

BODYBOOST 3 DAY SUMMER 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)
Coconut or almond milk (smoothies)
Fruit: Seasonal in moderation (smoothies)
Soups, broths

Foods to Avoid:

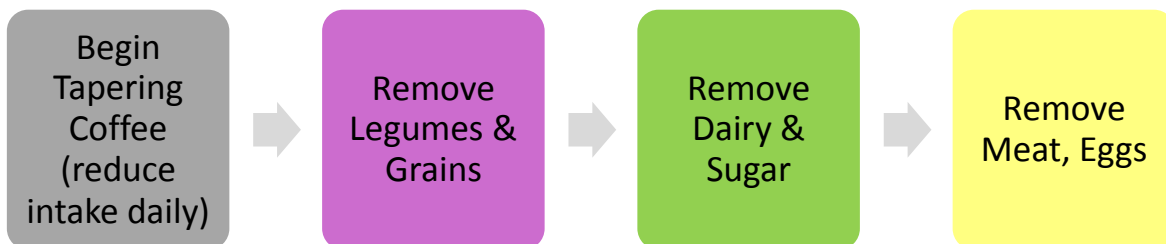
Sugar: natural or artificial
Dairy
All grains
Legumes (beans, soy, peanut)
Coffee in excess
Non-organic produce
Alcohol any type
Meats

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.



Supplements:

During Cleanse & for 1 week total:

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

During 3-Day Cleanse:

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

Daily 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 3 DAY CLEANSE:

Breakfast:

Green Smoothie

MediClear or SunWarrior Blend: 2 scoops added to green smoothy or in water

Tea: Morning tea blend or green tea with lemon

Supplements: **Detox Prime (3), Iodine complex (1)**

Snack (Optional)

Choose from the following:

Choose 1:

Broth
 Hot water with lemon
 Detox or Green tea

Lunch

Soup, broth, or steamed veggies
 Green Smoothie

Supplements: **Detox Prime (3)**

Snack (Optional)

Tea, hot water, broth

Choose 1:

Dinner

Steamed veggies, broth or soup
 Green Smoothie

Supplements: **Liv-Clear Complex (3)**

Before 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.

SUMMER CLEANSE GOALS:

- Provide antioxidants: Combat free radical damage caused by sun and excess activity.
- Reduce inflammation
- Disperse heat & cool the body
- Nourish an active body
- Provide hydrating fruits and vegetables

SEASONAL PRODUCE: SUMMER CLEANSE

ORGANIC, SEASONAL PRODUCE, LOCAL SOURCES IF POSSIBLE

Focus on seasonal produce for nutrient density and to support your local economy. Many of the summer vegetables and fruits contain an abundance of antioxidants, anti-inflammatory agents, cooling properties and vitamins/minerals to help disperse heat in the hot summer months and reduce free radical damage that occurs with sun exposure and enhanced metabolic and physical activity. Summer produce also contains many liver-loving and cleansing properties that nourish the body cleansing and eliminating appropriately.

Seasonal Vegetables:

arugula	basil	beans, string/green	beets/greens	bok choy
broccoli	cabbage	cactus	carrots	cauliflower
celery	chard	chicory	cilantro	collard greens
cucumber	daikon	endive	fennel	garlic
kale	leeks	lettuce	mushroom	mustard greens
okra	onions	parsley	peas	peppers
radishes	scallions	shallots	spinach	sprouts
squash	tomatillos	tomatoes	turnips	zucchini

Seasonal Fruit:

Apricots	avocados	black berries	blueberries	cherries
figs	lemons	limes	melons	nectarines
peaches	plums	pluots	rhubarb	strawberries
watermelon				

BODY BOOST SUMMMER 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 or by following “TheNatureDoc” on Instagram or Facebook (www.Facebook.com/TheNatureDoc).

Summer 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

Summer 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
- Coconut oil, 1 tbsp
- Coconut milk, 8 oz
- Water, 12-16 oz depending on desired thickness
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Peaches 'n Cream (makes 2 servings)

- Spinach, 6 oz
- Lemon, 1/4 wedge
- Peaches, 2 large
- Banana, 1 medium
- Chia seeds, 2 tbsp
- Coconut oil, 1 tbsp (optional)
- Coconut cream (dense), 4-6 oz (optional)
- Water, 12-16 oz depending on desired thickness

Watermelon Refresher

- Mixed Greens, 6-8 oz
- Watermelon, 4-5 large chunks
- Nectarine or Peach, 1-2
- Cucumber, 1 peeled
- Chia seeds, 2 tbsp
- Water, 12-16 oz depending on desired thickness
- Coconut oil, 1 tbsp (optional)

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
- Coconut oil, 1 tbsp (optional)

Raspberry Banana Goddess

- Mixed greens or spinach, 6 oz
- Banana, 1 large
- Raspberries, 6 oz fresh or frozen
- Lemon, 1/4 wedge
- Chia 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, ¼ wedge
- Almond butter, 2 tbsp
- Chia seeds, 2 tbsp
- Coconut oil (optional), 1 tbsp
- Water, 10-12 oz
- Collagen 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 seeds, 2 tbsp
- Coconut milk, 8 oz
- Water, 12-16 oz depending on desired thickness

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 SUMMER LUNCH & DINNER RECIPE 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. 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.

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:

- 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.

Seasonal Veggies: Grilled, Steamed & Roasted

Choose from any seasonal veggies and steam, grill or roast away!

Spinach Strawberry Salad

Ingredients per serving:

- Spinach, 2 oz
- Strawberries (3-5 sliced)
- Optional: 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 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 well with chopped lacinato kale. Can add avocado, apple or celery if desired.

Baked Spaghetti Squash

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!

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	Pineapple chunks, frozen bag	Cumin	Coconut milk unsweetened, ½ gallon
Beets	Banana	Sea or Himalayan salt	Coconut oil, unrefined
Carrots	Lemon	Pepper	Chia seeds, 1 lb
Celery	Other frozen fruit	Grilling herbs (rosemary, thyme, sage, etc)	
Avocado	Blueberries	Fresh basil and/or rosemary	
Squash/zucchini	Blackberries	Ginger root	
Cucumber	Strawberries	Cilantro	
Spaghetti Squash	Cherries		
Daikon	Raspberry		Green Tea, 1 box or 2 ounces
Broccoli	Watermelon		Epsom salts
Brussels Sprouts			

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



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: 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.

