

# BODYBOOST 10 DAY FALL CLEANSE

## THE BASICS:

### Foods to Consume:

Teas (green tea, herbal tea)  
Water, 70 oz daily  
Green Smoothies  
Vegetables, seasonal & organic  
Seeds (chia, pumpkin, etc)  
Nuts (raw, soaked/fermented advised)  
Nut butter (no peanut)  
Coconut or almond milk  
Oils: Coconut or olive  
Fruit: Seasonal in moderation  
Meat: Lean Turkey, chicken, fish.  
All should be organic, wild-caught, free-range whenever possible

### Foods to Avoid:

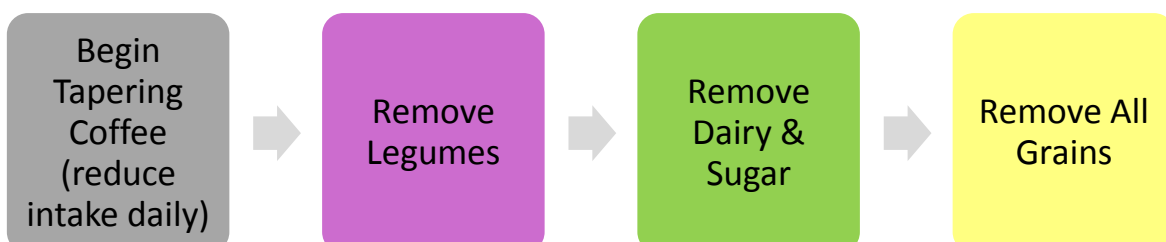
Sugar: natural or artificial  
Dairy  
All grains  
Legumes (beans, soy, peanut)  
Coffee in excess (1 cup of organic and shade grown coffee is allowed daily), served black  
Non-organic produce  
Alcohol any type  
Meats grown with antibiotics or hormones

## 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.



## Supplements:

### During 10-Day Cleanse:

Detox Prime: 3 caps, twice daily  
Liv-Clear Complex: 3 caps daily with larger meals  
Chia seeds (smoothies)  
Iodine Complex: 1 capsule daily

### During Cleanse:

MediClear or SunWarrior Blend  
2 scoops daily  
MCT (XCT or brain) Oil:  
optional healthy fats,  
Weight-management

### Maintenance After Cleanse:

Probiotic: 1 cap or ¼ tsp  
Fish Oil Supreme: 1 tsp or 2 capsules  
Collagen: optional 1-2 tbs (optional)  
Energy B-complex: 1-2 caps daily

## A TYPICAL DAY ON THE BODY BOOST 10 DAY CLEANSE:

Breakfast:	Green Smoothie  <b>MediClear Plus Powder OR Warrior Blend:</b> 2 scoops added to green smoothy or in water  Tea: Morning tea blend or green tea with lemon  Supplements: <b>Iodine Complex (1), Detox Prime (3)</b>
Snack (Optional) Choose 1:	Choose from: Almond butter with banana, a handful of Nuts or seeds, broth or tea, Epic bar, jerky (nitrate free), hardboiled egg, carrot or celery sticks/nutbutter, left over veggies, green smoothy, pumpkin seeds, kale or beet chips
Lunch	Choose From: Salad, soup, steamed veggies, broth, leftover veggies, green smoothy, hard boiled egg  Supplements: <b>Detox Prime (3)</b>
Snack (Optional) Choose 1:	Choose from: Almond butter with banana, a handful of Nuts or seeds, broth or tea, Epic bar, jerky (nitrate free), hardboiled egg, carrot or celery sticks/nutbutter, left over veggies, green smoothy, pumpkin seeds, kale or beet chips
Dinner	Lean meat (chicken, turkey, fish) with roasted or steamed Veggies <b>OR</b> Soup with or without meat. Broth: Bone or Veggie  Supplements: <b>Liv-Clear Complex (3)</b>
Bed Time	NightTime Tea: Relaxation Blend or Detox Blend 1-2 cups  Epsom Salt Bath
Additional Considerations:	Water or Detox Tea: 70 ounces daily.  Exercise: Mild exercise is crucial during cleanses. Walk, yoga, swim, light intensity, hikes, jogs are best.

## **FALL CLEANSE GOALS:**

- Provide immune enhancing nutrients
- Restore a healthy sleep pattern
- Prepare the body for restoration and rejuvenation
- Gently warm the body
- Reestablish routine

### **ORGANIC, SEASONAL PRODUCE, LOCAL SOURCES IF POSSIBLE**

Focus on seasonal produce for nutrient density and to support your local economy. Many of the fall vegetables prepare the body for nutrients that will be utilized in the winter months when our bodies function at a lower metabolic rate. You will find lots of vitamin A, beta carotene, and antioxidants in many of the winter squash and root vegetables that can help with fighting off infections and are supportive of skin health that is prone to excessive dryness in the fall and winter months. The best selections are as follows:

#### **Seasonal Vegetables:**

artichoke	arugula	beets	beet greens
bok choy	broccoli	broccoli rabe	brussels sprouts
cabbage	carrots	cauliflower	celery
chard	collard greens	cucumbers	dandelion greens
endive	fennel	garlic	ginger
horseradish	kale	leeks	lettuce
mushroom	mustard greens	okra	olives
onions	parsnips	peas	radishes
rutabaga	scallions	spinach	sprouts
summer squash	sunchokes	sweet potatoes	turnips
winter squash (spaghetti, butternut, acorn)			

#### **Seasonal Fruit:**

apple	grapes	kiwi	kumquat
lime	nectarine (possible)	oranges	pears
persimmon			

# BODY BOOST FALL RECIPES

The recipes included in this section are simply ideas and suggestions. Please feel free to make your own recipes that include veggies and lean meats, as outlined in the previous pages. More recipes can be found on our blog [www.SonomaRoots.com/blog](http://www.SonomaRoots.com/blog) by searching specific categories or by following “TheNatureDoc” on Instagram or Facebook ([www.Facebook.com/TheNatureDoc](http://www.Facebook.com/TheNatureDoc)).

## **Sweet Pineapple Greens:**

- Spinach, 3 oz
- Pineapple chunks, frozen 1/3 bag
- MCT (XCT or Brain Octane) or Coconut oil, 1 tbsp
- Chia seeds, 2 tbsp
- Coconut milk, 4 oz
- Water, 6-10 oz to desired thickness

## **Antioxidant Tonic (makes 2 servings):**

- Greens mix, 6 oz
- Beet, 1-2 whole peeled (raw if vitamix, shredded if other blenders)
- Lemon, 1/4 wedge
- Blackberries, 1-2 large handfuls
- Cucumber, 1 medium peeled
- Chia seeds, 2 tbsp
- MCT (XCT or Brain Octane) or Coconut oil, 1 tbsp
- Coconut milk, 8 oz
- Water, 12-16 oz depending on desired thickness

## **Easy as Pumpkin Pie Smoothie:**

- Spinach, 2 cups
- Almond or coconut milk (unsweetened), 2 cups
- Pumpkin, (fresh or canned), 1 cup
- Carrot, 1 large
- Bananas, 2 whole
- Pumpkin pie spice, 2 tsp

**Sweet Pumpkin Spice:**

- Spinach, 3 oz
- Beet, 1-2 peeled, raw whole (vitamix), shredded (other blenders)
- Banana, 1
- Pumpkin puree, 1/2 can
- Pumpkin pie spice, 2 tbsp
- Nut butter, 1 tbsp
- MCT (XCT or Brain Octane) or Coconut oil, 1 tbsp
- Chia seeds, 1 tbsp
- Coconut milk, 4 oz (optional)
- Water, 6-10 oz depending on desired thickness

**Pearfectly Autumn Green Smoothie:**

- Pear, 1 ripe
- Greens (kale, spinach, collards, chard), 2 cups
- Parsley, 1 handful
- Chia or flax seed, 2 tbsp
- Cinnamon, ¼ tsp
- Apple cider vinegar, 2 tbsp
- Water, ½ cup filtered
- Coconut or almond milk (unsweetened), ½ cup
- Salt, sea salt 1 pinch
- Ice if desired

**Warming Ginger Greens (makes 2 servings):**

- Greens mix, 6 oz
- Ginger root, 1 inch piece, peeled
- Celery, 5 stalks
- Lemon, 1/4 wedge
- Carrots: 4 whole
- Apple, 1 whole
- Pear, 1 whole
- Chia 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 seeds, 2 tbsp
- MCT (XCT or Brain Octane) or Coconut oil, 1 tbsp
- Coconut milk, 8 oz
- Water, 12-16 oz depending on desired thickness

**Autumn Greens:**

- Kale, 3 handfuls
- Mint (fresh), 4-6 leaves
- Pear, 1 whole
- Ginger root, ½ inch peeled
- Water, 8-16 ounces
- Chia or flax seed, 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, ⅓ bag
- Chia seeds, 2 tbsp
- Coconut milk, 8 oz
- Water, 12-16 oz depending on 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 seeds, 2 tbsp
- Water, 12-16 oz depending on desired thickness
- MCT (XCT or Brain Octane) or Coconut oil, 1 tbs

**Protein & Greens Blend:**

- Choice of greens, 4 handfuls (kale, spinach, chard, collards)
- Banana, 1 medium
- Lemon, ¼ wedge
- Almond butter, 2 tbsp
- Chia seeds, 2 tbsp
- MCT (XCT or Brain Octane) or Coconut oil, 1 tbsp
- Water, 10-12 oz
- Collagen powder, 1-2 tbsp

**Make Your Own Fall Festive Greens:**

The base should include the following for optimal taste and nutrition. Choose 1 or more item from each category:

- Greens: spinach, kale, chard, collards, dandelion or mustard greens, romaine
- Chia seeds, 2 tbsp
- Water, 12-16 oz depending on desired thickness
- Veggies: celery, beets, cucumber
- Fruit: Apples, Frozen pineapple, berries
- Lemon, ¼-½ wedge
- Optional: coconut milk, MCT/coconut oil, nut butter, collagen

## **BODYBOOST CLEANSE FALL LUNCH & DINNER RECIPE IDEAS:**

### **Soups and Broths:**

Feel free to make your own vegetable, turkey, chicken or fish 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, blending up a roasted butternut squash or broccoli (without cheese) to make into soups are very easy to make

### **Bieler Broth:**

- 1 pound of string beans
- 2 pounds zucchini
- 3 celery stalks
- a hand full of curly parsley
- enough water to cover your veggies

Add water, beans, zucchini and celery and boil for 10-15 min until fork goes thru outside of 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](http://www.sonomaroots.com/blog)

### **Veggie 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

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!

### **Grilled Veggies & Meat:**

Grilled zucchini and summer squash, brussels sprouts, mushrooms are so simple and delicious. Simply cut up veggies in pieces that won't fall through your grill. Place on grill and season with your favorite herbs. Some widely accessible herbs include rosemary, thyme, & sage.

### **Roasted Veggies:** (serve with lean protein if desired)

Roast butternut squash, acorn squash, brussels sprouts, beets, broccoli, cauliflower, carrots and more. Select which vegetables you would like to try.

Directions:

1. Preheat oven to 425 degrees
2. Cut desired veggies in 1-2 inch pieces
3. Mix veggies in a bowl with some coconut oil (liquefy by placing a small amount of hot water in a bowl and setting the coconut oil jar in it for a couple of minutes until some becomes fluid-like).
4. Add fresh or dried herbs like rosemary, garlic, thyme, and/or sage. Stir to coat veggies evenly
5. Place on cookie sheets in even single layer
6. Place in oven
7. Bake in oven for 35-45 minutes, stirring every 10-15 minutes. Remove when veggies have reached desired texture

### **Grilled Salmon:**

Grilled salmon with lemon, cayenne, garlic, and a little olive or coconut oil is a wonderfully light and healthy protein rich treat!



**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 ½ 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. Rake a fork across the flesh to remove strands like spaghetti
8. Drizzle with olive oil, chopped garlic (if desired), salt, and fresh chopped herbs
9. Mix and serve

**Spinach Pomegranate Salad:**

Ingredients per serving:

- Spinach, 2 oz
- Pomegranate Seeds (1/4 pomegranate)
- Optional: Hardboiled egg, roasted chicken or turkey
- Olive oil: 1 Tbsp
- Lemon: Juice of ¼ lemon
- Salt: pinch

**Dr. Danielle's Favorite Dressing:**

Ingredients:

- Juice of 1 lemon
- 3-4 tablespoons extra-virgin olive oil
- 2 cloves garlic, mashed in mortar and pestle
- Salt to taste
- Hot red pepper flakes, to taste

Instructions:

- In mortar and pestle: Mash garlic with a little olive oil and crushed red pepper flakes. When it becomes paste, add remaining oil, salt, and lemon juice and whisk together.

Works very well with chopped lacinato kale. Can add avocado, apple or celery if desired.

## **BODYBOOST DESSERT:**

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

- Chia Seed, 2 Tbsp
- Coconut or almond milk. ¼ - ½ cup (to desired thickness)
- Banana or berries (optional)

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 dessert or warm up if using as porridge for breakfast.

Other chia seed pudding options are available on our blog. Visit [SonomaRoots.com/blog](http://SonomaRoots.com/blog) for more information

## **GROCERY SHOPPING LIST IDEAS:**

<b>Vegetables</b>	<b>Fruit</b>	<b>Herbs &amp; Spices</b>	<b>Other</b>
Green Mix, 1 lb (16oz) (Kale, spinach, chard)	Apples	Turmeric	Nut butter (almond, cashew, or sunflower)
Spinach, 1 lb	Pears	Cumin	Coconut milk unsweetened, ½ gallon
Beets	Pineapple chunks, frozen bag	Sea or Himalayan salt	Coconut oil, unrefined
Carrots	Banana	Pepper	Chia seeds, 1 lb
Celery	Lemon	Grilling herbs (rosemary, thyme, sage, etc)	Coconut Cream (dense)
Avocado	Other frozen fruit	Fresh basil and/or rosemary	
Squash/zucchini	Figs	Ginger root	
Cucumber	Persimmon	<b>Meat</b>	
Spaghetti/winter squash		Eggs	
Daikon		Turkey	Green Tea, 1 box
Broccoli		Fish	Epsom salts
Brussels sprouts		Chicken	

## **ADDITIONAL RECIPE RESOURCES:**

Sonoma Roots now carries paleo-friendly, cleanse and broth recipe books! Stop by our shop to checkout some of our favorites. Other online resources include:

[www.primalpalate.com](http://www.primalpalate.com)

[www.paleohacks.com](http://www.paleohacks.com)

Simply choose recipes in which have turkey, fish, chicken or vegetarian options.

## **BODYBOOST CLEANSE TREATS & CHEATS**

Treats are allowed every couple of days, if necessary. While on the 10-Day BodyBoost cleanse, you should remain strict about avoiding certain foods like gluten-containing-grains, sugar and dairy. The following treats are allowed every couple of days if needed in the following order:

### **Allowed (best to worst)**

Coffee (black, no sugar or cream)  
Rice (can help curb sugar cravings)  
Beef – grass-fed, high quality

### **Avoid Throughout Cleanse:**

Sugar  
Gluten containing grains (wheat, rye, barley)  
Dairy – milk, cheese, yogurt, cottage cheese  
Alcohol  
Heavy fat meats (may cause diarrhea)

## **WEIGHT MANAGEMENT:**

For those looking to kick start a weight management program, we encourage our cleanse participants to download MyNetDiary or MyFitnessPal on their smartphones to modify and keep track of their daily caloric and fiber intake. Simply include your dietary intake each day and try to incorporate the weight management recommendations below:

**Calories: 1200-1500 as an average daily intake for females or 1500-2000 for males for weight management or weight loss.** To receive a more accurate and individualized caloric goal, input your basal metabolic rate (BMR) into your calculating app from a recent body fat analysis print out. See below for details.

**Fiber: 35-40 grams daily** for optimal weight management, hormonal health and bowel elimination. Chia seeds, flax seed and vegetables are the healthiest choices for fiber.

**Net Carbs: Total carbs – Fiber = Net carbs.** Aim for less than 50 net carbs daily. Grains, sugar, beverages, starchy vegetables and fruits are the biggest negative influences of net carbs. Modify smoothie recipes accordingly.

**Protein: 0.7g per pound of body weight for weight management or weight loss.** Dr. Danielle recommends this goal in order to build and maintain muscle mass. Keep in mind that not eating sufficient quantities of protein during a weight-loss program can cause muscle breakdown, which can contribute to difficult weight loss. Adequate muscle mass increases the metabolism of the body and makes weight easier to maintain.

If you are interested in finding out your percentage of body fat, lean muscle mass or basal metabolic rate (the amount of calories your body burns everyday while at rest), please contact Sonoma Roots to schedule your body fat analysis testing. If you are not near Sonoma, find a practitioner closest to you who performs BIA (Bio Impedance Analysis) or other forms of body composition testing, calipers are not recommended for these purposes.

There are many weight management products that can augment weight-loss goals and programs. During the cleanse, Dr. Danielle recommends holding off on implementing any new weight management products. Immediately following the cleanse is a great time to consider supplements and programs to help achieve a healthy weight. Our body boost cleanse, along with mild exercise, sauna use and Epsom salt baths provides a healthy foundation for preparing the body for a weight management program. After the cleanse, Dr. Danielle can discuss natural products, paleo or ketogenic diets, B-vitamin injections and other effective weight management modalities that best suit your needs.

## **SAUNA USE:**

If you have access to a far infrared sauna, Dr. Danielle recommends taking advantage the sauna during cleanse protocols to enhance the metabolic and elimination activities of the body. The skin is one of the main organs of elimination and our cleanse focuses on enhancing each route of detoxification and elimination, which are necessary components of the overall health of each individual.

Protocols for sauna use during a whole body cleanse are typically three times weekly for the duration of the cleanse in intervals that elicit a sweat response. For those new to dry sauna use, 15-minute intervals are recommended until a decent sweat is achieved in a 15-20 minute time frame.

## **UPON COMPLETION OF THE 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: ½ body weight in ounces each day.
- Diet: Dr. Danielle's top recommendation is a paleo-diet that focuses on vegetable intake for fiber and nutrition. Rule of thumb: ½ your plate in veggies each meal. Talk to Dr. Danielle if you need further recommendations.
- 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).
- Smoothies: Daily for optimal nutrition.
- Supplements, All high quality and in their active forms: Multivitamin, Energy B-complex, Fish oil Supreme, Daily Defense Probiotic, Collagen Powder. Consider EndoTrim for those whom are desiring weight management.

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.

