

# Supplement Checklist for Days 1-7

Remember: Always follow the advice and directions of your Physician.

Please note that the below checklist contains the **maximum** number of shakes and only the core products.

## Morning

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete
  - 1 tablespoon (1 scoop) Whole Food Fiber
- 7 SP Cleanse capsules

## Late Morning

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete

## Afternoon

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete
  - 1 tablespoon (1 scoop) Whole Food Fiber
- 7 SP Cleanse capsules

## Late Afternoon

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete

## Evening

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete
  - 1 tablespoon (1 scoop) Whole Food Fiber
- 7 SP Cleanse capsules

# Supplement Checklist for Days 8-21

Remember: Always follow the advice and directions of your Physician.

Please note that the below checklist contains the **maximum** number of shakes and only the core products.

## Morning

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete
  - 1 tablespoon (1 scoop) Whole Food Fiber
- 5 SP Green Food capsules

## Late Morning

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete

## Afternoon

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete
  - 1 tablespoon (1 scoop) Whole Food Fiber

## Late Afternoon

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete

## Evening

- SP Complete Shake
  - 2 tablespoons (2 scoops) SP Complete
  - 1 tablespoon (1 scoop) Whole Food Fiber
- 5 SP Green Food capsules