

# Shakes

SP Complete Dairy Free can be substituted for SP Complete in any of these recipes.

## Original Recipe

- 8 oz. water (increase for desired consistency)
- 1 tablespoon high-quality oil (e.g., flax oil)
- 1-1½ cups of your favorite fresh or frozen fruit or vegetables\* (optional)
- 2 rounded tablespoons (scoops) SP Complete

## Strawberry Twist

- 1 cup strawberries
- 1 cup freshly juiced carrots\*
- 1 tablespoon flax oil
- 2 rounded tablespoons SP Complete
- Ice cubes or cold water

## Triple Delight

- 1/2 cup fresh pineapple chunks
- 1/2 banana
- 1/2 cup frozen peaches
- 2 rounded tablespoons SP Complete
- Ice cubes or cold water

## Carrot Shake

- 1 cup freshly juiced carrots
- 1 teaspoon roasted-sesame oil
- 2 rounded tablespoons SP Complete
- Ice cubes or cold water

## Raw Soup

- 1 pear (cored and peeled)
- 1 apple (cored and peeled)
- 2 tablespoons of your favorite oil
- 1 cucumber (peeled)
- 1 head of parsley chopped
- 1 lemon (juiced)
- 2 rounded tablespoons SP Complete
- 2 cups cold water

## Dr. Agocs Special

- 1 banana or 3/4 cup strawberries (or both)

- 40-50 grams freshly ground flaxseeds (1½ tablespoons pre-ground)
- 2 rounded tablespoons SP Complete
- 1 cup water

## **The No-Milk Shake**

Makes 2 servings

- 1/2 or 1 sliced ripe banana
- 1 cup frozen peaches (or other frozen fruit)
- 2 tablespoons high-lignan flax oil
- 2 tablespoons cod liver oil
- 4 rounded tablespoons SP Complete
- 2 cups cold water

## **Citrus Berry Splash**

- 1/2 cup blackberries
- 1/2 cup strawberries
- 1/2 banana (optional)
- 1/4 cup blueberries
- Juice of 2 freshly squeezed oranges
- 2 rounded tablespoons SP Complete
- Ice cubes or cold water

## **Banana Berry Blast**

- 1/2 cup blueberries
- 1/2 cup strawberries
- 1/2 banana
- 2 rounded tablespoons SP Complete
- Ice cubes or cold water

## **Flecks o' Flax**

- 1 small or 1/2 large banana
- Handful of sweet grapes
- 1/2 ripe pear or apple (cored and peeled)
- 1 cup water
- 2 heaping tablespoons organic milled flaxseed (not oil)
- 2 rounded tablespoons SP Complete

## **Triple Berry Banana Bliss**

- 1/2 cup sliced ripe banana
- 1 cup organic mixed berries (such as blueberries, raspberries, and huckleberries)
- 1/2 tablespoon flaxseed oil
- 2 rounded tablespoons SP Complete
- Ice cubes or cold water

## **Dr. Malmed's Frozen Fruit Blend**

Makes 2 servings

- 1/2 sliced banana
- 1 whole ripe nectarine, cut up
- 2-3 frozen strawberries
- Several slices of frozen peaches
- Small handful of frozen blueberries
- 4 rounded tablespoons SP Complete
- 1 tablespoon flaxseed oil

### **Directions for All Shakes**

Thoroughly blend all ingredients together, adding ice cubes or cold water until the shake reaches desired consistency. You may make a large enough batch to last you through the day, but make sure to keep it refrigerated and remix as needed before pouring.

#### **Tips for your shake:**

- Use frozen fruit 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.

\*If vegetables are used, there is no restriction regarding the quantity. When blending vegetables, it is recommended that a high-performance commercial drink blender be used.

Certain individuals may require additional protein during the program. Please consult with your health care professional about adding Whey Pro Complete to any SP Complete shake.

## **Salads and Salad Accents**

### **Beet and Orange Salad With Citrus Vinaigrette**

- 1 tablespoon fresh lemon juice
- 2 teaspoons balsamic vinegar
- 1/2 teaspoon Celtic Sea Salt®
- Freshly ground black pepper
- 1 tablespoon extra-virgin olive oil
- 4 medium beets, stems trimmed to 1 inch
- 1 large navel orange
- 8 large Boston lettuce leaves
- 1-2 tablespoons diced red onion
- 1/4 cup fresh orange juice

Arrange beets in one layer in steamer. Cover tightly and set pot over high heat. When water boils, reduce heat and simmer beets 45 minutes. Transfer beets to plate and let cool just enough to handle. Cut tops and root tip off beets. With your fingers, pull and slide off beet skin. Cut each beet crosswise into 6 slices.

Grate 2 teaspoons zest from orange and set aside. Cut off top and bottom of orange. Setting orange on one of its cut sides on your work surface, slice off peel in strips, letting knife follow the curve of the fruit. Cut orange crosswise into 8 slices.

**To assemble:** Line 4 salad plates with lettuce. On each plate, arrange 6 beet slices and 2 orange slices on top of lettuce. Sprinkle each with a quarter of the onions.

**For dressing:** In a small bowl, whisk together orange and lemon juices, vinegar, salt, and pepper until salt dissolves. Whisk in oil and add zest. Spoon dressing over the salad. Serve immediately.

## **Post-Purification Green Bean Salad**

- 2¼ cups green beans, cut in 2-inch pieces
- 2½ teaspoons fresh lemon juice
- 1/2 teaspoon fresh mint, minced
- 2 teaspoons olive oil
- 1/2 teaspoon dried dill
- 1 cup of celery, sliced diagonally in 1/4-inch pieces
- Celtic Sea Salt
- Freshly ground pepper
- 2 teaspoons fresh parsley, chopped
- 1 tomato, cut in wedges

Steam green beans until crisp-tender. Run them under cold water to stop the cooking process; set aside. Combine lemon juice and mint; reserve. In a large skillet heat olive oil and stir-cook dill for 20 seconds. Add green beans, celery, salt, and pepper to taste; saute for 2 minutes. Transfer vegetables to a bowl, and stir in the lemon/mint mixture and parsley. Refrigerate. Before serving, garnish with tomato wedges.

## **Salad Accents**

### **Fruit Toppers**

Top your salad with pureed fresh or frozen raspberries, freshly squeezed lemon, or other fruit to add zing to your greens.

### **Garlic Flax Oil Dressing**

- 2 cloves organic garlic
- 1/8 teaspoon Celtic Sea Salt
- Juice from half of a freshly squeezed lemon
- 1/3 cup flax oil

Mash garlic cloves with salt. Squeeze lemon juice into the mixture. Taste. If needed, add more salt, garlic, or juice. Mix in flax oil.

### **Apple-Cider Vinaigrette**

- 3 tablespoons organic apple-cider vinegar
- 1/2 cup extra-virgin olive oil
- 1 teaspoon oregano

- 1/4 teaspoon Celtic Sea Salt
- 1/8 teaspoon freshly ground pepper

Mix all ingredients together and refrigerate in a sealed container. Let dressing sit at room temperature for a few minutes before using.

### **Vinaigrette Dressing**

- 2/3 cup olive or flax oil
- 1/4 cup balsamic vinegar or lemon juice
- 1/4 cup water
- 1 tablespoon Dijon mustard
- 1 clove garlic, minced
- Herbs to taste

Mix together and add herbs to taste.

## **Meals**

### **Entrees**

#### **Herb Salmon**

- 4 salmon fillets, about 6 oz. each
- 4 tablespoons fresh lemon juice (divided)
- Celtic Sea Salt and ground pepper
- 1/2 cup Dijon mustard
- 1 teaspoon olive oil
- 3 tablespoons chopped fresh dill
- 3 tablespoons chopped fresh basil

Heat broiler with rack 4 inches from the heat. Rinse salmon and pat dry with paper towels. Place salmon on a broiler pan and drizzle 2 tablespoons of lemon juice over the top. Season with salt and pepper. Broil until salmon is just cooked but still moist, 8 to 9 minutes. Remove the salmon's skin. In a medium bowl, stir together the mustard, remaining 2 tablespoons lemon juice, oil, dill, and basil. Spoon the sauce over the salmon and serve immediately.

#### **Fresh Spring Rolls**

- 2 leaves romaine lettuce, stems removed and cut in half lengthwise  
or (post-purification only) 4 raw spring roll wraps
- 12 whole basil leaves
- 12 whole spearmint leaves
- 40 bean sprouts
- 1/2 avocado or meat of 1 young Thai coconut cut into thin strips (divided into 4)
- 1/2 lb. sunflower greens

Place the romaine halves (or spring rolls) on a cutting board. Close one end of each leaf. Place 4 basil leaves, 4 spearmint leaves, 10 bean sprouts, and 1/4 of the reserved avocado (or coconut) on the lettuce (or wraps). Roll up the ingredients, and place a toothpick through the middle of each roll to hold it together.

### **Primavera Vegetables**

- 2 medium zucchini, sliced
- 2 stalks celery, diagonally sliced
- 1 red pepper, seeded and cut into strips
- 1 yellow pepper, seeded and cut into strips
- 1/2 green pepper, seeded and cut into thin strips
- 1½ cup broccoli florets, fresh or frozen
- 2 tablespoons olive oil
- 3-4 garlic cloves, sliced
- 3/4 cup fresh or 3 tablespoons dried basil leaves
- 1 cup flat-leaf Italian parsley, slightly chopped
- 1 (15 oz.) can fire-roasted or regular crushed or diced tomatoes
- Celtic Sea Salt and pepper to taste
- Parmesan cheese (post-purification only if recommended by your health care professional, sprinkle sparingly)

Prepare all the vegetables. Heat pan or wok over high heat. Add olive oil and sliced garlic. Stir fry 1 to 2 minutes. Add zucchini, celery, and broccoli while constantly stirring just until vegetables soften, approximately 6-7 minutes. Add the peppers, basil, parsley, salt, pepper, and entire can of tomatoes. Cover and reduce heat to medium high for 2-3 minutes.

Remove from heat and sprinkle with parmesan cheese (post-purification only). Serve as a side dish or use to top fish, chicken, or cooked and shredded spaghetti squash.

### **Post-Purification Garlic Shrimp**

- 12 garlic cloves, cracked away from skins
- 2 tablespoons extra-virgin olive oil (spread around pan)
- 2 tablespoons butter, cut into small pieces
- 3/4 teaspoon crushed red pepper flakes
- 1½ pounds jumbo shrimp, peeled and deveined
- 1 teaspoon Celtic Sea Salt
- Black pepper

In food processor, finely chop the garlic. Add oil and butter then garlic and crushed pepper to a heated skillet over medium heat. Season shrimp with sea salt and toss to coat. Add shrimp to the pan and cook, stirring frequently. Shrimp should turn pink and curl when cooked through. Add pepper to taste and serve immediately.

### **Chicken Cacciatore**

- 1/2 cup plus 2 tablespoons extra virgin olive oil
- 2 garlic cloves, pressed
- 2 tablespoons balsamic vinegar
- 1½ tablespoons Worcestershire sauce
- 1 teaspoon crushed red pepper flakes

- 3 teaspoons fresh rosemary, 5 sprigs stripped and leaves chopped
- 4 large portobello mushroom caps
- 1½ pounds (4) boneless, skinless chicken breasts
- Coarse black pepper
- Celtic Sea Salt
- 2 thinly sliced and seeded Italian light green peppers (cubanelle)
- 1 medium red onion, thinly sliced
- 28-oz. can fire-roasted diced or crushed tomatoes (lightly drained)
- Handful flat-leaf (Italian) parsley, chopped

Heat a grill pan or outdoor grill to high heat. You can also use a heavy-bottomed pan on the stove for both chicken and mushrooms. In a large bowl, combine balsamic vinegar, Worcestershire sauce, crushed red pepper flakes, and rosemary, then whisk in about 1/2 cup olive oil. Run the mushrooms through the marinade and transfer to a plate to reserve. Add chicken to remaining marinade and coat evenly. Let sit for 2-3 minutes. Season 1 side of the chicken with salt and pepper. Season the caps of the mushrooms with pepper only until done grilling, then add salt. Place both mushrooms and chicken with the seasoned side down. Place a heavy skillet on the mushroom caps to cook them, approximately 3-4 minutes per side until dark, tender, and well marked.

While chicken and mushrooms cook, add 1 tablespoon olive oil to a hot skillet. Add garlic, peppers, and onions to skillet, and season with salt and pepper. Cook and toss frequently for approximately 7-8 minutes. Add tomatoes and parsley and heat through, approximately 1 minute. Remove from heat.

Thinly slice mushrooms and chicken and arrange on platter. Cover with the sauce mixture and serve.

## **Soups**

### **Creamy Red Pepper Soup**

- 1 red pepper
- 1 cup warm water
- 1/2 large avocado
- 5 baby carrots
- 1/4 cup hemp seeds
- 1 teaspoon onion, chopped
- 1/2 teaspoon garlic, chopped
- 1 teaspoon raw honey
- 1/2 teaspoon jalapeno pepper
- 1/2 teaspoon Celtic Sea Salt

Stir all ingredients while heating for about 5-10 minutes until thick, smooth, and slightly warm.

### **Vegetable Soup**

- 1 cucumber
- Water of 1 young coconut
- 1/2 bell pepper
- 1/2 avocado
- 2 celery ribs
- 3 green onions
- 2 large chard leaves (or 4 small)

- 1 tomato (for garnish)
- Juice from 1 lime
- Small combination of herbs (such as cilantro, mint, and rosemary)
- Small portion of dulse seaweed (optional)

In a blender combine the coconut water, 1/2 cucumber, avocado, celery, chard leaves, 1 green onion, lime juice, cayenne pepper, and seaweed. Blend on high. Next add the bell pepper, the rest of the cucumber, the 2 remaining green onions, and the herbs. Pulse until herbs are chopped up. Garnish the soup with avocado, tomato, green onion, fresh herbs, and bell pepper.

## **Lentil Soup**

- 1 onion, chopped
- 1/4 cup olive oil
- 2 carrots, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon dried basil
- 1 (14.5 ounces) can crushed tomatoes
- 2 cups dry lentils
- 8 cups water
- 1/2 cup spinach, rinsed and thinly sliced
- 2 tablespoons vinegar
- Celtic Sea Salt and ground black pepper to taste

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat and simmer for at least 1 hour. When ready to serve, stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with sea salt, pepper, and more vinegar if desired.

## **Dips and Snacks**

### **Asparagus Fries**

- Asparagus, however much you like
- 1 tablespoon olive oil per pound of asparagus
- Celtic Sea Salt

Cut off woody end of asparagus. Line a pan with foil and preheat broiler. Lay out the asparagus in a single layer on the lined pan and sprinkle with olive oil first, then sea salt. Broil for 7-9 minutes, very close to the broiler coil, then turn the asparagus over and broil for another 3-5 minutes (time depends on thickness of the stalks).

### **Salsa Fresca**

- 2 cups ripe tomatoes, chopped
- 1 cup Vidalia onions, chopped
- 1 cup green bell pepper, chopped

- 2 tablespoons fresh lime juice
- 1 jalapeno, finely diced
- 1 teaspoon Celtic Sea Salt
- Chopped fresh cilantro for garnish

Combine the tomatoes, onion, pepper, lime juice, jalapeno, and sea salt in a big bowl and stir to combine. Leave out at room temperature for 1 hour or place in the refrigerator for about 8 hours. Bring up to room temperature before eating. Spoon off any excess liquid. Gently mix in the cilantro and sea salt to taste.

### **Heirloom Cherry Tomato Salsa**

- 6 cups heirloom cherry tomatoes, sliced into halves
- 1½ cups finely diced celery (save the celery hearts for garnish)
- 1 small bunch parsley (about 2 cups) leaves only, roughly chopped, plus additional sprigs for garnish
- 3 jalapenos, seeded and finely minced
- 4 to 5 scallions (the white part and 1 inch of green, sliced very thin)
- 1 tablespoons red-wine vinegar
- 1 tablespoons extra-virgin olive oil
- 1 teaspoon Celtic Sea Salt

Place all the ingredients in a bowl and toss until evenly mixed.

### **Kale Chips**

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon Celtic Sea Salt
- 1 teaspoon cayenne pepper

Preheat oven to 350°. Line a noninsulated cookie sheet with parchment paper. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite-size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with sea salt. Bake until the edges brown but are not burnt, 10 to 15 minutes.

This Purification Program was designed so you are able to taste food in its natural state. If you choose to incorporate seasonings, use only fresh, organic herbs and spices.