



SP COMPLETE[®] SHAKES

RECIPES

Shakes



Shake up your taste buds with these delicious SP Complete[®] recipes. Note: When using recipes for **Full Body Detoxification Program**, instead of the recipe amount of SP Complete[®] (Dairy Free) and EFA Oil, adjust dosages as follows:

- **30-Day Program (2 SP Complete 32 oz. canisters)** = 4 Tablespoons Daily (2 shakes daily with 2 Tablespoons per shake.)
- **21-Day Program (1 SP Complete 32 oz. canister)** = 3 Tablespoons Daily (2 shakes daily with 1.5 Tablespoons per shake.)
- **EFA Oil (2 - 8 oz. bottles)** = 3 Teaspoons daily (2 shakes daily with 1.5 teaspoons)

Original Recipe

- 8 oz. water (increase for desired consistency)
- 1 Tbs. high-quality oil (e.g. EFA Oil Liquid)
- 1-1 ½ cups of your favorite fresh or frozen fruit or vegetables* (optional)
- 2 rounded Tbs. (scoops) of SP Complete

Strawberry Twist

- 1 cup strawberries
- 1 cup freshly juiced carrots*
- 1 Tbs. EFA Oil Liquid
- 2 rounded Tbs. of SP Complete
- Ice cubes or cold water

Triple Delight

- ½ cup fresh pineapple chunks
- ½ banana
- ½ cup frozen peaches
- 2 rounded Tbs. of SP Complete
- Ice cubes or cold water

Carrot Shake

- 1 cup freshly juiced carrots
- 1 tsp. roasted sesame oil
- 2 rounded Tbs. of SP Complete
- Ice cubes or cold water

Raw Soup Shake (High Enzyme)

- 1 cup pineapple (can adjust for taste)
- 1 apple (cored and peeled)
- 2 Tbs. of your favorite oil
- 1 cucumber (peeled)
- 1 head of parsley chopped
- 1 lemon (juiced)
- 2 rounded Tbs. of SP Complete
- 2 cups cold water

Dr. Agocs Special

- 1 banana or ¾ cup strawberries (or both)
- 40-50 grams freshly ground flaxseeds (1.5 Tbs. pre-ground)
- 2 rounded Tbs. of SP Complete
- 1 cup water

The No-Milk Shake

Makes 2 servings.

- ½ or 1 sliced ripe banana
- 1 cup frozen peaches (or other frozen fruit)
- 2 Tbs. EFA Oil Liquid
- 2 Tbs. cod liver oil (Blue Ice)
- 4 rounded Tbs. of SP Complete
- 2 cups cold water



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Citrus Berry Splash

- ½ cup blackberries
- ¼ cup blueberries
- ½ cup strawberries
- ½ banana (optional)
- The juice from 2 freshly squeezed oranges
- 2 rounded Tbs. of SP Complete
- Ice cubes or cold water

Banana Berry Blast

- ½ cup blueberries
- ½ cup strawberries
- ½ banana
- 2 rounded Tbs. of SP Complete
- Ice cubes or cold water

Flecks o' Flax

- 1 small or ½ large banana
- A handful of sweet grapes
- ½ ripe pear or apple (cored & peeled)
- 1 cup water
- 2 heaping Tbs. of organic milled flaxseed (not oil)
- Add 2 rounded Tbs. of SP Complete and pulse blender 4-5 times for a smooth consistency

Triple Berry Banana Bliss

- ½ cup sliced ripe banana
- 1 cup organic berries (mixture of blueberries, raspberries, & huckleberries)
- ½ Tbs. EFA Oil Liquid
- 2 rounded Tbs. of SP Complete
- Ice cubes or cold water

Dr. Malmed's Frozen Fruit Blend

Makes 2 servings (Adjust SP Complete for Detox Dosage)

- ½ sliced ripe banana
- 1 whole ripe nectarine, cut up
- 2-3 frozen strawberries
- Several slices of frozen peaches

- Small handful of frozen blueberries
- 4 rounded Tbs. of SP Complete (Adjust for Detox)
- 1 Tbs. EFA Oil Liquid

Directions for all shakes

Thoroughly blend all ingredients together, adding ice cubes or cold water until the shake reaches desired consistency. Though freshly made is always best. You may occasionally make a large enough batch to last you through the day when pressed for time. However, make sure to keep it refrigerated in glass container with tight lid, and remix it as needed before pouring.

Tips for your shake:

- May Use frozen 100% fruit or vegetables and eliminate water/ice for a frosty, thick smoothie.
- Mangos or peaches give your shake a nice zing
- Slice extra ripe bananas and freeze for easy use
- Increasing fruit will increase the sweetness, but will also increase the calories and may interfere with weight management.
- Do not mix fruits and vegetables in the same shake, snack or meal. Exception: Pineapple, Papaya and apples are the only fruits that can be blended or eaten with vegetables because they are high enzymes fruits.
- *If vegetables are used, there is no restriction regarding the quantity. When blending vegetables, it is recommended to use a high-performance commercial drink blender.

Certain individuals may require additional protein during the program. Please consult with Dr. Smith about adding one or more scoops of **Whey Pro Complete** to any SP Complete shake.

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Disclaimer: Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease.