

BODYBOOST 10 DAY WINTER 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. Eggs.
All should be organic, wild-caught, free-range whenever possible

Foods to Avoid:

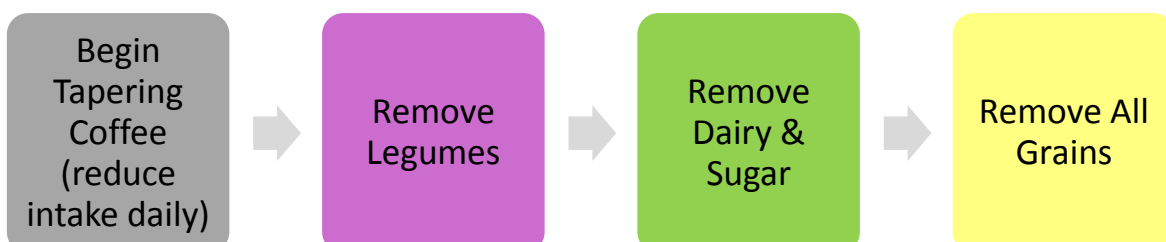
Sugar: natural & artificial
Dairy
All grains
Legumes (beans, soy, peanut)
Coffee in excess (1 cup of organic and shade grown coffee is allowed daily, black)
Non-organic produce
Alcohol any type
Meats grown with antibiotics or hormones

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 MediClear Plus Powder OR Warrior Blend: 2 scoops added to green smoothy or in water Tea: Morning tea blend or green tea with lemon Supplements: Iodine Complex (1), Detox Prime (3)
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 smoothie, pumpkin seeds, kale or beet chips
Lunch	Choose From: Salad, soup, steamed veggies, broth, leftover veggies, green smoothie, hard boiled egg Supplements: Detox Prime (3)
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 smoothie, pumpkin seeds, kale or beet chips
Dinner	Lean meat (chicken, turkey, fish) with roasted or steamed veggies OR Soup with or without meat. Broth: Bone or Veggie Supplements: Liv-Clear Complex (3)
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.

WINTER CLEANSE GOALS:

- Provide immune enhancing nutrients to overcome cold & flu season and clear congestion
- Restore a healthy sleep pattern
- Prepare the body for restoration and rejuvenation
- Gently warm the body with foods to help overcome cold climates
- Reestablish routine

SEASONAL PRODUCE: WINTER CLEANSE

ORGANIC, SEASONAL PRODUCE, LOCAL SOURCES IF POSSIBLE

Focus on seasonal produce for nutrient density and to support your local economy. Many of the winter vegetables provide nutrients that will be utilized in the winter months when our bodies function at a lower metabolic rate. You will find an abundance of beta carotene (vitamin A) and antioxidants in many of the winter squash and root vegetables that help the immune system protect the body against infections. These nutrients are also supportive of skin health, which is predisposed to excessive dryness in the fall and winter months. Focus on warm foods include broths, soups and roasted veggies. The best selections are as follows:

Seasonal Vegetables:

arugula	beets/beet greens	bok choy	broccoli
Brussels sprouts	cabbage	carrots	cauliflower
dandelion greens	endive	garlic	grapefruit
kale	leeks	lettuce	mushroom
mustard greens	parsnips	rutabaga	scallions
spinach			

Most herbs are in season!

Seasonal Fruit:

lime	lemon	mandarin	orange
persimmon			

BODY BOOST WINTER 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 by searching specific categories or by following “TheNatureDoc” on Instagram or Facebook (www.Facebook.com/TheNatureDoc).

WINTER 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 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 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 seeds, 2 tbsp
- Coconut milk, 4 oz
- Water, 6-10 oz to desired thickness

Sweet Pumpkin Spice

- Spinach, 3 oz
- Beet, 1-2 peeled, raw whole (vitamix), shredded (other blenders)
- Banana, 1
- Pumpkin puree, ½ can
- Pumpkin pie spice, 2 tbsp
- Nut butter, 1 tbsp
- Coconut oil, 1 tbsp
- Chia seeds, 1 tbsp
- Coconut milk, 4 oz
- Water, 6-10 oz depending on desired thickness

Warming Ginger Greens (makes 2 servings)

- Greens mix, 6 oz
- Ginger root, 1 inch piece, peeled
- Celery, 5 stalks
- Lemon, ¼ wedge
- Carrots: 4 whole
- Pineapple chunks, ⅓ bag
- 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, ¼ wedge
- Apple, 1 Fuji, Pink Lady, or Gala
- Chia seeds, 2 tbsp
- Coconut oil, 1 tbsp
- Coconut milk, 8 oz
- Water, 12-16 oz depending on desired thickness

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

Orange or Tangerine Dreamsicle:

- Greens, your choice of 4 chopped handfuls (chard, spinach, kale, collards)
- Tangerine, 2-3 small/medium peeled
- Lemon, ¼ wedge
- Coconut oil unrefined, 1 tbsp
- Chia seeds, 2 tbsp
- 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, ¼ wedge
- Apple, granny smith
- Chia seeds, 2 tbsp
- Water, 12-16 oz depending on desired thickness
- Coconut oil, 1 tbsp (optional)

Beet Winter 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
- Coconut oil, 1 tbsp
- Coconut milk, 8 oz
- Water, 12-16 oz depending on desired thickness

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
- Coconut oil (optional), 1 tbsp
- Water, 10-12 oz
- Collagen powder, 1-2 tbsp

Warming Mint Refresher

- Pear, 2
- Avocado, 1
- Baby Spinach, 1 ½ cup firmly packed
- Water, 1 cup
- Ginger, minced 2 tsp
- Lemon juice, 1 ½ Tbsp freshly-squeezed
- Mint leaves, 10-20

Make Your Own: Please post your recipe on our discussion board! The base should include the following:

- Greens (choose 1 or more): spinach, kale, chard dandelion or mustard greens, romaine
- Chia 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

BODYBOOST CLEANSE WINTER & DINNER RECIPE IDEAS:

Soups and Broths:

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. Below, are some of our favorite soup and broth options.

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

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.

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.



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
- pinch – ¼ 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.

Steamed Veggies:

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

Grilled Veggies:

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

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.

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
- 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, fresh chopped herbs and lean meat (optional)
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 Salad 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 a 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.

This dressing works very well with chopped lacinato kale. If desired, add avocado, apple or celery to the salad.

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)

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 SHOPPING LIST IDEAS:

Vegetables	Fruit	Herbs & Spices	Other
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	
Winter squash		Ginger root	
Cucumber	Persimmon	Meat	
Spaghetti/winter squash		Eggs	
Daikon		Turkey	Green Tea, 1 box
Broccoli		Fish	Epsom salts
Brussels sprouts		Chicken	

Shopping List: Make ahead broth

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

Vegetables	Meat (recommended)	Spices	
Onion, 2 brown	Chicken, 1 whole free-range organic	Turmeric	
Celery, 4-5 stalks	OR	Cumin	
Carrots, 4-5	1-2 lbs beef knuckles	Salt	
Kale or chard, 1 bunch		Pepper	
Garlic, 6 cloves			
Lemon, 1 whole			

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

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.

