14 Day Mummy & Toddler Reset

An easy, healthy, vegan & delicious family meal plan



by Caroline Deisler





An Easy Meal Plan for both Mummy & Baby

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DISCLAIMER

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All the information provided in this plan is for educational and inspirational purposes only. Please seek help from a professional if you have any concerns or personal struggles that need to be addressed.

Healthy Mama & Healthy Baby

nourishing your family is the biggest gift of them all!



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RECIPE INDEX

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Prep Day

Pesto Sauce
Caro's Gluten Free Bread
Green Juice
Lemon Water

Day 1

Strawberry Shake
Fresh Fruit
Mango Bliss Balls
Pesto Pasta
Carob Brownies
Avocado Toasts

Day 2

Purple Blueberry Banana Smoothie
Nutella Toasts
Mac'n Cheese Pasta

Day 3

Spirulina Smoothie
Bueno Oats
Avocado Sushi

Day 4

Cherry Lime Smoothie
Chocolate Balls
Peanut Banana Choco Oat Cookies
Healthy Carbonara

Day 5

Mango Pineapple Smoothie
Oat Pancakes
Caro's Hummus

Day 6

Kiwi Kale Smoothie
Banana Bites
Cherry Bliss Balls
Green Salad
Tofu Scramble

Day 7

Unicorn Smoothie
Choco Chia Pudding
Banana Bread Muffins
Cucumber Slices
Creamy Bell Pepper Pasta

Day 8

My Fave Green Smoothie
Spirulina Bliss Balls
Seeded Buckwheat Bread
Avocado Toast

Day 9

Choco Shake
GF Muesli
Carrot Cake Balls
The Best Snickers
Cheesy Potatoes With Broccoli

Day 10

Key Lime Pie Smoothie
Sweet Potato Sandwiches
Green Salad
Broccoli Pasta

Day 11

Apple Pie Smoothie
Bounty Porridge
BBQ Fries
Cottage Cheese Stuffed Dates
Avocado Toasts

Day 12

Peanut Butter Smoothie
Fig Bliss Balls
Green Pea Orzo
Avocado Sushi

Day 13

My Fave Green Smoothie
Pineapple Bliss Balls
Chickpea Pancakes
Caro's Potato Salad

Day 14

My Fave Green Smoothie
Snickers Oats
Chickpea Toast
Potato Broccoli Soup

FRESH START

Eating healthy when life is busy is usually the first thing we put on hold next to not exercising, aaand I totally feel you!

This is why I created this RESET meal plan: a simple step-by-step guide on how to cook smarter so you can nourish yourself and your baby every day without the added stress that usually comes with it.

It's all about quick, delicious and nutritious meals that are easy to cook in bulk AND easy to adjust for mama and baby, depending on what you both crave.

Hailey and I have been making these recipes ON REPEAT, haha, and it has been working so well for us that I am so excited to help a busy mama out here and share our routine! All husbands and partners are, of course, welcome as well. Simply adjust portion sizes.

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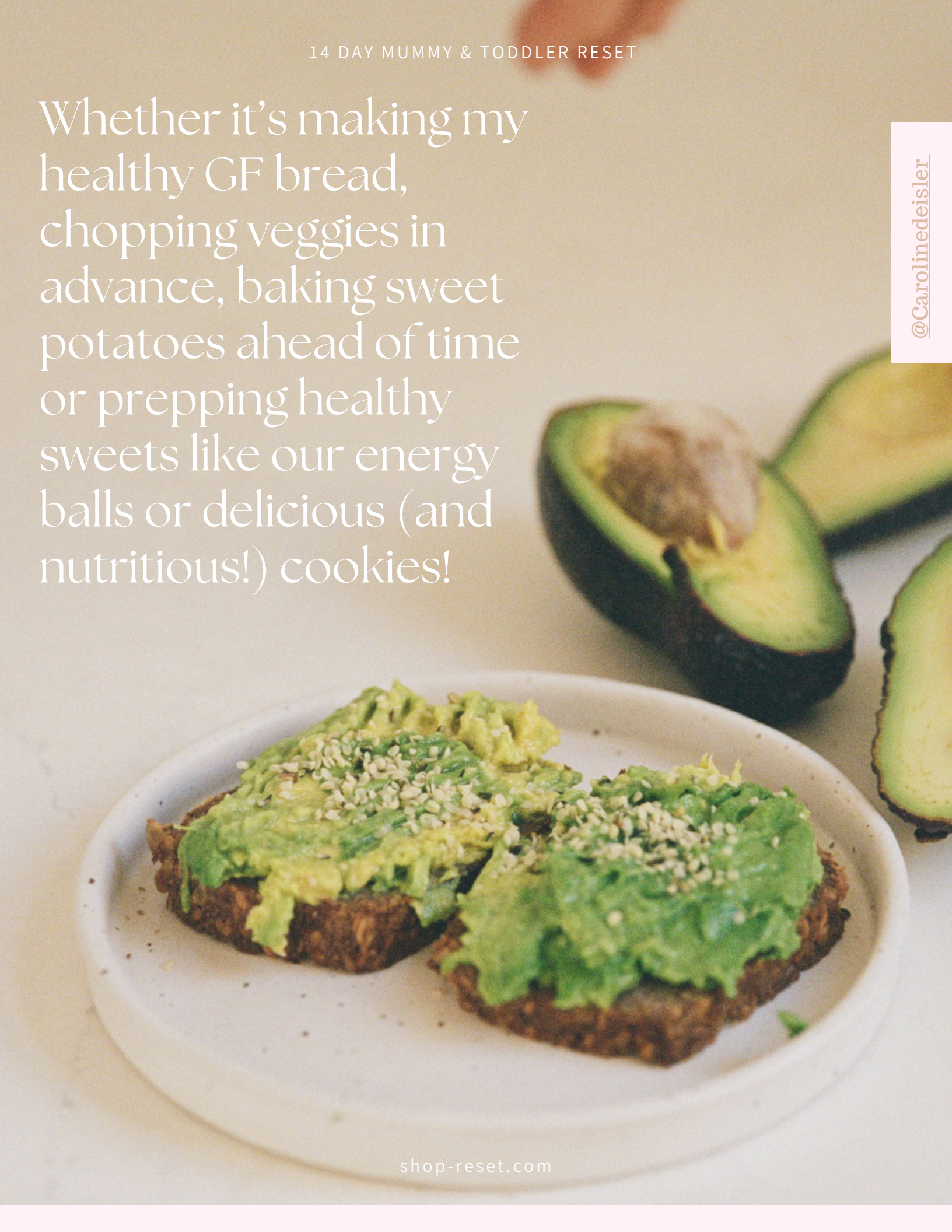


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PREPPING AHEAD IS THE GAME CHANGER

Whether it's making my healthy GF bread, chopping veggies in advance, baking sweet potatoes ahead of time or prepping healthy sweets like our energy balls or delicious (and nutritious!) cookies!

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The quote prepare to fail or fail to prepare never gets old, does it? When you're having a busy day running from A to B, taking care of your baby(s), keeping your home tidy, maybe working an office job (moms are working 24/7, but you know what I mean) aaand then also wanting to spend quality time with your husband and maybe having a moment of selfcare, it is literally impossible to eat healthy if you aren't prepared. If this has been you, you are not alone, and you just didn't get the help you needed yet.

shop-reset.com

Shopping List

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Fresh Produce & Fruits

WEEK 1

Produce

1 zucchini
1 bunch basil
10 celery heads
10 lemons
9 limes
4 carrots
3 mangoes (≈3 ½ cups)
5 avocados
9 potatoes
1 handful green beans
6 mushrooms
1 red onion
1 clove garlic
2 cups pineapple
1 piece ginger
4 kiwis
1 handful spinach (or parsley)
5 cups cherries (pitted)

Fruits

18 bananas
2 cups strawberries
2 cups blueberries
2 cups frozen mango
2 dried apricots
110 medjool dates

WEEK 2

Produce

14 celery heads
16 lemons
11 limes
5 cucumbers
4 carrots
2 red onions
2 heads broccoli (+ 3 florets heads)
1 leek
1 bunch dill
2 bunches chives
3 handfuls kale leaves
2 handfuls spinach or mixed greens
1 bunch arugula
1½ sweet potatoes
3 purple sweet potatoes
20 medium-sized potatoes
4 apples
1½ cups pineapple
1½ cups figs (ripe)
7 sundried tomatoes
1 cup cherry tomatoes
1 cup red bell pepper
2 cloves garlic (optional)
7 avocados
1 piece ginger
2 dried apricots

Fruits

24 bananas
30 medjool dates
2 cups blueberries
2 cups papaya (or extra blueberries)

Shopping List

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Bulk Ingredient List (Weeks 1 & 2)

Measured in cups with metric equivalents (ml / g)

Liquids

10 cups almond milk (≈ 2.5 L)
4 ¼ cups coconut yogurt (≈ 600 g)
3 ¼ cups aloe vera juice (≈ 800 ml)
¼ cup apple cider vinegar (≈ 60 ml)
⅓ cup olive oil (≈ 75 ml)
3 cups vegetable broth (≈ 700 ml)
1 cup coconut milk (≈ 240 ml)
1 cup coconut water (≈ 240 ml)
½ cup apple juice (≈ 120 ml)
⅓ cup maple syrup (≈ 75 ml)

Grains & Legumes

15 cups oats (≈ 1.3 kg)
4 ½ cups buckwheat groats (≈ 600 g dry)
4 cups rice (≈ 800 g raw equivalent)
3 cups gluten-free pasta (≈ 520 g)
1 ½ cups dry chickpeas (≈ 250 g)
1 cup orzo (≈ 200 g)

Nuts & Seeds

7 cups cashews (≈ 900 g)
¼ cup hazelnuts (≈ 30 g)
½ cup almonds (≈ 70 g)
3 cups peanuts (≈ 400 g)
1 cup pistachios (≈ 130 g)
1 ½ cups sunflower seeds (≈ 200 g)
1 cup pumpkin seeds (≈ 120 g)
1 cup flax seeds (≈ 120 g)
½ cup chia seeds (≈ 70 g)
¼ cup psyllium husk powder (≈ 30 g)
¼ cup pine nuts (≈ 30 g)
¼ cup hemp seeds (≈ 30 g)
3 tbsp sesame seeds (≈ 20 g)

Nut Butters & Spreads

½ cup cashew butter (≈ 120 g)
⅔ cup almond butter (≈ 160 g)
½ cup hazelnut butter (≈ 130 g)
¾ cup peanut butter (≈ 190 g)
⅔ cup tahini (≈ 150 g)

Others

3 cups desiccated coconut (≈ 300 g)
3 tbsp nutritional yeast (≈ 25 g)
2 tbsp coconut sugar (≈ 25 g)
¾ cup cacao or carob powder (≈ 100 g)
2 tbsp vanilla powder or ¼ cup extract (≈ 20 g / 50 ml)
2 tbsp spirulina powder (≈ 10 g)
1 tbsp barley grass powder (≈ 5 g)
¾ cup mixed spices and herbs (≈ 100 g assorted)
1 ½ cups chopped vegan chocolate bars (≈ 240 g)
½ cup raisins (≈ 60 g)
1 pack nori sheets (≈ 10 sheets / 25 g)
3 Vegan chocolate bars (≈ 240g)
300 g firm/extra-firm Tofu

Prep in advance

PART 1



CELERY JUICE

Prep celery ahead (wash/chop), juice fresh daily.



LEMON WATER

Squeeze enough lemons for 7 days; store juice in fridge.



GREEN SMOOTHIES

Wash, chop and Pre-portion ingredients into glass containers.



POTATOES

Twice a week: wash, peel and steam potatoes.



PURPLE SWEET POTATOES

Twice a week: peel, cut into 2cm pieces, and bake at 200 degrees for 50 minutes.

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Make these in bulk

PART 2



VEGGIES

Wash and steam carrots, broccoli, green beans, and defrost frozen peas.



ZUCCHINI NOODLES

Spiralize and store dry (add sauce fresh).



HUMMUS

Make a big batch on day 0 & mid-week.



FRUITS

Wash and pre-portion melon, pineapple, papaya, berries for quick breakfasts.



ENERGY BALLS

Make 3 different varieties and store up to 5 days.

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combine this meal plan with my

14-Day Busy Mom *workouts*

Short & Effective Workouts using minimal equipment!

Perfect to squeeze into *busy mom days*!

Whether you have 20 minutes before your little one(s) wake up, while they're napping or in between school drop-offs, these sessions are designed to fit easily into your day, helping you to stay consistent and feel strong, toned, and confident, every single day.

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14-Day Busy Mom Program

Day 1: 20min Power Pilates

Day 2: 20min Slim Legs

Day 3: 20min Arms & Abs

Day 4: 15min Booty Burnout

Day 5: 30min Morning Flow

Day 6: 15min Killer Abs

Day 7: 22min Slow Burn Pilates

Day 8: 15min Arms & Abs

Day 9: 15min Full Body Standing

Day 10: 20min Slim Legs

Day 11: 15min Arms & Back

Day 12: 15min Easy Full Body

Day 13: 20min Booty Burnout

*D**ay 14***: 20min Morning Flow

on the app!

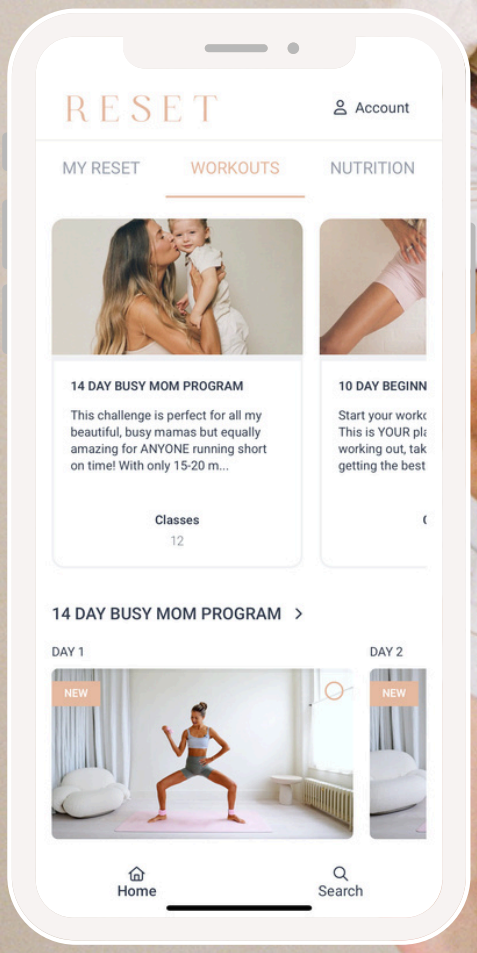
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14 DAY MUMMY & TODDLER RESET

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Results are in...!



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I promise you'll see a major difference in how YOU feel, but also how your TODDLER feels!! Giving them simple, healthy and delicious meals (and including them in the process too) puts them in the best mood!

They're more likely to try new foods and eat vegetables when they feel like they've prepped the recipe themselves. Plus, you won't have to deal with the crazy, uncontrolled bursts of energy that come from eating refined sugar.

It may seem like it's "just food", but it really does affect all other areas as well, and you'll have a calmer, more emotionally regulated child. Truly a win-win for everyone!



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Let's go!

I created a "PREP TIME" page for each of the 14 days to give you an exact overview of what to prep for the next day, and you'll find the recipes in the following pages.

I also included helpful notes on portion sizes on each recipe page to make this as easy as possible for you.

Prep Time

GET READY FOR TOMORROW!

PREP 1

Make **2 portions of our pesto sauce**, so all you need to do tomorrow is cook up your fresh pasta and fav green veggies.

PREP 2

Bake our healthy bread – choose between my classic GF seeded bread or my low fat buckwheat bread (on page 83) You can of course also buy a healthy bread!

PREP 3

Bake sweet potatoes for both the carob bronwies as well as the sweet potatoes fries.

carob brownies:
→ bake whole sweet potatoes for min 60-70 minutes at 200 degrees Celsius. We need 600gr for this recipe!

Healthy Fries:
→ cut 2 sweet potatoes in wedges, add a sprinkle of cinnamon and opt olive oil and bake for 50 minutes at 200 degrees celsius.

PREP 4

Wash 7 heads of celery, chop off the ends, and keep them wrapped in a kitchen towel in the fridge.

Squeeze 7 lemons and keep the juice in a glass bottle for your morning detox water.



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Make it in bulk

PESTO SAUCE

Pesto

1 small raw zucchini
1 bunch fresh basil
1/4 cup pine nuts
1 tbsp olive oil
1/4 cup water

Steps

1 Add all pesto ingredients into a small blender or food processor and pulse until creamyyy.

CARO'S *Gluten Free Bread*

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Ingredients

2,5 cups oats
1/2 cup sunflower seeds
1/2 cup pumpkin seeds
1/2 cup flax seeds
5 tbsp chia seeds
3 tbsp psyllium husk powder
1 tsp salt
2 cups water

Steps

1. Preheat the oven to 175 degrees Celsius.
2. Mix all dry ingredients together and stir well.
3. Add in water and let it soak for 10 -20 minutes.
4. Pour the mixture into your baking form lined with parchment paper and bake for 30 minutes. Carefully flip the bread over, place it on the parchment paper tray without the baking form and bake for another 30 minutes. Let it cool down and store it for a couple of days.

Day 1-14
GREEN JUICE

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Ingredients

1 head celery

Directions

Run celery through your juicer and voila, celery juice is readyyyy!

Celery is so high in electrolytes and minerals that even if you don't think it would, it really helps your body build more muscle and become toned and lean!!

I also love celery & cucumber if you fancy a change or if your toddler isn't too keen on pure celery juice. It can take a little while to get used to it.

toddler mommy

recipe makes: 1 serving

X7 prep for the whole week and store in the friedge

Day 1 to 14
LEMON WATER

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Ingredients

DRINK ALL DAY
¼ cup pure Aloe Vera Juice
Juice of 1 lemon
Juice of 1 lime
1.5 liter water

OPT: fresh ginger juice

Directions

Add Aloe Vera, lemon and lime juice to your water and enjoyyyy!

Feel free to add freshly juiced ginger as well OR do only ginger some days.

This water is your natural digestion aid! I love giving my water an extra boost to help eliminate toxins, such an easy way to soften the waste in your colon which makes it easier for your body to get rid of it.

toddler mommy

recipe makes: 1 serving

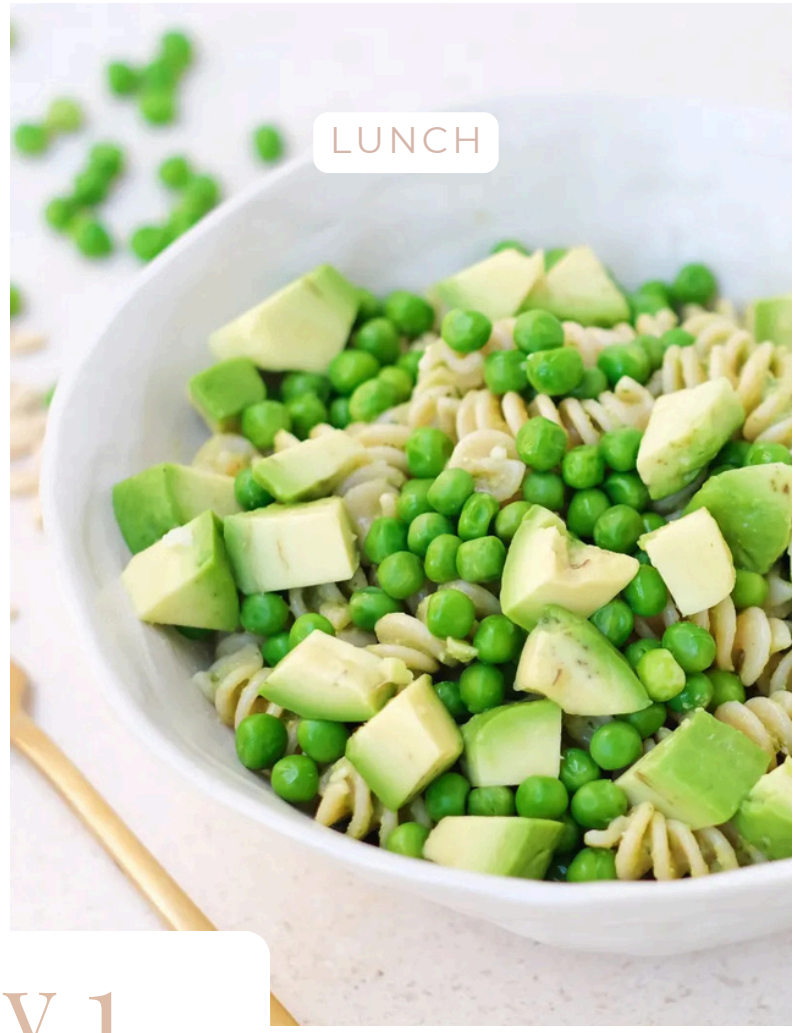
X7 prep for the whole week and store in the friedge





BREAKFAST





LUNCH

Day 1

OVERVIEW OF ALL MEALS



SNACK



DINNER





Day 1

MENU

Breakfast

toddler mommy

Strawberry Shake

toddler

Mango Bliss Balls

mommy

Mango Bliss Balls or Fresh Fruit

Lunch

toddler mommy

Pesto Pasta with Avocado, Olives, Green Peas

mommy

Pasta Alternative

Use zucchini zoodles for a lighter option

Mango Bliss Balls

If you had fruits for breakki, have the bliss balls for lunch, if you prefer a sweet one.

Snack

toddler mommy

Fresh Fruit

Carob Brownies

Dinner

toddler mommy

Avocado Toasts

Sweet Potato Fries

toddler sides

Cucumber Slices

STRAWBERRY SHAKE

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Ingredients

2 frozen bananas
1 cup frozen strawberries
2 medjool dates
1 tsp vanilla extract powder
2 cups water

Steps

Add all ingredients to a high speed blender and blend until smooooth.

The most delicious and refreshing strawberry shake!! We ALL love to have this in the morning, a great one for the whole family!

toddler mommy

recipe makes: 1 serving

X2 double recipe to have one portion for each: mummy & toddler



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FRESH FRUIT

toddler mommy

have as much as you need

store pre-cut fruits in the fridge

Ingredients

Any fresh & ripe fruits you have in season right now:-)

Oranges
Fresh figs
Papaya
Pineapple
Mangoes
Dates

Steps

Have an abundance of fresh, ripe (!), hydrating fruits. The easiest-to-digest food there is, nature's candy for both mummy and toddler.

I often have our smoothie and delicious fresh fruits for breakki while I prepare the bliss balls or other breakfast/lunch recipes with Hailey in the morning, and then have my bliss balls or other foods a bit later, which I find works perfectly.



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MANGO BLISS BALLS

toddler mommy

recipe makes: 1 serving

X3 make 3 portions

store in the friedge

Ingredients

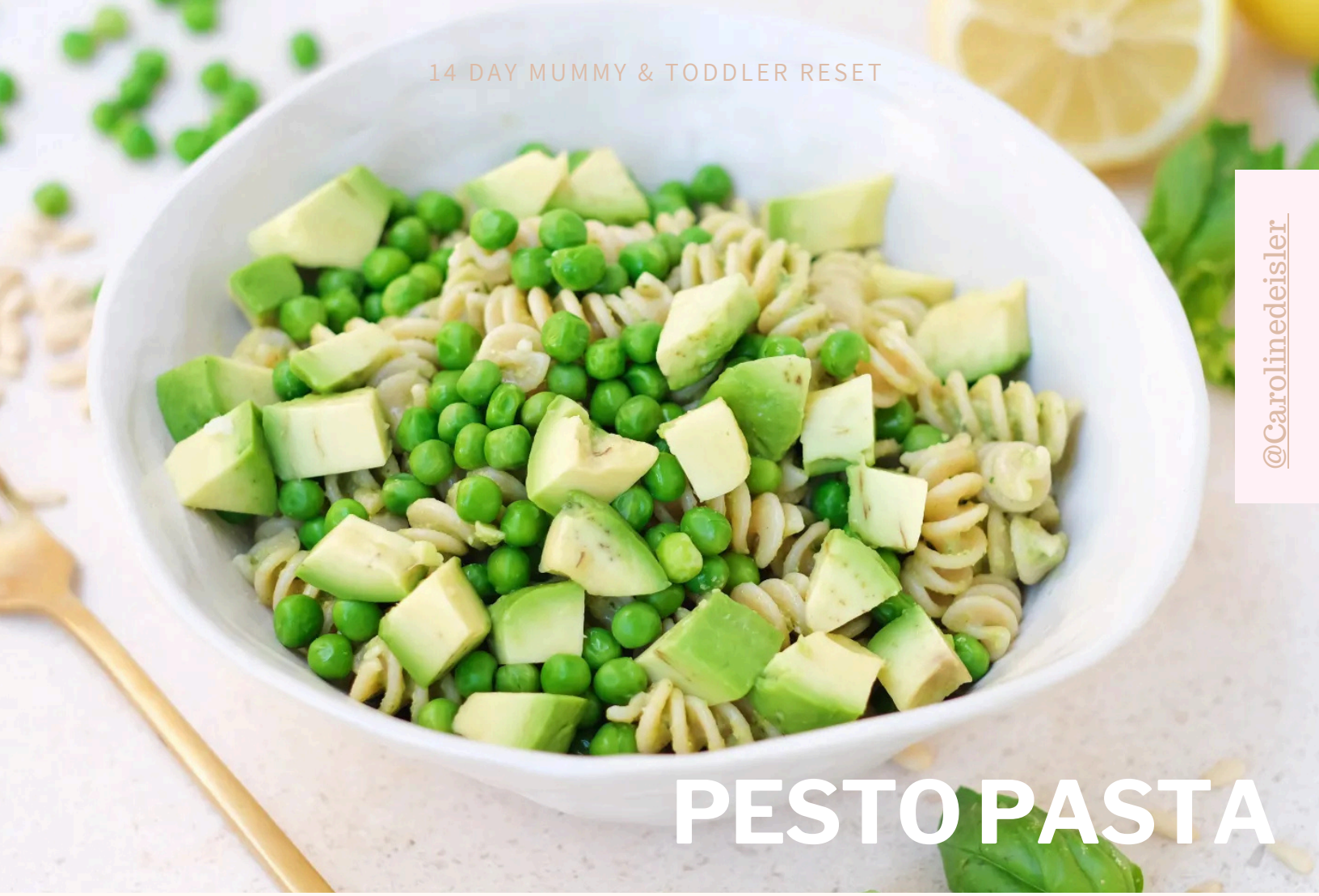
1/2 cup fresh ripe mango
1/2 cup oats
1/2 cup desiccated coconut
5 medjool dates
opt: ¼ cup roasted cashews

TOPPINGS

1/4 cup desiccated coconut

Steps

1. Add ripe mango, oats, dates, coconut, and optionally, cashews to a food processor and blend until well combined.
2. Form balls with your hands, roll them into more shredded coconut, and your yummy mango bliss balls are readddy.



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PESTO PASTA

toddler mommy

recipe makes: 1 serving for both mummy & toddler

X2 make extra pesto for next day!

opt zucchini noodles for mummy!

Pesto

1 small raw zucchini
1 bunch fresh basil
1/4 cup pine nuts
1 tbsp of olive oil
1/4 cup water

TOPPINGS

1 avocado
1/2 cup green peas
1/4 cup pitted olives

PASTA

120gr chickpea fusili

Steps

1. Cook pasta according to the package instructions.
2. Add pesto prepped from day before OR if you didn't prep it yet, add all pesto ingredients into a small blender or food processor and pulse until creamyyy.
3. Mix the pesto into your pasta and add all your favourite toppings!!



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CAROB BROWNIES

toddler mommy

recipe makes: 6 brownies

X1 your snack for 3 days

store in the friedge

Ingredients

600gr sweet potatoes, baked & peeled
2 large ripe bananas
4 tbsp carob powder
1 cup almond milk
1/2 cup buckwheat flour

Steps

1. Preheat the oven to 200 degrees and bake sweet potatoes for 60 minutes. This step is peeeerfect to do in advance.
2. Add peeled sweet potatoes, bananas, carob powder and almond milk to a food processor and pulse until all creamy and well combined.
3. Add in the buckwheat flour and mix again.
4. Pour the chocolaty dough into your baking form lined with parchment paper and bake for 35 minutes at 200 degrees Celsius. Let them cool down, add another sprinkle of carob powder and enjoyyyy!

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AVOCADO TOASTS

toddler mommy

recipe makes: 1 serving

X2 make as many as you crave

Ingredients

2 slices of our GF bread (opt toasted for mummy) or use any bread of your choice

1 avocado, mashed
1 tbsp hempseeds
(also love adding some extra olive oil for Hailey for more healthy fats)

Steps

Toast the bread, add mashed avocado, optionally fresh lemon juice, a sprinkle of hemp seeds or any other seeds of your choice, but I find hemp seeds are so easy to eat for toddlers, and enjoyyy!

Hailey usually eats 2 toasts, and I have about 6 if it's a complete meal.



Prep Time

GET READY FOR TOMORROW!

PREP 1

Make **2 portions of our healthyyy Chocolate Spread** and store in the fridge.

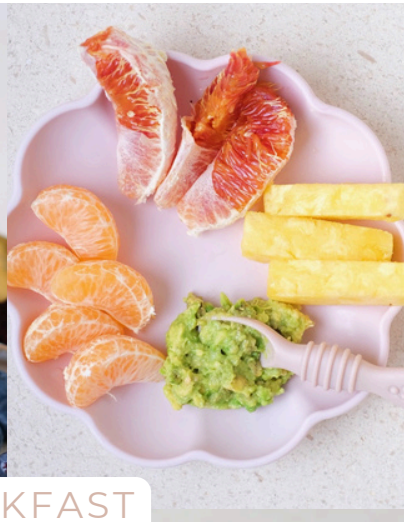
Prep **caramel sauce** for bueno oats at the same time: blend 6 medjool dates with ½ cup of water & 1 tsp vanilla extract powder.

PREP 2

Steam veggies for tomorrow's pasta sauce:

Broccoli
Potatoes
Carrots





BREAKFAST



LUNCH







Day 2

OVERVIEW OF ALL MEALS



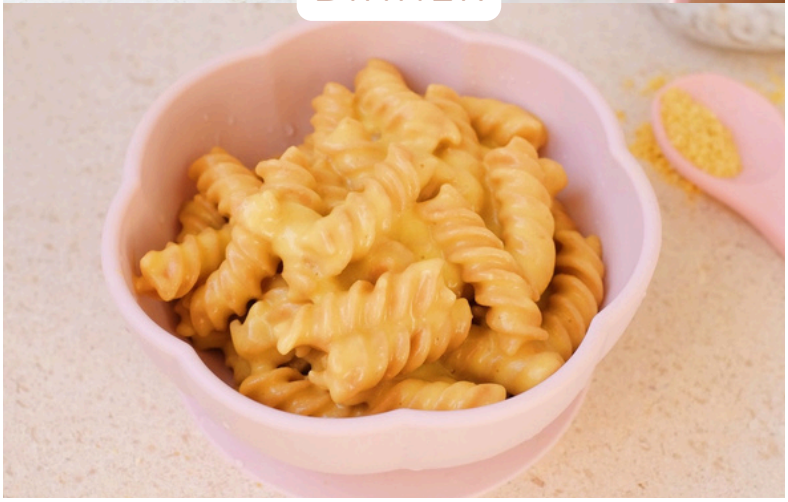
SNACK





DINNER





Day 2

MENU

Breakfast

toddler mommy

Purple Blueberry Banana Smoothie

toddler

Mango Bliss Balls

mommy

Mango Bliss Balls or Fresh Fruit

Lunch

toddler mommy

"Nutella" Toasts

toddler sides

Cucumber Slices

Edamame

Snack

toddler mommy

Fresh Fruit

Carob Brownies

Dinner

toddler mommy

Mac n Cheese Pasta

add ins:

Broccoli & Green Peas

mommy

Pasta Alternative

Use zucchini zoodles for a lighter option

PURPLE BLUEBERRY BANANA SMOOTHIE

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Ingredients

2 ripe bananas
1 cup frozen wild blueberries
2 medjool dates
1 tsp vanilla extract powder
1 tbsp cashew butter
1-2 cups water

Directions

Add all ingredients into a high-speed blender and blend until smooth!!

Hailey's all-time faavourite smoothie!

toddler mommy

recipe makes: 1 serving

X2 double recipe to have one portion for each: mummy & toddler

NUTELLA TOASTS



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toddler mommy

recipe makes: 1 servings

X2 make 2 portions

store in the friedge

Ingredients

6 large medjool dates
1/2 cup water
3 tbsp hazelnut butter (or brown almond butter)
1 tbsp carob or cacao powder
1/2 large mashed ripe banana (or 1 small banana)

Steps

1. Add pitted medjool dates and water to your food processor and pulse until smooth.

2. Add in hazelnut butter (brown almond butter is super yum as well), carob or cacao powder, mashed banana and pulse until smooth. Ready is the most delicious chocolate spread!! Transfer one portion to a glass jar and store in the fridge for tomorrow.



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MAC N CHEESE PASTA

toddler mommy

recipe makes: 1 serving for both mummy & toddler

X2 make a double portion of the sauce

store in the friedge

Ingredients

1 large potato
1 carrot
1 tablespoon nutritional Yeast (I use one with added B12)
1/4 cup cooking water (1/2 - 1/4)
1/4 cup cashews

Steps

1. Peel and chop the potato and carrot and steam or cook for 20 minutes until soft. Soak cashews in water.
2. Cook the pasta according to the package instructions.
3. Rinse cashews and add to a blender with the potato, carrot, nutritional yeast, and some pasta cooking water. Blend it all up and the creamiest cheese sauce is readyyy!
4. Mix that into the pasta and let your little ones enjoy! I love adding our vegan parmesan or iron sprinkles here as well!



Prep Time

GET READY FOR TOMORROW!

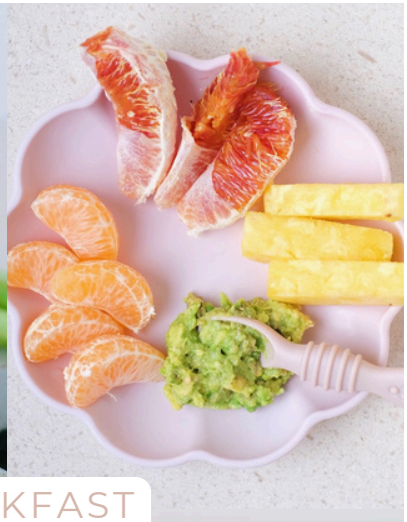
PREP 1

Make a batch of creamyyy oats by adding 1/2 cup oats, 1 1/2 cups water and 1 tsp vanilla powder extract to a pot and let it simmer on medium heat for 5–6 minutes. Soo satisfying and ready to go for the next morning!

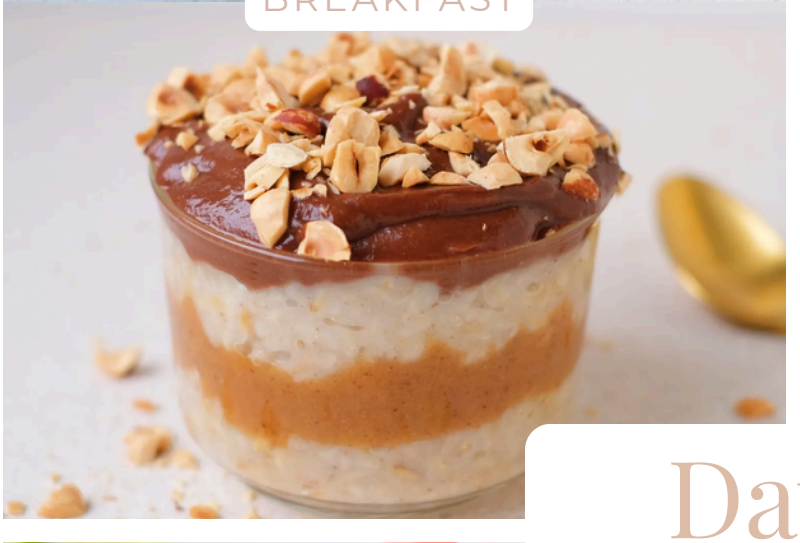
PREP 2

While you're at it, **cook your rice** for the avocado sushi. Make a little extraaa and pop it in the fridge for Day 4.





BREAKFAST





LUNCH

Day 3

OVERVIEW OF ALL MEALS



SNACK





DINNER

Day 3

MENU

Breakfast

toddler mommy

Spirulina Smoothie

toddler

Bueno Oats

mommy

Bueno Oats
or Fresh Fruit

Lunch

toddler mommy

Pesto Pasta

Use pesto from day 1 and add different veggies (edamame, green beans, broccoli)

mommy

Pasta Alternative

Use zucchini zoodles for a lighter option

Bueno Oats

If you prefer a sweet lunch and did not have it for breakfast.

Snack

toddler mommy

Fresh Fruit

Carob Brownies

Dinner

toddler mommy

Rice, Avocado, Nori Paper

SPIRULINA SMOOTHIE

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Ingredients

1 whole head celery
1 whole lemon, peeled
1 tsp spirulina
2 frozen bananas
2 cups water

Directions

Add all ingredients into a high speed blender and blend until smooth!! I love having all smoothie greens pre washed in the fridge so it only takes 2 minutes to make! ENJOYYYY! Hailey loves them too :))

toddler mommy

recipe makes:
1 serving

x2

1 for your
1 for your toddler



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BUENO OATS

toddler mommy

recipe makes:
1 serving for both mummy & toddler

Ingredients

1/2 cup oats
1 1/2 cups water
1 tsp vanilla powder extract

CHOCO LAYER

5 medjool dates
1/2 cup water
1 tbsp raw cacao powder
1 tbsp hazelnut butter

CARAMEL LAYER

prepped on day 1

5 medjool dates
1/2 cup water

TOPPING

1/4 cup roasted hazelnuts, chopped

Steps

If you have oats, caraml and the chocolate spread prepped, go ahead and assemble your bowl.

1. Otherwise, add oats, water and vanilla to a pot and let it simmer on medium heat for 5-6 minutes until creamyyyy. Place the oats in the freezer for 10 minutes to allow them to cool completely.

2. Add 10 pitted dates, 1 cup of water and 1 heaping tbsp hazelnut butter to a blender and blend until smooth. Take out the caramel layer and add cacao powder to your blender for the chocolate layer.

3. Get a jar and layer your delicious Bueno Oats: Creamy oatmeal, caramel, oats, chocolate layer and top with roasted chopped hazelnuts. Aww this is HEAVEEEEN for both mummy and babyyy!



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AVOCADO SUSHI

toddler mommy

recipe makes:
1 serving for both mummy & toddler

Ingredients

3 bowls of white rice, cooked
2-3 avocados
Nori sheets

Steps

1. I like to cook the rice in the morning, so it has time to cool down and dinner is ready in 2min then!

2. Slice up the avocado, get your nori sheets, and divide each nori sheet into 4 smaller pieces, add rice, avocado, roll it up and ENJOYYYY! Hailey and I eat this all the time!



Prep Time

GET READY FOR TOMORROW!

PREP 1

Prep your **Peanut Choc Oat Cookies** today so they're ready to grab & go tomorrow.

PREP 2

Aaand don't forget to **soak your cashews** for the dreamyyy Cashew Cream. Just pop them in a bowl with water and let them sit overnight. Your blender will thank you haha!



@Carolinedeisler

PEANUT BANANA CHOCO OAT COOKIES

toddler mommy

recipe makes:
9 cookies → snack for the next 3 days

store in
the friedge

Ingredients

2 large ripe bananas, mashed
2 cups oats
4 tablespoons peanut butter
4 tablespoons tahini
1 pinch salt
1 tablespoon vanilla powder
5 tablespoons maple syrup
2 tablespoons coconut sugar
1 vegan sugar-free chocolate bar
1 tablespoon of cinnamon (optional)

Steps

1. Preheat the oven to 180 °C.
2. Mash the bananas with a fork. The riper your bananas are, the better! ©
3. Add in all other ingredients and mix well.
4. Form balls out of the dough, slightly flatten them in the middle, and place them on a tray lined with parchment paper.
5. Bake for 18 minutes.
6. I love to let them cool down for about 30 minutes in the oven once it's been turned off. That way, they get that extra golden crunch. Plus, they taste even better the next day.



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EASY COOKING CREAM

toddler mommy

recipe makes 1 serving

X2 extra portion for day 6

store in the friedge

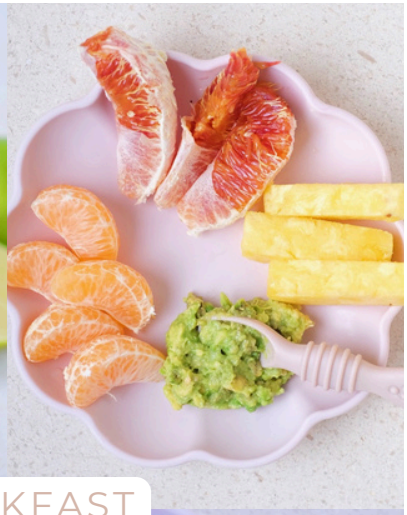
Ingredients

1 cup cashews, soaked and rinsed
½ cup water
sprinkle of salt

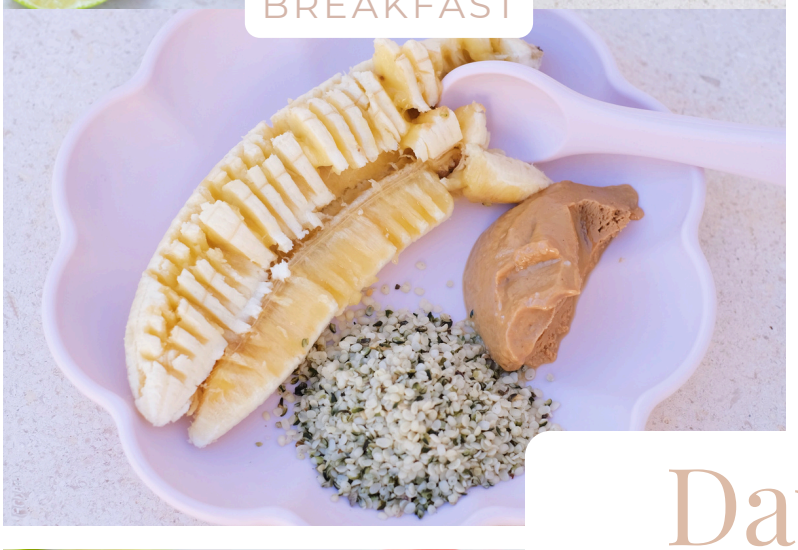
Steps

1. Soak cashews for 30 minutes, rinse and blend with ½ cup water and a sprinkle of salt until creamy.
2. Add to a small glass jar and store in the fridge.





BREAKFAST

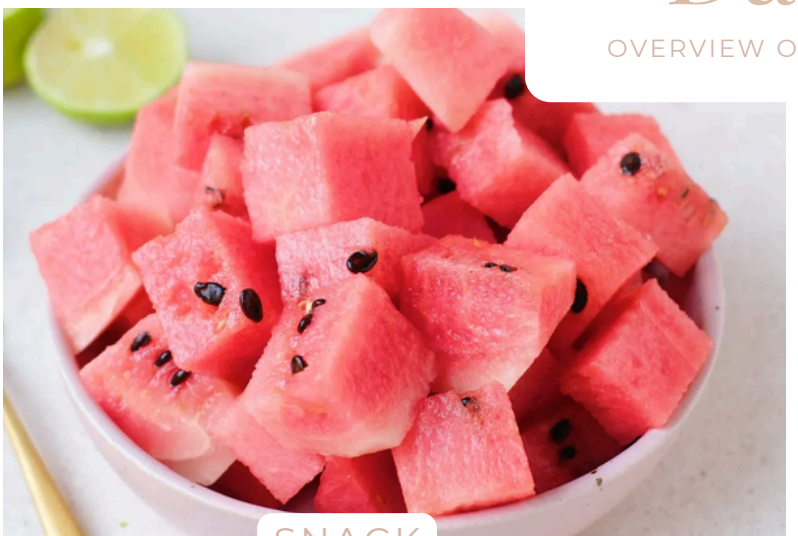




LUNCH

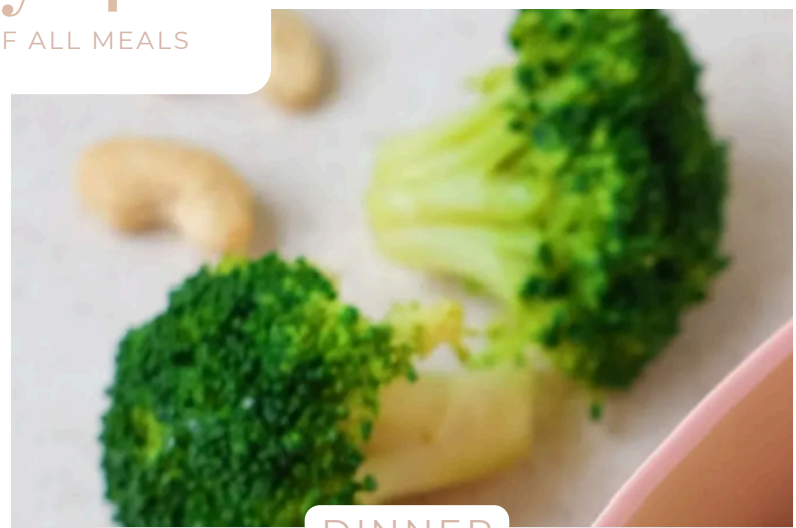
Day 4

OVERVIEW OF ALL MEALS



SNACK





DINNER



Day 4

MENU

Breakfast

toddler mommy

Cherry Lime Smoothie

toddler

Hailey's Banana Mash

mommy

Fresh Fruit

Lunch

toddler mommy

Chocolate Balls

1 portion = 6 balls

toddler sides

Cucumber slices
Avocado

Snack

toddler mommy

Fresh Fruit

Peanut Chocolate Oat Cookies

Dinner

toddler mommy

Healthy Carbonara

Sides:
Broccoli, Green Peas

mommy option

Steamed Zucchini Noodles

CHERRY LIME SMOOTHIE

@Carolinedeisler



Ingredients

1 cup fresh cherries, pitted
2 frozen bananas
2 nedjool dates
1 cup almond milk
2 ice cubes

Directions

Add all ingredients into a high speed blender and blend until creamyyyyy. Add more almond milk or water if needed.

toddler mommy

recipe makes: 1 serving

X2 add ½ portion for your toddler



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CHOCOLATE BALLS

toddler mommy

recipe makes: 6 balls

X3 make 3 portions

store in the friedge

Ingredients

7 large medjool dates, pitted
2 tbsp carob powder
1 tbsp almond butter

Steps

1. Add dates to a food processor and blend until you have a sticky date paste. Add in almond or hazelnut butter, and the carob powder and pulse again until well combined.

2. Form balls with your hands, roll into more carob powder and readyyyy!

Triple Ingredients so you have:
→ 1.5 portions for you and your toddler today
→ 1.5 portions for tomorrow



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HEALTHY CARBONARA

toddler mommy

recipe makes:
1 serving for both
mummy & toddler

opt zucchini
noodles for
mummy!

Ingredients

150g (GF) pasta
6 mushrooms, sliced
1/2 red onion, chopped (optional)
1 clove garlic, chopped (optional)

CREAM

1 cup soaked cashews
½ cup water
Sprinkle of pink salt

½ cup veggie broth
1 cup frozen green peas
+ any other green veggies!

Steps

1. Cook pasta according to the package instructions.

2. In a nonstick pan, saute mushrooms, onion, and garlic.

3. If you don't have the cream prepped, blend cashews, water and a sprinkle of pink salt.

   Mix the cream into the pan and add 1/2 cup veggie broth and peas. Stir in the pasta and enjoooy this creeeeamyyy bowl of heaven! Such an easy one for the whole fam!



Prep Time

GET READY FOR TOMORROW!

PREP 1

Prep my **Caro's Hummus** ahead so it's ready to dip, spread & enjoy. It makes everything taste SO much better.

PREP 2

Optional but makes life easier: already **steam** your **green beans + potatoes** and **defrost** your **green peas**.

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CARO'S HUMMUS

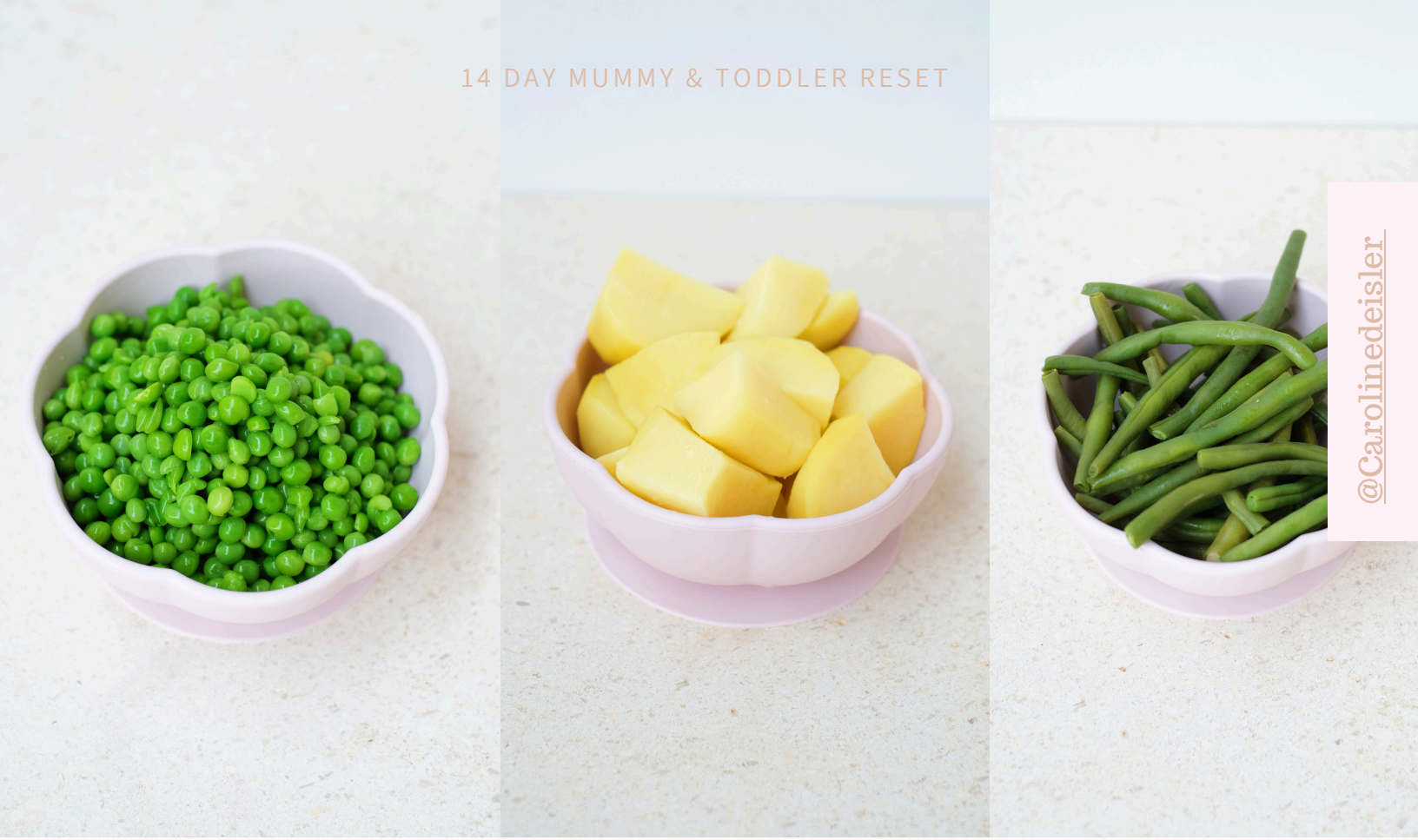
Ingredients

2 cups cooked chickpeas
1/4 cup water, from chickpea jar
1 tsp ground cumin (opt)
1/2 tsp Pink Himalayan Salt
Juice of 1 lemon
2 tbsp Tahini
opt: 2 tbsp olive oil

Steps

1. Add all ingredients to a food processor and blend until creamy.

2. Transfer hummus to a serving bowl, top with roasted chickpeas, fresh herbs or leave it plain.



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toddler mommy

recipe makes:
1 portion for both mummy & toddler

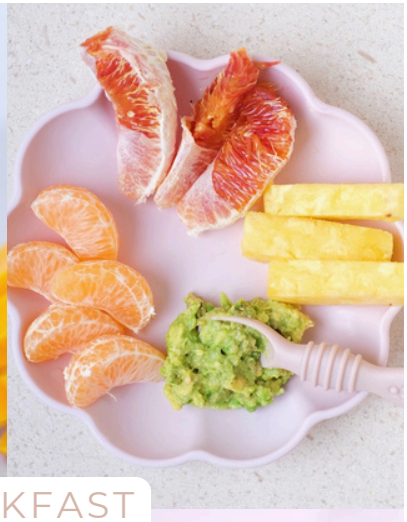
Ingredients

4-5 medium-sized potatoes
big handful of green beans
2 cups green peas

+ HUMMUS (already prepped)

1. Peal and Steam Potaotes for 25 minutes, let them cool down.
2. Steam green beans for 10 minutes and add frozen green peas for the last 2 minutes.
3. Add potatoes and veggies to your and your toddlers plate, add hummus and enjoyyyy! LOVE this simple, yet super satisfying and nutritious dinner!





BREAKFAST



LUNCH



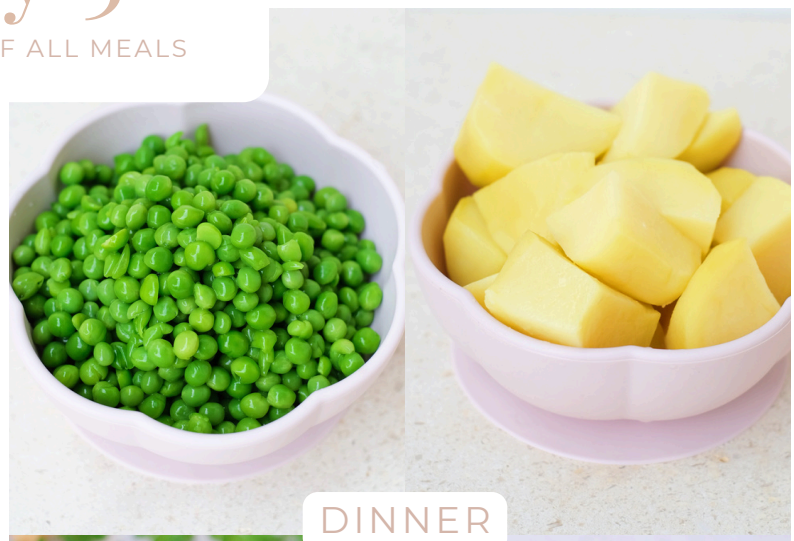


Day 5

OVERVIEW OF ALL MEALS



SNACK



DINNER



Day 5

MENU

Breakfast

toddler mommy

Mango Pineapple Smoothie

toddler

Chocolate Balls

mommy

Chocolate Balls

You have 1.5 portions left from the day before

Or Fresh Fruit

Lunch

toddler mommy

Oat Pancakes with Blueberries and Caramel

mommy option

Fresh Berries with the Caramel Sauce

Snack

toddler mommy

Fresh Fruit

Peanut Chocolate Oat Cookies

Dinner

toddler mommy

Hummus, Potatoes, Green Peas and Greens Beans

MANGO PINEAPPLE SMOOTHIE

@Carolinedeisler



Ingredients

2 cups ripe pineapple
2 cups frozen mango
Small piece ginger
2 cups water

Directions

Add all ingredients into a high speed blender and blend until creamyyyyy!

toddler mommy

recipe makes:
1 servings

X1 add ½ portion for your toddler



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OAT PANCAKES

toddler mommy

recipe makes:
1 serving for both mummy & toddler

X2 make extra caramel for the next day

Ingredients

2 dried apricots, soaked
1 medjool date
1/4 cup almond milk
1/2 ripe banana
1/2 cup oat flour
1/2 tsp vanilla extract

TOPPING

1/2 ripe banana

CARAMEL SAUCE

6 medjool dates
1 tbsp almond butter
1 cup water

Steps

1. Add dried apricots, dates, almond milk, banana, oat flour and vanilla to a high speed blender and blend until smooth.
2. Form mini pancakes in a non-stick pan and place a banana slice on top of each pancake. Sprinkle a tiny bit of coconut sugar on top and let it cook for about 3 minutes on each side.
3. Make the caramel as a delicious dip for your little one by blending dates, water, vanilla and almond butter until creamyyy! SO YUM!



BREAKFAST



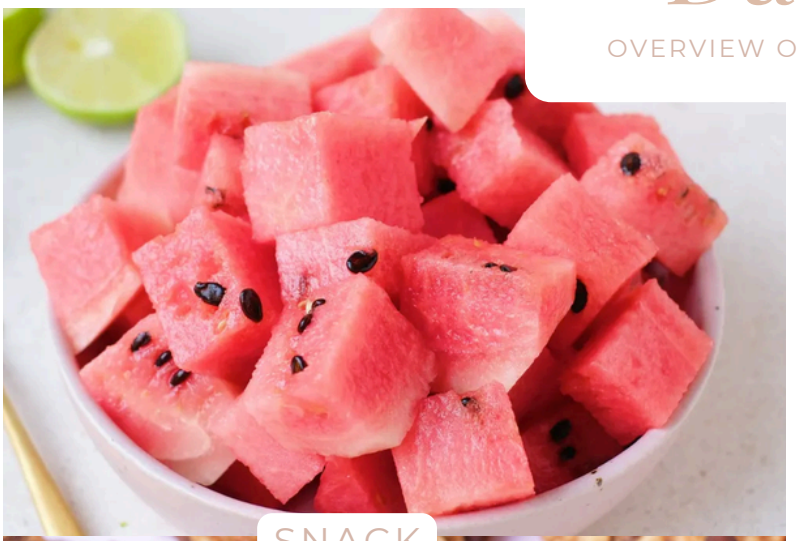
LUNCH





Day 6

OVERVIEW OF ALL MEALS



SNACK





DINNER

Day 6

MENU

Breakfast

toddler mommy

Kiwi Kale Smoothie

Banana Bites

Lunch

toddler

Cherry Bliss Balls

mommy

Cherry Bliss Balls

Or green Salad with Hummus

Snack

toddler mommy

Fresh Fruit

Peanut Chocolate Oat Cookies

Dinner

toddler mommy

Tofu Scramble on our toasted GF Bread

Side of Avocado

Side of Hummus

Side of Cucumber

KIWI KALE SMOOTHIE

@Carolinedeisler



Ingredients

2 ripe kiwis
1 teaspoon Barley Grass powder
2 frozen bananas
1 whole lime, peel removed
1/2 head celery
1 handful spinach (or parsley)

Directions

Add all ingredients into a high speed blender and blend until smooth.

toddler mommy

recipe makes: 1 servings

X2 add ½ portion for your toddler



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BANANA BITES

toddler mommy

recipe makes:
1 serving for both mummy & toddler

Ingredients

3-4 ripe bananas

CARAMEL SAUCE
prepped the day before

6 medjool dates
1 cup water
1 tbsp of nut butter

Steps

1. If you don't have the caramel sauce prepped from the pancakes from yesterday, blend dates, water, and nut butter until smoooth.
2. Slice bananas into 1-2cm thick pieces, add a layer of the date caramel and top with another banana slice. You can also add a sprinkle of shredded coconut or hemp seeds! Such an easy and delicious breakki for mummy & baby!



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CHERRY BLISS BALLS

toddler mommy

recipe makes: 1 serving (6 balls)

X3 make 3 portions

store in the friedge

Ingredients

1 cup fresh cherries, pitted
9 medjool dates
1 cup oats
1 cup desiccated coconut
2 tablespoons cashew butter
1 teaspoon of vanilla extract powder

Steps

1. Add all ingredients to a food processor and pulse until well combined.

2. Form balls with slightly wet hands, roll into more desiccated coconut and enjoyyyyy.

→ 1.5 portions for today
→ 1.5 portions for tomorrow



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savoury lunch option

GREEN SALAD

mommy

recipe makes:
1 serving

hummus prepped
from day before

Ingredients

A biiiig bowl of greens

Dressing

hummus from the day before

Steps

1 Mix hummus into the greens and enjoyyyyy!



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TOFU SCRAMBLE

toddler mommy

recipe makes: 1 serving for both mummy & toddler

X2 make a double portion of the scramble

store in the friedge

Ingredients

4 slices GF bread (or Roasted Potatoes if you don't fancy bread)

150gr firm or extra firm tofu

CASHEW CREAM

1/4 cup cashews
1/4 cup water
1/2 tsp salt
1/2 tsp smoked paprika
1/2 tsp turmeric powder

TOPPINGS

Avocado
Fresh chives
Black pepper

Steps

1. Remove tofu from its package and use a paper towel to remove any excess water.

2. Sautee tofu on medium heat for 5-6 minuts until slightly golden (optionally adding some olive oil).

3. Make the cashew cream by blending all ingredients until creamyyy OR if you have the cream prepped, add paprika and turmeric powder for that yellow color! Then mix cream into the tofu.

Make your toast: mashed avocado, tofu scramble and enjoyyyy!



Prep Time

GET READY FOR TOMORROW!

PREP 1

Bake a batch of our **Banana Bread Muffins** for the yummiest snack tomorrow.

PREP 2

Soak 2/4 cup of chia seeds for your chia pudding.

PREP 3

Also **soak 1 cup of cashews** for your Creamy Red Bell Pepper Pasta.

PREP 4

OPTIONAL: **Steam your broccoli** now to save time later.

PREP 5

Prep your **green juice and lemon water** so you're allll set for the week ahead.



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BANANA BREAD MUFFINS

toddler mommy

recipe makes: 6 muffins

X1 your snack for the next 3 days

store in the friedge

Ingredients

2 cups oats, blend
3 ripe bananas, mashed
1/2 tsp vanilla powder extract
1.5 tbsp almond butter
2 tbsp date caramel sauce (blend 3 dates and ¼ cup water)

TOPPINGS

1 banana, sliced
1 vegan chocolate bar
Sprinkle of coconut sugar

Steps

1. Preheat the oven to 180°C / 360°F.
2. Add all ingredients to a bowl and mix well. Pour the mixture into your muffin holes (I use a silicone muffin tray) and top with banana slices, chocolate pieces (I use carob chocolate to make them caffeine free) and jumbo oats.
3. Bake for 50 minutes, let them cool down afterward and ENJOY!

Day 1-14

GREEN JUICE

@Carolinedeisler



Ingredients

1 heads celery

Directions

Run celery through your juicer and voila, celery juice is readyyyy!

Celery is so high in electrolytes and minerals that even if you don't think it would, it really helps your body build more muscle and become toned and lean!!

I also love celery & cucumber if you fancy a change or if your toddler isn't too keen on pure celery juice. It can take a little while to get used to it.

toddler mommy

recipe makes: 1 serving

X7 prep for the whole week and store in the friedge

Day 1 to 14
LEMON WATER

@Carolinedeisler



Ingredients

DRINK ALL DAY
¼ cup pure Aloe Vera Juice
Juice of 1 lemon
Juice of 1 lime
1.5 liter water

OPT: fresh ginger juice

Directions

Add Aloe Vera, lemon and lime juice to your water and enjoyyyy!

Feel free to add freshly juiced ginger as well OR do only ginger some days.

This water is your natural digestion aid! I love giving my water an extra boost to help eliminate toxins, such an easy way to soften the waste in your colon which makes it easier for your body to get rid of it.

toddler mommy

recipe makes: 1 serving

X7 prep for the whole week and store in the friedge



BREAKFAST

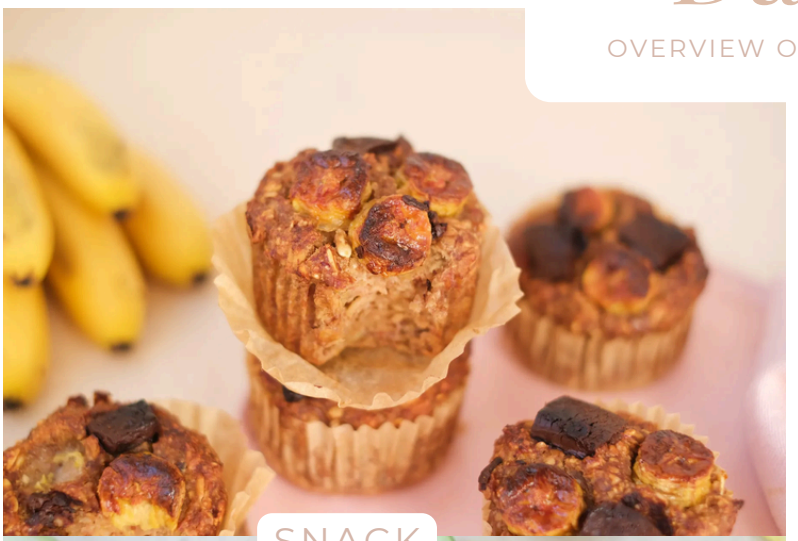




LUNCH

Day 7

OVERVIEW OF ALL MEALS

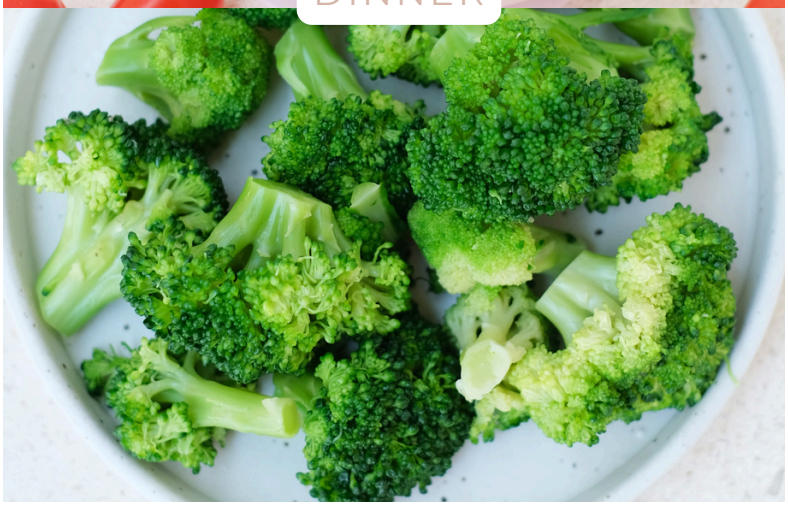


SNACK





DINNER



Day 7

MENU

Breakfast

toddler mommy

Unicorn Smoothie

toddler

Cherry Bliss Balls

mommy

Cherry Bliss Balls
or Fresh Fruits

Lunch

toddler mommy

Choco Chia Pudding

Snack

toddler mommy

Cucumber Slices

Banana Bread Muffins

Dinner

toddler mommy

Red Bell Pepper Pasta

Side of Broccoli

UNICORN SMOOTHIE

@Carolinedeisler



Ingredients

2 frozen bananas
2 medjool dates
1/4 frozen avocado
1 tsp blue spirulina
2 cups almond milk
1 tbsp chia seeds

Directions

Add all ingredients into a high speed blender and blend until smooth! Hailey's favourite smoothie! (well one of her favourites hehe, but that color is def an eye catcher for all babies / toddlers!)

toddler mommy

recipe makes: 1 serving

X2 make an extra ½ portion for your toddler



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CHOCO CHIA PUDDING

toddler mommy

recipe makes: 1 serving for both mummy & toddler

X2 make 2 portions

store in the friedge

Ingredients

1/4 cup chia seeds
1 cup water

CHOCO CREAM

2 ripe bananas
4 medjool dates, pitted
1 tbsp almond butter (or hazelnut butter)
1/2 cup water
2 tbsp cacao or carob powder

Steps

1. Add chia seeds and water to a bowl and soak overnight or for at least 30 min)
2. Add all choco cream ingredients into a blender and blend until smooth.
3. Combine the cream with your chia seed mixture and add your favourite toppings!! I love (baked) banana slices, chopped roasted hazelnuts and a sprinkle of carob powder on top. I also love to pack this one when I go to the Kids Club with Hailey!

→ one portion for today, one for tomorrow!

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CUCUMBER SLICES

Ingredients

3 small cucumbers
Lemon juice

Steps

1. Slice cucumbers into 2 cm-thick pieces.
2. Top with fresh lemon juice and enjoyyyy!



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CREAMY BELL PEPPER PASTA

toddler mommy

recipe makes:
1 serving for both mummy & toddler

Ingredients

150gr GF pasta

SAUCE

1 cup cherry tomatoes
1 cup red bell pepper
1 cup cashews, soaked
1 cup water
1 tbsp nutritional yeast
Juice of 1 lemon
1 tbsp apple cider vinegar
1 tbsp smoked paprika
1 tbsp Italian herbs
1 tbsp tomato paste
1 pinch of salt

Steps

1. Start by sautéeing the cherry tomatoes with Italian herbs on medium heat in a nonstick pan. Add tomato paste and let it simmer for a couple of minutes.

2. Cook the pasta according to the package instructions.

3. In a blender, add cashews, raw red bell pepper (great for Vitamin C), water, nutritional yeast, lemon juice, smoked paprika and blend until creamy. Then mix sauce into the pasta and let it simmer for 2 minutes.

You can also grate some Brazil nuts for a bit of a "Parmesan" feel + add in extra veg like broccoli or green peas! SO YUM!



Prep Time

GET READY FOR TOMORROW!

PREP 1

Bake a loaf of fresh bread today. There's nothing better than homemade warm bread straight from the oven!

Seeded Buckwheat Bread

@Carolinedeisler





Ingredients

4 cups of raw buckwheat groats (soaked overnight, rinsed)
1 cup water
1 cup ground flaxseeds
1/2 cup sunflower seeds
1/2 cup pumpkin seeds
1 Opt: juice of lemon

Steps

1. Blend buckwheat and water until you have a thick creamy batter

2. Stir in ground flaxseeds, pumpkin & sunflower seeds and mix well. Top with another sprinkle of your favourite seeds & bake for 55min at 180 degrees Celsius

TIP: This bread has to be toasted, hehhe. It tastes like 10 times better when you toast it, and I highly recommend thin slices!



BREAKFAST

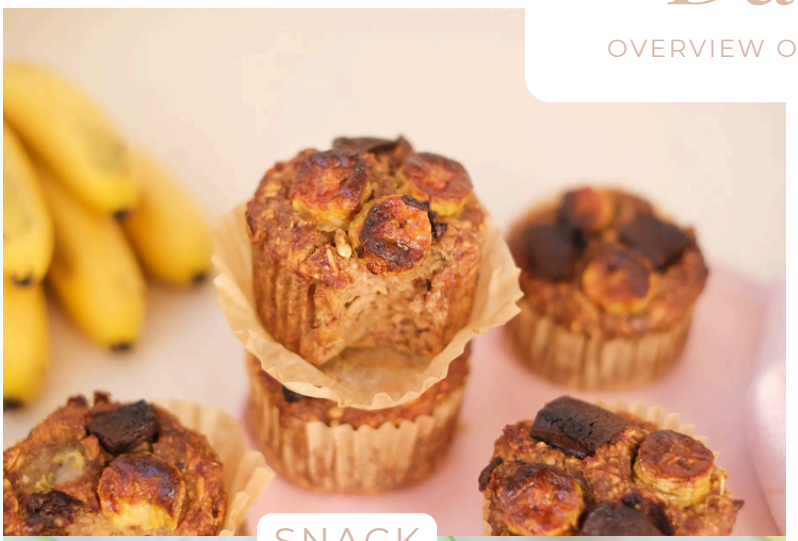




LUNCH

Day 8

OVERVIEW OF ALL MEALS



SNACK





DINNER



Day 8

MENU

Breakfast

toddler mommy

Green Smoothie

toddler

Choco Chia Pudding

mommy

Choco Chia Pudding
or Fresh Fruits

Lunch

toddler mommy

Spirulina Bliss Balls

Snack

toddler mommy

Cucumber Slices

Banana Bread Muffins

Dinner

toddler mommy

Avocado Toasts

Side of Broccoli
Side of Potato Fries

MY FAVE GREEN SMOOTHIE

@Carolinedeisler



Ingredients

1 head celery
1 handful kale leaves, de-stemmed
1 whole lemon, peeled
3 frozen bananas
2 cups water

Directions

Add all ingredients to a blender and blend until smooth!! It makes about 2-3 glasses of green smoothie and you should deeeefinitely have them all! :-)

toddler mommy

recipe makes: 1 serving

X2 make an extra ½ portion for your toddler



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SPIRULINA BLISS BALLS

toddler mommy

recipe makes:
1 serving = 6 balls

X2 make two portions

Ingredients

5 medjool dates
1/2 cup oats
1/2 cup shredded coconut
1/2 cup fresh blueberries
1 tbsp hemp seeds
1 tsp spirulina

Steps

1. Add dates, oats, dates, coconut, blueberries, hemp seeds, and spirulina to a food processor and pulse until well combined.

2. Form balls with your hands, roll them into more shredded coconut, and they're ready to enjoy! Hailey and I looove these, the perfect breakki, lunch or snack on the go!



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AVOCADO TOASTS

toddler mommy

recipe makes: 1 serving

X2 make as many as you crave

Ingredients

2 slices of our GF bread (opt toasted for mummy) or use any bread of your choice

1 avocado, mashed
1 tbsp hempseeds
(also love adding some extra olive oil for Hailey for more healthy fats)

Steps

Toast the bread, add mashed avocado, optionally fresh lemon juice, a sprinkle of hemp seeds or any other seeds of your choice, but I find hemp seeds are so easy to eat for toddlers, and enjoyyy!

Hailey usually eats 2 toasts, and I have about 6 if it's a complete meal.



Prep Time

GET READY FOR TOMORROW!

PREP 1

Steam your **broccoli, 3 large carrots and 3 small potatoes** now so you're allll set for Days 9 & 10

PREP 2

Make a fresh batch of **The Best Snickers** for a yummy snack for the next days! They are perfect to prep in advance as they stay fresh in the freezer for weeks.

PREP 3

Aaand prep **2 portions** of our **GF Muesli** for the next 2 days.



THE BEST SNICKERS

@Carolinedeisler

toddler mommy

recipe makes: 6 snickers

X2 your snack for 3 days

store in the freezer

Ingredients

1/2 cup oats
1/2 cup cashews
2 tbsps caramel sauce (from the middle layer)
2 tbsps peanut butter

MIDDLE LAYER

16 large medjool dates
1.5 tsp vanilla extract powder
1 cup water
2 tbsp peanut butter
1/2 cup roasted peanuts

TOP LAYER

1 vegan chocolate bar (80gr)
1/2 cup roasted peanuts, chopped

Steps

1 Start by making the caramel sauce for the base and middle layer. Add 16 Medjool dates, 1.5 tsp vanilla powder extract, and a bit more than 1 cup of water to a high-speed blender and blend until creamy. Set the caramel sauce aside.

2 To make the base, add oats and cashews to your high-speed blender and blend until flour. Transfer to a bowl, add 2 tbsp caramel sauce, 2 tbsp peanut butter and mix well. Transfer the mixture to your baking tray lined with parchment paper or to your silicon bar moulds to form a 1cm thick base layer.

3 To make the middle layer, add 2 tbsp peanut butter to the remaining caramel sauce and mix well. Pour the peanut caramel cream over the base and add roasted peanuts on top. Press them down slightly and put the tray in the freezer for at least an hour, or better, overnight.

4 Melt the chocolate and pour it over the hazelnut caramel layer. Sprinkle chopped peanuts on top and put back in the freezer for 15 min. Take them out 10min before eating to let the hazelnut cream get soft. ENJOYYY! MY FAV FAV FAV!!!!



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GF MUESLI

toddler mommy

recipe makes: 2 servings

X2 make it double!

store in the friedge

Ingredients

1/2 cup oats
1 tbsp chia seeds
1 tbsp ground flaxseeds
2 tbsps sunflower seeds
2 tbsps pistachio nuts, chopped
3 tbsps raisins
2 large apples, grated
1/2 cup coconut water
1/4 cup apple kuice

TOPPINGS

5 medjool dates, chopped
¼ cup pistachio nuts, chopped
1 cup fresh blueberries or papaya

Steps

1. Add all muesli ingredients into a bowl, mix well, and store in the fridge overnight.

2. Add all your favourite toppings. I love dates, pistachios, blueberries and papaya in here! SO SO YUM and such a nutrient powerhouse for both mummy & toddler!

→ one portion for today
→ one portion for tomorrow

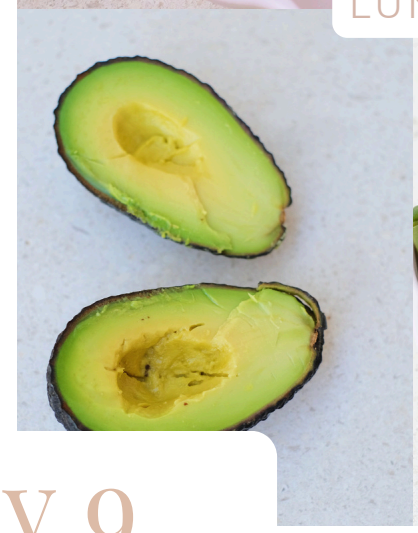


BREAKFAST



LUNCH





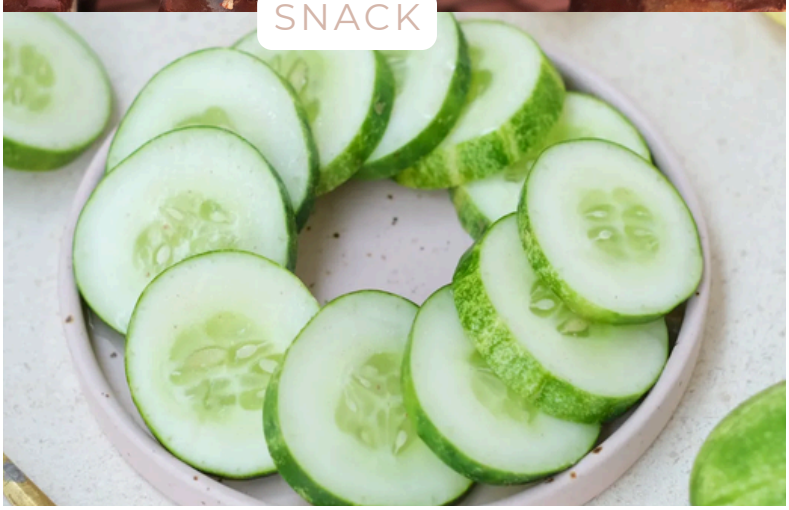


Day 9

OVERVIEW OF ALL MEALS



SNACK





DINNER

Day 9

MENU

Breakfast

toddler mommy

Choco Shake

toddler

GF Muesli

mommy

GF Muesli
or Fresh Fruits

Lunch

toddler mommy

Carrot Cake Balls

toddler

Side of Avocado
and Edamame

Snack

toddler mommy

Cucumber Slices

Bueno Bars

Dinner

toddler mommy

Baked Cheesy Potatoes
with Broccoli

CHOCO SHAKE

@Carolinedeisler



Ingredients

3 frozen bananas
2 tbsps carob or raw cacao powder
2 medjool dates
2 cups water

Directions

Add all ingredients into a high speed blender and blend until creamyyyy. I am obsessed with this one! (in fact, drinking it right now haha)

toddler mommy

recipe makes: 1 serving

X2 add ½ portion for your toddler

@Carolinedeisler



CARROT CAKE BALLS

toddler mommy

recipe makes: 1 serving = 7 balls

X2 make two portions

Ingredients

6 medjool dates
2 carrots, grated
1/2 cup desiccated coconut

Steps

1. Add dates to a food processor and pulse until you have a paste-ish texture.
2. Add in grated carrots and coconut and pulse again.
3. Form little balls with slightly wet hands, roll into more coconut, and your delicious carrot cake balls are readyyy!



@Carolinedeisler

CHEESY POTATOES WITH BROCCOLI

toddler mommy

recipe makes: 1 serving

X2 add ½ portion for your toddler

Ingredients

2 large baking potatoes
1 head broccoli
1 large carrot, chopped
3 small potatoes, peeled
1 tbsp nutritional yeast
1/4 cup water

Steps

1. Bake potatoes for 60 minutes at 200°C (390°F). I love to roast mine the day before and have these cooled down from the fridge; however, your toddler might prefer it warm, so you can choose when to prep these.

2. Steam broccoli florets, carrot and the small potatoes for 20 minutes until soft. (this we prepped yesterday)

3. Set the broccoli aside and add carrot, steamed potatoes, nutritional yeast and water to a blender and blend until creamyyy! Ahh this sauce is too good, no? And so so healthy, easy to digest and good for you!

4. Arrange potatoes stuffed with broccoli florets and add all the delicious “cheese” sauce on top.



Prep Time

GET READY FOR TOMORROW!

PREP 1

Peel 3 purple sweet potatoes, cut them into 1-2cm thick slices, and bake on a tray lined with parchment paper for 45 minutes at 200 degrees Celsius. So they're ready to be eaten. (and even better the next day!)



BREAKFAST



LUNCH



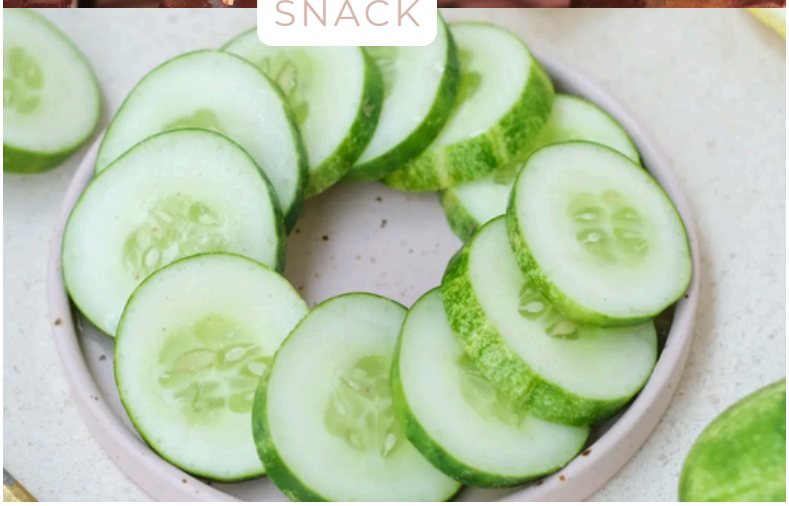


Day 10

OVERVIEW OF ALL MEALS



SNACK





DINNER

Day 10

MENU

Breakfast

toddler mommy

Key Lime Pie Smoothie

toddler

GF Muesli

mommy

GF Muesli
or fresh friuits

Lunch

toddler mommy

Sweet Potato
Avo Sandwhiches

mommy

Add Green Salad

Snack

toddler mommy

Fresh Fruits

Bueno Bars

Dinner

toddler mommy

Broccoli Pasta

mommy option

Use Zucchini Noodles

KEY LIME PIE SMOOTHIE

@Carolinedeisler



Ingredients

1/2 frozen avocado
2 limes, juiced
1/2 cup coconut milk
1 tbsp sunflower seeds
1 tbsp sesame seeds
1 handful fresh spinach
2 frozen bananas
1 cup water

Directions

Add all ingredients into a high speed blender and blend until smooth!!

toddler mommy

recipe makes: 1 serving

X2 add ½ portion for your toddler



@Carolinedeisler

SWEET POTATO SANDWICHES

toddler mommy

recipe makes:
1 serving for both mummy & toddler

Ingredients

3 purple sweet potatoes
2 ripe avocados

Steps

1. Peel sweet potatoes, cut them into 1-2 cm thick slices and bake on a tray lined with parchment paper for 45 minutes at 200 degrees Celsius. This step is perfect to prep the day before as we eat our sweet potatoes cold anyways :-) and once they had time to cool down in the fridge overnight, they taste even better!! I love using purple ones but all sweet potatoes work just as well here!

2. Top with sliced avocado and enjoyyyy! The most delicious combo ever and a lovely change to using bread. Hailey LOVES these too! SO SO SO YUM!!



@Carolinedeisler

savoury lunch option

GREEN SALAD

mommy

recipe makes:
1 serving

hummus prepped
from day before

Ingredients

A biiiig bowl of greens

Dressing

hummus from the day before

Steps

1 Mix hummus into the greens and enjoyyyyy!



@Carolinedeisler

BROCCOLI PASTA

toddler mommy

recipe makes: 1 serving

X2 make 2 portions

Ingredients

50gr GF pasta

SAUCE

1 cup broccoli florets, steamed
1/4 cup cashews, soaked
1 tbsp nutritional yeast
1/2 cup almond milk

Steps

1. Cook pasta according to the package instructions. I love using spelt fusilli as it holds up well and is easy to pick up. Once the pasta is cooked and drained, mix in a tsp of olive oil.

2. To make the sauce, blend all ingredients until smooth and mix into the pasta. Your family dinner is readyyy!



Prep Time

GET READY FOR TOMORROW!

PREP 1

Cook 2/4 cup of buckwheat in water for 15-20 minutes until soft.

PREP 2

Steam your broccoli and 5 large potatoes. Bake one orange sweet potato (for 60 minutes at 200 degrees C) and **soak 5 sun-dried tomatoes** in water so they're ready for your creamy BBQ KETCHUP. .



BREAKFAST



LUNCH





Day 11

OVERVIEW OF ALL MEALS



SNACK





DINNER

Day 11

MENU

Breakfast

toddler mommy

Apple Pie Smoothie

toddler

Bounty Porridge

mommy

Bounty Porridge
or fresh fruits

Lunch

toddler mommy

BBQ Dip with Fries

mommy add on:

Green Salad

Snack

toddler mommy

Cucumber Slices

Cottage Cheese
Stuffed Dates

Dinner

toddler mommy

Avocado Toasts

toddler sides:

Broccoli

Edamame

APPLE PIE SMOOTHIE

@Carolinedeisler



Ingredients

2 small apples
1 cup almond milk
1 tsp vanilla extract
2 dried apricots
2 medjool dates
1/4 cup oats
2 frozen bananas

Directions

Add all ingredients into a high speed blender and blend until smooth!!

I looooove how this smoothie is both so delicious AND nutritious + such a great way for your little ones to eat more apples!

toddler mommy

recipe makes:
1 portion for both mummy & toddler



@Carolinedeisler

BOUNTY PORRIDGE

toddler mommy

recipe makes: 1 serving

X2 add ½ portion for your toddler

Ingredients

1/4 cup dry buckwheat groats
1/2 cup water
1 cup coconut yogurt

Chocolate Cream

7 medjool dates
1 small ripe banana
1 heaping tbsp almond butter (or hazelnut butter)
2 tbsp carob powder (or cacao powder)
1/2 cup water

Steps

1. Cook buckwheat in water for 15-20 minutes until soft. Greaaaat to do the day before and have it stored in an air-tight container in the fridge.
2. Add all chocolate cream ingredients into a small blender and blend until smooooth. HEAVEN!!
3. Mix the cooled down cooked buckwheat with coconut yoghurt and add your first bounty porridge layer to a jar.
4. Top with a generous layer of the chocolate cream, another layer of coconut porridge and finish with the rest of the chocolate cream! The most delicious breakki (or lunch) for both you and your little one! LOVE LOVE LOVE!

@Carolinedeisler



BBQ FRIES

toddler mommy

recipe makes: 1 serving

X2 add ½ portion for your toddler

Ingredients

5 large potatoes, steamed

BBQ KETCHUP

1 large sweet potato, baked & peeled
1 medjool date
1 tbsp tahini
5 sundried tomatoes, soaked
1 tsp tomato paste
1 tbsp of apple cider vinegar
1/4 cup of water

Steps

1. Peel steamed potatoes and air fry for 15min at 200 degrees Celsius. Alternatively, bake for 25min at 200 degrees Celsius on a tray lined with parchment paper.

2. Add all Ketchup ingredients into a food processor and blend until creamy. Isn't it sooo time efficient to bake sweet poatoes in advance so you can throw these meals together in 10-15 mins max?! YAY! Hailey and I both love these BBQ fries so so much!



@Carolinedeisler

COTTAGE CHEESE STUFFED DATES

toddler mommy

recipe makes: 1 serving

X1 your snack for today

store in the friedge

Ingredients

6 medjool dates
1/2 cup cooked buckwheat
1/2 cup coconut yogurt

Steps

1. Pit your dates.
2. Mix pre-cooked (refrigerated overnight) buckwheat and coconut yoghurt and mix well.
3. Spoon the mixture into each date and readyyyy! So simple, soooo delicious right?!



@Carolinedeisler

AVOCADO TOASTS

toddler mommy

recipe makes: 1 serving

X2 make as many as you crave

Ingredients

2 slices of our GF bread (opt toasted for mummy) or use any bread of your choice

1 avocado, mashed
1 tbsp hempseeds
(also love adding some extra olive oil for Hailey for more healthy fats)

Steps

Toast the bread, add mashed avocado, optionally fresh lemon juice, a sprinkle of hemp seeds or any other seeds of your choice, but I find hemp seeds are so easy to eat for toddlers, and enjoyyy!

Hailey usually eats 2 toasts, and I have about 6 if it's a complete meal.



Prep Time

GET READY FOR TOMORROW!

PREP 1

Cook your rice for the avocado sushi. Make a little extraaa and pop it in the fridge for Day 13.



BREAKFAST



LUNCH



Day 12

OVERVIEW OF ALL MEALS

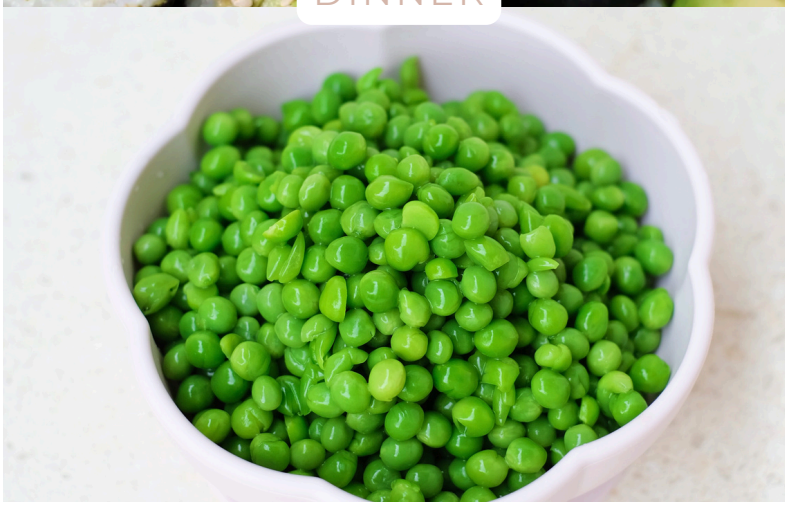


SNACK



DINNER





Day 12

MENU

Breakfast

toddler mommy

Peanut Butter Shake

toddler

Fig Bliss Balls

mommy

Fig Bliss Balls
or Fresh Fruits

Lunch

toddler mommy

Green Pea Orzo

mommy sweet option

Fig Bliss Balls

Snack

toddler mommy

Cucumber Slices

Bueno Bars

Dinner

toddler mommy

Avocado Sushi

Rice, avocado and Nori paper.

Side of Edamame

PEANUT BUTTER SHAKE

@Carolinedeisler



Ingredients

2 frozen bananas
2 medjool dates
1 tbsp peanut butter
1 cup water
Few ice cubes (opt)

Directions

Add all ingredients into a high-speed blender and blend until creamyyyy! Hailey is obsessed with this one and drinks so much of it!

toddler mommy

recipe makes: 1 serving

X2 add ½ portion for your toddler



@Carolinedeisler

FIG BLISS BALLS

toddler mommy

recipe makes: 1 serving

X2 make two portions

store in the friedge

Ingredients

3/4 cup ripe figs
1/2 cup oats
1/2 cup desiccated coconut
5 medjool dates
1 teaspoon vanilla powder extract
1/4 cup roasted almonds

Steps

1. Add all ingredients into a food processor and pulse until well combined.
2. Form balls with slightly wet hands, roll into more coconut and enjoyyyyy!



@Carolinedeisler

GREEN PEA ORZO

toddler mommy

recipe makes: 1 serving

X2 make 2 portions

Ingredients

1/4 cup of dry orzo

SAUCE

1/2 cup green peas, defrosted
1/2 cup cashews, soaked
1/2 bunch fresh chives
1 tablespoon nutritional yeast (with added vitamin B12)
1 juiced lemon
1/4 cup water

Steps

1. Cook the orzo according to the package instructions.
2. Add all sauce ingredients to a high-speed blender and blend until creamyyyy.
3. Mix the cream into the orzo and your little ones' lunch or dinner is readyyy! Love how nutritious and delicious this one is! A great source of protein and healthy fats.



@Carolinedeisler

AVOCADO SUSHI

toddler mommy

recipe makes:
1 serving for both mummy & toddler

Ingredients

3 bowls white rice, cooked
2-3 avocados
Nori sheets

Steps

1. I like to cook the rice in the morning, so it has time to cool down and dinner is ready in 2min then!

2. Slice up the avocado, get your nori sheets, and divide each nori sheet into 4 smaller pieces, add rice, avocado, roll it up and ENJOYYYY! Hailey and I eat this all the time!

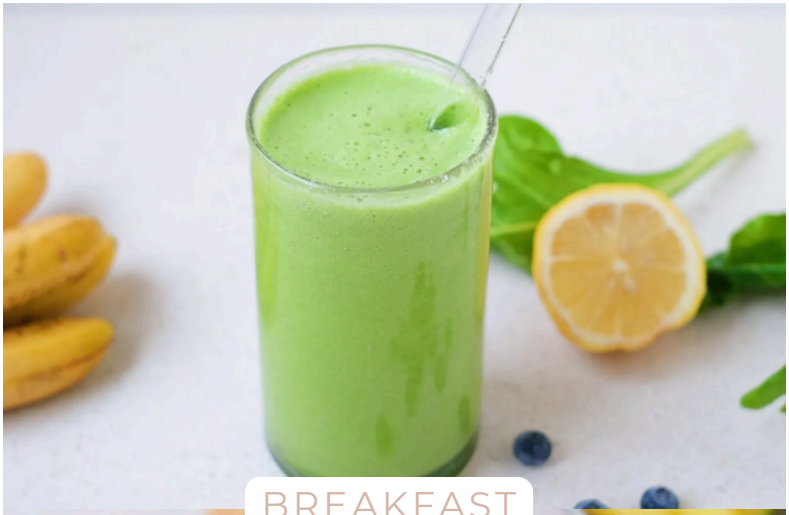


Prep Time

GET READY FOR TOMORROW!

PREP 1

Steam **7 medium-sized potatoes** for the potato salad so they have had time to cool down in the fridge overnight, and your potato salad will be ready within 5 minutes.

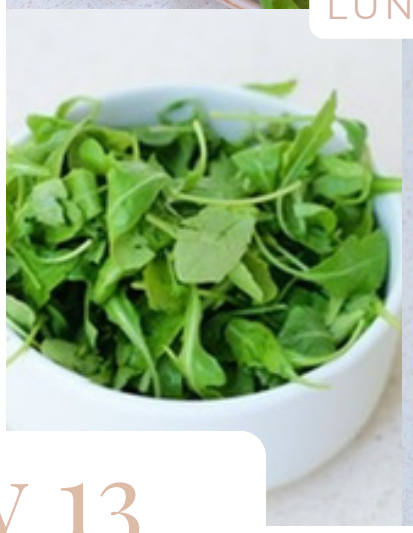


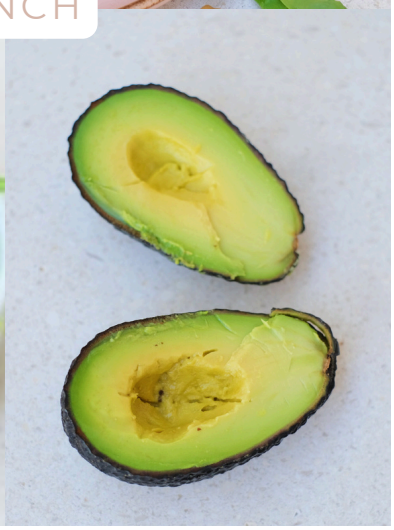
BREAKFAST



LUNCH







Day 13

OVERVIEW OF ALL MEALS



SNACK





DINNER



Day 13

MENU

Breakfast

toddler mommy

Fav Green Smoothie

toddler

Pineapple Balls

mommy

Pineapple Balls
or fresh fruits

Lunch

toddler mommy

Chickpea Pancakes

Made with leftover rice
from the day before.

Avocado

Arugula

Snack

toddler mommy

Cucumber Slices

Bueno Bars

Dinner

toddler mommy

Potato Salad

Side of Broccoli
and Green Beans

MY FAVE GREEN SMOOTHIE

@Carolinedeisler



Ingredients

1 head celery
1 handful kale leaves, de-stemmed
1 whole lemon, peeled
3 frozen bananas
2 cups water

Directions

Add all ingredients to a blender and blend until smooth!! It makes about 2-3 glasses of green smoothie and you should deeeefinitely have them all! :-)

toddler mommy

recipe makes: 1 serving

X2 make an extra ½ portion for your toddler



@Carolinedeisler

PINEAPPLE BLISS BALLS

toddler mommy

recipe makes:
1 serving = 6 balls

X2 make 3 portions

store in the friedge

Ingredients

1/2 cup ripe pineapple
1/2 cup oats
1/2 cup desiccated coconut
1 tsp vanilla powder extract
1/4 cup roasted cashews
5 medjool dates

Steps

1. Add all ingredients into a food processor and pulse until well combined.

2. Form little balls with your hands and roll them into more shredded coconut. YUM!

→ two portions for you both for breakki
→ one portion as a snack for tomorrow



@Carolinedeisler

CHICKPEA PANCAKES

toddler mommy

recipe makes: 1 serving

X2 add ½ portion for your toddler

Ingredients

1 cup cooked rice, cooled down
1/2 cup canned chickpeas

Toppings

fresh arugula
sliced avocado

Steps

1. Add rice and rinsed chickpeas to a food processor and pulse until well combined but not too long.
2. Form little patties and fry with a bit of olive oil in a non stick pan for a few minutes from each side.
3. Add some arugula and avocado, and enjoyyyy!



@Carolinedeisler

CARO'S POTATO SALAD

mommy

recipe makes:
1 serving

X2 add ½ portion
for your toddler

Ingredients

5 medium-sized potatoes, steamed
2 cucumbers, thinly sliced
4 scoops coconut yoghurt
1 bunch chives
1 bunch dill
1/2 red onion (opt)
Juice of 1 lemon

Steps

1. Peel and steam potatoes and let them cool down. Ideally, do this the day before and have them ready to use in the fridge.

2. Slice potatoes, cucumbers, red onion and chop herbs. I love to use a veggie slicer for the cucumbers to get them really thin.

3. Add all ingredients to a bowl and mix well. Such a deliiicious, easy to make potato salad for both you and your little one and much healthier than the store-bought version.



Prep Time

GET READY FOR TOMORROW!

PREP 1

Cook oats and make the chocolate cream for your **Snicker Oats**.

PREP 2

Wash and chop all your soup ingredients ahead of time so you're ready to throw everything into a pot.

PREP 3

Optional: Prep the full soup already and just reheat when you're ready to eat - one less thing to think about tomorrow.



@Carolinedeisler

SNICKERS OATS

toddler mommy

recipe makes:
1 serving for both mummy & toddler

Ingredients

1/2 cup oats
1 1/2 cups water
1 tsp vanilla powder extract

CHOCO LAYER

5 medjool dates
1/2 cup water
1 tbsp raw cacao powder
1 tbsp peanut butter

CARAMEL LAYER

5 medjool dates
1/2 cup water

TOPPING

1/4 cup roasted peanuts, chopped

Steps

Prepare your oats, caramel, and chocolate spread so that tomorrow you can simply assemble your bowl.

1. Otherwise, add oats, water and vanilla to a pot and let it simmer on medium heat for 5-6 minutes until creamyyyy. Place the oats in the freezer for 10 minutes to allow them to cool completely.

2. Add 10 pitted dates, 1 cup of water and 1 heaping tbsp peanut butter to a blender and blend until smooth. Take out the caramel layer and add cacao powder to your blender for the chocolate layer.

3. Get a jar and layer your delicious Snickers Oats: Creamy oatmeal, caramel, oats, chocolate layer and top with roasted chopped peanuts. Aww this is HEAVEEEEN for both mummy and babyyy!



@Carolinedeisler

POTATO BROCCOLI SOUP

toddler mommy

recipe makes:
1 serving for both mummy & toddler

Ingredients

5 medium sized potatoes
2 carrots
1 head broccoli florets
1 leek
3 celery stalks
3 cups vegetable broth, low sodium
2 tbsps Italian seasoning
Optional: green peas

Steps

1. Wash and chop the potatoes, carrots, leek and celery, I personally peel my potatoes and leave the carrots as they are.

2. In a pot, add all the veggies except for the broccoli. Add vegetable broth (water will work as well but veggie broth adds more flavour) and bring it to boil. Let the soup simmer on medium heat for 30 min.

3. Throw in the broccoli florets for the last 10 minutes as they need less cooking time.

4. Add 1/3 of the soup to your blender and blend until creamy. Pour it back into the pot and stir well. This step makes all the difference and gives you the creamiest consistency. :)



BREAKFAST

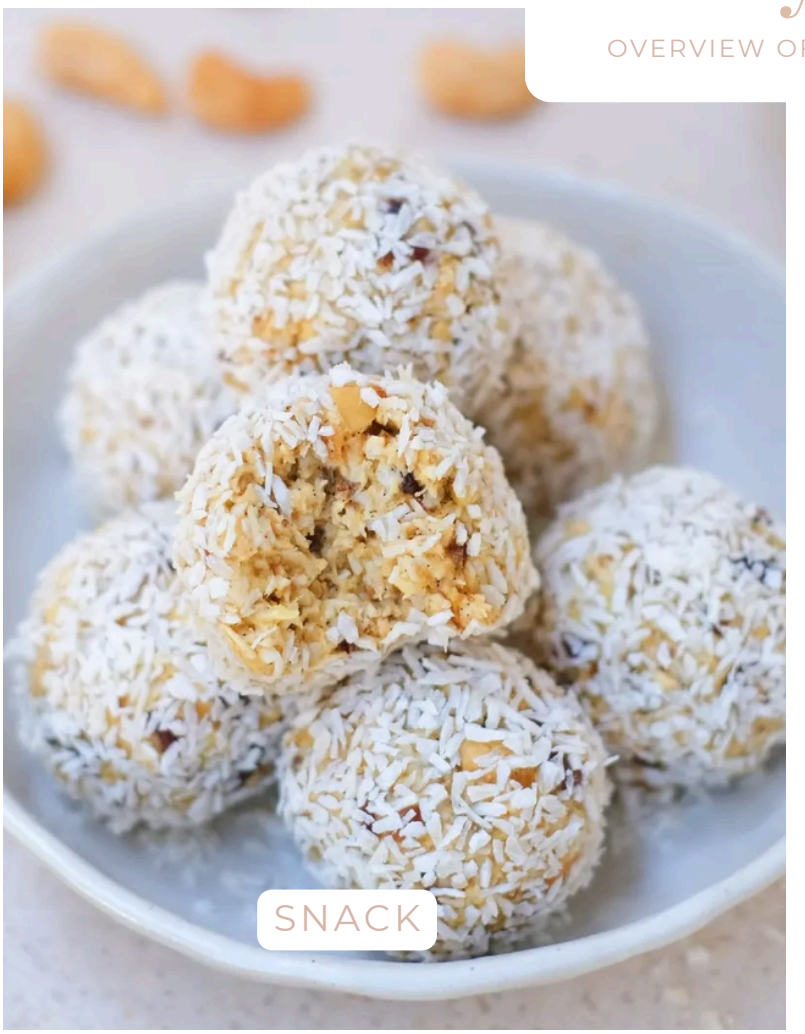




LUNCH

Day 14

OVERVIEW OF ALL MEALS



SNACK



DINNER

Day 14

MENU

Breakfast

toddler mommy

Green Smoothie

toddler

Snickers Oats

mommy

Snickers Oats or fresh fruits

Lunch

toddler mommy

Chickpea “Tuna” Mash on GF bread

toddler sides

Cucumber Slices

Avocado

Snack

toddler mommy

Pineapple bliss balls

Fresh Fruits

Dinner

toddler mommy

Potato Broccoli Soup

MY FAVE GREEN SMOOTHIE

@Carolinedeisler



Ingredients

1 head celery
1 handful kale leaves, de-stemmed
1 whole lemon, peeled
3 frozen bananas
2 cups water

Directions

Add all ingredients to a blender and blend until smooth!! It makes about 2-3 glasses of green smoothie and you should deeeefinitely have them all! :-)

toddler mommy

recipe makes: 1 serving

X2 make an extra ½ portion for your toddler



@Carolinedeisler

CHICKPEA TOAST

toddler mommy

recipe makes: 1 serving

X2 add ½ portion for your toddler

Ingredients

3 slices seeded GF bread
1 cup chickpeas, mashed
2 tbsp capers
1 tbsp white onion, finely chopped
1 tbsp celery, finely chopped
1 tbsp tomatoes, finely chopped
1/2 avocado, mashed

Steps

1 Mix all ingredients together, toast your bread, add the spread and ENJOYYYY!

Feel free to leave out the onion for your little ones, but Hailey surprisingly loooved this toast, so wanted to make sure to include it in here hehe! YAY!


@Carolinedeisler
Yay! You did it!
How are you both
feeling?
shop-reset.com



Thank you

FOR BEING PART OF OUR COMMUNITY

I caaan't wait to hear how you got on with this RESET and if it made your busy mom life easier, more deliiiicious and gave you a happy toddler too hehe! Make these recipes your staple family meals, with adding a few new favourites here & there, and you'll continue to feel your absolute best!!

xx Caroline

MY OTHER RESETS



Get my other E-books

Click the link below to get my other vegan reset plans & healthy recipe cookbooks! The perfect way to follow up and keep feeling your best!

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