

BODYBOOST 3-DAY SPRING CLEANSE

THE BASICS

FOODS TO CONSUME:

Teas (green tea, herbal detox tea)
Water, 70 oz daily
Green Smoothies
Vegetables, seasonal & organic
Seeds (chia, pumpkin, etc)
Nuts (raw, soaked/fermented advised)
Alternative milks (Oat or coconut)
Fruit: Seasonal in moderation (smoothies)
Soups, broths

FOODS TO AVOID:

Sugar: natural & artificial
Dairy
All grains
Legumes (beans, soy, peanut)
Coffee in excess
Non-organic produce
Alcohol any type
Meats

STARTING THE BODYBOOST CLEANSE

Prior to the start of the actual cleanse, tapering certain foods with a day or two between each item is advised. An adequate tapering is recommended in order to avoid detox-like symptoms (fever, headache, nausea) and to limit strong cravings that may be associated with an abrupt discontinuation of carbohydrate and sugar.

FOOD TAPERING BEFORE THE CLEANSE

Allow one to two days between tapering different food groups.



CLEANSE SUPPLEMENTS

During Cleanse and for one week total:

Liv-Clear Complex: 3 caps daily with larger meals for 1 week.

Cleanse powder of choice (Mediclear Plus, or OptiCleanse GHI): 2 scoops or one pouch daily.

Chia seeds or ground flax seed (smoothies) - as additional source of fiber.

Seasonal Booster: Start with cleanse and continue for one month:

Resveracel: 2 caps daily in AM before food. Mitochondrial, histamine & antioxidant support

Optional Ongoing Daily Maintenance After Cleanse:

Daily Defense Probiotic: 1 capsule daily

Omega Supreme: 2 capsules

Energy B-complex: 1-2 caps daily

SUPPLEMENT INFORMATION

Cleanse Powder Options: Chose 1 of the following:

Mediclear Plus: Pea protein and medical cleanse powder, unflavored and no alternative sweeteners. Contains many anti-inflammatory phytonutrients to aid in detoxification and cleanse. There are no added flavors or sweeteners in MediClear Plus.

OptiCleanse GHI: Chocolate or vanilla flavored protein and cleanse powder with monkfruit sweetener. A good choice for those who would like to make a simple detoxifying drink and won't be able to make green smoothies.

Warrior Blend can be considered as a plant based protein for the cleanse, yet it lacks the cleanse nutritive agents that the other two powders contain.

Liv-Clear Complex: 3 caps daily with larger meals for 1 week. Contains additional liver-loving herbs (milk thistle, artichoke) and ox bile to optimize bile flow. Not suitable for vegans.

Chia seeds or ground flax seed - as additional source of fiber. Fiber is necessary to augment the cleanse process and aid in elimination.

Spring Seasonal Booster: Start with cleanse and continue for one month:

Resveracel: 2 caps daily in AM before food. Selected for the spring cleanse when some may experience seasonal allergies and provides mitochondrial and anti-oxidant support.

Ongoing Daily Maintenance After Cleanse:

Daily Defense Probiotic: 1 capsule daily for gut, mood and immune health.

Omega Supreme: 2 capsules daily for anti-inflammatory, cardiovascular, nervous system support

Energy B-complex: 1-2 caps daily for nervous system and energy support.

A TYPICAL DAY ON THE BODY BOOST 3 DAY CLEANSE

<p>Morning & Breakfast:</p>	<p>Warm water with lemon upon waking Supplements: 2 Resveracel on empty stomach Green smoothie with cleanse powder Cleanse powder of choice: 2 scoops OR 1 packet Tea: Morning blend or green tea</p>
<p>Snack (optional):</p>	<p>Choose from the following: Warm water with lemon Green tea Broth</p>
<p>Lunch:</p>	<p>Soup, broth and/or steamed veggies Green smoothie</p>
<p>Dinner:</p>	<p>Soup, broth and/or steamed veggies Green smoothie Supplements: Liv-Clear Complex (3)</p>
<p>Bed Time Routine:</p>	<p>Nighttime tea: Relaxation or Detox blends (1-2 cups)</p> <p>Epsom salt bath: To aid gentle detoxification and warming the body to encourage restorative (deep) sleep.</p> <p>Sleep hygiene: sleep in a dark room, no devices 1 hour before bed, go to bed around the same time each night.</p>
<p>Additional Considerations:</p>	<p>Daily water intake: 40-60 ounces minimum while on the cleanse.</p> <p>Intermittent fasting: 11-13 hours per night for overall health & vitality.</p> <p>Exercise: Mild exercise is crucial to encourage movement & circulation of fluids and aids elimination of toxins. Walk, yoga, swim, hikes, light jogging and other light-intensity activities.</p>

SEASONAL PRODUCE: SPRING CLEANSE

ORGANIC, SEASONAL PRODUCE, LOCAL SOURCES IF POSSIBLE

Focus on seasonal produce for nutrient density and to support your local economy. Many of the spring vegetables contain many liver-loving and cleansing properties that nourish the body, are important to incorporate following a winter of indulgence, storage and hibernation. Spring provides the perfect opportunity to support metabolism and detoxification of fat and other storage products.

SEASONAL VEGETABLES:

artichoke	arugula	asparagus	beets/beet greens
bok choy	broccoli	broccoli rabe	Brussels sprout
cabbage	carrot	cauliflower	celery
chard	collard greens	dandelion greens	endive
fennel	garlic	kale	leek
lettuce	mushroom	mustard greens	nettle
onion	parsnip	pea shoot	radish
rutabaga	scallion	spinach	sprout
sun choke	turnip		

SEASONAL FRUIT:

avacado	kumquat	lemon	lime
mandarin	orange		

BodyBoost Spring Recipes

The recipes included in this section are simply ideas and suggestions. Please feel free to make your own recipes that include veggies (steamed or raw), as outlined in the previous pages. More recipes can be found on our blog www.SonomaRoots.com/blog by searching specific categories.

Spring Green Smoothie Recipes:

You are free to use your own green smoothie recipes as long as they combine mostly greens and just a little fruit with 2 tablespoons chia or flax seeds, water, and optional coconut oil or coconut milk. It is perfectly acceptable to use frozen organic fruit when it is not in season, as it was most likely picked when ripe and contains optimal nutrient density. It is best to prepare your smoothie by cutting fruit into chunks and using a high powered blender similar to a Vitamix, to allow for smooth texture.

Choose from the following recipes by Dr. Danielle or the Make Your Own guidelines listed below:

Green Banana Bliss

- Spinach, 3 oz
- Banana, 1 whole
- Coconut oil, 1 tbsp
- Almond butter, 1 tbsp
- Chia or flax seeds, 2 tbsp
- Coconut milk, 4 oz
- Water, 6-10 oz depending on desired thickness

Sweet Pineapple Greens

- Spinach, 3 oz
- Pineapple chunks, frozen 1/3 bag
- Coconut oil, 1 tbsp
- Chia or flax seeds, 2 tbsp
- Coconut milk, 4 oz
- Water, 6-10 oz to desired thickness

Super Clean Colorful Greens (2 servings)

- Kale, 2-3 large leaves
- Chard, 2 large leaves
- Beet, 1-2 whole peeled (raw if vitamix, shredded if other blenders)
- Banana, 1 medium
- Lemon, 1/4 wedge
- Apple, granny smith
- Chia or flax seeds, 2 tbsp
- Water, 12-16 oz depending on desired thickness
- Coconut oil, 1 tbsp (optional)

Strawberry Banana Bliss

- Mixed greens or spinach, 6 oz
- Banana, 1 large
- Raspberries, 6 oz fresh or frozen
- Lemon, 1/4 wedge
- Chia or flax seeds, 2 tbsp
- Water, 12-16 oz depending on desired thickness
- Coconut oil, 1 tbsp (optional)

Protein & Greens Blend:

- Choice of greens, 4 handfuls (kale, spinach, chard, collards)
- Banana, 1 medium
- Lemon, 1/4 wedge
- Almond butter, 2 tbsp
- Chia or flax seeds, 2 tbsp
- Coconut oil (optional), 1 tbsp
- Water, 10-12 oz
- Collagen powder, warrior blend or unflavored Whey powder, 1-2 tbsp

Simply Green (makes 2 servings)

- Greens mix, 8 oz
- Celery, 5 stalks
- Avocado, 1 whole
- Apple, 1 whole green
- Carrots, 4 whole peeled
- Pineapple chunks, 1/3 bag
- Chia or flax seeds, 2 tbsp
- Coconut milk, 8 oz
- Water, 12-16 oz depending on desired thickness

Liver Loving Greens (makes 2 servings)

- Greens mix, 6 oz
- Beet, 1 whole peeled (raw if vitamix, shredded if other blenders)
- Lemon, 1/4 wedge
- Apple, 1 Fuji, Pink Lady, or Gala
- Chia or flax seeds, 2 tbsp
- Coconut oil, 1 tbsp
- Coconut milk, 8 oz
- Water, 12-16 oz depending on desired thickness

Orange or Tangerine Dreamsicle:

- Greens, your choice of 4 chopped handfuls (chard, spinach, kale, collards)
- Tangerine, 2-3 small/medium peeled
- Lemon, 1/4 wedge
- Coconut oil unrefined, 1 tbsp
- Chia or flax seeds, 2 tbsp
- Water, 6-10 oz to desired thickness

Make Your Own: Consider using the following ingredients and post a picture on social media and tag @sonomaroots so we can see your creation.

- Greens (choose 1 or more): spinach, kale, chard dandelion or mustard greens, romaine
- Chia or flax seeds, 2 tbsp
- Water, 12-16 oz depending on desired thickness
- Veggies: celery, pumpkin, butternut squash
- Optional: coconut milk, coconut oil, nut butter
- Fruit: Apples, Frozen fruit

BODY BOOST 3-DAY CLEANSE SPRING LUNCH & DINNER IDEAS

Feel free to make your own vegetable or bone broth based soups. Homemade soups are a healthy and low calorie option for those who are trying to optimize weight management or cleansing goals. Combine lots of vegetables with veggie broth/stock or bone broth. If you have a vitamix or high-powered blender, blending up a roasted butternut squash or broccoli (without cheese) into soups are a wonderful addition to our cleanse.

Bieler Broth:

- String beans, 1 lb
- Zucchini, 2 lbs
- Celery, 3 stalks
- Parsley (any type), 1 handful
- Water, enough to cover your veggies

Directions: Add water, beans, zucchini and celery and boil for 10-15 min until fork goes through the outside of the zucchini. Add parsley and puree using the water you cooked it in and make it the consistency you desire.

Bone Broth:

- 4 quarts water
- 1 teaspoon salt
- 2 tablespoons apple cider vinegar or 1 lemon halved
- 2 large onions, unpeeled and coarsely chopped
- 2 carrots, scrubbed and coarsely chopped
- 3 celery stalks, coarsely chopped
- 1 bunch fresh parsley
- 2-3 garlic cloves, lightly smashed
- 2-4 lbs. meat or poultry bones

Directions: Add all ingredients to a crockpot or pot on the stove. Bring to a boil, cover and reduce heat to low. Cook for 12-24 hours. Strain and keep broth in fridge or freezer. Drink as is or use as stock for other soups.

Tip: If purchasing a chicken or using turkey bones, roast the meat a day ahead and de-bone. Save the bones (or carcass) to be used for the bone broth. More information can be found on our website: www.sonomaroots.com/blog

Veggie Broth:

- Water, 4 quarts
- Salt, 1 tsp
- Apple cider vinegar 2 Tbsp or juice of 1/2 lemon
- Onion, 2 large unpeeled and coarsely chopped
- Carrots, 2 large scrubbed and coarsely chopped
- Celery stalks, 3 cleaned and coarsely chopped
- Parsley, 1 bunch
- Garlic, 2-3 cloves lightly smashed

Directions: Add all ingredients to a crockpot or pot on the stove. Bring to a boil, cover and reduce heat to low. Cook for 2-4 hours. Strain and keep broth in fridge or freezer. Drink as is or use as stock for other soups.

Steamed Veggies:

Choose from any seasonal veggies, steam and eat them up!

Steamed Artichoke:

Prepare artichokes by cutting both ends and trimming the points off of the remaining leaves. Stuff 4-5 peeled garlic cloves into segments of the artichoke. Fill a pot with water and add steaming basket. Steam on medium for 35-45 minutes (depending on size of the artichoke and quantity in the pot). Check on the water every 20 minutes to avoid burning the pot. When ready to eat, remove the garlic cloves and mash in dipping oil.

Baked Spaghetti Squash

Ingredients per serving:

- Spaghetti squash
- Basil (fresh if available)
- Garlic
- Lean meat to add if desired
- Salt, to taste
- Olive oil

Directions

1. Preheat oven to 375 degrees
2. Cut spaghetti squash in half lengthwise
3. Scoop out seeds and slime and discard
4. Place cut-side down in glass baking dish
5. Add 1/2 cup water to dish
6. Bake in oven for 30-45 minutes. It is done when fork can penetrate the outer skin with ease.
7. ease.
8. Rake a fork across the flesh to remove strands like spaghetti
9. Drizzle with olive oil, chopped garlic (if desired), salt, and fresh chopped herbs.
10. Mix and serve!

Cilantro Spinach Sweet Potato Soup

Makes 6.5 cups / 1.5 liters

Ingredients (all organic if possible):

- 1 Tbsp. coconut oil
- 2 medium onions, chopped
- 5 cloves garlic, minced
- 1 tsp. sea salt
- 3 cups water
- 2 medium-large sweet potato, scrubbed and cut into 1" cubes
- 1 Tbsp. freshly-squeezed lemon juice
- A pinch – 1/4 tsp. cayenne pepper (to your taste)
- 2 cups cilantro (leaves and tender stems)
- 2 cups firmly packed baby spinach

Directions:

1. Heat coconut oil in a large stockpot. Add onions and salt, stir to coat and let cook until onions have softened, about 5-7 minutes. Add garlic, stir, cook 1 minute. Add sweet potato and water. Bring to a boil, reduce to simmer and cook until the sweet potatoes are tender, about 12-15 minutes.
2. Place soup contents in a blender. Blend on high until smooth, then add spinach, cilantro, lemon and cayenne. Season to taste. Serve and enjoy. Store cooled leftovers in the fridge.

BODYBOOST DESSERT:

Dr. Danielle's Chia Seed Pudding or Breakfast Porridge:

- Chia Seed, 2 Tbsp
- Coconut or almond milk. 1/4 - 1/2 cup (to desired thickness)
- Banana or berries (optional)

Directions: Add chia and nut/coconut milk to a jar. Secure lid tightly and shake vigorously. Allow to congeal in fridge for 2-4 hours (up to a few days). Add fruit and a dash of 100% pure maple syrup (for a little sweetness) right before serving. This can be made in larger batches for convenience and scooped out as desired per sitting. Eat cold as a dessert or warm up if using as porridge for breakfast.

Other chia seed pudding options are available on our blog. Visit SonomaRoots.com/blog for more information.

GROCERY LISTS:

Shopping list ideas

Vegetables	Fruit	Herbs & Spices	Other
Greens mix, 1 lb Spinach, 1 lb Beets Carrots Celery Avocado Squash/zucchini Cucumber Spaghetti squash Parsnips	Apples Pineapple, frozen Banana Lemon Frozen fruit, other Tangerines Strawberries Raspberries	Turmeric Cumin Sea salt Pepper Rosemary Sage Thyme Ginger root Basil, fresh	Nut butter Coconut milk Coconut oil Chia seeds, 8 oz Flax seeds, 8 oz Coconut cream Green tea, 1 box Epsom salts

Make Ahead Broth Shopping List

Make ahead 1-2 days in advance and keep in fridge in airtight containers or freeze if made further in advance:

Vegetables	Herbs & Spices
Onion, 2 brown Celery, 4-5 stalks Carrots, 4-5 Kale or chard, 1 bunch Garlic, 6 cloves Lemon, 1 whole	Turmeric Cumin Salt Pepper

UPON COMPLETION OF CLEANSE:

Dr. Danielle recommends sticking to a healthier diet and lifestyle after completing the cleanse. Below, you will find her basic recommendations for a healthy lifestyle and daily detoxification.

- Water intake: 1/2 body weight in ounces each day.
- Diet: Dr. Danielle's top recommendation is a veggie and clean protein based diet that focuses on vegetable intake for fiber and includes clean animal-based proteins for optimal nutrition.
- Rule of thumb: At least 1/2 your plate in veggies each meal.
- Fiber: 30-40 grams daily. Calculate a few days worth of daily dietary intake on an app to see your average fiber intake.
- Coffee: No more than 1-2 cups daily (if desired).
- Supplements, All high quality and in their active forms: Multivitamin, Energy B-complex, Omega Supreme, Daily Defense Probiotic.
- Consider adding EndoTrim and/or Leptin Manager supplements for those whom are desiring weight management.
- Consider monthly B-vitamin injections for optimal B-12 levels. B-12 is crucial for optimal energy production, sleep management, mood support and more.
- After completion of the BodyBoost Cleanse, Dr. Danielle is available by consultation to create individualized plans for natural products, dietary modifications, B-vitamin injections and other effective weight management modalities that best suit your needs.

If you plan on returning to your regular eating habits, please taper back on in the following way leaving 2-3 days between foods for optimal effects and to minimize digestive disturbances, brain fog and fatigue.

