

7 Day High Protein Reset

Your vegan RESET meal
plan to build lean muscle
& a strong body!

by Caroline Deisler

Build strength and lean muscles
following this meal plan and my 7 Day
Power Pilates Challenge



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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.



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Protein on a Plant-Based Diet

The protein question!! If you are worried about not getting enough protein, you are not the only one. It feels like it's the ONE thing most health conscious people are worried about whether they are vegan or not. I want to shift that perspective a little because although protein is an important macronutrient your body needs, it shouldn't be your MAIN focus when choosing foods.

In a world of trends and diets, we are still going back to the basics here which is: The simpler the better, the closer to nature the better and the less processed the better. I want you to FEEL your best following my meal plans and that means you have to feel satisfied, not have cravings, have good digestion and get into your best shape. If you can't digest the meals properly, it doesn't matter how much protein it has, your body is not absorbing it. You need a healthy and intact gut microbiome as THE BASE and I highly recommend you to do my 7 De De-Bloat Reset first to form a strong foundation.

A lot of high protein meal plans whether they are vegan or not are also super high in fat because lots of protein sources like nuts, seeds and nut butters naturally contain a lot of fat. Nature is combining fat and protein which means food combining wise these are a good match, however, everything has to be broken down into liquid in your gut and breaking down nuts can be tough on your tummy and lead to bloating. While we need healthy fats for a number of reasons like balanced hormones, too much fat thickens the blood and can lead to a number of follow up problems. You'll feel foggy and lethargic. Fat also needs double the digestion time than carbs, so you will feel more tired eating a high fat (protein) meal compared to eating a high carb (protein) meal as digestion takes up 80% of your body's energy. It's all about eating the perfect ratio of carbs, fats and protein so you will feel satisfied AND energised.

PLANT BASED PROTEIN SOURCES

All fruits and veggies contain some protein and while their protein percentage compared to meat, eggs & dairy seem a lot smaller, the key is to get all essential amino acids to form a complete protein source.

Here is a list of my favourite protein sources, some of them naturally already form a complete protein source and some form one when being paired together like rice and beans.

Protein Sources

Ranked highest to lowest in terms of protein content but please don't take it rigidly, as mentioned there are a lot more plants that contain protein but those are the ones I love personally.

Peanut Butter
(and all nut/ seed butters)
Chlorella
Spirulina
Peanuts
Pumpkin Seeds
Soybeans (tofu) (complete protein)
Nutritional Yeast
Chia seeds
Sesame seeds
Fava Beans (Broad Beans)
Oats
Pine nuts
Cashews
Almonds
Lentils
Butter Beans
Black Beans
Chickpeas
Walnuts
Hemp Seeds (complete protein)
Quinoa (complete protein)
Peas
Buckwheat (complete protein)
Avocado
Broccoli Sprouts
Kale
Spinach
Broccoli
Mushrooms
Potatoes

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PROTEIN *hinders*

I know most people don't like to hear this because we always want the quick fix, something to add to our diet, supplements, protein powders etc. but to get the best results (which is a lean, toned and strong body) it's just as important to leave out the food that weaken your bodys ability to absorb protein.

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PROTEIN HINDERS

NUMBER 1: COFFEE

Caffeine is a real addiction just like dairy and sugar! Tell someone to stop drinking coffee and they usually turn around and run the other way haha. I never started drinking coffee and am so so glad I did. Caffeine burns out your adrenal glands, can lead to anxiety, heartburn and a malfunctioning digestive tract but what most people don't know is that it makes you absorb less protein, so the more coffee, matcha and chocolate you are consuming the more protein you need to make up for it.

Apart from coffee making you less toned, more fatigue (in the long run) and giving you dark under eye circles, it disrupts your natural body clock meaning you will get less quality sleep and may already be chronically sleep deprived which leads to healthier food choices and overeating because you crave that instant gratification. It's rarely ever just about drinking a cup of coffee, it's about a whole spiral of effects coming from that coffee of which you probably weren't even aware of. This is totally not your fault, but now that you know you CAN change it and actually start feeling your best!

PROTEIN HINDERS

MATCHA

While a good quality matcha does have some antioxidants, it also has a whole lot of caffeine and will give you a similar feeling to coffee. At the end of the day, those are all stimulants which burn out your adrenal glands, irritate your colon (often abused by being drunk to go to the bathroom) and suppress your appetite.

If your body is hungry, it needs food, those drinking coffee or matcha to keep going for a few hours without any food only run into problems later in the day when they have CRAVINGS because they didn't eat when they should have. Same goes to being tired, if you NEED your coffee or matcha because you feel tired, your body actually needs sleep and rest.



PROTEIN HINDERS

CHOCOLATE

Most people are surprised to hear this but cacao also contains caffeine and eating 100% dark chocolate can have a similar effect to coffee, especially for people like me who aren't used to consuming any caffeine.

I still love to make my healthy sweet recipes that contain chocolate or cacao powder but I have been noticing how it interrupts my sleep cycle more and more over the years to the point where I will have weeks without any chocolate because I know it will keep me up at night. I wake up the next day groggy, sleep-deprived and wanting more of it.

I LOOOVE to use carob powder or carob chocolate instead of cacao powder as it tastes so chocolaty, and delicious and has no caffeine (also contains zero fat compared to cacao powder being quite fatty). I am still having chocolate once in a while and love using it for some recipes in this reset as a little energy boost as that can also positively affect your workout but I just wanted to point it out to be mindful about it or eat it before noon in case it affects your sleep like it does for me.





7 DAY HIGH PROTEIN RESET

PROTEIN HINDERS

STRESS

Stress will eat you from the inside out! Ever wondered why you look more toned coming back from your vacation even though you may even have worked out less? Because you were relaaaaaxed and didn't worry about the overly stimulating and busy world we live in. Stress makes your body acidic and an acidic body is the perfect place for all kinds of chronic illnesses. A stressed body is in fight or flight mode which means it has high cortisol levels, stops to burn fat and build muscle and instead stores fat (especially around your abdomen) and makes you store water weight.

You now look puffy, are overly hungry to compensate for the cortisol rush as when you eat all the blood goes to your stomach to digest the food so you feel a sense of calm. Chronic stress over a long period of time results in less muscle mass, unbalanced hormones, acne and overeating, to name a few. In order to look toned, lean and FEEL at ease, you want to be RELAXED not STRESSED. That's also why I think sleep is the number 1 priority and you should never get up early to workout if your body would sleep longer. I never set an alarm and naturally wake up between 4:30 and 6:30am when I go to sleep between 9 and 10 pm and so should you. :-). Now setting your alarm at 5, having a coffee straight away, hitting the gym with loud bursting music, and drinking a protein shake right after doesn't seem sooo good anymore right haha? It's crazy how normalized this approach has become and how detached it made us from what our body actually needs.

We get to it in a second but you can tell from this example why the right type of workout crucially matters in order to get the best results. My workouts are my self check in time, my time to slow down, to be fully present and this has a massive impact on my physical results. One person asked me the other day how I got so toned and the truth is I workout less now than I didn't 5 years ago before starting my home workouts. I used to be the classic HIIT classes girl, felt irritated, bloated, puffy, hungry all day, had no period and was frustrated not knowing what I did wrong and why I wasn't feeling my best with putting in all that effort. The truth is it SHOULD feel EFFORTLESS and this is exactly what you'll experience when switching to my workouts.

PROTEIN HINDERS

SLEEP

Sleep is the fundamental base of feeling your best. I was listening to a podcast a while ago where they talked about defining success and the person responded saying I sleep well which is my indicator for being successful and I LOVED that approach.

This person was a highly successful entrepreneur and didn't sit around doing nothing but the key is to find slowness in the craziness of the fast paced world we live in. I know this is not easy as people measure success based on how busy someone is, people are rushing from A to B, wanting to get things done without realising life is passing by them and that's why it feels like its going so fast. The simpler your life and the more present you are the slower it goes.

I had to learn this the hard way myself because I set unattainable high standards for myself which are manageable to go after in the short run but will make me burn out in the long run and I made it my biggest priority this year to slow down and find my inner peace. You cant always run on 100% speed, imagine a car being driven at full speed compared to a car being driven at 70% capacity, the ladder will last longer. The same goes for food and exercise and everything really, extreme diets work short term but only until you crash, have cravings and binge, gain all the weight back and feel worse than before.

The key is to find something that is SUSTAINABLE in the long run and that's why I always say this is a LIFESTYLE, not a diet. Same goes for workouts, intense hiit workouts once in a while make you feel worse than short stress free workouts CONSISTENTLY.



It's really all about going back to the basics and looking at your goals in a holistic 360 approach because it's all so connected and you now understand why it's certainly not ONLY about getting x amount of protein from foods in order to build muscle and get toned and lean.

That being said, let's focus on all the goodness you are going to eat in the next 7 days, the amazing workouts you'll treat your body with and the little extra things you can do to ACCELERATE your body's protein absorption to get the best results.

Protein Accelerators

FIX YOUR GUT

Absorbing all the nutrients from your protein-packed meals is half the success here, so you really need a well-functioning digestion to gain the most benefits of this meal plan and I highly recommend following up with my [7-Day Debloat Reset](#) to give your gut health an extra boost!

HYDRATION

Staying hydrated and getting enough electrolytes is crucial for your digestion and muscle building. Drink plenty of water throughout the day, add magnesium citrate, lemon juice, aloe vera juice or pure ginger juice and avoid drinking with your meals, as it dilutes your stomach acid, rather drink your water 30 minutes before or 1 hour after eating.

EARLY DINNERS

I can't stress enough how much early dinners have helped me! Eating early gives your body time to digest before bed, which not only improves sleep but also makes you look younger, feel stronger, and boosts your digestion. You'll look less puffy and more toned too! Try to finish eating by 7 PM to maximise results.

EAT UNTIL 80% FULL

One of my favourite habits is listening to your body and stopping when you're about 80% full. This is SO helpful in avoiding overeating and feeling bloated, especially with protein-rich meals, which can take longer to digest.

VITAMIN B6

Did you know that Vitamin B6 plays a big role in protein metabolism? Adding foods like bananas, dates, chickpeas, and potatoes to your meals will help ensure you're getting enough B6 to support protein digestion.

PROTEASE FOODS

Protease enzymes help break down protein into amino acids that your body can absorb. You can naturally boost protease in your body by eating foods like papaya, pineapple, ginger and avocado. That's why it's so important to not only focus on the obvious plant protein foods but take all these into consideration as well. :-)

7 DAY HIGH PROTEIN RESET

7 Day
POWER PILATES
CHALLENGE

*to combine with this meal
plan*

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The Workout Plan

7 DAY POWER PILATES WORKOUTS

What better combo than 7 days of power pilates workouts and a high-protein meal plan!! This is the ultimate recipe for results as we are focusing on building lean muscle and fueling those muscles the the best vegan protein sources!

My **7 DAY POWER PILATES CHALLENGE** is focusing on TONING your body to the next level and building long muscles without getting bulky!! I am so so excited for you to do it because filming it made me feel sooo strong and empowered!

Fuelling your body with the right foods is especially important when you are working out as *YOU ARE WHAT YOU EAT* hehe and your body needs good quality protein, carbs and fats to build muscle, however you also don't need to be overly obsessed with protein either and this program shows you why! Results speak for themselves!!

Most people who do lots of weight training are more inflamed than they actually know + all animal protein is very acidic, has no fiber and will make them feel more stressed and puffy.

The key to lean muscles and a toned body is to use *some weights* but to focus on your body as a whole: consider stress, sleep, nutrition, hydration, sunshine and mindfulness all in one! Keeping your cortisol low is a huge game changer in how you feel and look and I am so excited to see you thrive on this workout challenge and meal plan!

You'll find our 7 Day Power Pilates Challenge up on RESET alongside all my other home workouts, challenges, weekly workout plans, recipes and more!! Come [join me now](#) and be part of our amazing wellness community!

7 DAY HIGH PROTEIN RESET

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Day 1: 30min Full Body Power Pilates

Day 2: 30min Slim Legs & Booty

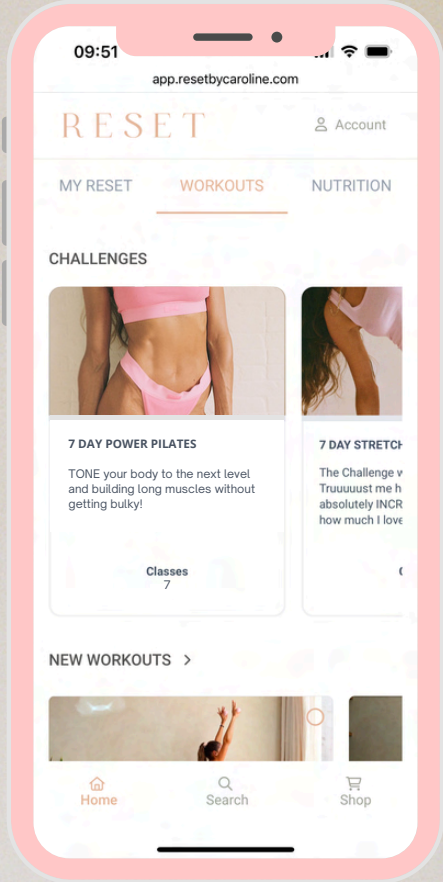
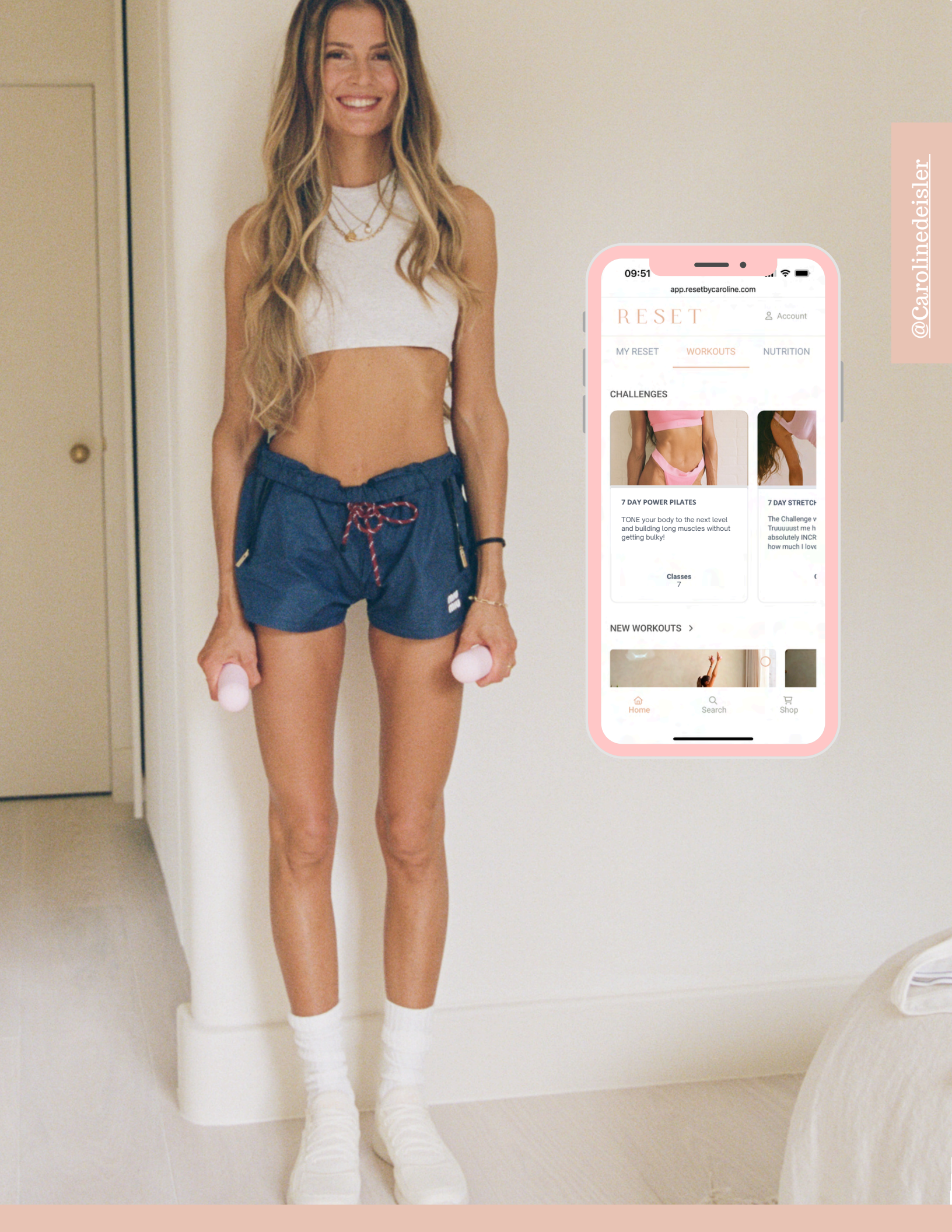
Day 3: 30min Fat Burn & Upper Body

Day 4: 30min Stretch & Tone

Day 5: 30min Full Body Power Pilates

Day 6: 30min Arms, Abs & Legs

Day 7: 30min Full Body Sculpt



7 DAY HIGH PROTEIN RESET

Let's get fit and strong
together!

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Daily Checklist

day 1

day 5

day 2

day 6

day 3

day 7

day 4

Shopping List

FRUITS

7 Avocados
7 Bananas (4 for freezing)
10 Lemons
1 Ripe Mango
1 Pineapple
5 cups Fresh Berries
(Raspberries, Strawberries,
or Blueberries)
1 large Plantain
1 handful Cherry Tomatoes
2 large Tomatoes
5 Grapefruit

VEGETABLES

6 small and 2 large
Cucumbers
6 small Zucchini
7 Carrots
11 medium Potatoes
2 large Purple Sweet Potatoes
1 head Broccoli
10 heads Celery
2 Beetroots (raw)
Fresh Ginger
2 Spring Onions
2 cloves Garlic
250g Chestnut Mushrooms
720g Mixed Mushrooms

LEAFY GREENS & FRESH

HERBS

2 handfuls Spinach
2 bunches Kale
1 handful Fresh Mint
1 bunch Basil
1 bunch Parsley
½ bunch Dill
½ bunch Cilantro
3 bunches Chives

GRAINS & PASTA

5 cups Oats
½ cup Buckwheat Flour
¼ cups Dry Quinoa
⅔ cup Raw Rice (any variety)
200g Soba Noodles (approx. 2
servings)
200g Gluten-Free Pasta
50g Wild Rice
½ cup Red Lentils
1 cup Canned Black Beans
½ cup Canned Chickpeas

NUTS & SEEDS

1½ cups Cashews (dry roasted
preferred)
At least ¾ cup Peanuts (dry
roasted)
⅓ cup Pistachios (¼ cup whole,
extra for chopping)
7 tablespoons Pumpkin Seeds
¼ cup Pine Nuts
5 tablespoons Chia Seeds
2 tablespoons Ground Flaxseeds
1 tablespoon Hemp Seeds
3½ tablespoons Tahini
2 tablespoons Almond Butter
4 tablespoons Hazelnut Butter
5 tablespoons Peanut Butter

DRIED FRUITS & OTHERS

Approximately 50 Medjool Dates
¼ cup Raisins
⅙ cup Dried Apricots
22g Dried Porcini Mushrooms
200g Cooked Chestnuts
¼ cup Cacao Nibs

BAKING & COOKING

ESSENTIALS

¾ cup Almond Milk
6 tablespoons Maple Syrup
2 teaspoons Coconut Sugar
6 tablespoons Carob or Cacao
Powder
3 teaspoons Vanilla Extract
2 tablespoons Nutritional Yeast
3 tablespoons Protein Powder
(our homemade)
½ cup Shredded Coconut
2 Vegan Chocolate Bars (70g)
½ cup Vegan Chocolate Chips
360ml Veggie Stock (or stock
cubes/powder)

OILS & CONDIMENTS

2 tablespoons Sesame Oil
2 tablespoons Coco Aminos
4 tablespoons Apple Cider
Vinegar

HERBS & SPICES

8 tablespoons Italian
Herbs/Seasoning
2 teaspoons Ground Cumin
½ teaspoon Smoked Paprika
1 teaspoon Turmeric Powder
1 teaspoon Cinnamon
3½ teaspoons Spirulina Powder
Salt and Black Pepper (to taste)

300g Silken Tofu
150g Firm or Extra Firm Tofu
50g Coconut Yogurt
Sourdough Bread
5 cups Aloe Vera juice
Magnesium Citrate

Let's go!

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Day 1-7

Magnesium Water



Ingredients

DRINK ALL DAY
1 tsp magnesium citrate
Juice of 1/2 grapefruit
Juice of 1 lemon
1/4 cup aloe vera juice

1.5 liter water

Directions

Add Aloe Vera juice, magnesium citrate powder, grapefruit and lemon juice to your water, stir well and drink on an empty stomach over the course of an hour or so after waking up.

Magnesium is especially important when working out a lot, soothes your muscles and prevents cramps.

This water is my all time favourite currently and makes me feel so good!

Day 1-7

Celery Juice



Ingredients

1-2 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!! Highly recommend not to skip the celery juice on this reset. :)

Day 1

OVERVIEW OF ALL MEALS



Pre Breakfast



Pre Breakfast



Breakfast



Lunch



Snack



Dinner

Day 1

BERRY PROTEIN SHAKE

*this recipe
contains approx.*
**9.8 grams
of protein**
.....

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Ingredients

- 1 ripe banana
- 1-2 tbsp pumpkin seeds
- 1 tbsp cashew butter
- 1 cup frozen blueberries
- 1 medjool date

Directions

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

Day 1 – Breakfast

PISTACHIO OATS

this recipe
contains approx.
20.1 grams
of protein
.....

Ingredients

BASE

- 1½ cup Oats
- 2 tbsp Chia Seeds
- 1 tsp Vanilla Extract
- 1 cup Water

PISTACHIO CREAM:

- ¼ cup Raw unsalted pistachios
- ½ tsp Spirulina
- ¼ cup water
- 1 cup ripe mango

TOPPINGS

- Fresh raspberries
- Chopped pistachios
- Opt: medjool dates, chopped

Steps

- 1 Add oats, chia seeds, vanilla and water to a bowl and let it soak overnight or for a few hours until creamy.
- 2 In the meantime, soak the pistachios and then add rinsed pistachios, water, mango and spirulina (for a lovely color) to a blender and blend until smooth.
- 3 Mix the cream into your oat mixture and combine well. Add fresh raspberries and any other toppings of your choice (I love chopped dates in here) and ENJOYYYY!



*this recipe
contains approx.
33 grams
of protein*
.....

Day 1 - Snack

CARO'S PROTEIN BALLS

Ingredients

- 12 large dates
- 2 tbsp almond butter
- 1-2 tbsp protein powder

- 1 vegan chocolate bar (70g)

Steps

- 1** Add all ingredients into a food processor and pulse until well combined.
- 2** Form balls with your hands and melt your chocolate.
- 3** Cover each ball in chocolate and let them firm up in the fridge. SO YUM!



*this recipe
contains approx.*
**54 grams
of protein**
.....

CLEAN PROTEIN POWDER

Ingredients

- 1/2 cup of Pumpkin Seeds
- 1/2 cup of Almonds
- 1/2 cup of Chia Seeds
- 1/2 cup of Sesame Seeds or
- 1/2 cup of Flaxseeds

Steps

- 1 Add all ingredients to your high-speed blender and blend until you have a powdery consistency. Store in a glass jar and add to any recipe for an extra protein boost!



Day 1 - Dinner

TOFU SCRAMBLE

*this recipe
contains approx.*
**32.7 grams
of protein**
.....

Ingredients

2 slices Sourdough bread
1 spring onion
150gr firm or extra firm tofu
Handful cherry tomatoes

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 or press a plate on top to remove any excess water. You want the tofu to be as dry as possible.
- 2** Finely slice spring onion and add to a non stick pan together with the tofu and cherry tomatoes. Let is sautee on medium heat until slightly golden. Takes approximately 5-6 minutes.
- 3** In the meantime, make the cashew cream by adding all ingredients into a small blender and blend until creamy.

Day 2

OVERVIEW OF ALL MEALS



Pre Breakfast



Pre Breakfast



Breakfast



Lunch



Opt Snack



Dinner

Day 2

SPIRULINA SMOOTHIE

*this recipe
contains approx.
9 grams
of protein*

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Ingredients

- 1 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!

Day 2 - Lunch

TABOULE SALAD

this recipe
contains approx.
29.5 grams
of protein
.....

Ingredients

SALAD

- 250g cup of Dry Quinoa, Cooked
- 2 Tomatoes, Chopped Into Small Cubes
- 1 Bunch Parsley, Chopped Finely
- 1/2 Bunch Dill, Chopped Finely
- 1/2 Bunch Cilantro, Chopped Finely
- 1/2 Large Cucumber, Cut Into Small Cubes
- 1 Spring Onion, Chopped Finely
- 2 Stalks Celery, Chopped (Optional)
- 1 Ripe Avocado, Cut Into Cubes

CARO DRESSING

CARO DRESSING

- 1 Small Raw Zucchini
- 2 Celery Stalks
- 1 Bunch Chives
- 1 Bunch Basil
- 1 Lemon, Juiced
- 15ml of Apple Cider Vinegar
- 30g of Pumpkin Seeds
- 1/2 cup of Water

Steps

- 1** Start by prepping the potatoes. Preheat the oven to 200°C / 390°F and bake your sweet potatoes for 50 minutes, let them cool down afterwards. You can always do this step on a meal prep day, have them ready in the fridge and air fry for 15 min.
- 2** Cook the quinoa according to the package instructions. Also great to prep in advance.
- 3** Chop up all veggies, herbs, spring onion and avocado and mix the quinoa in.
- 4** Add all dressing ingredients to a high-speed blender and blend until smooth. Mix well with your salad and enjoyyy!! I love to use some nori sheets here as well and make salad wraps.

Day 2 - Snack

GRANOLA BARS

this recipe
contains approx.
59 grams
of protein
.....

Ingredients

1 tbsp ground flaxseeds
3 tbsp water
1.5 cups oats
1/4 cup oat flour

1 cup nuts & seeds of your choice:
I used almonds, cashews, pecans
and pumpkin seeds

1/2 cup dried fruit:
I used raisins, dates and apricots

1 tsp cinnamon
1 tsp vanilla powder extract
1/4 cup maple syrup (or date syrup)
1/4 cup cashew butter (or almond
butter)

Steps

- 1** Preheat the oven to 175 degrees Celsius.
- 2** Mix ground flaxseeds and water and set aside in a little bowl.
- 3** Give your nuts, seeds and dried fruits a little chop and add to a bowl with oats, oat flour, flaxseed mixture, cinnamon, vanilla, maple syrup and nut butter. Mix all well together and add to a baking form lined with parchment paper
- 4** Bake them for 25 minutes and let them fully cool down before slicing into bars. Such a delicious healthy snack and I love how crunchy they are!! Byeee sugar loaded store bought granola bars, these will not only save you money but also make you feel so good!!

*this recipe
contains approx.*
**27.8 grams
of protein**
.....

Day 2 - Dinner

PLANTAIN PROTEIN BOWL

Ingredients

195g of Cooked White Rice
(Or Brown Rice)
172g of Black Beans, Cooked
1 Avocado
1 Lemon, Squeezed
1 Large Plantain
4g of Coconut Sugar
1 Purple Sweet Potato

Have more baked plantains if you feel like you need more. They are super similar to potatoes in terms of leaving you satiated.

Steps

- 1** Bake the whole sweet potato (with the peel on) for 60 minutes at 200 degrees Celsius. Let it cool down, remove the peel and slice into pieces. I always roast 4-5 sweet potatoes at once and have them in the fridge ready to be used.
- 2** Peel plantains, the riper they are the better (should be almost black), slice into 2cm pieces, add to an air fryer, sprinkle with a tsp of coconut sugar and bake for 10min from each side.
- 3** Mash the avocado with a fork and add fresh lemon juice. Rinse black beans in water until all bubbles from the canned water is gone and then put your delicious bowl together! YUMM!

Day 3

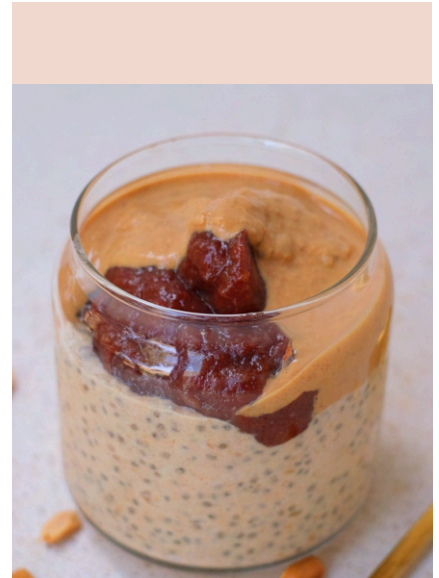
OVERVIEW OF ALL MEALS



Pre Breakfast



Pre Breakfast



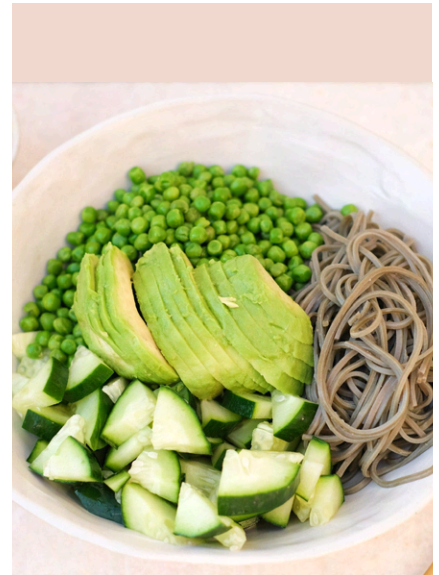
Breakfast



Lunch



Opt Snack



Dinner

Day 3 - Breakfast

PEANUT BUTTER & JELLY OATS

this recipe
contains approx.
**24.9 grams
of protein**

Ingredients

1/2 cup oats
1 almond milk (or water)
1 tbsp chia seeds
1 tsp vanilla extract
1 tbsp peanut butter
1 tbsp home made
protein powder

TOPPINGS

homemade strawberry jam
more peanut butter
fresh strawberries or
banana
chopped roasted peanuts

Steps

- 1** add oats, almond milk, chia seeds, vanilla, peanut butter & protein powder to a bowl and let it sit in the fridge overnight.
- 2** Make your strawberry jam by blending 10 medjool dates, 1 handful frozen strawberries & 1/4 cup water. Transfer the strawberry „smoothie“ to a pot and let it simmer on medium heat for 45min, stirring occasionally. Store in the fridge as well.
- 3** Grab your overnight oats, add our deliicious strawberry jam, another spoon of peanut butter, banana slices, strawberries & some chopped roasted peanuts and your bowl of heaven I is readyyyyyy!

Day 3 - Lunch

PINK HUMMUS SALAD BOWL

this recipe
contains approx.
16.7 grams
of protein
.....

Ingredients

SALAD

- 2 handful of Red Chicory
- 2 handful of Chicory
- 1 handful of Arugula
- 1 Avocado
- 3 Small Cucumbers

HUMMUS

- 128g of Butter Beans, Cooked
- 63g of Beetroot, Baked
- 5g of Tahini
- 1/2 Medjool Date
- 1 Lemon, Squeezed

Steps

- 1 Wash greens, slice the avocado, chop your cucumbers and arrange your salad bowl.
- 2 Add all hummus ingredients to a food processor and pulse until smooth. Mix the hummus into your salad bowl and enjoyyy!



*this recipe
contains approx.*
**27.9 grams
of protein**
.....

Day 3 - Snack

COOKIE DOUGH PROTEIN BALLS

Ingredients

1/2 cup oats
1/2 cup dry roasted cashews
5 small medjool dates
1/3 cup water
2 tbsp peanut butter
1/2 cup vegan chocolate
chips

Steps

- 1** Add all ingredients except for the chocolate chips to a food processor and pulse until smooth.
- 2** Add in chocolate chips and form balls with your hands. Tadaaaa your delicious protein balls are readyyy!



*this recipe
contains approx.*
**23.8 grams
of protein**
.....

Day 3 - Dinner

GREEN SOBA NOODLES

Ingredients

- 1 Cucumber
- 1 Avocado
- 1 cup green peas

- 100gr soba noodles

SAUCE

- 1 tbsp Tahini
- 1 tbsp Maple syrup
- 1 tbsp Toasted Sesame oil
- 1 tbsp Apple cider vinegar
- Juice of 1 Lemon juice
- Grated ginger (optional)
- 1 tbsp Coco aminos
- 1/4 cup Water
- 1 small Raw zucchini

Steps

- 1** Cook your noodles according to the package instructions, add in the frozen green peas for the last 2 minutes. Yay, we only need one pot hehe!
- 2** Chop cucumber and avocado and add to a bowl with your noodles & Green peas.
- 3** Blend all dressing ingredients until creamy and mix into your noodle bowl. Add a sprinkle of toasted sesame seeds or toasted cashews and enjoyyyyy!

Day 4

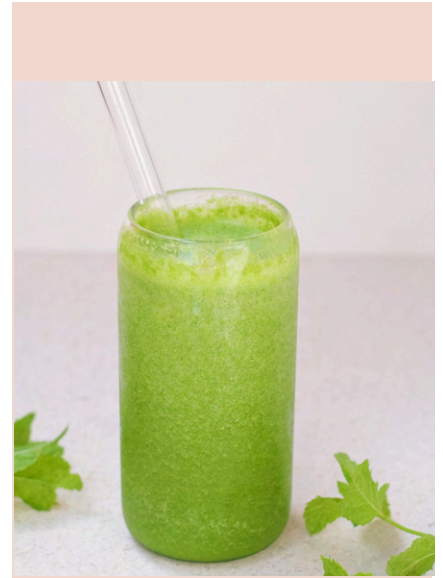
OVERVIEW OF ALL MEALS



Pre Breakfast



Pre Breakfast



Breakfast



Breakfast



Lunch



Dinner

Day 4

PINEAPPLE MINT SMOOTHIE

*this recipe
contains approx.*
**2.8 grams
of protein**

@CarolineDeisler



Ingredients

165g of Pineapple,
Frozen
1 handful of Fresh Mint
60ml of Pure Aloe Vera
Juice
1 Lemon, Peeled
1 handful of Celery
1 handful of Fresh Kale
1 handful of Frozen Kale
473ml of Water

Directions

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



*this recipe
contains approx.
8.8 grams
of protein*
.....

Day 4 - Breakfast

DATE PROTEIN BROWNIES

Ingredients

5 large medjool dates, soak
in hot water
2 tbsp hazelnut butter
2 tbsp oat flour
1 tbsp Tapioca root pr arrow
root
2 tbsp carob or cacao
powder
1/2 cup date soaking water

Steps

- 1** Preheat the oven to 180 degrees
- 2** Soak dates in hot water for a few minutes & then add all ingredients into a food processor and pulse until smooth.
- 3** Transfer the mixture to your silicone bar moulds and bake for 25-30 minutes. Let them cool down and enjoyyy!



*this recipe
contains approx.
12.9 grams
of protein*

Day 4 - Lunch

CHICKPEA PANCAKES

Ingredients

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

I love these quick rice cakes!!!
Amazing for when you have
some leftover rice from the
day before, super easy to
make AND rice + chickpeas
form a complete protein yay!

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, avocado and cherry tomatoes and enjoyyy!

Day 4 - Dinner

CHESTNUT MUSHROOM SOUP

*this recipe
contains approx.*
**50 grams
of protein**
.....

Ingredients

720g of Mixed Mushrooms
12g of Italian Seasoning
1/4 cup of Water
40g of Cashews
1 Lemon, Juiced
15ml of Apple Cider Vinegar
50g of Wild Rice
3 Medium Size Potatoes
360ml of Veggie Stock
350ml of Water
2 Leaves Kale, De-Stemmed
1/2 Head Broccoli Florets
200g of Cooked Chestnuts

Okayyy this is next level comforting BUT actually so so good for our body!! Like the creamiest mushroom risotto texture but grain free and extra healthy! I'm totally obsessed! ENJOOOOY!

Steps

- 1** Start by chopping the mushrooms. I like to use a mix of portobello, shiitake and porcini mushrooms. Add mushrooms to a pan, with Italian herbs, 1/4 cup of water and let it simmer on medium heat for 15 minutes until the mushrooms are soft.
- 2** In the meantime: peel and chop potatoes, soak cashews in water and chop kale.
- 3** In a separate pot, add potatoes, wild rice, vegetable stock and let it cook on medium heat for 25 minutes. Add in the broccoli and kale for the last 10 minutes.
- 4** Once the mushrooms are sautéed, add half of the mixture to a blender with soaked and rinsed cashews, lemon juice, apple cider vinegar and 1/4 of the cooked chestnuts. Blend until smooth.
- 5** Pour the cashew mushroom cream into the rice and potato pot, add rest of the mushrooms, chestnuts and stir well. OBSESSED!!!

Day 5

OVERVIEW OF ALL MEALS



Pre Breakfast



Pre Breakfast



Breakfast



Lunch



Opt Snack



Dinner



*this recipe
contains approx.
18 grams
of protein*

Day 5 - Breakfast

HORMONE BALANCING BLUEBERRY OATS

Ingredients

- 45g of Oats
- 237ml of Water
- 15g of Chia Seeds
- 7g of Ground Flaxseeds
- 10g of Raisins
- 4g of Vanilla Powder Extract

BLUEBERRY CREAM

- 190g of Blueberries, Frozen
- 1 Ripe Banana
- 75g of Raw Beetroot
- 59ml of Water

ADD

- 44g of Coconut Yoghurt
- 190g of Fresh Berries
- 7g of Pumpkin Seeds
- 2g of Lemon Zest

Steps

- 1 Add oats, chia seeds, vanilla, ground flaxseeds, raisins and water to a bowl and let it soak overnight or for a few hours until creamy.
- 2 Make the blueberry cream by blending blueberries, banana, beetroot (for an extra health and color boost) and water until smooth and mix it into your oat bowl.
- 3 Add in fresh coconut yoghurt, lots of berries, pumpkin seeds and some fresh lemon zest (make sure lemons are organic and unwaxed).



*this recipe
contains approx.*
**23.6 grams
of protein**
.....

Day 5 - Lunch

GREEN GODDESS SALAD

Ingredients

SALAD

- 4 handful of Kale, Destemmed
- 1/2 Head Celery, Finely Chopped
- 1 Large Cucumber, Finely Chopped
- 1 Raw Zucchini, Julienne Peeled
- 1 Avocado

DRESSING

- 15g of Nutritional Yeast
- 35g of Pine Nuts
- 15g of Dijon Mustard
- 1 Leftover Zucchini Stems
- 30ml of Apple Cider Vinegar
- 118ml of Water

Steps

- 1** Wash & chop the kale
- 2** Peel your zucchini using a julienne peeler and keep the stems for the dressing.
- 3** Chop celery & cucumber and optionally also an avocado.
- 4** Add all dressing ingredients into a blender and blend until smooth. So delicious & creamy + I use nutritional yeast with added B12. Pour raw dressing over your salad and enjoyyy!

Day 5 - Snack

PROTEIN BALLS

*this recipe
contains approx.
32.7 grams
of protein*
.....

Ingredients

9 small medjool dates
1 heaping tbsp peanut butter
1/2 cup oats
1/2 cup roasted peanuts
1/4 cup cacao nibs
1 tbsp water (or optional
maple syrup)

Steps

- 1** Add pitted medjool dates and peanut butter to a food processor and pulse until you get a sticky paste.
- 2** Transfer to a bowl and mix with oats, roasted peanuts, cacao nibs and water.
- 3** Form 9 balls and enjoy right away or store in the fridge for up to 7 days. The perfect pre or post workout snack.



Day 5 - Dinner

LENTIL DAHL

*this recipe
contains approx.*
**25.7 grams
of protein**
.....

Ingredients

DAHL

- 4 Medium Size Potatoes
- 2 Carrots
- 85g of Red Lentils, Uncooked
- 500ml of Water
- 5g of Ground Cumin

DRESSING

- 1 Coriander or 1 Parsley
- 1 Cucumber, Cut In Fine Slices
- 1/2 Avocado (Optional)
- 1 pinch of Black Pepper

Steps

- 1** Peel and chop potatoes, slice carrots, and add to a pot with lentils, water and cumin. Feel free to add more water if needed. Let it simmer on medium heat for 20-25 minutes. Once done, add 1/3 of the mixture to a blender and blend until smooth. This makes our dahl extraaa creamy and delicious.
- 2** Add your favourite toppings like cucumber and some avocado and freshly chopped herbs. YUMMMMM!! The easiest, most soothing lentil dahl!

Day 6

OVERVIEW OF ALL MEALS



Pre Breakfast



Pre Breakfast



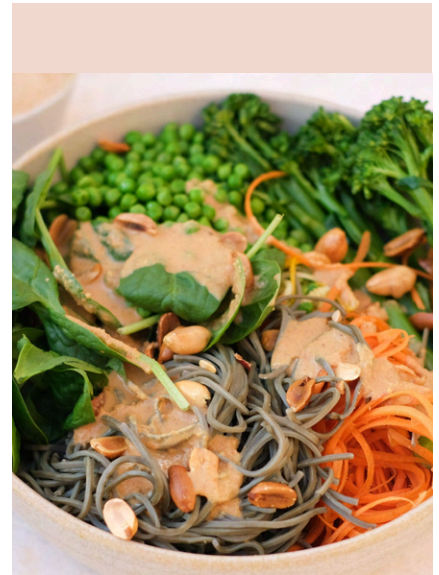
Breakfast



Lunch



Opt Snack



Dinner

Day 6

SPIRULINA SMOOTHIE

*this recipe
contains approx.*
**5.2 grams
of protein**

@CarolineDeisler



Ingredients

- 1 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!

Day 6 - Breakfast

CHOCOLATE PROTEIN PANCAKES

this recipe
contains approx.
20.4 grams
of protein
.....

Ingredients

1/2 cup oats
1/2 cup buckwheat flour
3/4 cup almond milk
2 tbsp carob or cacao powder
1 tbsps chia seeds

1 banana sliced
1 tsp cocoa sugar

CHOCOLATE SAUCE

1 cup water
6 medjool dates
1 tbs carob or cacao powder

Steps

- 1** Add oats, buckwheat flour, almond milk, carob or cacao powder & chia seeds to a blender and blend until smooth.
- 2** Spoon the batter into a non stick pan forming little pancakes, top with a few banana slices and a sprinkle of coconut sugar and bake for a few minutes from each side.
- 3** Make your chocolate sauce in the meantime by blending all ingredients & pour over your deliicious pancakes. I also love to add lots of blueberries. YUM!



*this recipe
contains approx.*
**14 grams
of protein**
.....

Day 6 - Snack

SPIRULINA BLISS BALLS

Ingredients

4 medjool dates
1/2 cup oats
1/2 cup shredded coconut
1/2 cup blueberries
1 tbsp hemp seeds
1 tsp freeze-dried blueberry powder or spirulina

Steps

- 1** Add oats, dates, coconut, blueberries, hemp seeds, and spirulina or freeze-dried blueberry powder to a food processor and pulse until well combined.
- 2** Add in dates and pulse again until you have a sticky mixture.
- 3** Form balls with your hands, roll them into more shredded coconut, and they're ready to enjoy! I LOOOOVE these and always make some for myself as well.



this recipe
contains approx.
40.3 grams
of protein
.....

Day 6 - Lunch

PEANUT SOBA NOODLES

Ingredients

2 small zucchinis, julienne
peeled
3 Carrots, julienne peeled
handful fresh baby spinach
1/2 head broccoli
dry roasted peanuts

100gr soba noodles

SAUCE

2 tbsp peanut butter
1/2 cup water
1/4 cup peanuts
1 tbsp toasted sesame oil
1 tbsp maple syrup or 1
medjool date
1 tbsp coco aminos
Juice of 1 lemon

Steps

- 1 Cook your noodles according to the package instructions. Add in the broccoli as well so we only need one pot.
- 2 Option 2: If you prefer all veggies cooked, sauté carrots, zucchini & broccoli in 1 tbsp toasted sesame oil and add in the spinach for a minute at the end.
- 3 Add all dressing ingredients into a food processor and pulse until creamy but still a bit chunky.
- 4 Arrange your bowl, mix it all together and add a sprinkle of roasted peanuts. SO YUM!

Day 7

OVERVIEW OF ALL MEALS



Pre Breakfast



Pre Breakfast



Breakfast



Lunch



Opt Snack



Dinner

Day 7

PURPLE KALE SMOOTHIE

*this recipe
contains approx.*
**3.9 grams
of protein**
.....

@CarolineDeisler



Ingredients

- 1 handful of purple kale
- 1 raw beetroot
- 2 medjool dates
- 1/2 cup frozen wild blueberries
- 1 whole lemon, peeled

Directions

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



*this recipe
contains approx.*
**22 grams
of protein**
.....

Day 7 - Lunch

QUINOA FITNESS BOWL

Ingredients

- 195g of Cooked Quinoa
- 1 Large Purple Sweet Potato, Baked
- 3 Small Cucumbers
- 1 Avocado

TAHINI DRESSING

- 30ml of Tahini
- 63ml of Water
- 1 Lemon, Squeezed
- 1 Medjool Date
- 1 Small Zucchini, Peeled

Steps

- 1** If you don't have your quinoa and sweet potato prepped, go ahead and cook the quinoa for 15 minutes on medium heat and bake your sweet potato(es) for 60 min at 200 degrees Celsius. I always eat my potatoes / sweet potatoes cold and love to have them ready to use in the fridge.
- 2** Arrange your bowl with all ingredients.
- 3** Make the tahini dressing by adding all ingredients into a small blender and blend until smooth. Mix it all well together and ENJOYYYY!

Day 7 - Snack PROTEIN BARS

this recipe
contains approx.
28 grams
of protein
.....

Ingredients

1/2 cup oats
1/2 cup dry roasted cashews
2 tbsp hazelnut butter
1/4 cup date caramel (3 large medjool dates, 1 tsp vanilla extract, 1/4 cup water)

1 vegan chocolate bar (70g)

Steps

- 1** Add oats and cashews to your food processor and pulse until flour. Add in hazelnut butter and quickly mix again.
- 2** Make the caramel sauce by blending dates, water and vanilla and mix together with the rest. (If you have a powerful food processor you can also just add all ingredients in there to make it easier.)
- 3** Either form bars with your hands or add the dough to your silicone bar moulds and let it firm up in the fridge while you melt your chocolate.
- 4** Cover each bar in chocolate, let them set in the fridge and enjoyyyy!



Day 7 - Dinner

MUSHROOM PASTA

this recipe
contains approx.
41.2 grams
of protein
.....

Ingredients

200g of (GF) Pasta Of Your Choice
250g of Chestnut Mushrooms
12g of Italian Herbs

CREAM

22g of Dried Porcini Mushrooms
118ml of Boiling Water
2 Cloves Garlic
300g of Silken Tofu
15g of Brown Rice Miso
1 pinch of Salt
118ml of Pasta Cooking Water

TOPPINGS

1 handful of Spinach
1 handful of Chives, Finely Chopped

Steps

- 1 Soak dried mushrooms in 1/2 cup boiling water.
- 2 Cook pasta according to the package instructions and keep one cup of the cooking water for later.
- 3 Sauté mushrooms whole (only remove stems but do not slice) with Italian herbs in a nonstick pan.
- 4 Once soft (takes about 8-10 minutes) remove and slice in thin strips and add mushrooms back to the pot.
- 5 To make the cream, add soaked mushrooms (including the soaking water), garlic, tofu, brown rice miso, salt and pasta cooking water to a blender and blend until smooth. If your mixture is too dry, add a little more pasta cooking water.
- 6 Pour sauce into the pan, add pasta, mix all well together and top with fresh baby spinach and a sprinkle of chopped chives.

You did it!
How do you feel?





Thank you

FOR BEING PART OF OUR COMMUNITY

You can be so proud of yourself for completing this RESET! I hope you feel fit, strong and empowered to keep eating and moving your body this way! Aaand I hope this showed you that you CAN get all the protein you need from plants! Keep killing it, motivate those around you and please send me your feedback! Sending you so much love!

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!

CAROLINESCHOICE.COM

