

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 all suggested supplements. Suggested supplements have been indicated in *orange italics* and with a '*'.

Morning

- SP Complete Shake
 - 2 tablespoons (2 scoops) SP Complete
 - 1 tablespoon (1 scoop) Whole Food Fiber
 - *2 tablespoons (2 scoops) Whey Pro Complete **
- 7 SP Cleanse capsules
 - 1 Gymnema tablet **
 - 2 Tuna Omega-3 Oil perles **

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
 - 1 Gymnema tablet **

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
 - *2 tablespoons (2 scoops) Whey Pro Complete **
- 7 SP Cleanse capsules
 - 1 Gymnema tablet **
 - 2 Tuna Omega-3 Oil perles **

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 all suggested supplements. Suggested supplements have been indicated in *orange italics* and with a '*'.

Morning

- SP Complete Shake
 - 2 tablespoons (2 scoops) SP Complete
 - 1 tablespoon (1 scoop) Whole Food Fiber
 - *2 tablespoons (2 scoops) Whey Pro Complete **
- 5 SP Green Food capsules
 - 1 Gymnema tablet **
 - 2 Tuna Omega-3 Oil perles **

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
- 1 Gymnema tablet **

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
 - *2 tablespoons (2 scoops) Whey Pro Complete **
- 5 SP Green Food capsules
 - 1 Gymnema tablet **
 - 2 Tuna Omega-3 Oil perles **