

SP COMPLETE SUPPLEMENT SHAKE RECIPES

The SP Complete shake is a great way for people to compliment their diets with a well-balanced, nutritious supplement. The shake is quick to make and you can make enough to save some in the refrigerator for later in the day. The SP Complete shake is a fundamental component of the Liver Purification Program. Acquiring a selection of recipes that you enjoy will make the transition into the liver purification process that much easier.

Most patients prefer very cold shakes. This can be done by using frozen/semi-frozen fruit and/or ice and water. The more ice, the slushier they become. The more water, the more of a drink/shake they become. Using Stevia as a sugar or honey replacement is a great way of sweetening the shake without affecting your glycemic index. What matters is that you enjoy them enough to consistently have them and the shakes make for a wonderful meal replacement and/or snack. Use your imagination...the receipt varieties are endless. Enjoy!

Strawberry Shake

2 rounded Tbsp. of SP Complete

8 oz. cold water

1-1 ½ cups of strawberries (semi-frozen)

Several drops or a pinch of Stevia to enhance/sweeten flavor

1 Tbsp. flaxseed oil or Complete Hi-Potency Omega 3 oil (if requested by doctor)

Strawberry & Banana Shake

2 rounded Tbsp. of SP Complete

8 oz. cold water

1 cup strawberries (semi-frozen)

½ - 1 banana

Several drops or a pinch of Stevia to enhance/sweeten flavor

1 Tbsp. flaxseed oil or Complete Hi-Potency Omega 3 oil (if requested by doctor)

Cherry Vanilla Shake

2 rounded Tbsp. of SP Complete

8 oz. cold water

1- 1 ½ cups sweet dark cherries (semi-frozen)

1 tsp. pure vanilla

Several drops or a pinch of Stevia to enhance/sweeten flavor

1 Tbsp. flaxseed oil or Complete Hi-Potency Omega 3 oil (if requested by doctor)

Fruit Smoothie

2 rounded Tbsp. of SP Complete

8 oz. cold water

1-1 ½ cups of fruit smoothie fruit (semi-frozen) (Pineapple, Mango, Strawberries)

Several drops or a pinch of Stevia to enhance/sweeten flavor

1 Tbsp. flaxseed oil or Complete Hi-Potency Omega 3 oil (if requested by doctor)

Cherry Banana Shake

2 rounded Tbsp. of SP Complete

½ cup cold water

1 cup ice

1 cup dark sweet cherries

1 banana

Several drops or a pinch of Stevia to enhance/sweeten flavor

1 Tbsp. flaxseed oil or Complete Hi-Potency Omega 3 oil (if requested by doctor)

Tropical Shake

2 rounded Tbsp. of SP Complete

½ cup cold water

1 cup ice

1 cup of peaches, pineapple, and mango mixed

1 banana

Several drops or a pinch of Stevia to enhance/sweeten flavor

1 Tbsp. flaxseed oil or Complete Hi-Potency Omega 3 oil (if requested by doctor)

Blueberry Banana Shake

2 rounded Tbsp. of SP Complete

½ cup cold water

1 cup ice

1 cup frozen blueberries

½ - 1 banana

Several drops or a pinch of Stevia to enhance/sweeten flavor

1 Tbsp. flaxseed oil or Complete Hi-Potency Omega 3 oil (if requested by doctor)

Monster Fruit Shake

2 rounded Tbsp. of SP Complete

½ cup cold water (possibly a bit more)

1 cup ice

1 ½ cups strawberries, peaches, pineapple, mango, blueberries (couple of raspberries)

½ - 1 banana

Several drops or a pinch of Stevia to enhance/sweeten flavor

1 Tbsp. flaxseed oil or Complete Hi-Potency Omega 3 oil (if requested by doctor)

Raspberry Banana Shake

2 rounded Tbsp. of SP Complete

½ cup cold water

1 cup ice

½ cup red or black raspberries

½ - 1 banana

Several drops or a pinch of Stevia to enhance/sweeten flavor

1 Tbsp. flaxseed oil or Complete Hi-Potency Omega 3 oil (if requested by doctor)

Fruit Shake

2 rounded Tbsp. of SP Complete

$\frac{3}{4}$ cup cold water

1 $\frac{1}{2}$ cups frozen strawberries, pineapple, mango, and blueberries

Several drops or a pinch of Stevia to enhance/sweeten flavor

1 Tbsp. flaxseed oil or Complete Hi-Potency Omega 3 oil (if requested by doctor)

Strawberry Banana Shake

2 rounded Tbsp. of SP Complete

$\frac{3}{4}$ cup cold water

1 cup frozen strawberries

$\frac{1}{2}$ - 1 banana

Several drops or a pinch of Stevia to enhance/sweeten flavor

1 Tbsp. flaxseed oil or Complete Hi-Potency Omega 3 oil (if requested by doctor)

Store prepared shakes in the refrigerator until consumed.