

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)
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:

Liposomal Glutathione: 2 pumps under the tongue and hold 30-60 seconds, twice 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.

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

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

Liposomal Glutathione: 2 pumps under the tongue and hold 30-60 seconds, twice daily. For optimal antioxidant and anti-inflammatory support. Glutathione is vital to mitochondrial function, necessary for the production of DNA. It is key in supporting immune function, metabolism, forming sperm cells, tissue building and repair, and helping with certain enzyme functions. As a powerful antioxidant, it may help fight the effects of free radicals, which cause oxidative stress, damage healthy cells and contribute to aging and certain degenerative illnesses.

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: Liposomal glutathione - 2 pumps 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), Liposomal glutathione 2 pumps</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>

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/beet greens
bok choy	broccoli	cabbage	cactus
carrot	cauliflower	celery	chard
chicory	cilantro	collard greens	cucumber
daikon	endive	fennel	garlic
kale	leeks	lettuce	mushroom
mustard greens	okra	onions	parsley
peas	peppers	radish	scallions
shallots	spinach	sprouts	squash
tomatillos	tomatoes	turnips	zucchini

SEASONAL FRUIT:

apricot	avocado	blackberry	cherry
fig	lemon	lime	melon
nectarine	peach	plum	pluot
rhubarb	strawberry	watermelon	

BodyBoost Summer 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.

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 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

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

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

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

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

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

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 SUMMER 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.

Seasonal Veggies:

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

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 – 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.

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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 1/4 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 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. 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 Avocado Beets Broccoli Brussels Sprouts Carrots Celery Cucumber Daikon Squash/zucchini Spaghetti squash Parsnips	Apples Pineapple, frozen Banana Lemon Frozen fruit, other Blackberries Strawberries Raspberries Cherries Peaches Watermelon	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.

