Walnut Buckwheat Porridge	Zucchini Banana Bowl	Black Bean & Spinach Egg Muffins	Almond Raspberry Warm Chia Pudding	Zucchini Frittata	Blended Butternut Squash, Apple & Quinoa
SNACK	Chia & Hemp Seed Banana	Blueberries & Walnuts	Everything Bagel Crackers Olive Hummus	Chili Lime & Rosemary Roasted Nut	Air Fryer Crispy Chickpeas	Fresh Figs & Walnuts	Cucumber, Blackberries & Hummus Snack Box
LUNCH	Roasted Leek & Butternut Squash Salad	Hummus & Tuna Stuffed Avocado	Chicken, Turmeric & Brown Rice Soup	Apple Quinoa Salad with Roasted Chicken	Mango & Black Bean Quinoa Salad	Spinach Salad with Tuna & Egg	Fish Taco Bowls
SNACK	Creamy Balsamic Vinaigrette						
DINNER	Chicken, Cabbage & Wild Rice	Canned Salmon & Zucchini Noodles	Moroccan Chicken Stew	Pressure Cooker Minestrone	Curried Chicken Slow Cooker Stew	Pesto Chicken Stuffed Peppers	Tuna & White Bean Grain Bowl
SNACK						Vegan Pesto	

Detox Days 8-14

WEEK 2

Shopping List

Fruits

- ☐ **1 Apple**
- ☐ **3 Avocados**
- ☐ **2 Bananas**
- ☐ **1/2 cup Blackberries**
- ☐ **1 cup Blueberries**
- ☐ **6 Figs**
- ☐ **1 Green Apple**
- ☐ **1 1/2 Lemons**
- ☐ **1/4 cup Lemon Juice**
- ☐ **1 Lime**
- ☐ **1/3 cup Lime Juice**
- ☐ **2 Mangos**
- ☐ **1/2 cup Raspberries**

Vegetables

- ☐ **2 cups Arugula**
- ☐ **7 cups Baby Spinach**
- ☐ **2 cups Basil Leaves**
- ☐ **3 1/2 cups Butternut Squash**
- ☐ **1 cup Cherry Tomatoes**
- ☐ **1 tsp Chives**
- ☐ **1/2 cup Cilantro**
- ☐ **2 cups Coleslaw Mix**
- ☐ **1/4 Cucumber**
- ☐ **11 Garlic Cloves**

- ☐ **6 cups Green Cabbage**
- ☐ **4 stalks Green Onion**
- ☐ **2 cups Kale Leaves**
- ☐ **1 Leek**
- ☐ **2 tbsps Mint Leaves**
- ☐ **5 cups Mixed Greens**
- ☐ **3/4 cup Parsley**
- ☐ **3/4 cup Red Onion**
- ☐ **6 leaves Romaine**
- ☐ **2 tbsps Rosemary**
- ☐ **2 tbsps Shallot**
- ☐ **2 Sweet Potatoes**
- ☐ **3 Tomatoes**
- ☐ **4 Yellow Bell Peppers**
- ☐ **2 Yellow Onions**
- ☐ **2 1/2 Zucchini**

Breakfast

- ☐ **1 tbsp Almond Butter**
- ☐ **1/2 cup Buckwheat Groats**

Seeds, Nuts & Spices

- ☐ **1 1/2 cups Almonds**
- ☐ **2 tps Black Pepper**
- ☐ **1/2 tsp Cardamom**
- ☐ **1 1/2 cups Cashews**
- ☐ **1/4 tsp Cayenne Pepper**

- ☐ **1/4 cup Chia Seeds**
- ☐ **1/2 tsp Chili Flakes**
- ☐ **2 tps Chili Powder**
- ☐ **1 3/4 tps Cinnamon**
- ☐ **1 1/4 tps Cumin**
- ☐ **1 tbsp Curry Powder**
- ☐ **2 tbsps Everything Bagel Seasoning**
- ☐ **2 1/2 tps Garlic Powder**
- ☐ **1 tbsp Hemp Seeds**
- ☐ **1 1/3 tbsps Italian Seasoning**
- ☐ **1/3 cup Pumpkin Seeds**
- ☐ **1/2 tsp Salt**
- ☐ **2 1/8 tbsps Sea Salt**
- ☐ **Sea Salt & Black Pepper**
- ☐ **2 tbsps Sesame Seeds**
- ☐ **1 tbsp Slivered Almonds**
- ☐ **1 1/2 tps Smoked Paprika**
- ☐ **1/2 cup Sunflower Seeds**
- ☐ **2 3/4 tps Turmeric**
- ☐ **1 1/8 cups Walnuts**
- ☐ **1/2 cup Whole Flax Seeds**

Frozen

- ☐ **2 cups Frozen Berries**
- ☐ **3/4 cup Frozen Cherries**
- ☐ **1/2 cup Frozen Peas**
- ☐ **1/4 cup Frozen Spinach**
- ☐ **2 cups Frozen Vegetable Mix**

Boxed & Canned

- ☐ **2 2/3 cups Black Beans**
- ☐ **1/2 cup Brown Rice**
- ☐ **4 oz Canned Wild Salmon**
- ☐ **2 cups Cannellini Beans**
- ☐ **7 3/4 cups Chicken Broth**
- ☐ **5 cups Chickpeas**
- ☐ **3 cups Diced Tomatoes**
- ☐ **1/2 cup Lentil Macaroni**
- ☐ **1 3/4 cups Quinoa**
- ☐ **2 cans Tuna**
- ☐ **6 cups Vegetable Broth**
- ☐ **1 cup White Navy Beans**
- ☐ **1 1/4 cups Wild Rice**

Baking

- ☐ **2 1/2 cups Brown Rice Flour**
- ☐ **3 tbsps Nutritional Yeast**
- ☐ **1/3 cup Pitted Dates**

Bread, Fish, Meat & Cheese

- ☐ **3 1/4 lbs Chicken Breast**
- ☐ **2 Cod Fillet**
- ☐ **8 oz Tuna Steak**

Condiments & Oils

- ☐ **1 1/2 tps Avocado Oil**
- ☐ **1/16 oz Avocado Oil Spray**
- ☐ **2 tbsps Balsamic Vinaigrette**
- ☐ **1/4 cup Balsamic Vinegar**
- ☐ **1/4 cup Coconut Oil**
- ☐ **1 tbsp Dijon Mustard**
- ☐ **1 2/3 cups Extra Virgin Olive Oil**
- ☐ **2/3 cup Green Olives**
- ☐ **1/2 cup Pesto**
- ☐ **1/2 cup Pitted Kalamata Olives**
- ☐ **1 1/8 tbsps Sesame Oil**
- ☐ **1 tsp Sriracha**
- ☐ **1/2 cup Tahini**
- ☐ **2 tps Tamari**

Cold

- ☐ **1 tbsp Butter**
- ☐ **8 Eggs**
- ☐ **1/3 cup Hummus**
- ☐ **1 1/2 cups Plain Greek Yogurt**
- ☐ **3/4 cup Unsweetened Almond Milk**

Other

- ☐ **1 serving SP Detox Balance™**
- ☐ **5 1/3 cups Water**



Yogurt & Berries Sweet Potato Toast

4 ingredients · 15 minutes · 2 servings

Ingredients

- 1 Sweet Potato (medium)
- 1 cup Plain Greek Yogurt
- 2 cups Frozen Berries (defrosted)
- 1 tsp Cinnamon

Amount per serving



Directions

- Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice lengthwise into 1/4 inch (1/2 cm) slices.
- Pop the sweet potato slices into the toaster and toast two to three times, depending on your toaster setting. If you do not have a toaster, set your oven to broil and cook in the oven on a lined baking sheet for three to six minutes per side.
- Place the sweet potato toasts on a plate and divide the yogurt, berries, and cinnamon evenly between pieces. Enjoy!

NOTES

Leftovers: Best enjoyed immediately but can be refrigerated in an airtight container up to three days. Add the toppings when ready to eat.

Serving Size: One serving is two pieces of sweet potato toast.

No Frozen Berries: Use fresh berries.



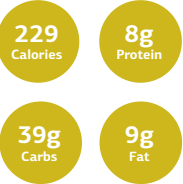
Cherry & Walnut Buckwheat Porridge

5 ingredients · 25 minutes · 2 servings

Ingredients

- 1/2 cup Buckwheat Groats (dry)
- 2 cups Water
- 3/4 cup Frozen Cherries
- 2 tbsps Plain Greek Yogurt
- 2 tbsps Walnuts (chopped)

Amount per serving



Directions

- Add the buckwheat groats and water to a medium pot and bring to a boil. Reduce to a simmer and cover, cooking for 15 to 20 minutes or until the water has absorbed and the buckwheat is soft and porridge-like.
- Meanwhile, heat the cherries in a small saucepan for about five to seven minutes over medium heat. Mash them with a wooden spoon as they begin to soften.
- Divide the buckwheat porridge between bowls and top with the cherries, yogurt, and walnuts. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup.

More Flavor: Add cinnamon or nutmeg to the porridge after it has cooked.



Zucchini Banana Bowl

6 ingredients · 5 minutes · 1 serving

Ingredients

- 1/3 cup Plain Greek Yogurt
- 3/4 cup Water
- 1 Banana (divided)
- 1/2 Zucchini (large, frozen)
- 1 tbsp Pumpkin Seeds
- 1 serving SP Detox Balance™ (or SP Detox Balance™ Chai)

Amount per serving



Directions

- Add the yogurt, water, half of the banana, zucchini, and protein powder to a blender and blend on high until smooth.
- Pour the mixture into a large bowl and top with the remaining banana, pumpkin seeds, and sunflower seeds. Enjoy!

NOTES

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add frozen berries.

Additional Flavors: Berries, hemp hearts, and sunflower seeds.



Black Bean & Spinach Egg Muffins

4 ingredients · 30 minutes · 6 servings

Ingredients

- 3 Eggs
- 2/3 cup Black Beans
- 1/4 cup Frozen Spinach (thawed, drained)
- Sea Salt & Black Pepper (to taste)

Amount per serving

63

Calories

5g

Protein

5g

Carbs

3g

Fat

Directions

1. Preheat the oven to 400°F (205°C) and lightly grease a muffin tray or use a silicone muffin tray.
2. In a bowl, whisk the eggs. Stir in the black beans, spinach, salt, and pepper.
3. Divide the egg mixture into each muffin cup, filling about 3/4 of the way full. Bake for 15 to 18 minutes or until they are set and browned on the sides. Let them cool for about five minutes. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is one egg muffin.

More Flavor: Add oregano, bell pepper, and cilantro.

Freezer Meal: After the muffins have completely cooled, line a baking sheet with parchment paper and spread the muffins out on it. Freeze them for two to three hours then place them in a large freezer bag or airtight container for up to two months. You can reheat them from frozen by heating them in the oven or microwave.



Almond Raspberry Warm Chia Pudding

5 ingredients · 10 minutes · 1 serving

Ingredients

- 3 tbsps Chia Seeds
- 3/4 cup Unsweetened Almond Milk
- 1/2 cup Raspberries
- 1 tbsp Slivered Almonds
- 1 tbsp Almond Butter

Amount per serving

372

Calories

13g

Protein

28g

Carbs

26g

Fat

Directions

1. Whisk together the chia seeds and almond milk in a small pot over medium-low heat.
2. Stir until heated through and the mixture has thickened up, about five minutes.
3. Remove from heat and add to a bowl. Top with raspberries, slivered almonds, and almond butter. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

No Heat: Mix the chia seeds and almond milk together and let it sit in the fridge for 15 to 20 minutes to thicken before adding toppings.

More Flavor: Add a dash of cinnamon.



Zucchini Frittata

6 ingredients · 20 minutes · 2 servings

Ingredients

- 3 Eggs
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Turmeric
- 1 Zucchini (medium, thinly sliced)
- 2 tbsps Shallot (sliced)
- 1/16 oz Avocado Oil Spray

Amount per serving

113

Calories

11g

Protein

6g

Carbs

7g

Fat

Directions

1. Preheat the oven to 400°F (205°C).
2. In a bowl, whisk together the eggs, salt, pepper, and turmeric. Add the zucchini and shallot, and stir well.
3. Spray a deep baking dish with avocado oil spray. Pour the zucchini mixture into the baking dish.
4. Bake in the oven for 12 to 15 minutes or until cooked through. Slice and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 7-inch (18 cm) round baking dish was used to make two servings. One serving is roughly half of the frittata.

More Flavor: Add chili flakes, dill, and/or parsley.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



Blended Butternut Squash, Apple & Quinoa

5 ingredients · 20 minutes · 2 servings

Ingredients

- 2 cups Butternut Squash (cubed)
- 1 Apple (medium, peeled, cored, chopped)
- 1 cup Water
- 1/4 tsp Cinnamon
- 1/3 cup Quinoa (dry)

Amount per serving

215
Calories

6g
Protein

47g
Carbs

2g
Fat

Directions

1. Add all the ingredients to a pot and bring to a boil. Reduce to a simmer, cover, and cook for 12 to 15 minutes or until the quinoa is cooked through.
2. Add the mixture to a food processor and blend until smooth, being careful to vent for heat to escape as needed.
3. Serve warm and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to approximately one cup.
More Flavor: Use bone broth or vegetable broth instead of water.



Roasted Leek & Butternut Squash Salad

7 ingredients · 30 minutes · 2 servings

Ingredients

- 1 1/2 cups Butternut Squash (seeds removed, cubed)
- 1 Leek (medium, sliced)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 cups Mixed Greens
- 1/3 cup Green Olives (pitted, sliced)
- 2 tbsps Balsamic Vinaigrette
 - 1/4 cup Water (warm)
 - 1/4 cup Balsamic Vinegar
 - 1/4 cup Tahini
 - 1 tbsp Dijon Mustard
 - 1 Garlic (clove, small, minced)
 - 1/4 tsp Sea Salt

Amount per serving

225
Calories

3g
Protein

23g
Carbs

15g
Fat

108
Calories

3g
Protein

6g
Carbs

8g
Fat

Directions

1. Add all balsamic vinaigrette ingredients to a jar and shake well. Refrigerate the dressing for at least 1 hour before serving. The dressing will thicken when chilled.
2. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
3. Add the butternut squash and leeks to the baking sheet. Toss with olive oil, salt, and pepper. Bake in the oven for 20 to 25 minutes or until golden brown.
4. Arrange the mixed greens, butternut squash, and leeks on a serving plate. Top with olives and drizzle with balsamic dressing. Enjoy!

NOTES

Leftovers: Salad - Refrigerate in an airtight container for up to two days. Dressing - Refrigerate in an airtight container for up to seven days.
Serving Size: Salad - One serving is equal to approximately two cups. Dressing - One serving is approximately 2 tablespoons.
More Flavor: Salad - Add pecans and chickpeas. Dressing - Add dried herbs like thyme or oregano. Adjust sweetness to taste.
Protein: Salad - Add cooked chicken.



Hummus & Tuna Stuffed Avocado

4 ingredients · 10 minutes · 2 servings

Ingredients

- 2 tbsps Hummus
- 1 can Tuna (drained)
- 2 Avocados (small, halved and pitted)
- 1 tsp Chives (chopped)

Amount per serving

429
Calories

21g
Protein

19g
Carbs

33g
Fat

Directions

1. Mix the hummus and tuna together in a small bowl. Fill each half of the avocado with the tuna filling and garnish with the chives. Enjoy!

NOTES

Leftovers: Refrigerate the tuna mixture separately from the avocado. Cut the avocado only when you are ready to serve.
Serving Size: One serving is one small avocado and 1/2 can of tuna.
More Flavor: Add capers, minced red onion and/or dill to the tuna mixture.
Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Chicken, Turmeric & Brown Rice Soup

7 ingredients · 50 minutes · 2 servings

Ingredients

- 4 oz Chicken Breasts (boneless, skinless)
- 6 cups Chicken Broth
- 2 cups Coleslaw Mix
- 1/2 cup Brown Rice (dry, rinsed)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Turmeric (ground)
- 1/4 cup Parsley

Amount per serving

314
Calories

22g
Protein

46g
Carbs

5g
Fat

Directions

1. Add the chicken and broth to a pot. Bring to a boil then reduce the heat to a simmer. Cover partially and simmer for 15 to 17 minutes or until the chicken is cooked through. Remove the chicken from the broth and set aside.
2. Add the coleslaw mix, rice, salt, and pepper to the broth. Bring to a boil, reduce the heat, and simmer, partially covered, for 25 to 30 minutes or until the vegetables and rice are cooked.
3. Cut the chicken into bite-sized pieces and add it to the soup. Stir in the turmeric and parsley. Divide evenly between bowls and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size: One serving is approximately three cups.

Make it Vegan: Use chickpeas or lentils instead of chicken.

More Flavor: Add garlic and/or ginger.

Short on Time: Use leftover cooked chicken.



Apple Quinoa Salad with Roasted Chicken

10 ingredients · 40 minutes · 2 servings

Ingredients

- 1/2 tsp Sesame Oil
- 1 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 6 oz Chicken Breast
- 1/2 cup Quinoa
- 3 tbsps Tahini
- 2 tbsps Water
- 2 cups Arugula
- 1 Green Apple (sliced)
- 2 tbsps Mint Leaves (optional)

Amount per serving

460
Calories

30g
Protein

45g
Carbs

18g
Fat

Directions

1. Preheat the oven to 425°F (215°C) and line a baking tray with parchment paper.
2. Add sesame oil, paprika, salt, and pepper to the chicken. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
3. Meanwhile, cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.
4. Make the dressing by whisking the tahini and water together. Season with salt and pepper.
5. Thinly slice the cooked chicken. Divide the quinoa, arugula, apple, and chicken evenly between plates. Top with the dressing and mint, if using. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately three cups.

More Flavor: Add red onion.

Make it Vegan: Omit the chicken or use chickpeas instead.

No Arugula: Use mixed greens instead.



Mango & Black Bean Quinoa Salad

10 ingredients · 23 minutes · 4 servings

Ingredients

- 1/2 cup Quinoa (uncooked)
- 2 cups Black Beans (cooked)
- 1/2 cup Red Onion (diced)
- 1 Mango (peeled, diced)
- 2 cups Baby Spinach (chopped)
- 1/4 cup Cilantro (chopped)
- 2 tbsps Lime Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Cumin
- Sea Salt & Black Pepper (to taste)

Amount per serving

286
Calories

12g
Protein

50g
Carbs

6g
Fat

Directions

1. Cook the quinoa according to package directions. Set aside to cool.
2. Combine the cooled quinoa and all remaining ingredients in a large bowl and mix until well combined. Divide evenly between plates and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately one cup.



Spinach Salad with Tuna & Egg

7 ingredients · 10 minutes · 2 servings

Ingredients

- 2 Eggs
- 2 **tbsps** Extra Virgin Olive Oil
- 1 **tbsp** Lemon Juice
- 5 **cups** Baby Spinach
- 1 **can** Tuna (flaked and drained)
- 1/2 **cup** Pitted Kalamata Olives
- 1/8 **tsp** Sea Salt

Amount per serving



Directions

1. Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water.
2. In a small bowl, whisk together the extra virgin olive oil and lemon juice to create the dressing.
3. Add the spinach to a plate and top with tuna, olives and the egg. Drizzle with the dressing and season with sea salt. Serve and enjoy!

NOTES

Leftovers: Refrigerate the salad and dressing in separate airtight containers for up to two days. If you're using the egg later, you may wish to cook it hard-boiled.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

No Baby Spinach: Use arugula or mixed greens instead.

Additional Toppings: Add sliced avocado, cherry tomatoes or cucumber to the salad.



Fish Taco Bowls

11 ingredients · 20 minutes · 3 servings

Ingredients

- 2 Cod Fillets
- 1/3 **cup** Extra Virgin Olive Oil (divided)
- 1/4 **tsp** Turmeric (ground)
- 1/4 **tsp** Garlic Powder
- 1/2 **tsp** Sea Salt (divided)
- 2 **tbsps** Lime Juice
- 1/4 **cup** Cilantro (finely chopped)
- 6 **leaves** Romaine (large, chopped)
- 1 **cup** Cherry Tomatoes (halved)
- 1 Mango (peeled and cubed)
- 1 Avocado (sliced)

Amount per serving



Directions

1. Pat the cod dry with a paper towel. Add 1/5 of the oil, turmeric, garlic powder, and 1/2 of the salt to the cod. Rub the spices into the cod and set it aside.
2. Heat a skillet over medium heat and then add the cod. Cook for four minutes per side, or until cooked through. Remove and let cool and then flake and set aside.
3. Using a blender or immersion blender, blend the remaining oil, lime juice, cilantro, and remaining salt until smooth.
4. Divide the romaine evenly between bowls and top with the fish, tomatoes, mango, and avocado. Add the dressing and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add jalepeño to the dressing before blending and purée.

No Blender: Finely chop the cilantro and shake the dressing ingredients together in a jar.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.



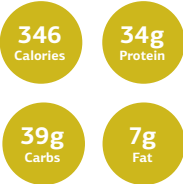
Chicken, Cabbage & Wild Rice

7 ingredients · 10 minutes · 2 servings

Ingredients

- 1 **cup** Wild Rice (dry)
- 1 **3/4 cups** Chicken Broth
- 1 **lb** Chicken Breast
- 6 **cups** Green Cabbage (sliced into steaks)
- 1 **tbsp** Butter (melted)
- 1 **tsp** Sea Salt
- 1 **tsp** Garlic Powder

Amount per serving



Directions

1. Preheat the oven to 400°F (205°C).
2. Cook the wild rice in the broth according to the package directions.
3. Add the chicken and cabbage steaks onto a baking sheet. Add the melted butter, salt, and garlic powder. Use your hands to coat well. Bake in the oven for 30 minutes or until cooked through.
4. Serve the chicken and cabbage with rice. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one chicken breast, two cabbage steaks, and 1/2 cup of wild rice.

Make it Vegan: Use tofu or tempeh in place of the chicken.

More Flavor: Marinate the chicken. Add tamari and/or hot sauce.

Dairy-Free: Use any cooking oil instead of butter.



Canned Salmon & Zucchini Noodles

6 ingredients · 10 minutes · 1 serving

Ingredients

- 2 **tsp**s Extra Virgin Olive Oil
- 1/4 **cup** Red Onion (thinly sliced)
- 1 Zucchini (large, spiralized)
- 1/2 Lemon (juiced, plus extra for garnish)
- 1 **tsp** Italian Seasoning
- 4 **oz** Canned Wild Salmon (drained and broken into large chunks)

Amount per serving

313

Calories

33g

Protein

11g

Carbs

16g

Fat

Directions

1. Heat a pan over medium heat. Add the oil, and once the oil is hot, add the onion and zucchini. Sauté for two to three minutes until softened, tossing them as they cook.
2. Before serving, add lemon juice and Italian seasoning and toss to combine. Transfer to a serving dish. Add the salmon on top. Garnish with the remaining lemon. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add minced garlic and cherry tomatoes to the zucchini as it cooks.

Additional Toppings: Fresh dill and/or pine nuts.



Moroccan Chicken Stew

11 ingredients · 30 minutes · 4 servings

Ingredients

- 1/4 **cup** Coconut Oil
- 10 **oz** Chicken Breast (skinless, boneless, diced into chunks)
- 2 Yellow Onion (medium, diced)
- 1 **tsp** Turmeric
- 1/2 **tsp** Cinnamon
- 1/2 **tsp** Cardamom
- 1/4 **tsp** Cayenne Pepper
- 1 1/2 **tsp**s Sea Salt
- 3 Tomatoes (large, diced)
- 1/2 **cup** Parsley (finely chopped and divided)
- 1/3 **cup** Pitted Dates (chopped)

Amount per serving

284

Calories

18g

Protein

19g

Carbs

16g

Fat

Directions

1. Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
2. Stir in tomatoes, half the parsley, and dates. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
3. Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

NOTES

Serve it With: Brown rice or quinoa, roasted squash, or sweet potato.

Storage: Refrigerate in an airtight container up to 3 days, or freeze if longer.

Make it Vegan or Vegetarian: Use chickpeas instead of chicken.



Pressure Cooker Minestrone

9 ingredients · 20 minutes · 4 servings

Ingredients

- 2 **tbsps** Extra Virgin Olive Oil
- 4 Garlic (clove, minced)
- 2 **cups** Frozen Vegetable Mix
- 1 **tbsp** Italian Seasoning
- 3 **cups** Diced Tomatoes (from the can, with juices)
- 1/2 **cup** Lentil Macaroni (dry, uncooked)
- 4 **cups** Vegetable Broth
- 2 **cups** Cannellini Beans (cooked)
- 2 **cups** Kale Leaves (chopped)

Amount per serving

322

Calories

13g

Protein

49g

Carbs

8g

Fat

Directions

1. Turn the pressure cooker to “sauté” mode. Once hot, add the oil, garlic, and vegetables. Sauté for two to three minutes.
2. Add the Italian seasoning, tomatoes, macaroni, broth, and beans. Mix well.
3. Close the lid and set to “sealing”. Press manual/pressure cooker and cook for three minutes on high pressure.
4. Once the cooking time is complete, release the pressure manually. Carefully open the lid. Stir in the kale and let it stand for five minutes or until wilted.
5. Divide into bowls and enjoy!

NOTES

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Use fresh seasonal vegetables. Use your favorite beans or legumes.



Curried Chicken Slow Cooker Stew

8 ingredients · 6 hours · 6 servings

Ingredients

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Vegetable Broth (or any type of broth)
- 8 oz Chicken Breast

Amount per serving

174
Calories

15g
Protein

23g
Carbs

3g
Fat

Directions

1. Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
2. After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
3. Serve the stew on it's own. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups of stew.

Less Carbs: Use butternut squash in place of sweet potato.

Vegan and Budget-Friendly: Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

Turn it Into a Soup: Double up on the broth.

More Green Veggies: Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.



Pesto Chicken Stuffed Peppers

8 ingredients · 50 minutes · 4 servings

Ingredients

- 8 oz Chicken Breast
- 1/2 cup Quinoa (dry, uncooked)
- 4 Yellow Bell Peppers (large)
- 2 tbsps Water
- 2 stalks Green Onion
- 1/2 cup Pesto (see recipe or prepared vegan pesto)
- 3 tbsps Lemon Juice
- 1/8 tsp Sea Salt

Amount per serving

322
Calories

13g
Protein

49g
Carbs

8g
Fat

Directions

1. Bring a pot of water to a boil. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15 to 20 minutes. Remove chicken and shred into pieces using two forks.
2. While your chicken cooks, cook your quinoa according to the directions on the package. Fluff with a fork and set aside.
3. Preheat your oven to 375°F (191°C).
4. Cut the tops off of the peppers and discard the seeds and ribs. Place peppers upside down in baking dish and add water. Cover with foil and bake for 25 minutes.
5. While peppers are baking, combine the cooked quinoa, shredded chicken, green onion, pesto, lemon juice and sea salt. Mix well and set aside.
6. Remove the peppers from the oven. Carefully remove the foil and turn right-side up. Drain any excess water from the baking dish.
7. With the peppers sitting upright, spoon equal amounts of the pesto chicken filling into each. Cover with foil again, then bake for an additional 20 minutes, or until filling is warmed through and peppers are very tender.
8. Remove the stuffed peppers from the oven and enjoy!

NOTES

Additional Toppings: Nutritional yeast, fresh herbs, a pinch of red chili flakes or more pesto.

Tipsy Bell Peppers: If your bell peppers are tipsy and do not stand upright on their own, try slicing the bottom of them to create a flat surface.

Make it Vegetarian: Swap out the chicken for cooked lentils.



Vegan Pesto

8 ingredients · 5 minutes · 1 serving

Ingredients

- 1/3 cup Pumpkin Seeds
- 3 Garlic (cloves, peeled)
- 1 Lemon (juiced)
- 3 tbsps Nutritional Yeast
- 2 cups Basil Leaves (de-stemmed)
- 1/2 tsp Chili Flakes (optional)
- 1/2 tsp Salt (or to taste)
- 1 1/2 tpsps Extra Virgin Olive Oil

Amount per serving

446
Calories

31g
Protein

22g
Carbs

29g
Fat

Directions

1. Add the pumpkin seeds, garlic, lemon juice, nutritional yeast, basil, chili flakes if using, and salt to a food processor. Close the lid and begin to process, then use the opening in the device to slowly pour in the olive oil. Process for at least 60-90 seconds, or until the pumpkin seeds are finely chopped and have softened slightly.
2. Season with additional salt or red pepper flakes, if desired. Use immediately, or transfer to a container with a tight-fitting lid. Store in the fridge for up to 7 days, or in the freezer for up to 2 months.



Tuna & White Bean Grain Bowl

10 ingredients · 45 minutes · 2 servings

Ingredients

- 1/4 cup Wild Rice (dry)
- 1 1/2 tbsps Lime Juice
- 2 tsps Tamari
- 1 tsp Sriracha
- 1 tbsps Sesame Oil (divided)
- 8 oz Tuna Steak
- 2 tbsps Sesame Seeds
- 2 cups Mixed Greens
- 1 cup White Navy Beans (cooked)
- 2 stalks Green Onion (chopped)

Directions

1. Cook the rice according to the package directions.
2. In a bowl, combine the lime juice, tamari, sriracha, and half of the oil. Set aside.
3. Pat the tuna steak dry. Brush with the remaining oil and place the sesame seeds on a large plate. Gently press both sides of the tuna steak in sesame seeds to coat.
4. Heat a skillet over high heat until very hot. Once hot, sear the steaks for one to three minutes on each side. This timing will depend on the thickness of the tuna and desired doneness. Transfer to a cutting board, slice into cubes, and add to the sauce. Refrigerate for five minutes.
5. To assemble, divide the mixed greens, cooked rice, beans, tuna and its juices, and green onions evenly between bowls. Enjoy!

NOTES

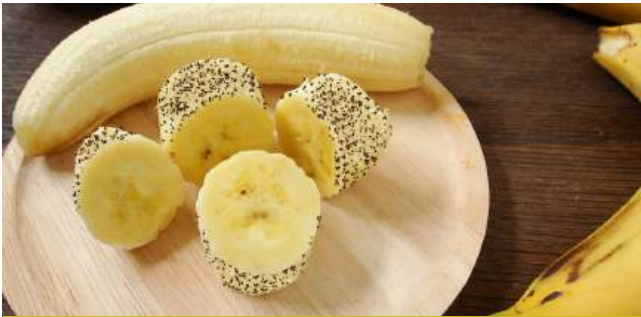
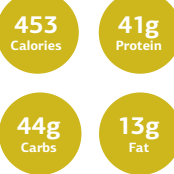
Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately three cups.

More Flavor: Add fresh garlic and/or ginger to the sauce.

Additional Toppings: Fresh herbs like cilantro and chives.

Amount per serving



Chia & Hemp Seed Banana

3 ingredients · 5 minutes · 1 serving

Ingredients

- 1 tbsps Chia Seeds
- 1 tbsps Hemp Seeds
- 1 Banana (large, peeled, sliced into chunks)

Directions

1. In a small bowl, mix together the chia seeds and hemp seeds. Pour onto a plate.
2. Place the banana slices cut side down on the seed mixture and gently press until the banana is coated.

NOTES

Leftovers: Best enjoyed fresh.

Additional Toppings: Sprinkle with unsweetened shredded coconut.

Amount per serving



Blueberries & Walnuts

2 ingredients · 3 minutes · 1 serving

Ingredients

- 1 cup Blueberries
- 1/4 cup Walnuts

Directions

1. Add the blueberries and walnuts to a plate or bowl and enjoy!

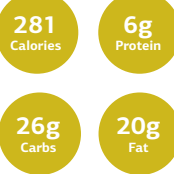
NOTES

Leftovers: Refrigerate the blueberries for up to one week. Walnuts can be stored in an airtight container in a cool dark place or in the refrigerator for up to three months.

No Blueberries: Use other berries like strawberries, blackberries or raspberries instead.

No Walnuts: Use other nuts like cashews, pecans or almonds instead.

Amount per serving





Everything Bagel Crackers

8 ingredients · 25 minutes · 20 servings

Ingredients

- 2 1/2 cups Brown Rice Flour
- 1/2 cup Whole Flax Seeds
- 1/2 cup Sunflower Seeds
- 2 tbsps Everything Bagel Seasoning
- 2 tsps Sea Salt
- 2 tsps Black Pepper
- 2/3 cup Extra Virgin Olive Oil
- 1 cup Water (warm)

Amount per serving

176
Calories

3g
Protein

17g
Carbs

11g
Fat

Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a bowl, combine the flour, flax seeds, sunflower seeds, everything bagel seasoning, salt, and pepper.
3. Add the oil and water and mix until just combined.
4. Spread the mixture onto the parchment paper. Cover with a second piece of parchment paper. Using your hands, press and spread into as thin and even a layer as possible, covering all the bottom parchment paper. Remove the top piece of parchment paper.
5. Bake for 15 to 20 minutes, until golden brown. Let cool. Crackers will crisp as they cool.
6. Break into pieces and enjoy!



Olive Hummus

8 ingredients · 10 minutes · 4 servings

Ingredients

- 1 cup Chickpeas (cooked)
- 1/3 cup Green Olives (pitted, plus extra for optional garnish)
- 2 tbsps Tahini
- 2 tbsps Water
- 1 Garlic (clove)
- 1 tbsp Extra Virgin Olive Oil (plus extra for optional garnish)
- 1 tsp Lemon Juice
- Sea Salt & Black Pepper (to taste)

Amount per serving

156
Calories

5g
Protein

14g
Carbs

10g
Fat

Directions

1. Add all ingredients together in a food processor. Blend until a creamy consistency forms.
2. Top with extra olives and olive oil if using. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to four days.
Serving Size: One serving is equal to approximately 1/3 cup.
More Flavor: Add parsley or cilantro.
Make it Spicy: Add chili flakes.
Serve it With: Veggie sticks, gluten free seed crackers or in a wrap.



Chili Lime & Rosemary Roasted Nuts

8 ingredients · 35 minutes · 6 servings

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Lime (small, juiced)
- 2 tsps Chili Powder
- 1 tsp Garlic Powder
- 2 tbsps Rosemary (fresh)
- 1/2 tsp Sea Salt
- 1 1/2 cups Almonds (raw, unsalted)
- 1 1/2 cups Cashews (raw, unsalted)

Amount per serving

451
Calories

13g
Protein

20g
Carbs

38g
Fat

Directions

1. Preheat the oven to 325°F (165°C) and line a baking sheet with parchment paper.
2. In a bowl, combine the oil, lime juice, chili powder, garlic powder, rosemary, and salt.
3. Add the nuts to the baking sheet and pour the chili lime mix on top. Toss to combine. Spread the nuts out into an even layer.
4. Cook in the oven for 13 to 15 minutes, stirring occasionally to prevent burning. Remove from the oven and let the nuts cool for 10 to 15 minutes. Serve and enjoy!

NOTES

Leftovers: Store in an airtight container for up to two weeks.
Serving Size: One serving is approximately 1/2 cup.
No Olive Oil: Use avocado oil.

NOTES

Leftovers: The crackers will keep for two weeks in an airtight container at room temperature.
Serving Size: One serving is equal to two large pieces. One baking sheet was used to make 10 servings.
More Flavor: Swap the flax seed for sesame or chia seeds.



Air Fryer Crispy Chickpeas

5 ingredients · 20 minutes · 4 servings

Ingredients

- 2 cups Chickpeas (drained, rinsed)
- 1 1/2 tsps Avocado Oil
- 1/2 tsp Smoked Paprika
- 1/2 tsp Sea Salt
- 1/4 tsp Garlic Powder

Amount per serving

151
Calories

7g
Protein

23g
Carbs

4g
Fat

Directions

1. Preheat the air fryer to 390°F (200°C).
2. In a bowl, mix together the chickpeas, oil, smoked paprika, salt, and garlic powder.
3. Transfer the chickpeas to the air fryer and bake for 12 to 14 minutes, shaking the tray halfway through, until crispy and browned. Enjoy!

NOTES

Leftovers: Store in an airtight container for up to two days.
Serving Size: One serving is approximately 1/2 cup.
More Flavor: Add nutritional yeast and/or cayenne.



Fresh Figs & Walnuts

2 ingredients · 2 minutes · 3 servings

Ingredients

- 3/4 cup Walnuts
- 6 Figs (halved)

Amount per serving

270
Calories

5g
Protein

23g
Carbs

20g
Fat

Directions

1. Add the walnuts and figs to a bowl and enjoy!

NOTES

Leftovers: Refrigerate the fig(s) in an airtight container and consume within one day.
Serving Size: One serving is two figs and 1/4 cup walnuts.



Cucumber, Blackberries & Hummus Snack Box

3 ingredients · 5 minutes · 1 serving

Ingredients

- 1/4 Cucumber (medium, sliced)
- 1/2 cup Blackberries
- 1/4 cup Hummus

Amount per serving

188
Calories

6g
Protein

19g
Carbs

11g
Fat

Directions

1. Arrange the cucumber, blackberries and hummus into a container. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.
No Blackberries: Use other berries like strawberries, raspberries, or blueberries.

A person wearing a grey sweater is seated at a table, eating a meal. They are using a silver fork to pick up a piece of food from a white plate. The plate contains a variety of ingredients: green leafy vegetables, sliced red tomatoes, white cubes of cheese, and pieces of cooked salmon. To the left of the plate is a wooden bowl filled with a brown liquid, likely soup. In the foreground, another plate with similar food is partially visible but out of focus. A yellow rectangular box with the text 'WEEK 3' is centered over the image.

WEEK 3

Detox Days 15-21

WEEK 3

Don't forget your shakes! Follow the shake schedule to meet your daily goal. Mix with water or blend into a tasty recipe (just one enhanced shake per day) as a snack or alongside a meal.*

*One of the enhanced shake recipes can replace one SP Detox Balance™ shake per day.

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
28-Day Plan	3 Shakes	3 Shakes	3 Shakes	3 Shakes	3 Shakes	3 Shakes	3 Shakes
BREAKFAST	Berry & Nut Breakfast Bowl	Saucy Berry Citrus Oatmeal	Broccoli & Pepper Egg Scramble	Pumpkin Spice Chia Pudding	Breakfast Protein Bowl	Gallo Pinto with Fried Egg	Apple & Sweet Potato Hash
SNACK	Melon & Pecans	Rice Cake with Sunflower Seed Butter & Raspberries	Cheesy Walnut & Sunflower Seed Kale Chips	Greek Yogurt, Almonds & Cherries	Pecans & Blueberries	Apple Chips & Almonds	Kiwi & Strawberries
LUNCH	Shredded Chicken, Avocado & Beet Salad	Slow Cooker White Chicken Chili	Taco Salad with Beef	Rice Cakes with Avocado & Egg	Lemon Garlic Salmon with Spinach Salad	Spicy Lime Chicken Coleslaw Salad	Slow Cooker Lentil Chili
SNACK							
DINNER	Lemon Turkey Quinoa Skillet	Sauerkraut Salad with Chicken	Baked Cod with Spinach & Wild Rice	Bell Pepper Nachos with Beef	Salmon Cakes	Turmeric & Lime Chicken with Vegetables	Turkey & Wild Rice Casserole
SNACK				Spicy Salsa			

Detox Days 15-21

WEEK 3

Shopping List

Fruits

- ☐ **1 1/4** Apples
- ☐ **4 1/2** Avocados
- ☐ **1/2 cup** Blackberries
- ☐ **1 1/4 cups** Blueberries
- ☐ **1/3 cup** Cherries
- ☐ **1/2** Clementines
- ☐ **1/4** Honeydew Melon
- ☐ **2** Kiwis
- ☐ **2 1/2** Lemons
- ☐ **3 tbsps** Lemon Juice
- ☐ **1 1/2** Limes
- ☐ **1/3 cup** Lime Juice
- ☐ **1/4 cup** Raspberries
- ☐ **1 3/4 cups** Strawberries

Vegetables

- ☐ **2 cups** Asparagus
- ☐ **13 cups** Baby Spinach
- ☐ **2** Beets
- ☐ **1/2 cup** Broccoli
- ☐ **7 1/2** Carrots
- ☐ **4 stalks** Celery
- ☐ **2 1/3 cups** Cherry Tomatoes
- ☐ **1 1/3 cups** Cilantro
- ☐ **2 cups** Coleslaw Mix
- ☐ **1/4** Cucumber

- ☐ **11** Garlic Cloves
- ☐ **1/2 head** Green Lettuce
- ☐ **8 stalks** Green Onion
- ☐ **1 1/2** Jalapeño Pepper
- ☐ **12 cups** Kale Leaves
- ☐ **6 cups** Mixed Greens
- ☐ **2/3 cup** Parsley
- ☐ **2 cups** Purple Cabbage
- ☐ **6 3/4** Red Bell Pepper
- ☐ **1 cup** Red Onion
- ☐ **2 heads** Romaine Hearts
- ☐ **1** Sweet Potato
- ☐ **2** Tomatoes
- ☐ **5 1/4** Yellow Onions

Breakfast

- ☐ **3** Brown Rice Cakes

Seeds, Nuts & Spices

- ☐ **3/4 cup** Almonds
- ☐ **1/3 cup** Chia Seeds
- ☐ **3 tbsps** Chili Powder
- ☐ **1 1/3 tbsps** Cumin
- ☐ **1/2 tsp** Dried Dill
- ☐ **2 3/4 tps** Garlic Powder
- ☐ **1 tbsp** Greek Seasoning
- ☐ **1 tbsp** Hemp Seeds
- ☐ **3/4 tsp** Onion Powder
- ☐ **1 tsp** Oregano
- ☐ **1/2 cup** Pecans
- ☐ **1 tbsp** Pumpkin Seeds
- ☐ **1/4 tsp** Red Pepper Flakes
- ☐ **2 2/3 tps** Sea Salt
- ☐ Sea Salt & Black Pepper
- ☐ **1 tsp** Smoked Paprika
- ☐ **1/3 cup** Sunflower Seeds
- ☐ **2 tbsps** Taco Seasoning
- ☐ **1 tsp** Turmeric
- ☐ **1 cup** Walnuts

Boxed & Canned

- ☐ **2 cups** Black Beans
- ☐ **2/3 cup** Brown Rice
- ☐ **1 cup** Canned Coconut Milk
- ☐ **5 oz** Canned Wild Salmon
- ☐ **3 cups** Chicken Broth
- ☐ **3 cups** Chicken Broth, Low Sodium
- ☐ **3 1/2 cups** Diced Tomatoes
- ☐ **1 cup** Dry Red Lentils
- ☐ **1 cup** Quinoa
- ☐ **1 3/4 cups** Red Kidney Beans
- ☐ **1 cup** Salsa
- ☐ **1/4 cup** Salsa Verde
- ☐ **2 tbsps** Tomato Paste
- ☐ **3 1/2 cups** Vegetable Broth
- ☐ **2 cups** White Navy Beans
- ☐ **1 1/2 cups** Wild Rice

Baking

- ☐ **1/4 cup** Almond Flour
- ☐ **2 tbsps** Coconut Flour
- ☐ **1/2 cup** Gluten Free Oats
- ☐ **1/4 cup** Nutritional Yeast
- ☐ **1/2 tsp** Pumpkin Pie Spice
- ☐ **1/4 cup** Pureed Pumpkin

Bread, Fish, Meat & Cheese

- ☐ **2 2/3 lbs** Chicken Breast
- ☐ **8 oz** Chicken Thighs
- ☐ **2** Cod Fillets
- ☐ **2 lbs** Extra Lean Ground Beef
- ☐ **1 lb** Extra Lean Ground Turkey
- ☐ **10 oz** Salmon Fillet
- ☐ **1 lb** Turkey Breast

Condiments & Oils

- ☐ **1 tbsp** Avocado Oil
- ☐ **1/4 cup** Black Olives
- ☐ **2 tbsps** Coconut Aminos
- ☐ **1 1/8 cups** Extra Virgin Olive Oil
- ☐ **2 cups** Sauerkraut
- ☐ **1 tbsp** Sunflower Seed Butter

Cold

- ☐ **1/2 cup** Butter
- ☐ **12** Eggs
- ☐ **1 cup** Guacamole
- ☐ **1 cup** Plain Greek Yogurt
- ☐ **1 cup** Unsweetened Almond Milk

Other

- ☐ **4 1/2 oz** Apple Chips
- ☐ **2 1/8 cups** Water



Berry & Nut Breakfast Bowl

7 ingredients · 10 minutes · 1 serving

Ingredients

- 1/2 cup Strawberries (chopped)
- 1/2 cup Blackberries (cut in half)
- 2 tbsps Walnuts (chopped)
- 2 tbsps Almonds (chopped)
- 1 tbsp Pumpkin Seeds
- 1 tbsp Hemp Seeds
- 1/4 cup Unsweetened Almond Milk

Amount per serving

363

Calories

8g

Protein

20g

Carbs

29g

Fat

Directions

1. Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
2. Pour the almond milk over top and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings: Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, or a dollop of yogurt.

No Berries: Use peaches, mango, pineapple or banana instead.

No Almond Milk: Use another non-dairy milk instead.



Saucy Berry Citrus Oatmeal

6 ingredients · 15 minutes · 1 serving

Ingredients

- 1 cup Water (divided)
- 1/2 cup Gluten Free Oats (rolled)
- 1/4 cup Blueberries (fresh or frozen)
- 1/4 cup Strawberries (fresh or frozen)
- 1/2 Clementines (peeled, sliced)
- 2 tbsps Chia Seeds

Amount per serving

317

Calories

10g

Protein

50g

Carbs

10g

Fat

Directions

1. Bring 2/3 of the water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed. Set aside.
2. Wipe the saucepan clean and add the blueberries, strawberries, clementine, chia seeds and remaining water. Bring to a simmer and cook for 5 minutes or until tender and thick.
3. Transfer the oatmeal to a bowl or container if on-the-go, and top with the berry clementine sauce. Garnish with a slice of clementine (optional). Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add vanilla extract and sweeten with monk fruit.

Additional Toppings: Top with almond butter, sunflower seed butter, almond milk, nuts, seeds, greek yogurt.

No Stove Tops: Cook oats in the microwave instead.



Broccoli & Pepper Egg Scramble

7 ingredients · 15 minutes · 1 serving

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 cup Broccoli (chopped)
- 1/4 Red Bell Pepper (chopped)
- 1/4 Yellow Onion (chopped)
- 1 Garlic (small clove, minced)
- Sea Salt & Black Pepper (to taste)
- 2 Eggs (whisked)

Amount per serving

222

Calories

15g

Protein

9g

Carbs

14g

Fat

Directions

1. Heat the oil in a nonstick pan over medium heat.
2. Add the broccoli, red pepper and onion to the pan and cook for 8 to 10 minutes or until the veggies are just tender. Add in the garlic and season with salt and pepper and cook for another minute.
3. Move the veggies to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the veggies into the egg once the eggs are cooked through. Season with additional salt if needed and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Chives, red pepper flakes, and/or hot sauce.



Pumpkin Spice Chia Pudding

4 ingredients · 30 minutes · 2 servings

Ingredients

- 1/4 cup Chia Seeds
- 3/4 cup Unsweetened Almond Milk
- 1/4 cup Pureed Pumpkin
- 1/2 tsp Pumpkin Pie Spice

Amount per serving

136

Calories

5g

Protein

13g

Carbs

8g

Fat

Directions

1. In a large bowl, combine the chia seeds with the almond milk, pumpkin, pumpkin pie spice. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.

NOTES

Leftovers: Refrigerate in an airtight container for up to five days.
No Almond Milk: Use coconut, cashew, or hemp milk instead.
Likes it Sweet: Add a some monk fruit.
Additional Toppings: Top with nuts, seeds, fruit of choice, and pumpkin pie spice, or garnish with a cinnamon stick and star anise.



Breakfast Protein Bowl

7 ingredients · 25 minutes · 1 serving

Ingredients

- 1/4 cup Quinoa (dry, uncooked)
- 3/4 cup Water
- 2 Eggs
- 2 cups Baby Spinach
- 1/3 cup Cherry Tomatoes (halved)
- 1/2 Avocado (mashed)
- 1/8 tsp Sea Salt (or more to taste)

Amount per serving

483

Calories

23g

Protein

41g

Carbs

27g

Fat

Directions

1. Add quinoa and water to a pot and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
2. Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
3. Add the spinach to the same pan and heat over low until wilted. Remove from heat.
4. Add quinoa to a bowl and add the eggs, greens, cherry tomatoes and mashed avocado. Season to taste with salt. Enjoy!

NOTES

Prep Ahead: Make the quinoa in advance and used hard boiled eggs to save time.
Extra Nutrients: Top with sprouts or microgreens.



Gallo Pinto with Fried Egg

9 ingredients · 20 minutes · 4 servings

Ingredients

- 2/3 cup Brown Rice (dry, rinsed)
- 1 tbsp Avocado Oil (divided)
- 1/2 Yellow Onion (medium, diced)
- 1/2 Red Bell Pepper (medium, diced)
- 3 tbsps Cilantro (chopped, plus more for garnish)
- 1 tsp Sea Salt (to taste)
- 2 cups Black Beans (cooked)
- 1/4 cup Water (or broth)
- 4 Eggs

Amount per serving

339

Calories

17g

Protein

47g

Carbs

10g

Fat

Directions

1. Cook the rice according to package directions and set aside.
2. Heat half the oil in a large skillet over medium heat. Add the onions, red bell pepper, cilantro, and salt. Cook for about five minutes, or until the onions are soft and translucent.
3. Stir in the beans, water, and rice. Heat for five to 10 minutes or until warmed through. Season with more salt as needed.
4. Meanwhile, heat the remaining oil in a separate pan over medium heat. Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Transfer to a plate and repeat with the remaining eggs.
5. Divide the gallo pinto onto plates and top with a fried egg. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to four days.
Serving Size: One serving equals approximately one cup of the gallo pinto and one fried egg.
More Flavor: Add salsa.



Apple & Sweet Potato Hash

4 ingredients · 15 minutes · 2 servings

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 1 Apple (medium, peeled and cut into small cubes)
- Sea Salt & Black Pepper (to taste)

Amount per serving

163

Calories

1g

Protein

26g

Carbs

7g

Fat

Directions

1. Heat the oil in a non-stick pan over medium heat.
2. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender.
3. Add the apple and continue to cook for three to five minutes more until the apple is warmed through and begins to soften. Season with salt and pepper to taste. Serve and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add dried herbs and spices like cumin, cinnamon, and/or garlic powder.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.

More Veggies: Add spinach or kale and stir until wilted.



Shredded Chicken, Avocado & Beet Salad

8 ingredients · 45 minutes · 2 servings

Ingredients

- 2 Beets (large, peeled, chopped)
- 1/4 **cup** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 8 **oz** Chicken Thighs (boneless, skinless)
- 2 **tbsps** Lemon Juice
- 1/2 **head** Green Lettuce (leaves separated)
- 1/2 Avocado (large, sliced)
- 2 **tbsps** Sunflower Seeds

Amount per serving

542

Calories

26g

Protein

15g

Carbs

43g

Fat

Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Toss the beets in 1/4 of the oil and season with salt and pepper. Bake for 35 minutes, or until the beets are fork-tender.
2. Meanwhile, bring a pot of water to a boil. Reduce to a gentle simmer, add the chicken, and let it simmer until the chicken is cooked through, about 15 to 20 minutes. Remove the chicken and shred into pieces using two forks.
3. In a small bowl, whisk together the remaining oil, and lemon juice. Season with salt and pepper to taste. Set aside.
4. Arrange the lettuce, avocado, beets, and chicken on a plate. Top with the sunflower seeds and dressing. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately four ounces of chicken, two cups of lettuce, one cup of beets, and 1/4 avocado.

Additional Toppings: Add pumpkin seeds and/or fresh herbs like chives, basil, and cilantro.



Slow Cooker White Chicken Chili

9 ingredients · 4 hours 10 minutes · 3 servings

Ingredients

- 1 Yellow Onion (small, chopped)
- 1 Garlic (clove, chopped)
- 1/4 **cup** Salsa Verde
- 3 **cups** Chicken Broth, Low Sodium
- 1/4 **tsp** Sea Salt
- 2 **cups** White Navy Beans
- 1 **lb** Chicken Breast (boneless, skinless)
- 3 **tbsps** Plain Greek Yogurt
- 1 **tbsp** Cilantro (chopped)

Amount per serving

425

Calories

51g

Protein

41g

Carbs

7g

Fat

Directions

1. Add the onion, garlic, salsa, broth, salt, beans, and chicken to the slow cooker. Cover and cook on high for four hours or low for eight hours.
2. Remove roughly half of the liquid and beans from the slow cooker and blend in a blender or food processor until smooth. Add the mixture back to the slow cooker and mix with the rest of the chili. Shred the chicken.
3. Divide the chili evenly between bowls and garnish with a dollop of greek yogurt and cilantro. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size: One serving is approximately 1 1/2 cups.



Taco Salad with Beef

11 ingredients · 25 minutes · 4 servings

Ingredients

- 1 lb Extra Lean Ground Beef
- 2 tbsps Chili Powder
- 1 tbsps Cumin
- 1/2 tsp Sea Salt
- 1 cup Cherry Tomatoes (chopped)
- 1 Jalepeño Pepper (chopped)
- 2 stalks Green Onion (chopped)
- 3 tbsps Lime Juice (divided)
- 2 heads Romaine Hearts (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 Avocados (sliced)

Directions

1. In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the chili powder, cumin, salt, tomatoes, jalepeño and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
3. In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
4. To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

NOTES

Leftovers: Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

More Flavor: Top salad with additional tomatoes, sliced jalepeños, green onions, salsa, cilantro, lime juice or hot sauce.

Make it Vegan: Use black beans instead of ground beef.



Rice Cakes with Avocado & Egg

4 ingredients · 10 minutes · 1 serving

Ingredients

- 1/2 Avocado
- 2 Brown Rice Cake
- 2 Eggs (hard boiled)
- Sea Salt & Black Pepper (to taste)

Directions

1. If you haven't already done so, hard boil your eggs.
2. Mash the avocado onto the rice cakes and top with sliced egg. Sprinkle with sea salt and black pepper to taste. Enjoy!

NOTES

No Eggs: Top with hemp seeds, flaked fish, smoked salmon or sliced meat instead.



Lemon Garlic Salmon with Spinach Salad

9 ingredients · 25 minutes · 2 servings

Ingredients

- 10 oz Salmon Fillet
- 1 Lemon (juiced)
- 1 Garlic (clove, large, minced)
- Sea Salt & Black Pepper
- 3 tbsps Butter (cold)
- 4 cups Baby Spinach
- 1 cup Cherry Tomatoes (halved)
- 2 tbsps Walnuts (chopped)
- 1/4 Cucumber (medium, sliced)

Directions

1. Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper. Place the salmon in the dish.
2. Mix the lemon juice, garlic, salt, and pepper together and pour it over the salmon. Place the butter on top of the salmon and bake for 15 minutes or until the salmon is cooked through.
3. Divide the baby spinach evenly between plates. Top with the tomatoes, walnuts, and cucumbers. Divide the salmon between the salads and pour the residual juices all over the salmon and salad. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is 2 1/2 cups of salad with salmon.



Spicy Lime Chicken Coleslaw Salad

9 ingredients · 25 minutes · 2 servings

Ingredients

- 8 oz Chicken Breast
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lime Juice
- 2 tbsps Coconut Aminos
- 1/4 tsp Red Pepper Flakes
- 2 cups Coleslaw Mix
- 2 stalks Green Onion (sliced)
- 1/4 cup Cilantro (chopped)
- 1/4 cup Almonds (roasted, chopped)

Amount per serving

406

Calories

30g

Protein

15g

Carbs

26g

Fat

Directions

1. Add the chicken to a pot. Cover the chicken with about one inch (2.5 cm) of water. Bring to a boil then reduce the heat to a simmer, partially covered for 10 to 12 minutes or until the chicken is cooked through. Place the cooked chicken into a bowl and shred it with two forks. Set aside to cool.
2. Meanwhile, whisk together the olive oil, lime juice, coconut aminos, and red pepper flakes in a large bowl, until well combined.
3. Add the coleslaw mix, green onions, cilantro, and almonds. Toss gently to ensure all the ingredients are well coated. Stir in the chicken.
4. Divide the salad evenly between bowls or plates and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

More Flavor: Add hot sauce and/or sea salt and black pepper. Use sesame oil instead of olive oil.



Slow Cooker Lentil Chili

15 ingredients · 5 hours · 6 servings

Ingredients

- 1 cup Dry Red Lentils (rinsed, uncooked)
- 1 Yellow Onion (medium, diced)
- 1 Red Bell Pepper (chopped)
- 1 Carrot (chopped)
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 3 1/2 cups Diced Tomatoes (from the can with juices)
- 2 tbsps Tomato Paste
- 2 cups Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
- 1 Avocado (optional, sliced)
- 1/4 cup Cilantro (optional, chopped)

Amount per serving

307

Calories

16g

Protein

49g

Carbs

6g

Fat

Directions

1. Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
2. Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
3. Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

NOTES

Leftovers: Store leftovers in the fridge for up to five days, or freeze for longer.

Serving Size: One serving is equal to approximately 1.5 to 2 cups of chili.

Likes it Spicy: Add one chopped jalapeño pepper.

More Flavor: Add the juice of one lime to the slow cooker just before serving.

No Beans: Use lentils only.



Lemon Turkey Quinoa Skillet

10 ingredients · 30 minutes · 4 servings

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 1 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 1/4 cup Black Olives (chopped)
- 2 cups Baby Spinach (chopped)
- 3/4 cup Quinoa (dry, uncooked)
- 1 1/2 cups Vegetable Broth
- 1 Lemon (zested and juiced)

Amount per serving

355

Calories

27g

Protein

24g

Carbs

18g

Fat

Directions

1. Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
2. Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
3. Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
4. Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
5. Stir in the lemon zest and lemon juice. Season with additional salt if needed. Serve immediately and enjoy!

NOTES

Leftovers: Keep in an air-tight container in the fridge for up to 3 days.

More Flavor: Top with chopped parsley and/or extra lemon wedges.

No Spinach: Use chopped kale or swiss chard instead.

No Ground Turkey: Use ground chicken or ground beef instead.

No Vegetable Broth: Use any type of broth, or water instead.

Vegan & Vegetarian: Use cooked lentils instead of ground turkey.



Sauerkraut Salad with Chicken

8 ingredients · 20 minutes · 2 servings

Ingredients

- 8 oz Chicken Breast (halved lengthwise)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 cups Sauerkraut (drained)
- 1/2 cup Red Onion (finely sliced)
- 1/2 Carrot (medium, peeled and grated)
- 1/4 Apple (finely chopped)
- 1/4 cup Parsley (chopped)

Amount per serving

319
Calories

28g
Protein

15g
Carbs

17g
Fat

Directions

- Season the chicken with salt and pepper. Heat half of the oil in a large non-stick pan over medium-high heat. Add the chicken cutlets and cook for three to four minutes per side or until cooked through.
- Meanwhile, combine the sauerkraut, onion, carrot, apple, parsley, and remaining oil in a bowl. Mix well to coat.
- Divide the salad evenly between plates. Top with chicken and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups of salad with chicken.

No Sauerkraut: Use a coleslaw mixture with your dressing of choice instead.



Baked Cod with Spinach & Wild Rice

11 ingredients · 45 minutes · 2 servings

Ingredients

- 1/2 cup Wild Rice (dry)
- 2 Cod Fillets
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Greek Seasoning
- 1/2 Yellow Onion (medium, diced)
- 1 Garlic (clove, finely chopped)
- 3 tbsps Water (divided)
- 5 cups Baby Spinach (roughly chopped)
- 2 stalks Green Onion (chopped)
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

Amount per serving

488
Calories

50g
Protein

37g
Carbs

16g
Fat

Directions

- Cook the rice according to the package directions.
- Preheat the oven to 400°F (205°C). Pat the cod dry, then rub half of the oil onto each piece. Season with Greek seasoning.
- Place the cod in a cast iron pan, and then place it in the oven. Cook for 13 to 15 minutes or until the cod is cooked and flakes easily.
- While the cod is cooking, heat the remaining oil in a pan over medium heat. Add the yellow onion and sauté for three to four minutes or until softened. Stir in the garlic and sauté for another 30 seconds, adding a splash of water if needed.
- Add the spinach and remaining water and cook for three to four minutes or until the spinach has wilted. Stir in the cooked rice, green onion, lemon juice, salt, and pepper. Cook for another one to two minutes to warm the rice.
- Divide the spinach and rice mixture evenly between plates. Top each one with a baked cod fillet and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately one cup of rice and spinach with one cod fillet.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.

Additional Toppings: Top with fresh dill or parsley.

No Greek Seasoning: Use oregano, onion powder, garlic, and basil, or substitute with Italian seasoning.



Bell Pepper Nachos with Beef

9 ingredients · 30 minutes · 4 servings

Ingredients

- 4 Red Bell Peppers (large, cut into thick slices)
- Sea Salt & Black Pepper (to taste)
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (small, diced)
- 2 tbsps Taco Seasoning
- 1/2 cup Cilantro (chopped)
- 1 cup Salsa (see recipe, or organic no added sugar)
- 1 cup Guacamole
- 1 Lime (cut into wedges)

Amount per serving

370
Calories

27g
Protein

24g
Carbs

20g
Fat

Directions

- Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- Add the sliced bell pepper to the baking sheet and season with salt and pepper. Place it in the oven and cook for 10 minutes.
- While the peppers are in the oven, heat a pan over medium heat. Add the ground beef, breaking it up as it cooks. Add the onion and taco seasoning and cook for eight to 10 minutes or until the beef is browned and cooked. Drain any excess grease.
- Spread the cooked ground beef and onion evenly over the peppers. Top with sliced jalapeños, diced tomatoes, black beans, olives, diced onion. Return to the oven until all toppings are heated through.
- Top with cilantro, then divide the nachos, salsa, guacamole, and lime wedges evenly onto plates. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one heaping cup.

Additional Toppings: Top with shredded lettuce, jalapeños, and/or plain greek yogurt.



Spicy Salsa

6 ingredients · 10 minutes · 3 servings

Ingredients

- 2 Tomatoes (medium, diced)
- 2 tbsps Cilantro (chopped)
- 1/4 cup Red Onion (diced)
- 1/2 Jalapeño Pepper (seeds removed, finely chopped)
- 1 1/2 tbsps Lime Juice
- 1/4 tsp Sea Salt

Amount per serving

20

Calories

1g

Protein

4g

Carbs

0g

Fat

Directions

- 1. Combine all of the ingredients in a bowl and mix well. Serve, and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1/3 cup.

Serve it With: Serve on top of tacos, salads, bowls, or lettuce wraps.

More Spicy: Increase the amount of jalapeño and/or add the seeds from the pepper(s).



Salmon Cakes

10 ingredients · 40 minutes · 3 servings

Ingredients

- 2 Carrots (medium, peeled, and roughly chopped)
- 1/4 cup Red Onion (roughly chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1/2 tsp Dried Dill
- 1/4 tsp Sea Salt
- 5 oz Canned Wild Salmon (drained)
- 2 Eggs (whisked)
- 2 tbsps Coconut Flour
- 6 cups Mixed Greens

Amount per serving

182

Calories

19g

Protein

11g

Carbs

7g

Fat

Directions

- 1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2. Place the carrot and onion in the bowl of a food processor and pulse until the carrots form a rice-like consistency. Add the garlic, lemon juice, dill, salt, and salmon and pulse until combined.
- 3. Transfer the salmon and carrot mixture to a mixing bowl and fold in the egg and coconut flour (the mixture should be wet but not soggy). Form the mixture into equal patties, approximately 1/4 cup each and place on the prepared baking sheet.
- 4. Bake for 20 minutes then carefully flip and continue to bake for 10 minutes more.
- 5. Serve on top of a bed of mixed greens with Creamy Garlic Dill Dressing (see recipe). Season with additional salt or lemon juice if desired. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to two salmon cakes.

More Flavor: Add other dried herbs and spices to taste.

No Canned Salmon: Use canned tuna instead.

No Fresh Garlic: Use garlic powder instead.

Coconut Flour: Depending on the type of coconut flour, note that results may vary.



Turmeric & Lime Chicken with Vegetables

9 ingredients · 40 minutes · 2 servings

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 10 oz Chicken Breast (boneless, skinless, sliced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Purple Cabbage (chopped)
- 1 Red Bell Pepper (medium, chopped)
- 2 cups Asparagus (chopped)
- 1 tsp Turmeric
- 1/2 Lime (juiced)
- 2 stalks Green Onion (sliced)

Amount per serving

270

Calories

37g

Protein

18g

Carbs

7g

Fat

Directions

- 1. Heat the oil in a pan over medium heat. Season the chicken all over with salt and pepper. Add the chicken to the pan, stir, and cook for about 12 to 15 minutes. Transfer the chicken to a plate and set aside.
- 2. In the same pan, add the cabbage, bell peppers, and asparagus. Sauté for about 15 minutes or until browned and cooked through.
- 3. Add the cooked chicken to the pan along with the turmeric. Stir and cook for another five minutes until flavors blend well together. Remove from the heat and stir in the lime juice.
- 4. Top with green onions and divide evenly between plates. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 1/4 cups.

More Flavor: Add garlic and onion.



Turkey & Wild Rice Casserole

11 ingredients · 1 hour 45 minutes · 4 servings

Ingredients

- 1 cup Wild Rice (dry)
- 1 Yellow Onion (small, diced)
- 4 Carrots (medium, diced)
- 4 stalks Celery (diced)
- 3 cups Chicken Broth (warmed)
- 1 cup Canned Coconut Milk
- 1/4 cup Butter
- 1/4 cup Almond Flour (or coconut or quinoa)
- 2 tsps Garlic Powder
- 1 lb Turkey Breast (boneless, skinless, chopped)
- 1/3 cup Parsley (chopped, optional)

Directions

1. Preheat the oven to 375°F (190°C).
2. In a large casserole dish, mix the rice, onions, carrots, celery, and broth. Cover and cook in the oven for 60 to 75 minutes, or until the rice is just cooked.
3. In a saucepan over medium heat, whisk together the coconut milk, butter, flour, and garlic powder for approximately three to four minutes or until thickened.
4. Remove the cover from the casserole dish and add the sauce and raw turkey. Stir to combine. Raise the oven temperature to 425°F (220°C) and bake, uncovered, for 20 to 25 minutes or until bubbly and the turkey is cooked through.
5. Divide evenly between plates. Top with parsley (optional) and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately two cups.
Additional Toppings: Roasted nuts. Season with salt and pepper to taste.



Melon & Pecans

2 ingredients · 2 minutes · 1 serving

Ingredients

- 1/4 Honeydew Melon (small, peeled, seeds removed, and chopped)
- 1/4 cup Pecans (whole or chopped)

Directions

1. Place the melon and pecans on a plate. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days. Store nuts and melon separately.
Nut-Free: Use pumpkin seeds or sunflower seeds instead.
Serving Size: 1/4 melon is approximately equal to one cup.



Rice Cake with Sunflower Seed Butter & Raspberries

3 ingredients · 5 minutes · 1 serving

Ingredients

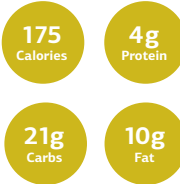
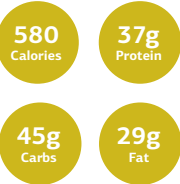
- 1 Brown Rice Cake
- 1 tbsp Sunflower Seed Butter
- 1/4 cup Raspberries

Directions

1. Spread sunflower seed butter onto the rice cake and top with raspberries. Enjoy!

NOTES

No Sunflower Seed Butter: Use any nut or seed butter instead.
More Flavor: Add a pinch of cinnamon.
More Fiber: Garnish with hemp seeds, chia seeds or ground flax seeds.
No Raspberries: Use blueberries, blackberries or sliced strawberries instead.





Cheesy Walnut & Sunflower Seed Kale Chips

8 ingredients · 35 minutes · 6 servings

Ingredients

- 12 cups Kale Leaves (washed, thoroughly dried, stems removed)
- 3 tbsps Extra Virgin Olive Oil
- 3/4 cup Walnuts
- 1/4 cup Nutritional Yeast
- 3 tbsps Sunflower Seeds
- 3/4 tsp Garlic Powder
- 3/4 tsp Onion Powder
- Sea Salt & Black Pepper (to taste)

Amount per serving

224
Calories

8g
Protein

8g
Carbs

19g
Fat

Directions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. Tear the kale into large pieces and place them into a large bowl. Add the oil and massage it into the kale. Set aside.
3. In a food processor, add the walnuts, nutritional yeast, sunflower seeds, garlic powder, onion powder, salt, and pepper. Process until it resembles a breadcrumb-like consistency.
4. Pour half of the nut and seed mixture into the bowl of kale and toss to coat. Spread the kale out onto the baking sheet, then sprinkle the remaining nut and seed mixture all over the kale.
5. Bake for 15 to 18 minutes, or until crispy and golden brown. Let them cool for a few minutes before serving. Enjoy!



Greek Yogurt, Almonds & Cherries

3 ingredients · 5 minutes · 1 serving

Ingredients

- 3/4 cup Plain Greek Yogurt
- 1/3 cup Cherries (pitted)
- 2 tbsps Almonds (chopped)

Amount per serving

271
Calories

21g
Protein

21g
Carbs

13g
Fat

Directions

1. Add all of the ingredients to a bowl and enjoy!

NOTES

- Leftovers:** Refrigerate in an airtight container for up to three days.
- Make it Vegan:** Use a plant-based yogurt.
- More Flavor:** Add vanilla extract to the yogurt.



Pecans & Blueberries

2 ingredients · 5 minutes · 1 serving

Ingredients

- 1 cup Blueberries
- 1/4 cup Pecans

Amount per serving

255
Calories

3g
Protein

25g
Carbs

18g
Fat

Directions

1. Serve the blueberries with pecans and enjoy!

NOTES

- Leftovers:** Refrigerate in an airtight container for up to three days.
- Additional Toppings:** Sprinkle some cinnamon on top.

NOTES

- Leftovers:** Store leftovers in a container for up to three days. If chips lose their crispness, put them in the oven at 350°F (175°C) for about five minutes to crisp them back up.
- Serving Size:** One serving is approximately one cup.



Apple Chips & Almonds

2 ingredients · 2 minutes · 1 serving

Ingredients

- 4 1/2 oz Apple Chips
- 1/4 cup Almonds (raw)

Amount per serving



Directions

1. Place the apple chips and almonds onto a plate or in a bowl. Enjoy!

NOTES

Leftovers: Store apple chips according to package directions. Almonds can be stored in an airtight container in a cool dark place or in the refrigerator for up to six months.

No Almonds: Use other nuts like cashews, pecans or walnuts instead.



Kiwi & Strawberries

2 ingredients · 5 minutes · 1 serving

Ingredients

- 2 Kiwis (sliced)
- 1 cup Strawberries

Amount per serving



Directions

1. Serve the kiwi with the strawberries. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to five days.

A man with a beard and mustache, wearing a dark blue jacket and a brown leather apron, is smiling as he adds fresh green herbs and sliced red onions to a copper pot on a stove. The background shows a kitchen with wooden shelves and various items.

WEEK 4

Detox Days 22-28

WEEK 4

Don't forget your shakes! Follow the shake schedule to meet your daily goal. Mix with water or blend into a tasty recipe (just one enhanced shake per day) as a snack or alongside a meal.*

*One of the enhanced shake recipes can replace one SP Detox Balance™ shake per day.

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
28-Day Plan	2 Shakes	2 Shakes	2 Shakes	1 Shake	1 Shake	1 Shake	1 Shake
BREAKFAST	Vanilla Protein Pancakes	Greek Yogurt with Pear & Walnuts	Raspberry Chia Coconut Pudding	Greek Yogurt with Orange, Blueberries & Pumpkin Seeds	Orange & Pomegranate Steel Cut Oats	One Pan Cauliflower, Mushroom & Egg	Spicy Shredded Brussels Sprouts & Eggs
SNACK	Snow Peas & Almonds	Chili Lime & Rosemary Roasted Nuts	Apple Crumble Bites	Cucumbers & Olives	Pomegranate Yogurt Bites	Raspberry Banana Ice Cream	Pumpkin Oat Energy Balls
LUNCH	Beef & Chickpea Chili	Roasted Cauliflower, Chicken & Lentil Salad	Cabbage & White Bean Soup	Wild Rice, Broccoli & Mixed Greens Bowl	Salmon Chopped Salad	Cottage Stew	Chicken & Chickpea Pasta Salad
SNACK							
DINNER	Chicken, Sweet Potato & Cauliflower Rice Bowl	Butternut Squash Buckwheat Bowl	Chicken & Asparagus Stir Fry	Spice Crusted Salmon & Beets	Steamed Cod with Quinoa & Cilantro Sauce	Grilled Steak & Wild Rice Salad	Chicken, Sweet Potato & Zucchini Bowls
SNACK							

Detox Days 22-28

WEEK 4

Shopping List

Fruits

- ☐ **2** Apples
- ☐ **1/2** Avocado
- ☐ **3** Bananas
- ☐ **1/3 cup** Blueberries
- ☐ **3** Lemons
- ☐ **1** Lime
- ☐ **1** Navel Orange
- ☐ **1/2** Pear
- ☐ **1 1/4 cups** Pomegranate Seeds
- ☐ **1/2 cup** Raspberries

Vegetables

- 2 cups** Asparagus
- 2** Beets
- 2 cups** Broccoli
- 2 cups** Brussels Sprouts
- 3 cups** Butternut Squash
- 1** Carrot
- 3/4 head** Cauliflower
- 2 stalks** Celery
- 2 cups** Cherry Tomatoes
- 2 1/4 cups** Cilantro
- 6 cups** Coleslaw Mix
- 4 Cremini** Mushrooms
- 1 1/4** Cucumber
- 1/3 cup** Fresh Dill

3 Garlic Cloves

- 1 cup** Kale Leaves
- 1** Leek
- 14 cups** Mixed Greens
- 1/2 cup** Mushrooms
- 1 cup** Parsley
- 1** Red Bell Pepper
- 2 1/2 cups** Red Onion
- 1 head** Romaine Hearts
- 3 tbsps** Rosemary
- 1/3 cup** Shallot
- 1/2 cup** Snow Peas
- 3** Sweet Potatoes
- 3** Turnips
- 1** Yellow Bell Pepper
- 1/2** Yellow Onion
- 1** Zucchini

Breakfast

- 1 cup** Buckwheat Groats
- 1 cup** Steel Cut Oats

Seeds, Nuts & Spices

- 1 2/3 cups** Almonds
- 2 1/8 cups** Cashews
- 2 tbsps** Chia Seeds
- 1/2 tsp** Chili Flakes

2 2/3 tbsps Chili Powder

- 1 1/2 tps** Cinnamon
- 1/2 tsp** Cumin Seed
- 1 tsp** Dried Basil
- 1 1/8 tbsps** Garlic Powder
- 1/2 cup** Ground Flax Seed
- 2 tps** Herbes De Provence
- 1/4 cup** Italian Seasoning
- 1 tsp** Oregano
- 1/4 tsp** Paprika
- 2 tbsps** Pumpkin Seeds
- 1 2/3 tbsps** Sea Salt
- Sea Salt & Black Pepper
- 1 tbsps** Sesame Seeds
- 2 1/3 tbsps** Steak Spice Seasoning
- 1 tbsps** Walnuts

Frozen

- 3 cups** Cauliflower Rice
- 1 cup** Frozen Raspberries

Boxed & Canned

- 1/2 cup** Canned Coconut Milk
- 10 oz** Canned Wild Salmon
- 4 1/2 oz** Chickpea Pasta
- 2/3 cup** Chickpeas
- 1 3/4 cups** Diced Tomatoes

3/4 cup Dry Green Lentils

- 3/4 cup** Quinoa
- 1 3/4 quarts** Tomato Juice
- 2 tbsps** Tomato Paste
- 9 1/4 cups** Vegetable Broth
- 2 cups** White Navy Beans

Baking

- 1/3 cup** Oats
- 1/4 cup** Pitted Dates
- 1/3 cup** Pureed Pumpkin
- 1 tbsps** Unsweetened Shredded Coconut
- 1 tsp** Vanilla Extract

Bread, Fish, Meat & Cheese

- 2 1/8 lbs** Chicken Breast
- 1 1/4 lbs** Chicken Thighs
- 1** Cod Fillet
- 2 lbs** Extra Lean Ground Beef
- 8 oz** Lean Ground Beef
- 12 oz** Salmon Fillet
- 10 oz** Top Sirloin Steak

Condiments & Oils

- 2 tbsps** Coconut Oil
- 1 3/4 cups** Extra Virgin Olive Oil
- 1/2 cup** Italian Dressing
- 2 tbsps** Pitted Kalamata Olives
- 1 1/2 tps** Red Wine Vinegar
- 1 1/2 tps** Rice Vinegar
- 1/2 cup** Sauerkraut
- 1 tbsps** Sesame Oil
- 2 tbsps** Tamari
- 2 tps** White Wine Vinegar

Cold

- 10** Eggs
- 1/2 cup** Hummus
- 1/2 cup** Plain Coconut Milk
- 3 cups** Plain Greek Yogurt
- 2 cups** Unsweetened Almond Milk

Other

- 1 serving** SP Detox Balance™
- 3 1/3 cups** Water



Vanilla Protein Pancakes

4 ingredients · 15 minutes · 2 servings

Ingredients

- 1 **Banana** (plus extra for topping)
- 2 Eggs
- 1 **serving** SP Detox Balance™ (or SP Detox Chai)
- 1/4 **tsp** Vanilla Extract

Amount per serving

206
Calories

15g
Protein

19g
Carbs

7g
Fat

Directions

1. In a large bowl, mash the bananas. Add the eggs, detox powder and vanilla. Mix well until a batter forms.
2. Spray coconut or avocado oil spray in a large skillet over medium heat. Once hot, pour the batter into the skillet, less than 1/4 cup at a time. Use a spatula or a spoon to thin out the batter into a circle. Cook for 2-3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
3. Transfer to a plate and top with additional banana slices. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to one month.

Serving Size: One serving is approximately two pancakes.



Greek Yogurt with Pear & Walnuts

3 ingredients · 5 minutes · 1 serving

Ingredients

- 1 **cup** Plain Greek Yogurt
- 1/2 Pear (medium, ripe, sliced)
- 1 **tbsp** Walnuts (roasted, chopped)

Amount per serving

281
Calories

23g
Protein

27g
Carbs

10g
Fat

Directions

1. Add the yogurt to a bowl. Top with pears and walnuts. Enjoy!

NOTES

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately 1 1/2 cups.

Additional Toppings: Chia seeds, hemp seeds, and/or flax seeds.



Raspberry Chia Coconut Pudding

5 ingredients · 35 minutes · 1 serving

Ingredients

- 1/2 **cup** Plain Coconut Milk
- 1/2 **cup** Raspberries (plus extra for garnish)
- 1/2 **tsp** Vanilla Extract
- 2 **tbsps** Chia Seeds
- 1 **tbsp** Unsweetened Shredded Coconut

Amount per serving

224
Calories

5g
Protein

22g
Carbs

14g
Fat

Directions

1. Add the coconut milk, raspberries, and vanilla to a small blender or food processor and blend well until combined.
2. Pour the raspberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
3. Divide evenly between bowls or in to-go containers. Top with extra raspberries (if using) and shredded coconut. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1 1/3 cups of chia pudding.



Greek Yogurt with Orange, Blueberries & Pumpkin Seeds

4 ingredients · 5 minutes · 1 serving

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 Navel Orange (chopped)
- 1/3 cup Blueberries
- 2 tbsps Pumpkin Seeds

Amount per serving

333

Calories

28g

Protein

30g

Carbs

13g

Fat

Directions

1. Add all of the ingredients to a bowl and enjoy!

NOTES

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 2/3 cups.



Orange & Pomegranate Steel Cut Oats

6 ingredients · 25 minutes · 3 servings

Ingredients

- 1 cup Steel Cut Oats (gluten free)
- 2 cups Unsweetened Almond Milk (plus more when serving)
- 1 cup Water
- 1/8 tsp Sea Salt
- 1/2 Navel Orange (juiced, zested)
- 1/2 cup Pomegranate Seeds

Amount per serving

277

Calories

7g

Protein

49g

Carbs

7g

Fat

Directions

1. Add the oats, milk, water, and salt to a saucepan and bring to a boil. Reduce to a simmer and cook for 15 to 20 minutes, depending on how crunchy you like your oats. When everything starts to thicken, stir in the orange juice, and orange zest.
2. Remove from the heat and stir in the pomegranate seeds. Divide into bowls and add a splash of milk to each bowl. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup.

No Almond Milk: Use other milk of choice.

Additional Toppings: Add chia seeds, hemp seeds, plain greek yogurt.



One Pan Cauliflower, Mushroom & Egg

6 ingredients · 20 minutes · 2 servings

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/4 head Cauliflower (small, chopped into florets)
- 4 Cremini Mushrooms (sliced)
- 4 Eggs
- 1 tbsp Fresh Dill
- Sea Salt & Black Pepper (to taste)

Amount per serving

189

Calories

15g

Protein

6g

Carbs

12g

Fat

Directions

1. Heat the oil in a pan over medium heat. Add the cauliflower and cook for seven to eight minutes, stirring often to cook evenly, until starting to become fork-tender.
2. Add the mushrooms to the pan and cook for another three to four minutes or until browned.
3. In a bowl, whisk together the egg, dill, salt, and pepper. Pour into the pan and turn the heat down to low. Cook for about six to seven minutes or until the egg has set.
4. Divide evenly between plates and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: This recipe was made in a 10-inch (26 cm) pan. One serving is half of the pan.

More Flavor: Add paprika and chili flakes.

No Fresh Dill: Use parsley or green onion instead.



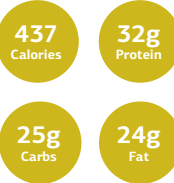
Spicy Shredded Brussels Sprouts & Eggs

8 ingredients · 25 minutes · 1 serving

Ingredients

- 1 **tsp** Extra Virgin Olive Oil
- 1/4 **cup** Shallot (chopped)
- 2 **cups** Brussels Sprouts (trimmed, shredded)
- 1/2 **tsp** Garlic Powder (divided)
- 1/2 **tsp** Sea Salt (divided)
- 4 Eggs
- 1/4 **tsp** Paprika
- 1/2 **tsp** Chili Flakes

Amount per serving



Directions

1. Preheat the oven to 350°F (175°C).
2. Heat the oil in a large oven-safe pan over medium heat.
3. Add the shallot and sauté for two to three minutes or until softened. Add the Brussels sprouts, half of the garlic powder and half of the salt. Sauté for three to five minutes or until the sprouts have softened.
4. Make a pocket for each egg in the Brussels sprouts. Crack an egg into each pocket. Season with the remaining garlic powder, the remaining salt, and paprika.
5. Place the pan in the oven and cook for eight to ten minutes, or until the whites are set and the yolks are cooked to your preference. Note: the eggs will continue to cook when they come out of the oven.
6. Top with chili flakes and enjoy!



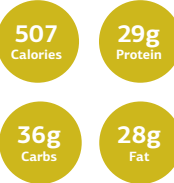
Beef & Chickpea Chili

10 ingredients · 30 minutes · 2 servings

Ingredients

- 1 **tsp** Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, chopped)
- 8 **oz** Lean Ground Beef
- 2 **tbsps** Chili Powder
- 1 Yellow Bell Pepper (small, diced)
- Sea Salt & Black Pepper (to taste)
- 1 **3/4 cups** Diced Tomatoes (organic, 14 oz can)
- 1 **cup** Vegetable Broth
- 2/3 **cup** Chickpeas (cooked)
- 2 **tbsps** Parsley (chopped, optional)

Amount per serving



Directions

1. Heat the oil in a pot over medium-high heat. Add the onion and sauté for five minutes or until soft.
2. Add the beef and cook for five minutes or until slightly browned, breaking it up as it cooks.
3. Add the chili powder, bell pepper, salt, and pepper. Stir and cook for another two to three minutes.
4. Add the tomato sauce, broth, and chickpeas. Cover the pot with a lid and simmer on low heat for 15 minutes or until everything is cooked.
5. Divide between bowls, top with parsley, and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add your veggies of choice and jalapeño for a spicy kick.

Seasoning: Use garlic powder and cumin instead or your choice of spices.



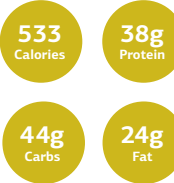
Roasted Cauliflower, Chicken & Lentil Salad

10 ingredients · 35 minutes · 3 servings

Ingredients

- 3/4 **cup** Dry Green Lentils (rinsed)
- 12 **oz** Chicken Thighs (boneless, skinless)
- 1/2 **head** Cauliflower (medium, cut into florets)
- 1/4 **cup** Extra Virgin Olive Oil
- 1/2 **Lemon** (juiced)
- 1 **tsp** Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 6 **cups** Mixed Greens
- 1/2 **cup** Red Onion (sliced)
- 1/3 **cup** Italian Dressing

Amount per serving



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Meanwhile, cook the lentils according to the package directions. Drain any excess water then run them under cold water.
3. In a bowl, add the chicken thighs, cauliflower, oil, lemon juice, garlic powder, salt, and pepper. Mix to combine.
4. Place the chicken on one side of the baking sheet and cauliflower on the other side, spreading it out evenly. Cook for 20 to 25 minutes or until the chicken is cooked through. Flip everything halfway through cooking. Let the chicken rest for five minutes before chopping.
5. Divide the mixed greens, lentils, chicken, cauliflower, and onion evenly between bowls. Top each with dressing. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days. Add the dressing when ready to eat.

Serving Size: One serving is approximately 2 1/2 cups of salad with chicken.

No Italian Dressing: Use your favorite dressing instead.



Cabbage & White Bean Soup

8 ingredients · 30 minutes · 5 servings

Ingredients

- 8 1/4 cups Vegetable Broth (divided)
- 1 Leek (medium, sliced)
- 6 cups Coleslaw Mix
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Tomato Paste
- 1 tbsp Rosemary (fresh, finely chopped)
- 2 cups White Navy Beans (drained, rinsed)
- 1/2 cup Parsley (chopped, optional)

Amount per serving

168
Calories

9g
Protein

34g
Carbs

1g
Fat

Directions

1. Heat a splash of broth in a large pot over medium-high heat. Add the leeks and coleslaw mix to the pot. Cook for five minutes and season with salt and pepper.
2. Add the remaining broth and bring to a boil. Reduce the heat and add the tomato paste and rosemary. Simmer for seven to 10 minutes.
3. Stir in the beans and cook for another five minutes or until everything is heated through. 4. Garnish with parsley (optional) and divide evenly between bowls. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is approximately two cups.

More Flavor: Add cooked protein of choice. Use shredded green cabbage and matchstick carrots instead of coleslaw mix.



Wild Rice, Broccoli & Mixed Greens Bowl

10 ingredients · 45 minutes · 2 servings

Ingredients

- 1/2 cup Wild Rice (dry)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 2 cups Broccoli (cut into florets)
- Sea Salt & Black Pepper (to taste)
- 3 cups Mixed Greens
- 1/2 cup Hummus
- 1/4 Cucumber (medium, chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/3 cup Red Onion (sliced)
- 1/2 Lemon (juiced)

Amount per serving

601
Calories

15g
Protein

54g
Carbs

39g
Fat

Directions

1. Cook the rice according to the package directions.
2. Heat half of the oil in a pan over medium heat. Add the broccoli and season with salt and pepper. Sauté for three to four minutes or until tender-crisp.
3. Divide the cooked rice, broccoli, mixed greens, hummus, cucumber, tomatoes, and red onion into bowls. Top with the remaining oil and lemon juice. Season with more salt and pepper, if desired. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 1/2 cups.

Additional Toppings: Top with fresh herbs like parsley, dill, cilantro and/or basil.



Salmon Chopped Salad

8 ingredients · 10 minutes · 2 servings

Ingredients

- 1 head Romaine Hearts (chopped)
- 1 Red Bell Pepper (medium, chopped)
- 1/4 Cucumber (medium, chopped)
- 1/4 cup Red Onion (chopped)
- 10 oz Canned Wild Salmon (drained, broken into chunks)
- 1/4 cup Fresh Dill (finely chopped)
- 2 tbsps Parsley (fresh, finely chopped)
- 3 tbsps Italian Dressing (see recipe)

Amount per serving

267
Calories

39g
Protein

9g
Carbs

9g
Fat

Directions

1. Add all of the ingredients to a large bowl and toss to combine. Divide evenly between bowls and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.

Additional Toppings: Avocado and/or pumpkin seeds.

No Italian Dressing: Use a combination of olive oil, apple cider vinegar, and dijon mustard.



Cottage Stew

9 ingredients · 1 hour · 6 servings

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 cup Red Onion (chopped)
- 2 stalks Celery
- 2 lbs Extra Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 2 cups Butternut Squash (peeled, seeded, and cubed)
- 2 tsps Herbes De Provence
- 1 3/4 quarts Tomato Juice (divided)
- 3 Turnips (large, peeled, thinly sliced)

Amount per serving

422

Calories

33g

Protein

27g

Carbs

20g

Fat

Directions

1. Add the oil to a large dutch oven or pot over medium-high heat. Once hot, add the onion and celery. Cook for two to three minutes or until the onion softens. Add the beef and cook, roughly crumbling it, until lightly browned. Season with salt and pepper.
2. Add the squash and Herbes de Provence. Cook for two more minutes, stirring.
3. Add just enough tomato juice to cover the meat. Cover with the sliced turnips, overlapping. Season with salt and pepper. Add the remaining tomato juice.
4. Bring to a boil. Cover and simmer gently for about 45 to 60 minutes or until the vegetables are tender.
5. Divide between bowls and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days. Freeze individual portions for up to three months.

Serving Size: One serving is approximately two cups.

More Flavor: Add parsley and/or other different root vegetables and squashes.



Chicken & Chickpea Pasta Salad

9 ingredients · 20 minutes · 3 servings

Ingredients

- 4 1/2 oz Chickpea Pasta (dry)
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Chicken Breast (cubed)
- 1 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1 cup Cherry Tomatoes (halved)
- 1/2 Cucumber (quartered)
- 2 tbsps Red Onion (thinly sliced)
- 1/2 Lemon (zested and juiced)

Amount per serving

383

Calories

45g

Protein

29g

Carbs

11g

Fat

Directions

1. Cook the pasta according to the package directions. Drain and set aside.
2. Heat a skillet over medium heat and add the oil. Add the chicken and season with the Italian seasoning and salt. Cook for about five to seven minutes or until cooked through.
3. In a bowl, combine the pasta, chicken with its juices, tomatoes, cucumber, and red onion. Top with lemon juice and zest and toss well to coat. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is about 1 1/2 cups of pasta salad.

More Flavor: Add garlic and/or balsamic vinegar.



Chicken, Sweet Potato & Cauliflower Rice Bowl

10 ingredients · 35 minutes · 2 servings

Ingredients

- 2 Sweet Potatoes (small, cubed)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 cup Italian Seasoning (divided)
- 1 tsp Sea Salt (divided)
- 8 oz Chicken Breast (boneless, skinless, cubed)
- 1 cup Cauliflower Rice
- 4 cups Mixed Greens
- 1/2 cup Sauerkraut
- 1/2 Avocado (medium, cubed)
- 1/2 Lemon (juiced)

Amount per serving

605

Calories

31g

Protein

37g

Carbs

37g

Fat

Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Add the sweet potato to the baking sheet and drizzle with 1/4 of the oil, half of the Italian seasoning, and half of the salt. Cook for 20 to 25 minutes or until browned and fork tender.
3. Meanwhile, season the chicken with the remaining Italian seasoning and salt. Heat half of the remaining oil in a pan over medium heat and add the chicken. Cook for six to eight minutes per side or until cooked through and browned.
4. Remove the chicken from the pan and add the cauliflower rice. Sauté for two to three minutes. Add a splash of water if needed.
5. Divide the mixed greens, sweet potatoes, chicken, cauliflower rice, sauerkraut, and avocado evenly between bowls. Drizzle each bowl with the remaining oil and lemon juice. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 1/2 cups with chicken.

Additional Toppings: Top with fresh herbs like parsley and/or cilantro.



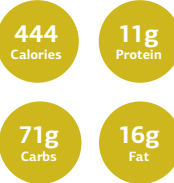
Butternut Squash Buckwheat Bowl

8 ingredients · 30 minutes · 2 servings

Ingredients

- 2 cups Water
- 1 cup Buckwheat Groats
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Butternut Squash (chopped into small cubes)
- 1/2 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 1 tsp Sea Salt
- 1 tsp Dried Basil

Amount per serving



Directions

1. In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
2. Heat the oil in a separate pan over medium heat. Add in the butternut squash, mushrooms, kale, sea salt and basil. Cook, stirring frequently, for 15 minutes or until cooked through.
3. Transfer the cooked buckwheat into bowls. Top with the kale mixture and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to five days.
Serving Size: One serving is equal to approximately 2 cups.
More Flavor: Add diced onions or minced garlic.



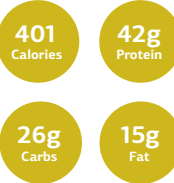
Chicken & Asparagus Stir Fry

8 ingredients · 25 minutes · 2 servings

Ingredients

- 1/3 cup Quinoa (dry, rinsed)
- 1 tbsp Sesame Oil
- 10 oz Chicken Breast (boneless, skinless, thinly sliced)
- 2 cups Asparagus (trimmed, cut into small pieces)
- 2 Garlic (clove, minced)
- 2 tbsps Tamari
- 1 1/2 tsps Rice Vinegar
- 1 tbsp Sesame Seeds (toasted)

Amount per serving



Directions

1. Cook the quinoa according to the package directions. Set aside.
2. Heat the sesame oil in a large pan over medium heat. Add the chicken to the pan and cook until browned and cooked through, about five to seven minutes.
3. Add the asparagus to the pan and cook for an additional three to four minutes, until tender-crisp. Add the garlic and cook for one more minute.
4. Add the tamari, rice vinegar, and quinoa. Sprinkle with sesame seeds and toss to combine. Serve and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately two cups.
More Flavor: Try with broccoli instead of asparagus. Add bell peppers and kale.



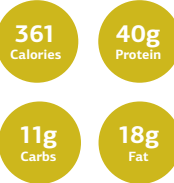
Spice Crusted Salmon & Beets

9 ingredients · 25 minutes · 2 servings

Ingredients

- 12 oz Salmon Fillet
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Steak Spice Seasoning
- 2 Beets (medium, diced)
- 1/3 cup Water
- 2 tbsps Shallot (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Red Wine Vinegar
- 1/4 cup Parsley (chopped, optional)

Amount per serving



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Place the salmon on the baking sheet. Brush with 1/3 of the oil and season with steak spice seasoning. Bake in the oven for 15 to 20 minutes or until cooked through.
3. Meanwhile, in a saucepan, add the beets, water, and shallots. Season with salt and pepper. Cook, covered on medium, for about 15 minutes or until tender. Reserve the juices.
4. In a large bowl, whisk together the vinegar, parsley, and the remaining oil. Season with salt and pepper and add the beets and its juices. Mix to coat.
5. Serve the salmon with the seasoned beets and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately one cup of beets with salmon.
More Flavor: Add greens to the beets. Enjoy hot or cold.
Serve it With: Quinoa, mashed cauliflower and/or steamed broccoli.



Steamed Cod with Quinoa & Cilantro Sauce

8 ingredients · 30 minutes · 2 servings

Ingredients

- 1 Carrot (large, finely chopped)
- 1/2 cup Quinoa (tricolor, rinsed, and drained)
- 1/2 tsp Sea Salt (divided)
- 2 cups Cilantro
- 1 Garlic (clove, crushed)
- 2 tbsps Coconut Oil
- 1/2 tsp Cumin Seed
- 1 Cod Fillet (cut in half)

Amount per serving

393
Calories

27g
Protein

32g
Carbs

17g
Fat

Directions

1. Cook the carrot with the quinoa according to the quinoa package directions. Once done cooking, fluff with a fork and set aside.
2. Using a small food processor or an immersion blender, pulse together the cilantro, garlic, oil, cumin seeds, and 1/3 of the salt, until smooth. Set aside.
3. Add the cod to a steamer basket over boiling water. Season with 1/3 of the salt. Steam covered for six to eight minutes or until it is flakey and cooked through. Repeat in batches if needed. Let it cool slightly before serving.
4. Serve the cod over the quinoa. Top with the cilantro sauce and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup of quinoa and one cod fillet.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.

No Steamer Basket: Bake the fish fillet in a baking dish with the lid on at 375°F (190°C) for 14 to 16 minutes or until the fish is flakey and cooked through. (Cooking time may vary depending on the thickness of the fillets).

More Flavor: Cook the quinoa in vegetable or bone broth.



Grilled Steak & Wild Rice Salad

8 ingredients · 45 minutes · 2 servings

Ingredients

- 1/2 cup Wild Rice (dry)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Steak Spice Seasoning
- 10 oz Top Sirloin Steak
- 1 cup Mixed Greens
- 1/3 cup Red Onion (sliced)
- 2 tsps White Wine Vinegar
- Sea Salt & Black Pepper (to taste)

Amount per serving

655
Calories

35g
Protein

36g
Carbs

41g
Fat

Directions

1. Cook the rice according to the package directions then set aside.
2. Heat the grill over medium heat. While the grill is heating up, add 1/3 of the oil and the steak spice seasoning to the steak. Rub to coat it.
3. Grill the steak for five to six minutes per side or until cooked to your desired doneness. Let rest for five minutes before slicing.
4. In a bowl, combine the cooked rice, mixed greens, onion, remaining oil, vinegar, salt, and pepper. Divide onto plates and top with sliced steak. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/4 cups of salad with steak.

Additional Toppings: Top with fresh herbs like parsley, dill, or basil.



Chicken, Sweet Potato & Zucchini Bowls

10 ingredients · 45 minutes · 2 servings

Ingredients

- 1 Zucchini (large, cut into fries)
- 1 Sweet Potato (large, cut into wedges)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 tsp Sea Salt (divided)
- 1 tsp Garlic Powder (divided)
- 1 tsp Oregano (divided)
- 1 Lemon (juiced, divided)
- 2 cups Cauliflower Rice
- 8 oz Chicken Thighs (boneless, skinless)
- 1/4 cup Cilantro (chopped)

Amount per serving

491
Calories

27g
Protein

23g
Carbs

32g
Fat

Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a bowl, add the zucchini, sweet potato, half of the oil, half of the salt, half of the garlic powder, half of the oregano, and half of the lemon juice. Toss to combine.
3. Spread the zucchini and sweet potatoes out in an even layer on the baking sheet, leaving some room for the cauliflower rice. Cook for 20 to 25 minutes, or until browned, flipping halfway through.
4. Add the cauliflower rice to the baking sheet for the last two to four minutes of cooking.
5. While the veggies are in the oven, season the chicken with the remaining salt, garlic powder, and oregano. Heat the remaining oil in a pan over medium heat. Add the chicken and cook for seven to eight minutes per side, or until cooked through. Remove and let it rest for five minutes before slicing.
6. Divide the chicken, zucchini, sweet potatoes, and cauliflower rice evenly between bowls. Drizzle the remaining lemon juice on top. Garnish with cilantro and season with more salt if needed. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 1/2 cups of veggies with chicken.

No Cilantro: Use parsley and/or green onions instead.



Snow Peas & Almonds

2 ingredients · 5 minutes · 1 serving

Ingredients

- 2 tbsps Almonds
- 1/2 cup Snow Peas (stems removed)

Amount per serving

117

Calories

5g

Protein

6g

Carbs

9g

Fat



Cucumbers & Olives

2 ingredients · 5 minutes · 1 serving

Ingredients

- 1/4 Cucumber (sliced)
- 2 tbsps Pitted Kalamata Olives

31

Calories

1g

Protein

4g

Carbs

2g

Fat

Directions

- 1. Add everything to a plate. Enjoy!

NOTES

No Almonds: Use walnuts instead.
Leftovers: Refrigerate in an airtight container for up to three days.



Chili Lime & Rosemary Roasted Nuts

8 ingredients · 35 minutes · 6 servings

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Lime (small, juiced)
- 2 tsps Chili Powder
- 1 tsp Garlic Powder
- 2 tbsps Rosemary (fresh)
- 1/2 tsp Sea Salt
- 1 1/2 cups Almonds (raw, unsalted)
- 1 1/2 cups Cashews (raw, unsalted)

Amount per serving

451

Calories

13g

Protein

20g

Carbs

38g

Fat

Directions

- 1. Preheat the oven to 325°F (165°C) and line a baking sheet with parchment paper.
- 2. In a bowl, combine the oil, lime juice, chili powder, garlic powder, rosemary, and salt.
- 3. Add the nuts to the baking sheet and pour the chili lime mix on top. Toss to combine. Spread the nuts out into an even layer.
- 4. Cook in the oven for 13 to 15 minutes, stirring occasionally to prevent burning. Remove from the oven and let the nuts cool for 10 to 15 minutes. Serve and enjoy!

NOTES

Leftovers: Store in an airtight container for up to two weeks.
Serving Size: One serving is approximately 1/2 cup.
No Olive Oil: Use avocado oil.



Apple Crumble Bites

4 ingredients · 35 minutes · 4 servings

Ingredients

- 1/2 cup Canned Coconut Milk
- 1/2 cup Ground Flax Seed
- 1 tsp Cinnamon
- 2 Apples (medium; cored and sliced into 1/2-inch wedges)

Amount per serving

172

Calories

4g

Protein

18g

Carbs

10g

Fat

Directions

- 1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2. Add the coconut milk to a bowl. Add the flax and cinnamon to a second bowl and stir to combine.
- 3. Place the apple wedges into the coconut milk, in batches if needed, and toss to evenly coat the apples. One apple wedge at a time, press each side into the flax mixture. Gently tap off the excess flax coated then transfer to the prepared baking sheet. Repeat with remaining apple wedges.
- 4. Bake for 20 to 24 minutes carefully flipping halfway through or until the apples are tender. Let the apple wedges cool slightly on the pan before serving. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days. Enjoy cold or reheat in the oven until just warmed through.
Serving Size: One serving is approximately 6 to 8 wedges, or half of an apple.
More Flavor: Add vanilla extract to the coconut milk. Add nutmeg or allspice to the flax mixture.
Apple: Gala apples were used to create this recipe.



Pomegranate Yogurt Bites

3 ingredients · 2 hours 10 minutes · 6 servings

Ingredients

- 1 cup Plain Greek Yogurt
- 1/4 tsp Vanilla Extract
- 3/4 cup Pomegranate Seeds

Amount per serving

46 Calories	4g Protein
5g Carbs	1g Fat

- Directions
1. Line a baking sheet with parchment paper.
 2. In a bowl, stir together the yogurt, vanilla and pomegranate seeds.
 3. Spoon the yogurt onto the prepared baking sheet in clusters. Transfer to the freezer until set, about two hours.
 4. When ready to enjoy, let them sit out for about five to eight minutes to soften a little. Enjoy!

NOTES

Leftovers: Keep stored in the freezer.

Serving Size: One serving is two yogurt bites.



Raspberry Banana Ice Cream

2 ingredients · 1 hour · 2 servings

Ingredients

- 2 Bananas (frozen, chopped)
- 1 cup Frozen Raspberries

Amount per serving

114 Calories	2g Protein
36g Carbs	1g Fat

- Directions
1. Add the bananas and raspberries to a food processor and blend until smooth. The mixture will be thick. Scrape down the sides as needed.
 2. You can serve it at this point for a soft-serve consistency or freeze it for 45 minutes for a firmer consistency. Enjoy!

NOTES

Leftovers: Freeze in an airtight container for up to one month.

Serving Size: One serving is one cup.

Additional Toppings: Shredded coconut.



Pumpkin Oat Energy Balls

6 ingredients · 10 minutes · 7 servings

Ingredients

- 1/3 cup Pureed Pumpkin
- 2/3 cup Cashews (raw)
- 1/4 cup Pitted Dates
- 1/2 tsp Cinnamon
- 1/3 cup Oats (rolled)
- 2 tsps Water

Amount per serving

109 Calories	3g Protein
12g Carbs	6g Fat

- Directions
1. Add all of the ingredients except for the water to a food processor. Process until you get a smooth texture with a few chunks of dates and nuts. Add the water if necessary to help the mixture stick together.
 2. Use a one inch cookie scoop or a teaspoon to scoop out the mixture and roll it into balls. Continue until all of the mixture is used.
 3. Store in the refrigerator for at least 30 minutes to set. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is two energy balls.

More Flavor: Add pumpkin spice.

Additional Toppings: Roll the energy balls in chopped pecans or shredded coconut.



SHAKES

Shake Schedule

Along with your meal plan, each day you'll enjoy one, two, or three delicious, nutrient-rich SP Detox Balance™ Shakes – just check the daily shake schedule to see how many you need according to your plan. You are free to enjoy anytime – morning, noon, or night.



10-Day Program

Number of Shakes*
Per Day



1 Canister · Program Guide

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	1	2	2	3	3	3	3
WEEK 2	2	1	1				
WEEK 3							
WEEK 4							

One of the enhanced shake recipes can replace one SP Detox Balance™ shake per day.

28-Day Program

Number of Shakes*
Per Day



3 Canisters · Program Guide · Shaker

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	1	1	1	2	2	2	2
WEEK 2	3	3	3	3	3	3	3
WEEK 3	3	3	3	3	3	3	3
WEEK 4	2	2	2	1	1	1	1

One of the enhanced shake recipes can replace one SP Detox Balance™ shake per day.

* For each shake, mix two heaping scoops of SP Detox Balance™ powder with 10 to 12 ounces of liquid.



Chai Shake

4 ingredients · 5 minutes · 1 serving

Ingredients

- 1 **1/4 cups** Plain Coconut Milk (unsweetened from the carton)
- 1 Banana (frozen)
- 1 **tbsp** Almond Butter
- 1 **serving** SP Detox Balance™ Chai

Amount per serving

462
Calories

22g
Protein

50g
Carbs

21g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Leftovers: Best enjoyed immediately.

Make it Vegan: Omit collagen powder. Use plant-based protein powder.

Additional Toppings: Top with chia seeds or hemp seeds, or add before blending.

No Coconut Milk: Use any other milk alternative.

No Almond Butter: Use any other nut or seed butter.



Mango Mint Shake

7 ingredients · 5 minutes · 1 serving

Ingredients

- 1 **1/4 cups** Plain Coconut Milk (unsweetened from the carton)
- 1/2 **cup** Frozen Mango
- 1/4 Avocado
- 1 **cup** Baby Spinach
- 2 **tbsps** Mint Leaves (stems removed)
- 1/2 Lime (juiced)
- 1 **serving** SP Complete® Vanilla

Amount per serving

364
Calories

13g
Protein

37g
Carbs

18g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Leftovers: Best enjoyed immediately.



Mango Banana Shake

5 ingredients · 5 minutes · 1 serving

Ingredients

- 1 **cup** Plain Coconut Milk (unsweetened)
- 1 **cup** Frozen Cauliflower
- 3/4 **cup** Frozen Mango
- 1/2 Banana (frozen)
- 1 **serving** SP Detox Balance™ Chai

Amount per serving

400
Calories

22g
Protein

57g
Carbs

11g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Leftovers: Best enjoyed immediately.



Peach, Blackberry & Basil Shake

5 ingredients · 5 minutes · 1 serving

Ingredients

- 1 **1/4 cups** Plain Coconut Milk (unsweetened from the carton)
- 1 **cup** Frozen Peaches
- 1/3 **cup** Blackberries (fresh or frozen)
- 1 **tbsp** Basil Leaves
- 1 **serving** SP Detox Balance™

Amount per serving

340
Calories

19g
Protein

39g
Carbs

12g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Leftovers: Best enjoyed immediately.



Berry Coconut Shake

4 ingredients · 5 minutes · 2 servings

Ingredients

- 1 **cup** Plain Coconut Milk (unsweetened)
- 1/2 **cup** Frozen Berries
- 1/4 **Avocado**
- 1 **serving** SP Detox Balance™

Amount per serving

180
Calories

9g
Protein

16g
Carbs

9g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 3/4 cup.

More Flavor: Add baby spinach, hemp seeds, and/or chia seeds before blending.



Green Shake

5 ingredients · 5 minutes · 1 serving

Ingredients

- 1 **cup** Water
- 2 **cups** Baby Spinach
- 1/2 **Avocado**
- 1/2 **Banana** (frozen)
- 1 **serving** SP Detox Balance™

Amount per serving

387
Calories

21g
Protein

35g
Carbs

20g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

No Spinach: Use kale or romaine lettuce instead.



Basic Blueberry Coconut Shake

4 ingredients · 5 minutes · 1 serving

Ingredients

- 1 cup Coconut Water
- 1 cup Frozen Blueberries
- 1/4 cup Frozen Banana
- 1 serving SP Detox Balance™

Amount per serving

333
Calories

19g
Protein

53g
Carbs

6g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/3 cups.

More Fiber: Add a combination of chia seeds, hemp seeds, and baby spinach before blending.



Creamy Chai Apple Pie Shake

6 ingredients · 5 minutes · 1 serving

Ingredients

- 1 Apple (medium, peeled and chopped)
- 1/2 Banana (frozen)
- 1 serving SP Detox Balance™ Chai
- 2 tbsps Oats (gluten free)
- 3/4 tsp Cinnamon (ground)
- 1 cup Unsweetened Almond Milk

Amount per serving

379
Calories

21g
Protein

59g
Carbs

9g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Apple Type: For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

No Almond Milk: Use any other type of dairy free milk instead.



Golden Apple Turmeric Chai Shake

6 ingredients · 5 minutes · 1 serving

Ingredients

- 1 cup Plain Coconut Milk (unsweetened)
- 1 Apple (small, cored, chopped)
- 1/2 cup Cauliflower Rice (or chopped florets)
- 1 serving SP Detox Balance™ Chai
- 1/2 tsp Turmeric
- 1 tbsp Chia Seeds (plus more for garnish if desired)

Amount per serving

410
Calories

21g
Protein

51g
Carbs

14g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for two days.

More Flavor: Add ground ginger, cinnamon, or nutmeg.

No Cauliflower Rice: Use pumpkin puree or steamed sweet potato instead.

No Coconut Milk: Use unsweetened hemp milk instead.

Options: Use SP Detox Balance™ and a chai spice blend



Cucumber, Mango & Banana Chai Shake

6 ingredients · 5 minutes · 1 serving

Ingredients

- 1 cup Water
- 1/2 cup Frozen Banana
- 1/2 cup Frozen Mango
- 1/4 Cucumber (medium, chopped)
- 1 cup Baby Spinach
- 1 serving SP Detox Balance™ Chai

Amount per serving

328
Calories

20g
Protein

53g
Carbs

6g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Add chia seeds or hemp seeds.

Options: SP Detox Balance™ and chai spice blend or a pinch of cinnamon.



Raspberry Zinger Shake

6 ingredients · 10 minutes · 1 serving

Ingredients

- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries
- 1 Lemon (juiced)
- 1 tbsp Chia Seeds
- 1 cup Plain Coconut Milk (unsweetened)
- 1 serving SP Detox Balance™

Amount per serving

419
Calories

24g
Protein

51g
Carbs

15g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.



Gut Healing Green Chai Shake

8 ingredients · 5 minutes · 2 servings

Ingredients

- 2 1/2 cups Water (cold)
- 2 cups Kale Leaves
- 1/2 Avocado (peeled and pit removed)
- 1 Banana (frozen)
- 1 tbsp Chia Seeds
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1 serving SP Detox Balance™ Chai

Amount per serving

394
Calories

20g
Protein

30g
Carbs

24g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Storage: Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

No Kale: Use spinach instead.

Options: Use SP Detox Balance™ and a pinch of cinnamon if desired



Strawberry Kiwi Tropical Shake

7 ingredients · 5 minutes · 1 serving

Ingredients

- 1 **1/4 cups** Water
- 1 **cup** Frozen Strawberries
- 1 Kiwi (peeled, chopped)
- 1/4 **cup** Pineapple (fresh or frozen)
- 1/2 Zucchini (chopped)
- 1 **tbsp** Chia Seeds
- 1 **serving** SP Detox Balance™

Amount per serving

373
Calories

22g
Protein

55g
Carbs

10g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Alternate Milk: Use unsweetened hemp milk.

No Chia Seeds: Use ground flax seeds instead.

No Zucchini: Use frozen cauliflower, spinach or kale instead.



Refreshing Green Shake

5 ingredients · 5 minutes · 2 servings

Ingredients

- 2 **cups** Water (cold)
- 1/2 Avocado
- 1 Banana (frozen)
- 2 **cups** Baby Spinach
- 1 **serving** SP Detox Balance™

Amount per serving

220
Calories

11g
Protein

24g
Carbs

10g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

No Spinach: Use kale instead.

Extra Protein: Add a few spoonfuls of hemp seeds.

Options: Try with SP Detox Balance™ Chai.



Tropical Shake

8 ingredients · 5 minutes · 2 servings

Ingredients

- 1 **cup** Papaya (chopped)
- 1 **cup** Pineapple (chopped)
- 1 Cucumber (chopped)
- 1/2 **cup** Mint Leaves
- 1 **cup** Baby Spinach
- 2 **tbsps** Chia Seeds
- 1 **cup** Water
- 1 **serving** SP Detox Balance™

Amount per serving

238
Calories

13g
Protein

36g
Carbs

7g
Fat

Directions

1. Add all ingredients to blender with 5-6 ice cubes and blend until smooth. Pour into a glass and enjoy!

NOTES

No Papaya: Use extra pineapple or other fruit like mango or oranges.



Coconut Peach Blueberry Shake

6 ingredients · 5 minutes · 1 serving

Ingredients

- 1/2 cup** Plain Coconut Milk
- 1/2 cup** Frozen Blueberries
- 1/2 cup** Frozen Peaches
- 1 tbsp** Chia Seeds
- 1/4 tsp** Cinnamon
- 1 serving** SP Detox Balance™

Amount per serving

327
Calories

20g
Protein

37g
Carbs

12g
Fat

Directions

1. Add all of the ingredients to a blender and blend until smooth. Add more liquid for a thinner consistency, if desired. Enjoy!

NOTES

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/2 cups.

No Chia Seeds: Use ground flax seeds or pumpkin seeds.



Quinoa Green Bowl

7 ingredients · 25 minutes · 1 serving

Ingredients

- 1/4 cup** Quinoa (dry)
- 1 cup** Water
- 1 cup** Kale Leaves (destemmed and chopped)
- 1/2** Banana (sliced)
- 1/2** Lime (juiced)
- 1/2** Avocado (medium)
- 1 serving** SP Detox Balance™

Amount per serving

543
Calories

26g
Protein

63g
Carbs

23g
Fat

Directions

1. Cook the quinoa according to the package instructions. Let cool.
2. While the quinoa is cooling, add the remaining ingredients to a blender and blend until smooth.
3. Add the quinoa to a bowl and pour the mixture over top. Enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to one day.

Additional Toppings: Shredded coconut, kiwi, hemp seeds, and/or chia seeds.

Make Ahead: Cook the quinoa ahead of time to save prep time when making this recipe.



Pineapple Turmeric Chai Shake

5 ingredients · 5 minutes · 2 servings

Ingredients

- 2 cups** Plain Coconut Milk (unsweetened)
- 2 cups** Pineapple (diced into chunks)
- 1 tbsp** Ginger (peeled and grated)
- 1 tsp** Turmeric (powder)
- 1 serving** SP Detox Balance™ Chai

Amount per serving

249
Calories

10g
Protein

36g
Carbs

8g
Fat

Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Storage: Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple: Use mango, peaches or banana instead.

Options: SP Detox Balance™ and chai spice blend.



Pineapple Spinach Shake

4 ingredients · 5 minutes · 1 serving

Ingredients

- 1 **cup** Pineapple (fresh or frozen)
- 1 **cup** Baby Spinach
- 1 **serving** SP Detox Balance™
- 1 **cup** Plain Coconut Milk (Unsweetened)

Amount per serving

329
Calories

19g
Protein

41g
Carbs

10g
Fat

Directions

1. Add all ingredients to a blender with 4-5 ice cubes and blend until smooth. Pour into a glass and enjoy!

NOTES

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 2 1/2 cups.

More Fiber: Add flaxseeds, chia seeds, or hemp seeds.

Ice Cubes: Four ice cubes are roughly equal to 1/2 cup.



Pumpkin Pie Chai Protein Shake

6 ingredients · 10 minutes · 2 servings

Ingredients

- 2 **cups** Plain Coconut Milk (Unsweetened)
- 1 **cup** Pureed Pumpkin
- 2 Bananas (frozen)
- 1 **tsp** Vanilla Extract
- 1 **tsp** Pumpkin Pie Spice
- 1 **serving** SP Detox Balance™ Chai

Amount per serving

315
Calories

11g
Protein

50g
Carbs

8g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

No Pumpkin Pie Spice: Use cinnamon instead.

Toppings: Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up: To serve this warm, whisk together the coconut milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.

Options: SP Detox Balance™ and chai spice blend.



Blueberry Shake

6 ingredients · 5 minutes · 2 servings

Ingredients

- 2 **cups** Frozen Blueberries
- 2 **cups** Baby Spinach
- 2 Bananas (peeled, chopped and frozen)
- 2 **tbsps** Chia Seeds
- 2 **cups** Water
- 1 **serving** SP Detox Balance™

Amount per serving

328
Calories

13g
Protein

57g
Carbs

8g
Fat

Directions

1. Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

NOTES

Storage: Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.



Green Apple Chai Shake

7 ingredients · 10 minutes · 1 serving

Ingredients

- 1 Apple (peeled, cored and chopped)
- 2 Kiwis (peeled and sliced)
- 1 **tbsp** Ground Flax Seed
- 1/2 **tsp** Cinnamon
- 1 **cup** Unsweetened Almond Milk
- 2 **cups** Baby Spinach
- 1 **serving** SP Detox Balance™ Chai

Amount per serving

420
Calories

23g
Protein

63g
Carbs

11g
Fat

Directions

1. Place apple, kiwi, ground flax, cinnamon, detox powder and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!



Raspberry & Chai Apple Flax Shake

8 ingredients · 5 minutes · 2 servings

Ingredients

- 1 1/4 **cups** Unsweetened Almond Milk
- 1 Apple (small, sweet, chopped)
- 3/4 **cup** Raspberries
- 2 **servings** SP Detox Balance™ Chai
- 2 **tbsps** Almonds
- 2 **tbsps** Hemp Seeds
- 2 **tsp**s Ground Flax Seed
- 1/2 **tsp** Cinnamon

Amount per serving

370
Calories

24g
Protein

34g
Carbs

17g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!



Beet Mango Shake

10 ingredients · 20 minutes · 2 servings

Ingredients

- 1 Beet (large, diced)
- 1 **cup** Frozen Mango
- 1 **cup** Frozen Berries
- 1 Carrot (small, peeled, chopped)
- 1 1/2 **tsp**s Ginger (fresh, grated)
- 1 **cup** Baby Spinach
- 1 Lime (juiced)
- 2 **tbsps** Mint Leaves
- 1 **cup** Water (or more as needed)
- 1 **serving** SP Detox Balance™

Amount per serving

211
Calories

11g
Protein

38g
Carbs

3g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/2 cups.

Options: No SP Detox Balance™ Chai? Use SP Detox Balance™ and some chai spice blend.

NOTES

Leftovers: Best enjoyed fresh. To save time, steam the beets ahead of time and refrigerate for up to four days.

Serving Size: One serving is approximately 1 1/4 cups.



Orange, Carrot & Turmeric Shake

6 ingredients · 5 minutes · 1 serving

Ingredients

- 1 Navel Orange (small, peeled)
- 1 Carrot (small, peeled, chopped)
- 1/2 cup Plain Greek Yogurt
- 1 tsp Ground Flax Seed
- 1/4 tsp Turmeric
- 2/3 serving SP Detox Balance™

Amount per serving

305
Calories

25g
Protein

38g
Carbs

7g
Fat

Directions

1. Add all of the ingredients to a blender and blend until smooth. Add a splash of almond milk or water if needed. Enjoy!

NOTES

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/4 cups.



Berry Protein Shake

5 ingredients · 5 minutes · 1 serving

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1/4 serving SP Detox Balance™
- 2 tbsps Hemp Seeds
- 1/2 cup Blueberries (fresh or frozen)
- 1/2 cup Raspberries (fresh or frozen)

Amount per serving

268
Calories

13g
Protein

24g
Carbs

15g
Fat

Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Leftovers: Best enjoyed immediately. Refrigerate in a sealed mason jar for up to 24 hours. Shake well before drinking.

Serving Size: One serving is equal to approximately two cups.

Milk Options: Use coconut milk or hemp milk instead.

More Fiber: Add in some chopped leafy greens like spinach or kale.



Banana Spinach Shake

5 ingredients · 5 minutes · 1 serving

Ingredients

- 1 Banana (frozen)
- 1 cup Baby Spinach
- 1/2 cup Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk
- 1 serving SP Detox Balance™

Amount per serving

391
Calories

31g
Protein

46g
Carbs

11g
Fat

Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately two cups.

No Almond Milk: Use other milk alternative.



Carrot & Pineapple Shake

4 ingredients · 5 minutes · 1 serving

Ingredients

- 1 Carrot (medium, chopped)
- 1 cup Frozen Pineapple
- 1 cup Plain Coconut Milk (unsweetened)
- 1 serving SP Detox Balance™

Amount per serving

347
Calories

18g
Protein

46g
Carbs

10g
Fat

Directions

1. Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately 1 1/2 cups.

Options: Use SP Detox Balance™ Chai.

More Flavor: Add ginger.

