

## BODYBOOST 10-DAY WINTER 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)  
Nut butter (no peanut)  
Alternative milks (Oat or coconut)  
Oils: coconut or olive  
Fruit: Seasonal in moderation (smoothies)  
Soups, broths  
Meat: Lean turkey, chicken, fish  
All should be organic, wild-caught, free-range whenever possible.

#### FOODS TO AVOID:

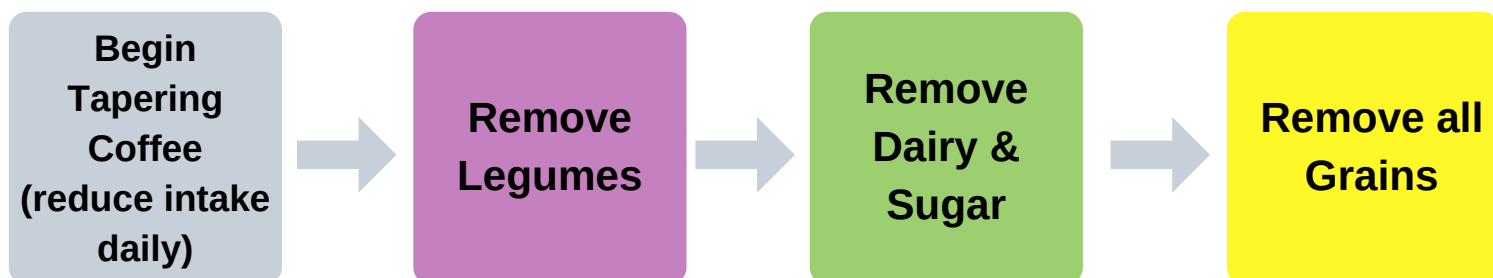
Sugar: natural & artificial  
Dairy  
All grains  
Legumes (beans, soy, peanut)  
Coffee in excess  
Non-organic produce  
Alcohol any type  
Meats grown with antibiotics or hormones

### 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.



## **CLEANSE SUPPLEMENTS**

### **During Cleanse and for 10 Days total:**

Liv-Clear Complex: 3 caps daily with larger meals for 10 days.

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:**

OptiMag Neuro Capsules: 3 capsules daily

### **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.

### **Winter Seasonal Booster: Start with cleanse and continue for one month:**

**OptiMag Neuro:** 3 capsules daily. Magnesium threonate (active ingredient) has been shown to cross the blood brain barrier and may help optimize cognitive function, brain fog and encourages a relaxed mood, healthy bowels and restful sleep.

### **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 10 DAY CLEANSE

<b>Morning &amp; Breakfast:</b>	<p>Warm water with lemon upon waking</p> <p>Green smoothie with cleanse powder</p> <p><b>Cleanse powder of choice: 2 scoops OR 1 packet</b></p> <p>Tea: Morning blend or green tea</p>
<b>Snack (optional):</b>	<p><b>Choose from the following:</b> nut butter with banana, a handful of nuts or seeds, broth or tea, hardboiled egg, carrot or celery sticks with nut butter, leftover veggies, green smoothie, pumpkin seeds, kale or beet chips.</p>
<b>Lunch:</b>	<p><b>Choose from the following:</b> Salad, soup, steamed veggies, broth, leftover veggies, green smoothie, hardboiled egg</p>
<b>Dinner:</b>	<p><b>Choose from the following:</b> lean meat (chicken, turkey, fish) with roasted or steamed veggies, soup.</p> <p><b>Supplements: Liv-Clear Complex (3), OptiMag Neuro (3)</b></p>
<b>Bed Time Routine:</b>	<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>
<b>Additional Considerations:</b>	<p>Daily water intake: 40-60 ounces minimum while on the cleanse.</p> <p>Intermittent fasting: 11-13 hours per night for overall health &amp; vitality.</p> <p>Exercise: Mild exercise is crucial to encourage movement &amp; circulation of fluids and aids elimination of toxins. Walk, yoga, swim, hikes, light jogging and other light-intensity activities.</p>

## **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	kale
leeks	lettuce	mushrooms	mustard greens
parsnips	rutabaga	scallions	spinach

### **SEASONAL FRUIT:**

grapefruit	lime	lemon	mandarin
orange	persimmon		

# BodyBoost Winter 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](http://www.SonomaRoots.com/blog) by searching specific categories.

## 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 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

**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, 1/4 tsp
- Apple cider vinegar, 2 tbsp
- Water, 1/2 cup filtered
- Coconut or almond milk (unsweetened), 1/2 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

**Orange or Tangerine Dreamsicle:**

- Greens, your choice of 4 chopped handfuls (chard, spinach, kale, collards)
- Tangerine, 2-3 small/medium peeled (or one large orange)
- Lemon, 1/4 wedge
- Coconut oil unrefined, 1 tbsp
- Chia seeds, 2 tbsp
- Water, 6-10 oz to 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, 1/3 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, 1/4 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, 1/4-1/2 wedge
- Optional: coconut milk, MCT/coconut oil, nut butter, collagen



**BODY BOOST 10-DAY CLEANSE WINTER 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.

**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.

**Seasonal Veggies:**

Choose from any seasonal veggies, toss in butter or coconut oil and grill or roast away!

**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
4. water in a bowl and setting the coconut oil jar in it for a couple of minutes until some
5. becomes fluid-like).
6. Add fresh or dried herbs like rosemary, garlic, thyme, and/or sage. Stir to coat veggies
7. evenly
8. Place on cookie sheets in even single layer
9. Place in oven
10. Bake in oven for 35-45 minutes, stirring every 10-15 minutes. Remove when veggies
11. have reached desired texture

**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 1/4 lemon
- Salt: pinch

**Baked Red Snapper**

Ingredients (all organic if possible):

- Red snapper
- Lemon zest
- Lemon, 1 sliced
- Butter
- Rosemary, fresh

Line baking dish with sliced lemon and set rinsed snapper on top. Sprinkle on the rosemary, salt and pepper. Bake at 425 degrees for 12-15 minutes. When it is removed from oven, brush on butter with lemon zest.

**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

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

**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.

**Grilled Salmon:**

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

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

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

**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.

**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.

## GROCERY LISTS:

### Shopping list ideas

Vegetables	Fruit	Herbs & Spices	Other
Greens mix, 1 lb Spinach, 1 lb Avocado Beets / beet greens Broccoli Brussels Sprouts Carrots Celery Daikon Squash/zucchini Spaghetti squash Parsnips	Apples Pineapple, frozen Banana Lemon Frozen fruit, other Mandarin Pears Oranges Persimmon	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  <b>MEAT:</b> Chicken Turkey Fish

### 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	Meat	Herbs & Spices
Onion, 2 brown Celery, 4-5 stalks Carrots, 4-5 Kale or chard, 1 bunch Garlic, 6 cloves Lemon, 1 whole	Chicken, 1 whole free-range  OR  1-2 lbs of beef knuckles	Turmeric Cumin Salt Pepper

## **ADDITIONAL RECIPE RESOURCES:**

Other online recipe resources include:

[www.primapalate.com](http://www.primapalate.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 provide a healthy foundation for preparing the body for a weight management program. After completion of the BodyBoost Cleanse, Dr. Danielle is available by consultation to create individualized plans for medical weight loss, natural products, dietary modifications, 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 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.

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.

