

My healthy lifestyle guide.

CAROLINE E-BOOK

FEBRUARI 2019

📷 @CAROLINEDEISLER

INCLUDES

My story - How it all started
My philosophy - It's a Lifestyle not a Diet
How I Finally got Toned
Pro's & Pro's of Being Vegan
Benefits of a Plant Based Diet
Stable Weight
Clear Skin
More Energy
Tips to get started
Shopping List
Set the Right Intentions
My Principles
and more...



by
**Caroline
Deisler**

Hey Guys



This guide is for everyone who wants to change their lifestyle to a healthier one but is struggling with getting started. In my opinion, it's all about eating an abundance of fresh whole foods and making small changes that will turn into habits over time. Imagine you never having to count calories again and getting into your best shape ever. I want you to be the healthiest, happiest & fittest version of yourself. Share your healthy lifestyle journey using the hashtag

#carolineschoice & tag @carolinedeisler

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My Story - How it all Started

I have always been a fan of healthy eating and feel like I have always been a vegan in my heart. However, when I moved to New York for modelling at the age of 19. I experienced quite a lot of pressure to stay skinny. As a result, I often ate very little for a few days but then had my cheat days where I would binge on all kinds of unhealthy foods. I was close to a mental breakdown and realised I couldn't keep up with it anymore and that I was not happy at all. My boyfriend encouraged me to stop Modelling. So, we move to London, and I started studying which was the best decision I made.



Caroline



CAROLINE DESLER

I was finally in that place where I could develop myself without having the pressure of being extremely skinny. That was the time when I turned vegan. I had only one rule which I still live by today: Focus on fresh whole foods & never restrict calories. Ironically, I eat much more now than I used to back then and am way fitter and more toned now than I ever was. The plant-based diet changed my life in so many ways! My skin cleared up, I sleep much better, and I feel so balanced and at ease with myself. Seriously, I couldn't recommend it more.

Caroline's
Choice



My philosophy - it's a lifestyle not a diet

I have never been a fan of diets as they just never work long term. Most girls have tried low carb diets where you eat very little sugar and mostly vegetables and protein. They became so popular because you lose water weight quickly and think you actually lost fat. However, after a few days or weeks you develop a strong craving for carbs (which is normal) but people usually then go for unhealthy carbs loaded with lots of refined sugar, fats, and dairy products. I'm sure we have all been there at least once and didn't get the results we wanted. That's why I became such a big fan of the high carb plant-based lifestyle.

High carb means you are eating an unlimited amount of mostly fresh fruits, dates and potatoes as your source of carbs and add lots of greens, vegetables and healthy fats like avocados. When I first came across this 'diet', I was scared to let go of calorie counting and controlling portion sizes and thought I would eventually even gain weight from it. What I didn't realise though is that this lifestyle is about so much more than weight loss. I felt so amazing because of all the vibrant and

nourishing foods I ate that I totally forgot about weight. You are doing so much good for your body every day that you develop a new sense of self love, which is so motivating. I also had so much more energy, woke up super happy for no specific reason and was so excited about every meal and enjoyed it to the fullest.

Since I had way more energy, it wasn't difficult anymore to motivate myself to workout.

We are always searching for this one SOS diet that will make us lose weight as quickly as possible... but imagine you never having to diet again, always being able to eat until you are satisfied and still getting in your best shape ever!!! Welcome to the high carb low-fat vegan lifestyle. :-))

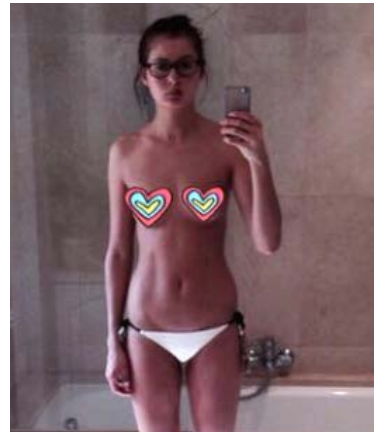
It was about 6 months after I turned plant-based, that I saw a massive change in my body. I got way more toned and actually started to see muscles which I didn't have before. It's all about making small changes that turn into habits. I always say be consistent to attain results. :-))

... how I finally got toned

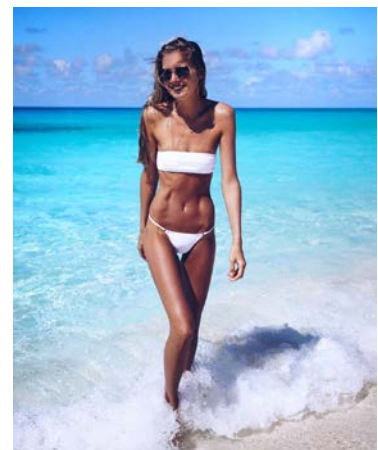
1. Me, at the beginning of my modelling days, still being my natural body type. Eating a mostly vegetarian diet... how I finally got toned



2. Right before going vegan, I was very unhappy (as you can see), had gained a lot of weight after juice fasting and low carb diets and didn't know what to eat anymore.



3. Three and a half years of eating a plant-based diet without any calorie restrictions. The healthiest, happiest, fittest and most toned I have ever been.





PRO'S & PRO'S OF BEING VEGAN



Among many other benefits, these are the most obvious ones leading you to become the happiest version of yourself.

➤ **BALANCE**

➤ **STABLE WEIGHT**

➤ **CLEAR SKIN**

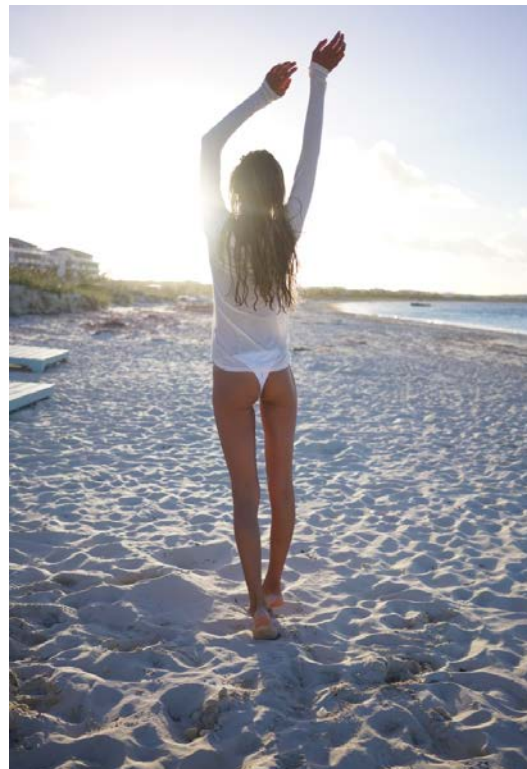
➤ **MORE ENERGY**

➤ **BETTER DIGESTION**

Benefits of a Plant-Based Diet

No more calorie counting

The main benefit, in my opinion, is that you can always eat as much as you feel like without worrying about gaining weight. In fact, you will get to your ideal natural weight and will be at your fittest eating that way. I know it can be scary to let loose of calorie counting and portion controlling but trust me it works. I have been eating like that for 4 years now and never felt better. It's really easy to stay in shape while you can enjoy every meal to the fullest and never have to feel deprived.



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Balance

The second benefit I love the most is the balance in life which I developed through that lifestyle. Nourishing your body day in day out with the right food makes you love yourself from within. I used to be happy or sad depending on what I ate and if I had a 'bad' day of food I would literally hate myself for it. It's really annoying also for the people around you. I even blamed people or places for my cheat days like 'I don't want to visit my family because they always make me eat too much' which is ridiculous if you think about it as the only person who decides what you eat is YOU. However, certain situations make us do certain things and if you are not balanced and happy from within, then you will easily get influenced by people around you.

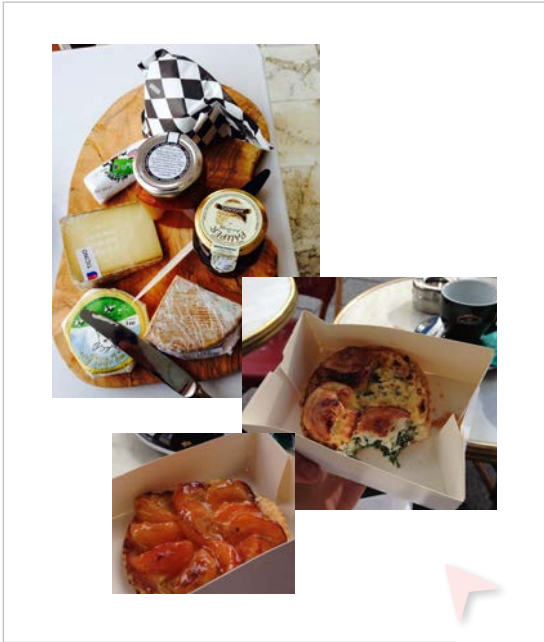
Stable weight



Keeping track of your weight can be so frustrating, and it can come to a point where it almost dictates your life. I have been like that for years, I would either not weigh myself for months because I was scared about what to see or I would be obsessed with it and weigh myself all the time (if I had a 'good phase'). There were days where I went on the scale and was so happy and days where I almost started to cry and ended up having more food because I thought it was too late anyway. All that thinking about weight dominated my mind and kept me away from actually doing things that matter in life. When I look at pictures from back then, I know exactly how I felt that day and what I ate which seems insane if I think about it now. I have never been 'fat'; however, being in the modelling industry puts so much pressure on you to stay extremely skinny and comparing yourself with all the girls you see at castings makes it even worse as you are constantly thinking 'Is she skinnier than me?'. All that didn't matter in life, and I needed some time to realise that. It's easy to get caught up in that New York life and I don't mean it in a bad way, but since the industry is based on looks, it just CAN'T make you happy. Eating a high carb vegan diet basically changed me completely in the way I think. I never felt too at ease with myself and happy from the inside out. It's so liberating to not care at all about weight and to be happy regardless of it. This lifestyle teaches you that it's more about what you eat rather than how much you eat.

Before

This is me after a circle of dieting and juice cleansing and binging on mostly sweets & cheese quiches



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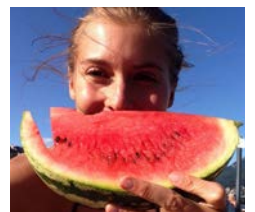
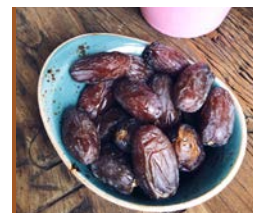
After

UNHEALTHY FOODS
I WAS ADDICTED
TO BEFORE GOING
VEGAN

NO MORE CALORIE
RESTRICTION,
NO MORE
EMOTIONAL EATING
& STABLE WEIGHT
& CLEAR SKIN



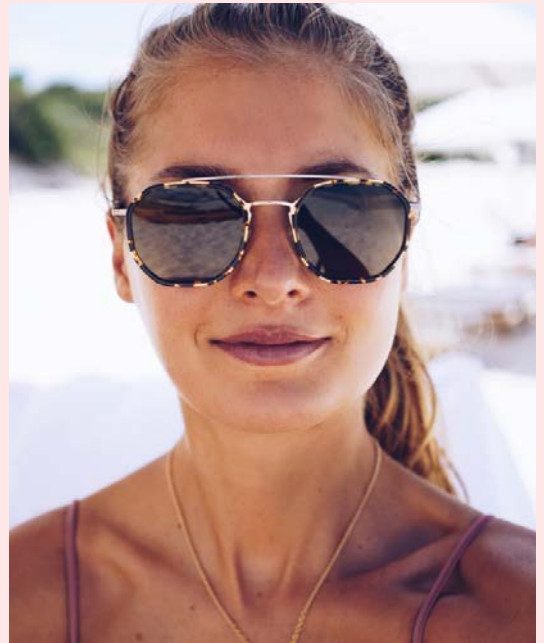
After 2,5 years eating a high carb plant-based diet with lots of raw fruits, dates, vegetables, greens & potatoes



Clear Skin

I used to suffer from acne when I was around 16. My mom took me to the dermatologist and they suggested taking the contraceptive pill to cure my breakouts. Looking back now I wish I would have never taken it considering the harm it does to your body. To make a long story short, I stopped the birth control pill five years ago and my acne came back after three months being off the pill. As I was still modelling at that time, I tried everything to cure it and ended up taking antibiotics and sadly started taking the pill again as nothing else seemed to help.

It was the same year when I turned vegan and after eating a plant-based diet for six months I thought my body must be 'clean' enough now and hopefully my acne wouldn't come back. I stopped the pill which was three years ago now and am SO SO happy to say that my skin got way better just from eating this way. It's incredible to see what the right foods can do to your body, and I'm so glad I trusted my instincts.



01



BEFORE & AFTER

02



My journey to clear skin

This is me after I came off the birth control pill for the first time. I always had breakouts and irritated skin and used chemical gels (prescribed by a dermatologist) which dried out my skin and didn't help at all. Why don't doctors mention that diet has so much to do with clear skin?

After 4 years of cutting out dairy (which is the key to healthy looking skin), eating a mostly raw vegan diet & using natural skincare products.

More Energy



It's funny, but I worked out a lot more before I turned to a plant-based diet and didn't actually look that fit. Eating the right foods makes a much bigger difference than hitting the gym a lot. Working out is amazing, but if you don't give your body what it needs, you will find it much harder to see results.

I now workout 3-5 times per week and even have weeks where I totally chill. Ironically, I look much fitter and more toned now than I ever did (and I'm 27 now). Eating so many fruits and vegetables will automatically make you want to exercise more. You actually wake up wanting to workout and don't need much motivation anymore.

NO MORE CRAVINGS

Cravings come if we don't eat enough for a while or if we don't eat the right foods and our body is unconsciously craving more and more until we give it what it needs. Oftentimes we misinterpret that with thinking we need junk food. As you are always eating as much as you like on that lifestyle you will automatically have less to none cravings. Don't be afraid of all the sugar in fruits. Healthy sugar is your best friend and it's the fuel for ALL your cells. Once your cells are satisfied, they have no need to crave junk food, that's why it's quite important to eat ENOUGH ripe, sweet fruits and healthy carbs on a daily basis.

TIPS TO GET STARTED

1 Simply start by adding more fresh fruits & vegetables into your daily diet. The more fresh fruits you eat the better.

2 Never count calories from fruits & vegetables and always eat until you are fully satisfied I aim for around 2500 calories per day.

3 Cut out salt, oils and all processed foods for maximum benefits.

4 Stock up your kitchen with fruits like bananas and Medjool dates, fresh greens, potatoes, sweet potatoes, nuts & seeds, rice, brown rice pasta, beans, lentils etc. You always want to have healthy food at home.

5 Be creative and try out new vegan recipes with friends & family.

6 Think long term and don't expect to lose weight over night. The weight loss comes naturally if you are consistent.

7 Try to stay active on a weekly basis and do some kind of exercise like running, spinning, walking ect.

8 Drink 2-3 liters of filtered water daily.

9 Eat Medjool dates instead of chocolate and...

10 Enjoyyyy the abundance of fresh whole foods and make sure you eat enough of it as this is the nr. 1 mistake people make when they first try this lifestyle.

SHOPPING LIST

20-30 BANANAS

Buy them all at once so in case they are not ripe, they will ripen up at home and become nice & spotty within a few days. If you can, buy organic bananas as they taste so much better and are free of pesticides.

MELONS, PINEAPPLE, MANGOES, APPLES, PEARS, ORANGES, ETC.

Make sure you buy A LOT OF FRUITS so whenever you are hungry you have sweet fruits in your house. :-)

MEDJOL DATES

I love to buy the 5kg boxes of Medjool dates as they are my staple food and really make this diet so easy, especially if you have a sweet tooth. :-)

POTATOES & SWEET POTATOES

They are so yummy either steamed or baked and don't require any added oil or salt.

SALAD GREENS LIKE SPINACH, ROCKET, ROMAINE, ESCAROLE, ETC.

Greens for Smoothies like Kale, Parsley, Swiss Chard, Broccoli, Cucumber

ANY VEGETABLES YOU LIKE

Tomatoes, carrots, bell peppers, eggplant, squash, zucchinis etc.

AVOCADOS

My favourite source of healthy fats and they are perfect for salads

NUTS & SEEDS

I love Brazil nuts, Almonds & Cashews for a healthy snack

LEMONS & LIMES

I love to boost my water with fresh lemon & Aloe Vera

BROWN RICE PASTA

It's gluten free and much easier to digest but tastes almost the same. You can get brown rice spaghetti, penne, fusilli etc.

BROWN RICE, WHITE RICE, QUINOA, CHICKPEAS, LENTILS, BEANS & TINNED TOMATOES, COCONUT MILK & ALMOND MILK

(always good to have at home)



*Eat well
- feel well*

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Set the right intentions

Don't focus on what you have to give up and instead focus on all the things you are gaining:

(Massive game changer!!)

- Clarity
- More Energy
- Better Mood
- Stable weight
- Better Sleep

I don't mean to repeat myself but it really makes an incredible difference if you change that way of thinking.

Don't start this lifestyle just because you want to lose weight. Seriously try to start this journey to form healthier long term habits, develop a deeper sense of self love, trust what your body is telling you and **EAT IN ABUNDANCE.**





My principles

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Why High Carb, Low Fat

When I first got interested in turning vegan, I read books like *Heal Yourself* (Markus Rothkranz) and

The Sunfood Diet

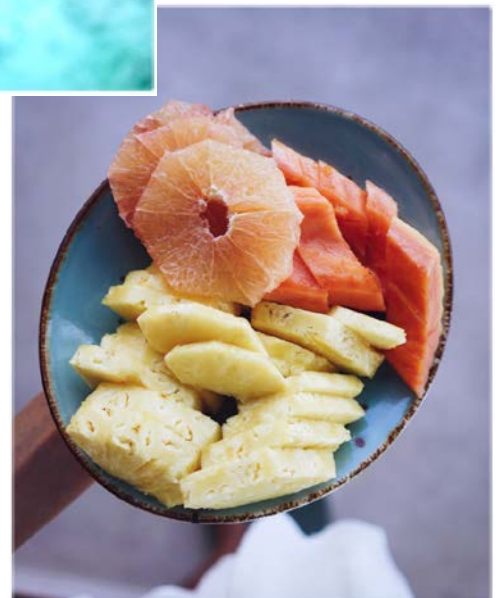
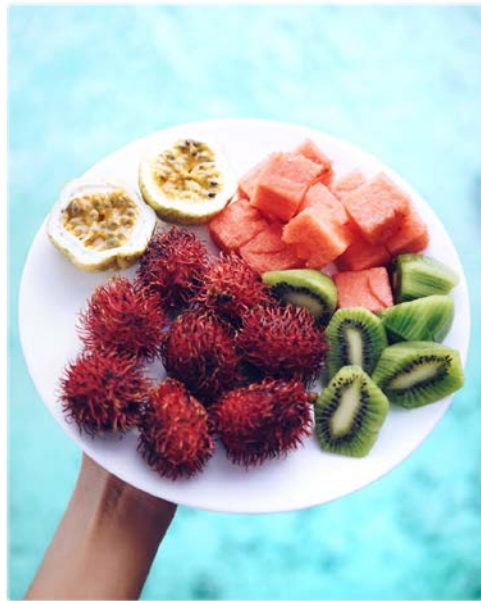
Success System (David Wolfe) and was convinced that a raw food diet is the best possible way to eat. I ate lots of fruits, nuts, raw vegan deserts and high-fat raw vegan foods and soon realised that it didn't make me feel any better and that I actually gained weight eating that way. I thought any food that had the label 'raw vegan' on it is healthy, and I could eat as much as snacks, chocolate etc. as I wanted (which is not the case). After doing two 5-day juice cleanses to start a reset, I decided this wasn't sustainable and I needed a lifestyle change that was enjoyable and most important would make me fit, happy and healthy long term.

High Carb Low Fat (HCLF) means I am eating mostly fresh whole foods like fruits, dates, potatoes, greens, vegetables, and a smaller amount of healthy fats like avocados, nuts & seeds & plant-based milks. Ever since I started eating that way, my life became so enjoyable and made me feel like a different person. The best part, in my opinion, is the fact that you never have to worry about calories or portion sizes and are feeling your very best every single day.



Raw till 4

Raw till 4 means that you are eating raw food until 4 p.m. and are having a high carb cooked vegan dinner. It's a great way to improve your digestion and to have lots of energy during the day as raw food is easier to digest when eaten on its own and doesn't make you feel tired like heavy cooked vegan meals do sometimes. It's not necessary to eat 'rawtill4' everyday, but I love to keep it in mind and over the years got into a routine where I always have a raw breakfast (fresh fruits, juices & smoothies) and typically also raw fruits for lunch. Don't put a label on it as you will only pressure yourself but definitely give it a try from time to time.



Why oil & salt free?

OIL FREE

Oils are 100% isolated fat with no protein, carbohydrates, fibre and very little nutrients. Fats also take twice as long to digest as carbs and oils are far more calorie dense than any whole food fat source like avocados or nuts (without making you full at all.) I always had that sluggish feeling after eating oily foods, and my skin used to break out a lot more too. Going oil free is the key to obtaining maximum results on this lifestyle, and it's that one change which gives you immediate results. It's also incredible to see that you can still have amazing vegan comfort foods like Avocado Toasts or Vegan Pizza and won't feel as tired/ heavy afterwards if you cut out the oil.

A high carb plant-based diet is the only lifestyle where you can eat as much as you like at every single meal without gaining any weight. In fact, as you see in my case even losing weight and getting more fit & toned over the years. Going oil free might seem difficult in the beginning but once you prepare your own food you'll see how easy it is to cut out oil without losing any taste.

BENEFITS

+ More Energy

No more sluggish/ tired feeling which comes from oily foods.

+ Better Mood

You will automatically feel lighter, healthier and happier.

+ Better Digestion

The food you eat will be much easier to digest. Carbs will be used as energy, and there won't be any unnecessary fat calories from oils stored as body fat.

+ Weight Loss

It will be much easier to lose weight without controlling portion sizes. You can eat as many whole foods as you like and still be able to lose weight if you stick to it long-term.



SALT FREE

Salt retains a lot of water in your body, unbalances the body's PH level and can cause high blood pressure. Eating a lot of foods that are high in salt also won't help you to get any fitter or more toned.

Removing salt from your diet is one of those changes that will give you immediate results and goes hand in hand with cutting out oil. Fruits and vegetables naturally contain sodium and there is no need to consume any extra sodium on top of that. There has never been a person who was deficient in sodium which shows that we get plenty from the food we eat. However, if you feel like you have to add some salt here and there in moderation, the best option would be pink Himalayan sea salt since it still contains some minerals.

You might find at the beginning that your food doesn't taste as good as it used to be, but from my own experience, my taste buds became a lot more sensitive over time and I couldn't think of eating any other way now.

BENEFITS

+ Weight Loss & Getting more Toned

You'll lose water weight and easily get more toned just by cutting out salt.

+ Better Health

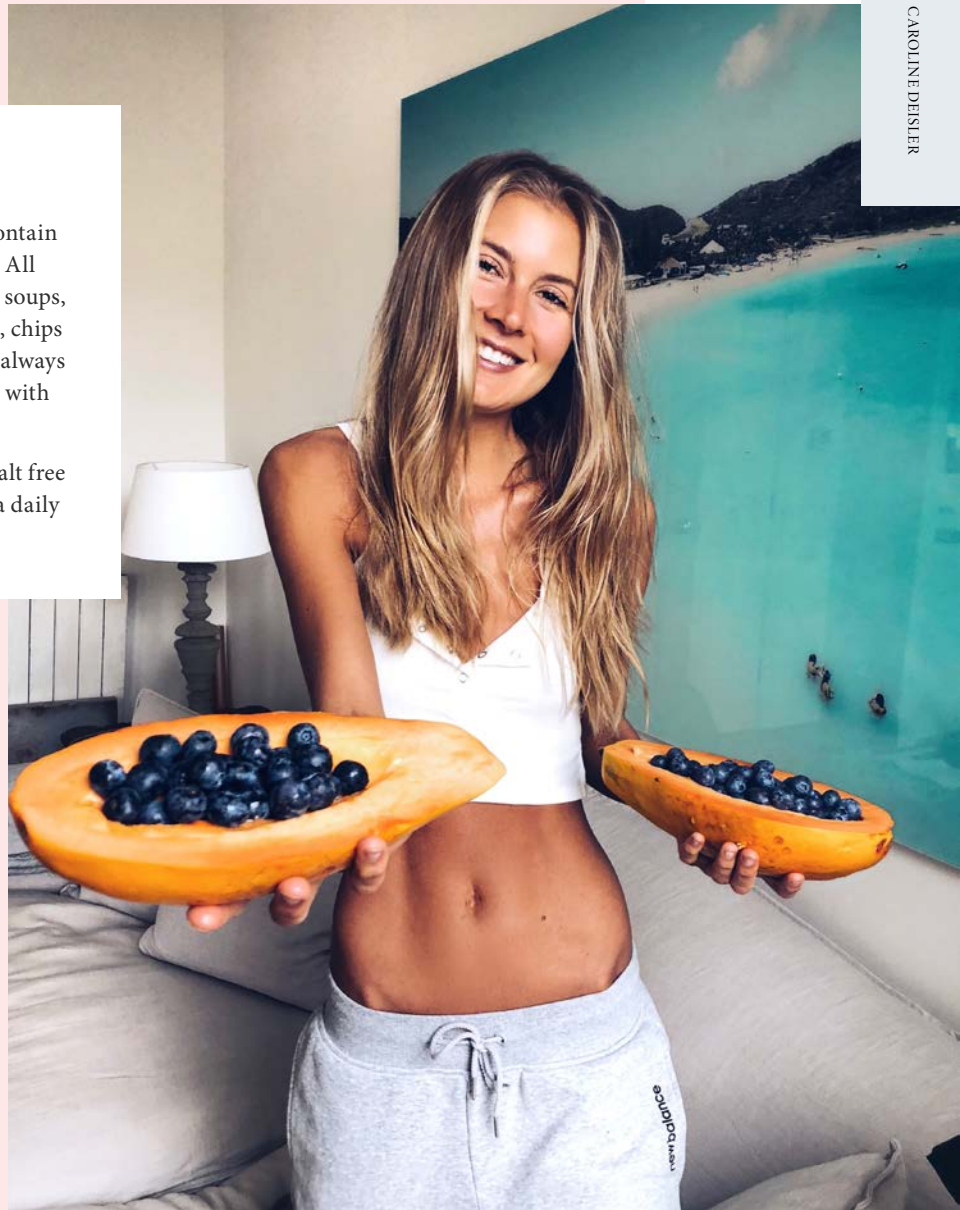
High blood pressure and inflammation might not be as relevant at the moment; however, you will most likely not suffer from any of that on a low-sodium diet.

Sugar in fruits

TIP:

There are A LOT of products that contain salt where you wouldn't expect it. All processed foods like salad dressings, soups, pasta sauces, cheese, bread, crackers, chips etc. contain tons of sodium. You are always better off preparing your own food with natural and fresh ingredients.

I know it's not realistic to eat 100% salt free all the time, but keep it in mind on a daily basis.



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'Can I gain weight from eating too much fruit?' is one of the most asked questions I get asked. Fruits have been my staple food ever since going plant-based and have helped me so much to stay satiated, balanced and fit. The main reason why fruit sugar can't be compared with refined white sugar is that fruits come with fibre, water, vitamins, minerals and antioxidants. The fibre gives the fruit volume without adding calories to the meal which means you can eat a larger amount and are going to feel full quicker. The large amount of fibre in fruits is also the reason why the fruit sugar is entering the bloodstream slowly while the food is being digested.

You would have to overeat a large amount of fruits for a long period of time to ever gain weight. I can only tell from my own experience, but I have been eating an abundance of fresh whole fruits and dates for the last 4 years and only become way fitter and more toned over the years. The best part about a high fruit diet is that you won't have to restrict calories and are still going to lose weight long term. I also LOVE the fact that fruits are so satisfying, almost needing no preparation time and are easy to carry around.

VEGAN COMFORT FOODS

Fresh Sourdough bread,
vegan Dumplings..

HEALTHY FATS

Eat in moderation for best results



COOKED CARBS

Perfect to add to your dinner salad



MY STAPLE FOODS

I always eat as much sweet fruits & dates as I care for / need -> best way to prevent cravings

GREEN & VEGETABLES

Make about 30% of my diet

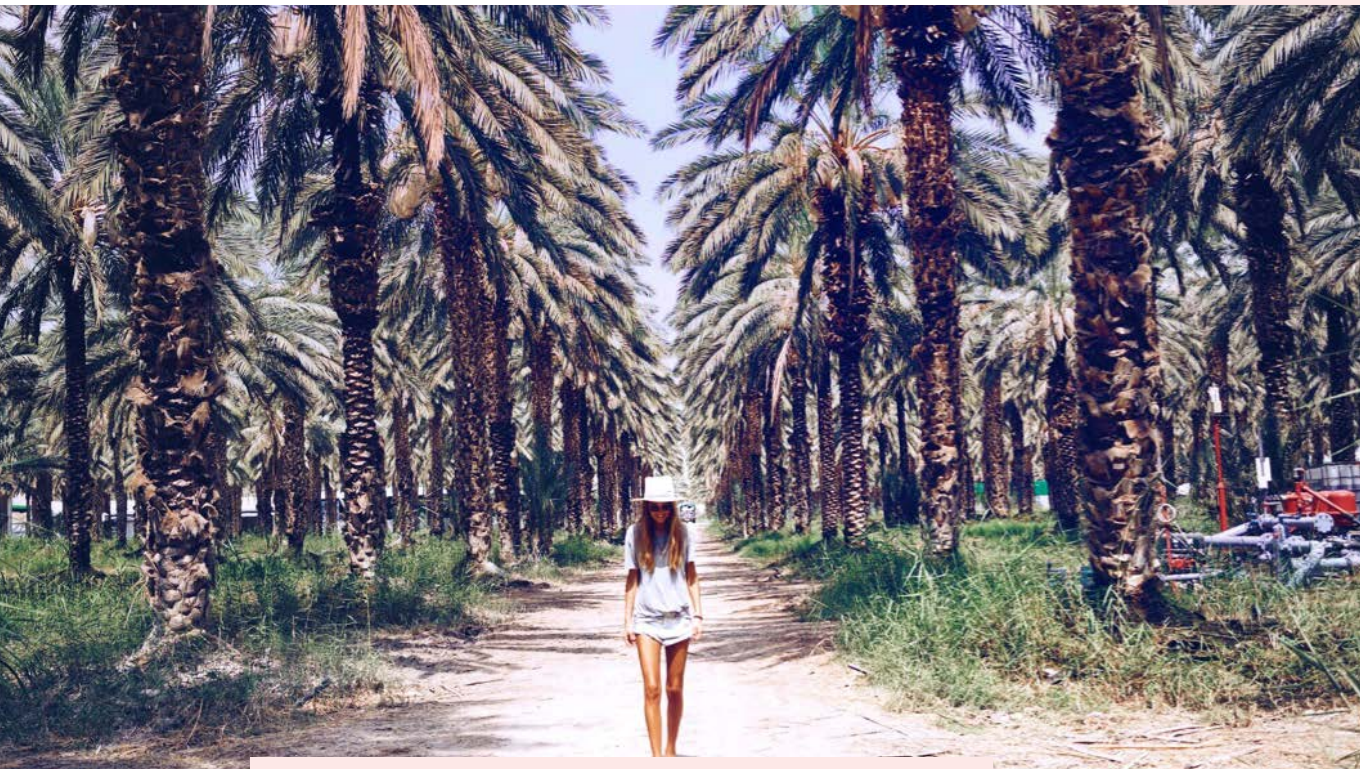


My food pyramid

FOODS TO AVOID

- refined sugar
- wheat
- soft drinks
- dairy products
- meat
- fish
- salt / oil

Medjool dates - My superfood



Visiting a Date Farm in Israel

Medjool dates are by far my number one sweet snack!! I always had the biggest sweet tooth before changing to a plant-based diet (apple tarts, pies and chocolate were my favourites). Sticking to a whole food plant-based diet became so much easier once I discovered Medjool Dates.:-) (I knew them from before but was always afraid of the high amount of Sugar.)

Whenever I'm travelling or having a busy day, I'll take dates with me. I really find that no other fruit is as satisfying as Medjool dates if you need a sweet pick me up afternoon treat. Oftentimes, I even replace a meal with dates and have around 20 dates for lunch. Mono meals (eating one type of fruit until you are full) are so beneficial as your body only has to provide digestive enzymes for one type of fruit which means it can fully absorb all the nutrients and digest it much better.



BENEFITS OF MEDJOOOL DATES

BEST ALTERNATIVE TO SWEETS

If you are concerned about the sugar in dates, just think about all the chocolate bars and other sweets you won't need any more once you start eating more dates. The best way to prevent cravings is to give your body what it asks for from healthy sources so it doesn't have cravings later. -> Eat dates and you won't need other sweets.

ENERGY POWERHOUSE

Medjool dates give you a lot of energy and have so many health benefits. I have around 20 dates every single day and almost never feel the need of having sweets, chocolate or even raw vegan treats. Even though dates are quite high in sugar, multiple studies have shown that you won't gain weight from dates as they contain a great amount of fibre which controls your blood sugar. Medjool dates also contain zero fat and cholesterol. They are packed with minerals like magnesium, potassium and calcium and are super easy to digest which makes them the perfect pre and post workout snack.

PREVENT SWEET CRAVINGS

I can't stress enough about how important this fact is. Nearly everyone including myself is probably questioning the amount of sugar in dates, BUT we all need sugar and have cravings for some sweets in our life. I had the biggest sweet tooth before turning vegan. Apple tarts and chocolates were my guilty pleasures, and I never felt good after having things like that. (Whenever there was an apple tart on the dessert menu, I had to order it) That's why dates have had such a big impact on my health journey, and I would love for you to experience the same. Medjool dates are so soft and taste like caramel that I promise you won't miss any of your sweets. They literally taste like caramel and are also so great in all kinds of healthy plant-based dessert recipes.

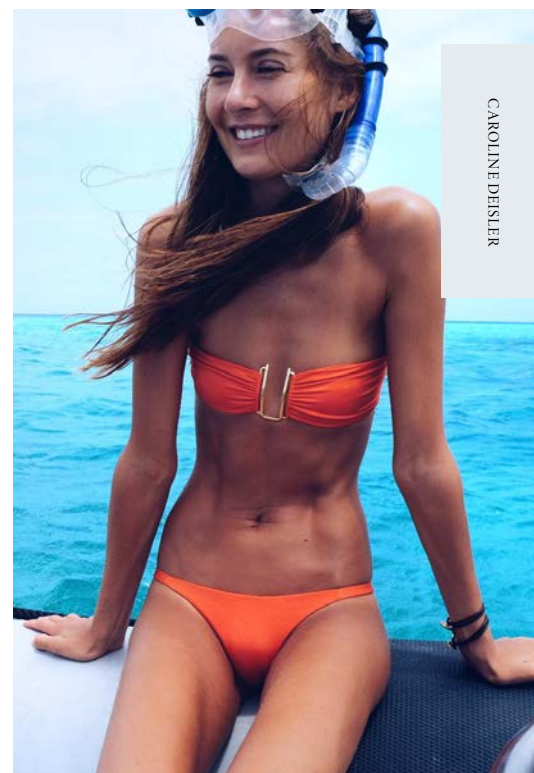
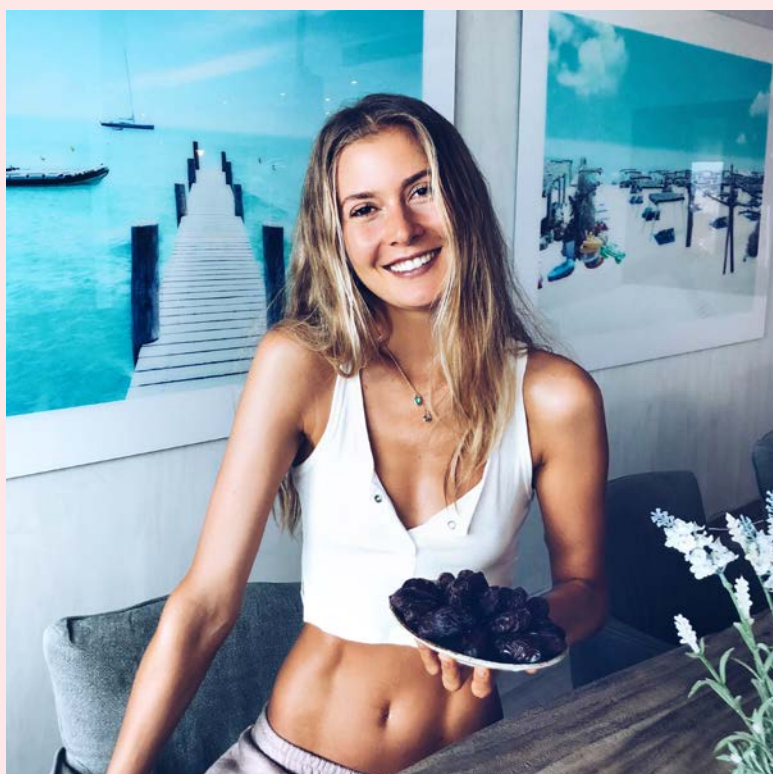
TIP:
MAKE DATES YOUR
EVERYDAY SWEET
SNACK

GREAT SOURCE OF FIBER

The high amount of fibre in dates means that the sugar is not directly going into the bloodstream like it is the case with refined sugar, all sugary soft drinks and even fruit juices. The fibre in dates also supports healthy bowel movements and keeps you full for longer.

RICH IN MAGNESIUM, POTASSIUM & VITAMIN B6

Dates are incredibly nutritious (Fun fact: you could live off just dates and won't have any deficiencies – Yes, it's true!!). They are rich in minerals like magnesium and potassium as well as Vitamin B6, which makes them the perfect pre- or post-workout snack. Even a few dates before your workout will give you enough energy to get going but won't upset your stomach like heavier pre-workout meals.



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HELP WITH WEIGHTLOSS

The fact that dates are higher in natural sugar than other fruit can actually be one of their best benefits. The texture is so soft, and they taste like pure caramel, which will automatically satisfy your sweet cravings and help to maintain a stable weight long term. When I first came across this lifestyle, I didn't feel good about myself at all and was desperately looking for a change that wouldn't mean I had to count calories and eat tiny portions. I remember how happy I was about my first 5kg box of dates and the fact that I knew I always had something healthy at home when my sweet cravings hit me. With eating around 20 dates every day for the past 4 years, I have not only lost weight but also got way more fit and toned without exercising more than I did before.

PLANT BASED SOURCES OF PROTEIN

How do you get enough protein on a vegan diet is the most frequently asked question of all times. Surprisingly, I never worried about getting enough protein ever and never believed in the need of taking protein powders. As long as you are eating a good amount of dark leafy greens, vegetables and healthy fats, there is no need to ever question that again.

All fruits and vegetable contain protein, and it depends much more on the quality of that protein rather than on the quantity. Plants have a much lower percentage of protein per 100gr than meat; however, the ratio of the essential amino acids determines whether the protein amount is fully absorbable and plant sources have a much better amino acid ratio. Potatoes for example only contain 2% of protein; however, that 2% is fully absorbable as potatoes contain all essential amino acids in the perfect ratio. Isn't it so interesting to realise that there is much more science behind the food we eat than we think? Nature has truly given us everything we need.

KALE

Kale is one of the most powerful vegetables. It is rich in protein, magnesium, iron, calcium and has tons of vitamin C. I love to put Kale in green smoothies as the vitamins & minerals are even better absorbable when they are blended. My favourite smoothie combination is Kale, Parsley, Spinach, Lemon, Ginger & Pineapple – the perfect all-natural post-workout protein shake.

PARSLEY

I LOVE parsley and add it to almost every smoothie I make! It's one of the best protein sources and is also rich in iron and vitamin C.

SPINACH

Spinach is also one of those superfoods that contains so many vitamins & minerals and should not be missed on a plant-based diet. It has tons of iron, protein, magnesium and vitamin C which all helps to build muscle strength.



BROCCOLI

The last one of the green vegetable power family is Broccoli. Also very high in iron, protein, magnesium, vitamin C and other minerals. I love to either put it in smoothies or slightly steam it and add it to curries/vegetable stews.

CAULIFLOWER

I personally don't love cauliflower and tend to get slightly bloated from it; however, if you digest it well, it's an amazing protein source and delicious roasted in soups, curries, vegetable stews or added to salads.

MUSHROOMS

Mushrooms are so underrated in my opinion. I love all kinds of mushrooms; they have an amazing texture and are a great replacement for meat in pasta dishes. I also love vegan pizza with tons of different mushrooms on top. They are a great protein source and have lots of fibre too.

BEANS & LENTILS

Also known as legumes, beans and lentils are probably one of the most known plant-based protein sources and a perfect replacement for animal protein. I personally don't eat them on a daily basis as I crave more green smoothies after a workout; however, those are great added to salads or soups as well. I have an amazing split pea soup recipe and Indian lentil dahl recipe on my blog which are both so yummy!!!

ALMONDS

Well, one of the best nuts ever!:-) Almonds are a great source of protein, healthy fats and control your blood sugar level to make sure it stays stable. I love to snack on almonds or brazil nuts (which are great for your skin due to the high selenium content) 1-2 a week when I feel the need for a savoury snack.

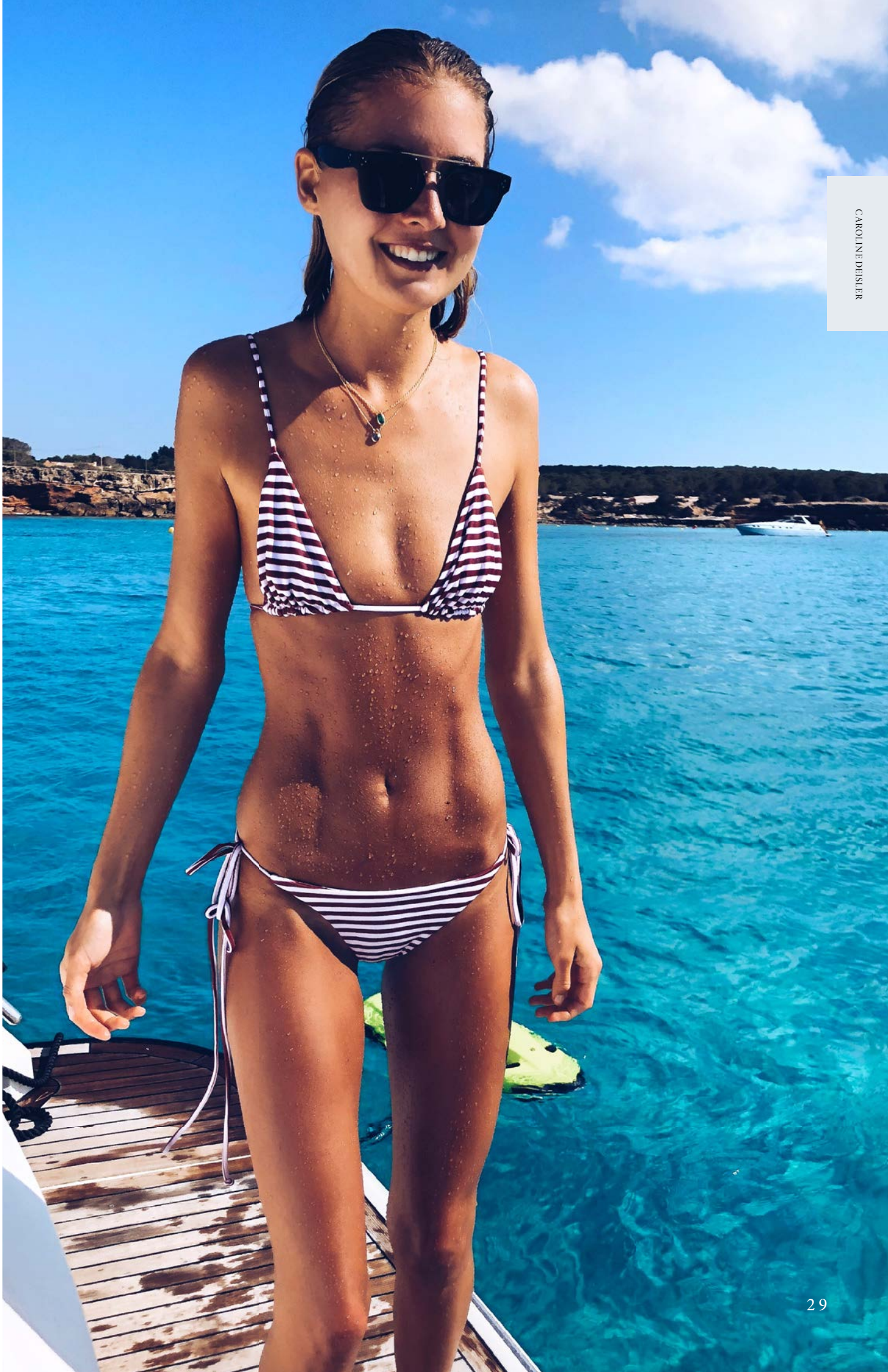
POTATOES & SWEET POTATOES

As mentioned above, even though you wouldn't necessarily make a connection between potatoes and protein, they are indeed an incredible protein source and the perfect food if you are looking to bring your fitness to the next level. Keep in mind, that I am referring to oil-free & salt-free steamed or baked potatoes.

BANANAS & DATES

I want to mention fruits here as well just to remind you that all fruits do have some amount of protein. Greens, legumes and nuts are important BUT fruits are just as important. All our cells (muscle cells, brain cells, nerve cells etc.) run on glucose, the sugar found in fruits. Eat as many fresh fruits as you feel like on a daily basis and make fruits your go-to staple food to get the best results on a high carb plant-based lifestyle. I LOVE to have Medjool dates (high in Magnesium, Potassium and Calcium) and a green smoothie as my post-workout snack as it gives my body everything it needs after a good sweat.







SUPPLEMENTS

I'm typically not a person who takes a lot of supplements as I think supplements are the second best option if fresh food is not available. However, there are a few vitamins that most people, vegan or not, are deficient in and should be supplemented if needed.

VITAMIN B12

Vitamin B12 is suuuuper important on any diet (vegan or not). It's an essential nutrient which our body can't produce itself, so you want to take a supplement. Feeling fatigue and tired all the time is one of the most common symptoms of a B12 deficiency. It is not absorbable through raw superfoods like Spirulina (which is a common misconception) and I strongly recommend taking a supplement to be on the safe side. :-)

VITAMIN D

Vitamin D is essential for bone Health, and it's worth having your blood checked to know if you need to supplement it. Spending time in nature and being exposed to sunlight is still the best and easiest way to fill up your Vitamin D level, but we don't all live in sunny places. Another natural way to get more vitamin D is to eat more sun ripened organic fruits & vegetables.

PROBIOTICS

Gut health is the key to being healthy as 90% of our immune system is located in our colon. That's why we are so emotionally attached to what we eat and feel much happier on a plant-based whole foods diet.

Probiotics are basically the good bacteria that your gut needs to be able to digest food properly and to fully absorb all the nutrients. That's why it's very helpful to take a high quality probiotic as a daily supplement.

There are also probiotic-rich foods like:

- Sauerkraut
- Kimchi
- Pickled vegetables
- Kombucha

However, I have found that these foods often contain lots of salt or other additives if you don't make them yourself (which is quite time consuming)





I used to suffer from terrible skin when I was younger and have seen a massive improvement from switching to a plant-based lifestyle.

BENEFITS:

- Overall skin cleared up
- Pores got finer
- Fewer breakouts
- No more irritated skin

What you need to know is that there are 5 essential nutrients for healthy looking & glowing skin

➤ *Silica*

- Tomatoes
- Cucumber
- Celery
- Bell Peppers
- Nettle Leaves
- Dandelion

*Tips for
beautiful skin*



➤ Selenium

- | | |
|-------------------|-------------------|
| - Alfalfa Sprouts | - Dates |
| - Raspberries | - Avocado |
| - Spinach | - Raspberries |
| - Broccoli | - Strawberries |
| - Green Asparagus | - Cantaloupe |
| - Mushrooms | - Spinach |
| - Brazil nuts | - Swiss Chard |
| - Oats | - Green Asparagus |
| - Dates | - Broccoli |
| - Bananas | - Mushrooms |
| - Mango | - Zucchini |
| - Kiwis | - Pumpkin Seeds |
| - Honeydew Melon | - Sesame Seed |
| - Dried Figs | |
| - Bananas | |



➤ Zink

- | | |
|----------------|-------------------|
| - Dried Figs | - Green Asparagus |
| - Bananas | - Broccoli |
| - Dates | - Mushrooms |
| - Avocado | - Zucchini |
| - Raspberries | - Pumpkin Seeds |
| - Strawberries | - Sesame Seed |
| - Cantaloupe | |
| - Spinach | |
| - Swiss Chard | |





➤ Vitamin A, E + C

VITAMIN A

Carrots, Kale, Spinach, Cantaloupes, Mangoes, Broccoli, Peaches, Pumpkin, Green Asparagus,

VITAMIN E

Avocado, Broccoli, Spinach, Kale, Almonds

VITAMIN C

Strawberries, Kiwis, Oranges, Spinach, Kale, Broccoli, Bell Peppers,

➤ Omega 3

- Avocado
- Chia seeds
- Hemp Seeds
- Flax Seeds
- Pumpkin Seeds
- Walnuts
- Brussels Sprouts
- Leafy Greens
- Berries



NOTE: I highlighted Broccoli, Spinach, Kale & Green Asparagus as they appear in almost every group and are packed with vitamins and minerals. Now you see why Green Smoothies with lots of Spinach & Kale and dates are amazing for glowing skin.

Daily tips



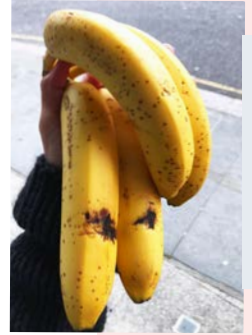
- Drink Green Smoothies daily
- Have raw bell peppers & Carrots as a snack
- If you eat nuts, go for Brazil nuts
- Don't touch your face with dirty hands
- Use clean towels to dry your face
- Change your pillow cover at least once a week
- Sleep with your hair up
- Clean your iPhone screen/ don't let your phone touch your face
- Use natural skin care products





How to avoid bloating

1. EAT SIMPLE
2. HAVE MONO MEALS
3. CHEW SLOWLY
4. DRINK ENOUGH WATER
5. DON'T EAT FRUITS AFTER COOKED FOOD
6. DO A COLON CLEANSE



I GUESS WE HAVE ALL BEEN THERE! 😂

1. It can be totally normal to be bloated at the beginning of transitioning to a plant-based lifestyle. Your body needs time to adapt to eating more fruits and vegetables (=much more fibre) *
2. If your colon is not 'clean' and full of old waste, raw fruits and vegetables will have a hard time passing through your system and will eventually build up gases. That's why colonics are SO HELPFUL especially at the beginning of a healthier lifestyle.
3. Don't get discouraged from being bloated, there are some simple but very powerful rules to follow which I explain in more detail below:



Eat simple

Bloating is often the result of mixing too many ingredients in one meal. Your body needs to provide different enzymes for each food you eat, which means eating as simple as possible makes it a lot easier for your body to break down and digest the food.

Apart from some food combining rules which you'll find below, I developed a habit of not mixing more than 3 fruits or veggies in one meal. Even though it's not always possible, I stick to it for at least 1 or 2 meals a day, mostly breakfast and lunch.

MONO MEALS

That leads me to my next point which is eating mono meals. A mono meal means you are eating one type of fruit until you are fully satisfied. Great fruits for mono meals are melons, bananas, dates or mangoes. Mono meals are AMAZING for your digestion, for weight loss and overall wellbeing. You have more energy, skin clears up quicker, and your body can fully concentrate on digesting one type of fruit, which also makes it easier to absorb all the nutrients.

CHEW SLOWLY

Chewing slowly is so simple yet so many people struggle with taking time to eat and making it a priority to sit down and enjoy every meal. We are all so busy these days, rushing from one thing to the next, having breakfast and lunch on the go without realising the damage we do to our long-term health.



Drink
enough water

MY ADVICE: Appreciate every meal, take your time and sit down to enjoy every bite of it.

The problem is, when you are running around, your brain tells your body that digestion is not the most important and puts the focus on providing energy (that's also why you find working out on a full stomach very discomforting). On top of that, we tend to eat super quickly when on the go and rarely chew our food properly. All that means stress for your body and will lead to food being undigested, which causes gas to build up in the small intestine.

Being hydrated is the key for so many functions in our body. A dehydrated colon can't produce enough enzymes and won't even be able to absorb all the nutrients from your food. (Coffee, for example, is super dehydrating, irritates the colon and hinders the body's absorption of protein)

In fact: Drinking only water until 11 a.m. - 12 a.m. or your first bowel movement helps your body to flush out toxins that have been eliminated throughout the night. Add lemon, cucumber, fresh Aloe Vera Juice and/or freshly squeezed ginger shots to your water to give it an extra boost.



NO FRUITS AFTER COOKED FOOD

I still remember the day when I found out and thought ‘why didn’t I think about that before! It makes so much sense!’ I was always wondering why I had a bloated stomach from eating fruits after dinner, thinking the fruits were probably not good for me, when in reality it was just the wrong combination that caused the bloating. Let me explain to you why: Fruits are high in water, rich in fibre and only take between 15-45 minutes to digest, whereas cooked food takes much longer (that’s why we are often super tired after having a cooked meal). Meat, for example, stays in your colon up to 7 days. Imagine now fruits sitting on top of that cooked food not being able to pass through and causing gases which makes your stomach so bloated.



MY ADVICE: Start with the easiest to digest food and eat your way up. For example: melons for breakfast, bananas for lunch, dates as a snack & cooked carbs like potatoes for dinner.

I have been doing colonics for many years and would say it’s one of the best health secrets that I can recommend. Your body and Immune system functions way better if your colon is clean and hydrated. It’s very personal how many colonics you need but on average I feel my best to get one every two months.

COLONICS

Colonics – Colon hydrotherapy is basically a professional enema where your colon gets filled with warm purified water to flush out toxins and built up waste. It doesn’t hurt or anything and has so many health benefits such as:

- **better digestion**
- **more energy**
- **better concentration**
- **better sleep**
- **better absorption of vitamins & minerals**
- **better immune system**

NO TE: If you are worried about good bacteria that will flush out too, think about it this way: Would you rather have a clean colon and drink some green smoothies and afterwards refuel your body with good bacteria or would you rather have a poor functioning colon that is full of old waste?

PROPER FOOD COMBINING

Every fruit & vegetable has a different digestion time, which means how long our body needs to convert the food into energy. Take that into account for everything you eat and try not to mix foods with a big difference in digestion time. A simple rule to remember:

'Eat your way up – start with the easiest to digest food'



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1. HIGH IN WATER FRUITS

Watermelon & Honey melon
Orange, Grapefruits, Grapes, Apples,
Pears, Peaches, Cherries etc.

2. HIGH IN WATER VEGETABLES

Cucumber, Tomatoes, Bell Peppers, Zucchini,
Greens etc.

3. LESS JUICY FRUITS

Medjool Dates, dried figs

4. HEALTHY FATS

Avocado, nuts, seeds etc.

5. COOKED FOOD

On the following page, you see all the different fruit & vegetable groups and which go well together. Whenever there is an arrow connecting two groups, this means they typically combine well together. If two groups aren't connected, don't combine these foods. 🙅

Food Combining Rules

MELONS 🍉🍌🍈

Always eat alone or 30 min before other fruits

WATER / JUICES / SMOOTHIES 💧🥤

Try to drink separate from meals / 30 min before- after food

HEALTHY FATS 🥑🥥

Great with greens & sub acid fruits

LEAFY GREENS 🌿

Great with all vegetables, healthy fats, and even sweet fruits

SWEET FRUITS 🍌

Great with subacid fruit & greens

STARCHY VEGETABLES

Great with greens and healthy fats (in moderation) 🍠🥔🥕

ACID FRUITS 🍊🍋🍌🍈🍇

Great with greens and healthy fats (tomatoes)

SUB ACID FRUITS 🍓🍏🍒🍋🍇

Great with greens & healthy fats



SWEET FRUITS:

Dates, Figs, Bananas, Papaya, Persimmons

SUB ACID FRUITS:

Berries, Apples, Cherries, Grapes

ACID FRUITS:

Oranges, Mandarines, Grapefruits, Pineapple, Pomegranate, Tomatoes

GREENS:

All salad greens, Herbs, Sprouts, vegetables like Celery, Broccoli etc.

STARCHY VEGETABLES:

Carrots, Pumpkin, Potatoes, Sweet Potatoes, Corn, Chestnuts, Squash, Peas

HEALTHY FATS:

Avocados, Nuts, Seeds, Coconut meat



HOW TO STAY HEALTHY WHILE TRAVELING

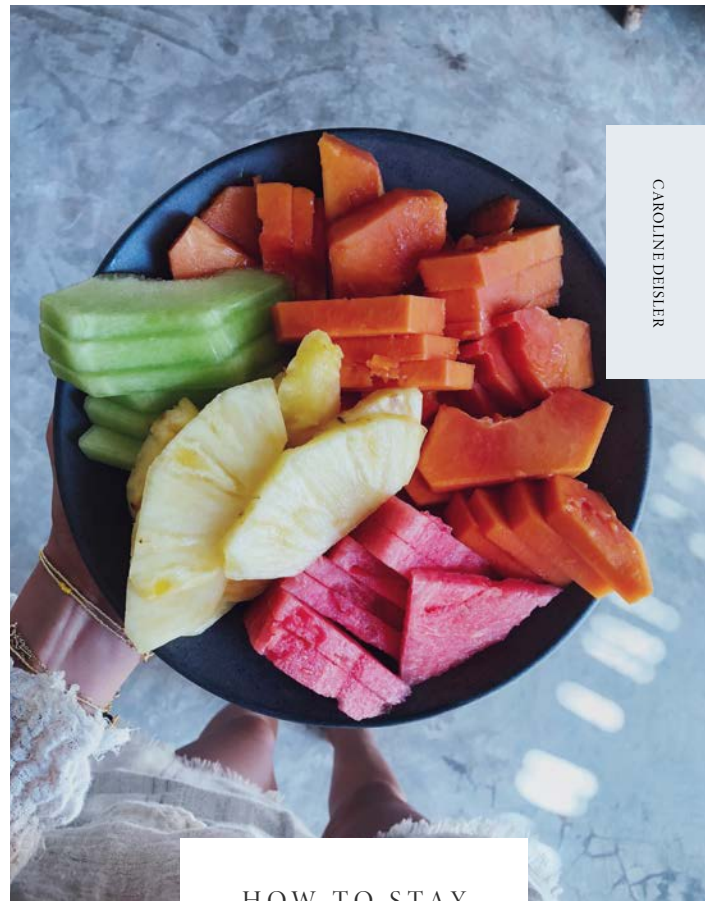
Travelling is oftentimes quite stressful for our bodies without us realising it.

- Different time zones
- Different routines
- Uncertainty of what / when you eat

All that can disrupt our eating habits, digestion and mood, which is why we usually tend to eat less healthy while travelling (at least most do). It really only takes a little bit of preparation though and you are all set.

MY TIPS

1. Pack fruits & dates and nuts for long flights. Wash them beforehand so they are ready to eat. Yesss you can bring all kinds of fruits through Security. I have done it many times and never got stopped. Only be careful with watermelon as they might consider it a liquid
2. Prepare some vegetables like a big green salad, steamed or baked potatoes / sweet potatoes/ squash. I oftentimes eat more while travelling just because there is not much else to do that's why I like to take a little extra food with me. It's better to have enough, so you're not hungry at an airport with no healthy food options.
3. Go grocery shopping while you're travelling. I love to buy local produce and find that helps so much!! It's much cheaper than always going to a restaurant, and you get to eat fruits and vegetables that are locally grown and often taste much better!
4. Ask your hotel for a cutting board / big plate and kitchen knife or alternatively buy these things on your first day of arrival. They usually don't cost more than \$10 total and make your life much easier.



CAROLINE DESLER

HOW TO STAY
HEALTHY WHILE
TRAVELING



5. Look for healthy restaurants before you go somewhere (I LOVE checking out menus haha).

6. Don't pressure yourself too much and enjoy the experience of something new. I love to have a balance of 80 - 20 while travelling. 80% healthy food and 20% trying out new local (vegan) dishes.

7. I always ask for a green juice at breakfast, that way I start my day with a good portion of vitamins and minerals. Most hotels make you one even though it's not on the menu (it's not cold pressed but still much better than not drinking one at all). My go-to order is: Spinach, Celery, Cucumber, Lemon & Ginger.

8. Last thing I do is to take some fruits away from the breakfast buffet for an afternoon snack. (I know so German) buuuut it really helps a lot if you have a sweet tooth like me! If you ask politely for a takeaway box, most hotels are happy to help you out. Enjoying some delicious vegan food in Tulum



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ENJOYING SOME DELICIOUS VEGAN FOOD IN TULUM



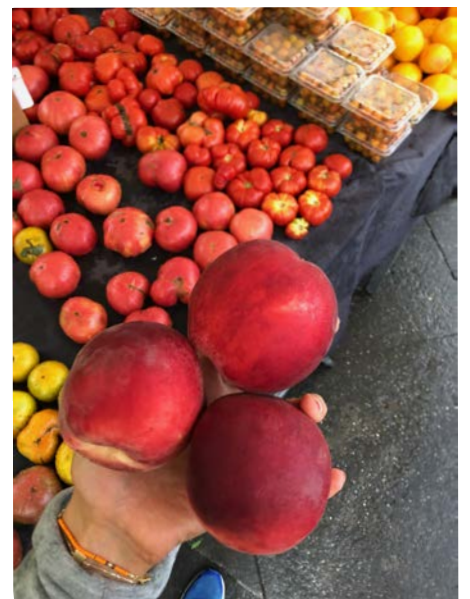
*Its all
about
balance*



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- SNAPS FROM MY TRAVELS -





How to get fit and toned

Being active on a daily basis is crucial to feeling your best and should be just as important as other things on your to-do list. :-)

However, getting fitter & more toned depends 80% on what you eat, which means you don't have to torture yourself at the gym to get in shape. I personally love to workout around 5 times a week for an hour plus 15min of stretching afterwards.

Eating the right foods will cleanse your body from the inside, help you to lose body fat, make you fitter and will ultimately lead you to being more active due to the increased energy.



Look at the workout part as something you do for your mood and happiness and the food part takes care of the rest. Those questions are here to help you to figure out what kind of workout person you are to make it easier for you to get your butt moving. :-)

A lot of girls work out with the motivation of losing weight; however, once you change that mindset and workout because you actually want to FEEL BETTER, you will automatically see a positive impact! Stop pressuring yourself, and you will enjoy it so much more!

Workout because you love your body, because you want to maintain good health, because you know it feels great, and because it's a healthier way to live!

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A FEW QUESTIONS YOU SHOULD ASK YOURSELF:

Why are you working out?

1. To lose weight
2. For Health & Happiness

Are you a morning or evening person?

1. Morning workouts make my day!!
2. Have more energy in the evening

Are you a cardio or weights person?

1. Cardio all the way! Running/spinning & HIIT workouts are my thing
2. Strength & weight training

My workout mantra

- Every day is a great day to workout
- Do workouts that you love and truly enjoy
- Find yourself a workout buddy
- Workout because you want to get fitter & healthier not because you want to lose weight!



My workout routine

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My favourite workouts are running, spinning, boxing and yoga. I do a mix of all of them and don't follow a certain plan throughout the week. However, I am definitely a morning person and find that morning workouts change my whole day in a more positive and productive way. Moving your body before having breakfast has so many amazing benefits like faster metabolism, increased energy, healthier mindset in terms of food aka less cravings and BETTER MOOD.

RUNNING

Running has been a habit of mine ever since I was around 15. It's one of the easiest ways to work out since you don't need any equipment except for a pair of good running shoes. Especially if you are on a tight budget and can't afford a gym membership running is for you!!

I have always been a fan of running outside rather than on a treadmill as you get lots of fresh air (Oxygen). Being out in nature also really helps to clear your mind and to have positive thoughts. Not to forget running is the perfect way to explore new places, so wherever you go pack your running shoes.

SPINNING

Spinning/ Cycling is the perfect combination of cardio and strength training as you can play with the resistance to make it an even harder workout and get super toned legs. I know a lot of girls have a fear of getting bulky legs from spinning and I used to think so too. It's such a big misconception though, and I can tell from my own experience over the last four years that you won't get bigger legs from putting more resistance on the bike.

What really makes your legs bigger is the food you eat after your workout. Go for fresh whole foods and give up processed foods.

BOXING

Boxing not only trains the whole body but also increases fat loss and releases stress. It is by far my number one favourite workout and I have seen amazing results since I started boxing about 3 years ago. What I like the most about it is that it is so much fun and you have to be 100% focused which means you don't check the time every 10min like you do on the treadmill (at least I do haha). The easiest way to get into boxing is to look for a boxing gym or to attend group boxing classes at your gym.



YOGA

Yoga is the best compliment to cardio workouts and gives your body that much needed deep stretch to get long lean muscles. Yoga has so many other benefits too like balancing your mind and soul, teaching you how to be more present and how to be more gentle with yourself. :-)

STRETCHING / FOAM ROLLING

If you don't love yoga or don't have the time to attend classes, 15 min of foam rolling is the perfect way to end a workout. I am always looking forward to that as it almost feels like a massage (and you can check your emails in the meantime haha).



TIPS TO GET STARTED:

1. Make working out a priority and make time for it even if your schedule looks tight.
2. Eat dinner early -> you wake up with more energy and are ready to go!!
3. Put your gym clothes out the day before so you already have the mindset of working out the next morning.
4. Work out on an empty stomach and have breakfast afterwards. That way your body is not busy digesting food and starts to burn fat right away. If you do need a snack before, go for something that gives you quick energy and is easy to digest like 1-2 ripe bananas or a couple of Medjool dates.
5. Have a green smoothie with lots of spinach, parsley, kale, berries, and bananas or dates as your post workout shake to get lots of good plant-based protein in.

MY MEAL PLAN

VEGAN

Healthy, Easy, Delicious

EXAMPLE MEAL PLAN OF HOW I EAT

MONDAY

BREAKFAST
Green Smoothie

LUNCH
SUMMER: 6-10 ripe Peaches
WINTER: 15 Medjool Dates

SNACK
SUMMER: 8-10 Fresh Figs
WINTER: 2-3 Apples

DINNER
Salad & Potatoes

TUESDAY

BREAKFAST
Waterlemon
(as much as you like)

LUNCH
SUMMER: 2 Honey Melons
WINTER: 4-5 Persimmons

SNACK
10 Medjool Dates or fresh Figs

DINNER
Salad & baked
Kabocha Squash

WEDNESDAY

BREAKFAST
Mono meal of Honey
Melons (2-3 melons)

LUNCH
Green Smoothie &
SUMMER: 1kg Fresh Figs
WINTER: 5-6 Oranges

SNACK
10 Medjool Dates or
20 - 30 Brazil nuts

DINNER
Ratatouille & Potatoes

THURSDAY

BREAKFAST
Green Smoothie

LUNCH
SUMMER: Watermelon
(as much as you like)
WINTER: 4-6 Persimmon

SNACK
SUMMER: 2-3 Mangoes
WINTER: 15 Medjool Dates

DINNER
Tomato Bruschetta &
Avocado Toasts

FRIDAY

BREAKFAST
Green Smoothie

LUNCH
SUMMER: Watermelon
(as much as you like)
WINTER: 4-6 Persimmon

SNACK
SUMMER: 2-3 Mangoes
WINTER: 15 Medjool Dates

DINNER
Tomato Bruschetta &
Avocado Toasts



SALAD



FRUIT



SMOOTHIE



KEEP THE SODIUM LOW
NO OIL

Basis Guidelines

This is an example meal plan of what my daily diet looks like. Please keep in mind that we all have different bodies and different cravings & needs. Nevertheless, a diet that is rich in whole fresh foods will make ALL of us feel better. I always say "the closer to nature the better" which means fruits, dates, greens, potatoes, nuts, seeds, and all foods in their whole form are the best. Make those foods your staple food and limit processed foods to a minimum. Try out new recipes and find out what you like the most and what makes you feel your best. Always eat as much as you want from those foods but don't get in the habit of over eating. Even though it's all healthy food, over eating causes bloating and makes you tired. Our society got used to compensate sadness or loneliness with food which doesn't help your health or wellbeing. Eat until you are satisfied and stop when you're full is still a simple but powerful rule to follow. I know it's easier said than done but it's worth to keep that in mind.

- Never count calories of fruits & vegetables
- Drink 2-3 liters of still water daily
- Eat simple / more mono meals
- No sweet fruits after cooked food
- Buy organic whenever possible
- No animal products

My MORNING Detox water



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My daily health routines

- Start your day with lemon water (drink it with a straw to avoid direct teeth contact)
- Take ice cold showers
- Always take your time to eat, never eat in a rush
- Eat dates instead of sweets
- Do 2-3 things for your body, mind and soul -> for me that can be: workout, long walk, cryotherapy therapy, steam & sauna, epsom salt bath, massage, yoga

SNACK IDEAS

MY FAVORITES:

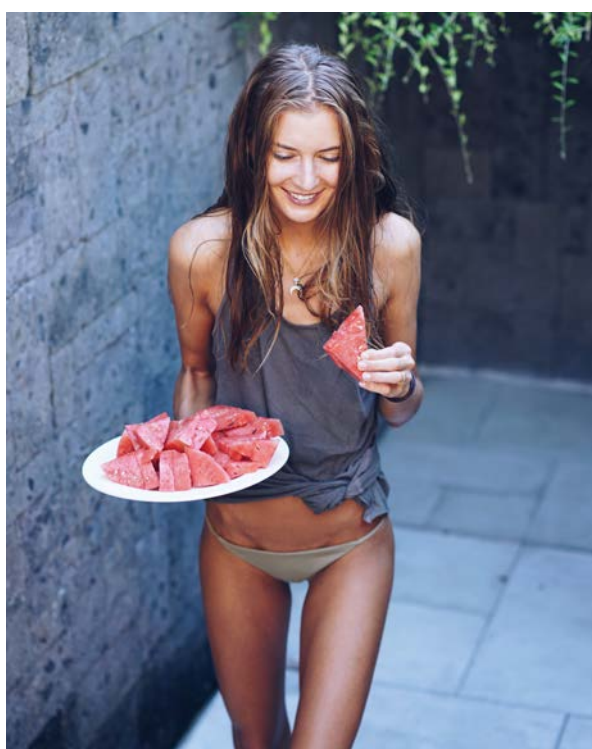
- Medjool dates
- Dried figs
- Fruits that are easy on the go like apples, pears & grapes
- Brazil nuts, almonds or cashews

MORE OPTIONS:

- Dates filled with peanut butter
- Dark chocolate (without added sugar)
 - Salt free popcorn
 - Rye bread with avocado
- Raw vegetables with hummus
- Roasted oil free chickpeas

IF YOU FEEL LIKE YOU NEED A LITTLE ENEGERY BOOST IN THE AFTERNOON. THOSE ARE MUCH BETTER CHOICES THAN ANY SWEETS

THE MORE FRUITS YOU
EAT, THE LESS SWEETS
YOU CRAVE



LOOK AT ALL ASPECTS OF LIFE:

STRESS, SLEEP, FRESH AIR, EXERCISE,

RELATIONSHIPS ETC.

A WELL RESTED AND HAPPY PERSON IS

GOING TO MAKE HEALTHIER FOOD CHOICES



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MOST COMMON MISTAKES PEOPLE DO ON THAT LIFESTYLE


1. Focusing on weight loss rather than health & fitness
2. Not drinking enough Green Smoothies / Green Juices
3. Not combining food properly
4. Not exercising at all
5. Not doing any colonics
6. Eating late at night (best is to stop eating 2-3 hours before going to bed)
7. Going to bed too late
8. Not using natural skincare products

RECIPES

...For a lean & fit body

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 @carolinedeisler | #carolineschoice

GREEN SMOOTHIE

Great source of protein



INGREDIENTS

Serves 2

- 2 handfuls of fresh spinach
- 1 bunch of parsley
- Juice of 1 lemon
- Small piece of ginger
- 1 cup pineapple, mango, frozen banana or 3-4

Medjool Dates

- 500ml Water

STEPS

The amazing thing about smoothies is that you only have to throw all the ingredients into a high-speed blender and blend until smooth.

NOTES*

- Try to find organic greens as they're much higher in nutrients.
- You can replace the spinach with any other greens like kale, swiss chard, collard greens, dandelion, nettle leaves, romaine, broccoli sprouts etc.
- Keep your greens / fruit ratio at about 80% / 20% to make it as nutritious as possible.



IF YOU WERE ONLY ABOUT TO CHANGE ONE THING, START MAKING GREEN SMOOTHIES DAILY AND SEE WHAT HAPPENS :-))



GREEN DETOX JUICE

INGREDIENTS STEPS

Serves 2

1 Cucumber

1 Bunch Celery

2-3 Handfuls of Spinach

1 bunch parsley

2 lemons/limes

1 3-4cm piece of ginger

1. Wash all the ingredients and cut into 3-4 cm pieces.

2. Juice them using a cold pressed juicer (I have a Greenstar Elite). Cold pressed juices have way more nutrients, especially Vitamin C which is very heat sensitive.

I LOVE my green juice suuuper green and don't usually add any fruits. It's all about getting those greens in and I prefer to actually eat the fruits or put them in Smoothies where you get the fibre as well. However, if you need 1-2 apples or 1/2 pineapple it's going to taste much better.



PEACH & RASPBERRY SMOOTHIE

INGREDIENTS

Serves 2

4 ripe peaches

2-3 frozen bananas

250 gr raspberries

500ml water



STEPS

Add all ingredients into a high speed blender and blend until smooth and creamy. Such an easy way to eat more fruits and perfect for a refreshing breakfast!!



BANANA / DATE SMOOTHIE

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INGREDIENTS STEPS

Serves 2
4 ripe bananas
2 frozen bananas
8 Medjool dates
500ml water

Add all ingredients into a high-speed blender (I use a Vitamix 750) and blend until smooth.



FROZEN BANANAS

Peel your ripe bananas and freeze them in a resealable bag. They add the perfect sweetness and texture to any smoothie.



NA NA ICE CREAM

INGREDIENTS

Serves 2

4-6 frozen bananas (Peel your ripe bananas and freeze them for at least a few hours)

1-2 cups of frozen raspberries

Pistachio nuts (optional)

STEPS

1. Put the frozen bananas and raspberries in a blender or food processor and blend until creamy (this takes a couple of minutes).

2. I love to put some raw pistachios on top but that's totally optional. This is sooo refreshing and perfect for hot summer days. You can have it instead of a smoothie or make it for dessert.



CAROLINDEISLER



THIS IS SOOO REFRESHING AND PERFECT FOR HOT SUMMER DAYS. YOU CAN HAVE IT INSTEAD OF A SMOOTHIE OR MAKE IT FOR DESSERT.



MY FAVORITE DINNER SALAD

INGREDIENTS STEPS

Serves 2

All kinds of greens: I love

- Rocket
- Romaine Hearts
- Baby Spinach
- Chicorée

1 large cucumber

500 gr cherry tomatoes

1/2 avocado (keep the other half in a Tupperware box for the next day)

- Start by washing your sweet potatoes / potatoes; cut them into your preferred size and place them on a baking sheet with parchment paper.

- They need to bake at 180-200 degrees Celsius for 30-40 minutes depending on the size.

- Wash your salad greens, use the empty salad washing bowl to smash the ripe avocado with a fork, add the greens back in and massage them into the avocado (this takes 1-2 minutes and you'll be surprised how creamy it gets with only 1/2 avocado).

- Cut the cherry tomatoes and cucumber in your preferred style and add to the salad.

- I love to eat the salad first and have the potatoes once they have cooled down.



FUN FACT: I EAT ABOUT
750GR OF TOMATOES
ALMOST EVERY DAY

FAVORITE DINNER SALAD II

I'm having a big salad with roasted / steamed potatoes, squash, corn or other cooked carbs around 3-5 times a week for dinner. You can make many variations of this salad. It's basically the same base and add your favourite cooked carbs. It's so simple, delicious and you don't need to take much time of your day thinking about what to make for dinner. This one is with roasted Kabocha squash, roasted vegetables and steamed corn.

INGREDIENTS

Greens (baby spinach, Arugula)
500gr cherry tomatoes
1 large cucumber
1/2 avocado
1 butternut squash or 1/2 Kabocha
Squash (my favourite!!)
1 eggplant
1 head of corn



STEPS

1. Prepare the basic salad the same way as in the previous recipe.
2. Cut the butternut squash in 3-4cm thick pieces, lay on a baking sheet and bake for 30 minutes at 200 degrees Celsius.
3. Bake or steam the corn and eggplant for 20-30 minutes. I have a steam oven which I LOVE as it's almost like you are roasting your corn/ veggies / potatoes but only with steam.



FAVORITE DINNER SALAD III

INGREDIENTS STEPS

2-3 purple sweet potatoes

The salad base is the same as in the previous recipe. If you fancy something different feel free to add more avocado or veggies like bell peppers, radish and celery. I just love it simple and mostly play around with different greens to make sure I get ALL the different nutrients. This one is with

BAKED PURPLE SWEET POTATOES
AKA HEAVEN!! They literally taste so so good on their own / nothing added.

1. Peel the purple sweet potatoes and cut into 2cm thick pieces.

2. Place them on parchment paper and bake for 30 minutes at 200 degrees Celsius.

3. I always let them cool down for 15 minutes at room temperature (the taste is even better then).



I LOVE POTATOES BECAUSE
THEY ARE FILLING,
DELICIOUS & ALWAYS
AVAILABLE



OIL FREE BAKED POTATOES

Potatoes are my favourite healthy source of cooked carbs. They are so filling, satisfying and delicious. For so many years I thought potatoes would make me gain weight when in reality it's all the salt and oil that make potatoes unhealthy. Simple steamed or baked potatoes are naturally low in calories (70 calories per 100gr – same as apples), which makes them the perfect weight loss food too! I am soooo glad I lost that fear of eating potatoes four years ago and have had them almost every night for dinner ever since.

**As much as I love eating raw during the day, I find it so comforting to have a cooked dinner! (especially on colder days)*



CAROLINE DEISLER

INGREDIENTS

For simple baked potatoes all you need is:

- Organic potatoes - I love Charlotte potatoes (hard cooking)
- Baking paper / parchment paper

STEPS

1. Preheat oven to 180-200 degrees Celsius.
2. Bake potatoes for 35 minutes.
3. Let cool down for 15 minutes before you eat them. I find they taste even better at room temperature, and I love them both ways with the skin and without.

YOU GUYS LOVE IT!

Because of all your posts, I roasted potatoes today without oil for the very first time... They taste sooo good, and now I'm obsessed. Thank you!! ❤️

I've been roasting my veggies with no oil recently, and am in LOVE with how tasty they are. Brings out their amazing natural flavor, and has me feeling SO much better after eating them. No more heaviness, and so much more energized 😊





SIMPLE VEGETABLE SOUP

INGREDIENTS STEPS

Serves 2

4 stalks celery
1 -2 leeks
4 carrots
1 cauliflower head
1 broccoli head
4 medium potatoes
1 handful fresh kale
1,5 litre vegetable broth

1. Start by bringing the vegetable broth to boil (I use salt-free & yeast free organic vegetable broth).
2. Add all ingredients into the pot, lower heat and let it simmer for at least 30 minutes.
3. Blend 1/3 of the soup until creamy and add back into the pot.
4. Add the fresh kale for the last 5 minutes of cooking.
5. Enjoyyyyyy.



SUMMER FITNESS SALAD

INGREDIENTS

Serves 2

4-6 potatoes

1 Bunch green asparagus

500 gr cherry tomatoes

100 gr green string beans

250gr cooked beetroot

1 cup coconut yoghurt

1 handful of fresh watercress, rocket or other leafy greens

1-2 spoonfuls sunflower & pumpkin seeds

STEPS

1. Boil or steam the potatoes for 30 minutes (If you wish to remove the skin, do it afterwards to keep in more nutrients).
2. Steam the beans & asparagus for a good 5 minutes and set aside.
3. Wash and slice the cherry tomatoes & beetroot and start putting your salad together on a bed of greens.
4. Cut the potatoes in half and add to the salad with all other ingredients.
5. Add a scoop of coconut yoghurt and a sprinkle of seeds on top.



CAROLINE DEISLER

TIP:

HIGH-QUALITY INGREDIENTS ARE THE KEY TO MAKING A SIMPLE SALAD TASTE GREAT. BUY ORGANIC GREENS, TOMATOES & POTATOES AND YOU'LL FALL IN LOVE WITH SIMPLE FOOD.





EASY RATAOUILLE

INGREDIENTS STEPS

Serves 2

1 kg plum tomatoes or

cherry tomatoes

1 can tinned tomatoes

3 eggplant

3 large zucchinis

3 bell peppers

2 red onions

2 cloves garlic (optional)

dried oregano

fresh basil

6-8 potatoes

1. Start by cutting all ingredients into bite-sized pieces.

2. Add the onions, garlic, bell peppers and eggplant to a pot and let it cook for 40 minutes on medium heat

3. In the meantime, steam the potatoes for 30 minutes.

4. Add tomatoes, tinned tomatoes and dried oregano to the pot once it has cooked for about 20 minutes.

5. Stir in a big handful of fresh basil for the last 5 minutes of cooking.

6. Serve with a side of steamed potatoes or brown rice.



YELLOW VEGETABLE CURRY

INGREDIENTS

Serves 2

1 red onion

1 small piece of ginger

2 sweet potatoes

1 butternut squash

3 large carrots

1 can chickpeas

400ml coconut milk

4 or more teaspoons of mild

Curry powder

1 teaspoon smoked paprika

Chilli flakes

TOPPINGS

Fresh cut cucumber

Fresh coriander

Cashew nuts (optional)



CAROLINE DESLER

STEPS

1. Cut the sweet potatoes, butternut squash and carrots into bite-sized pieces and roast them for 30 min at 200 degree Celsius (on baking paper – no oil needed)
2. Start cooking the rice (takes about 30 minutes).
3. Add the chopped onion, ginger, and spices to a non-stick pan and sauté for a few minutes (add water or vegetable stock if needed)
4. Stir in the coconut milk.
5. Add all the roasted veggies and drained chickpeas.
6. Serve with rice and top with fresh cucumber, coriander and cashew nuts.



GREEN VEGETABLE CURRY

INGREDIENTS STEPS

Serves 2

- 1 shallot onion
- 1 small piece of ginger
- 200gr okra
- 1 head broccoli
- 2 zucchinis
- 1 bunch green asparagus
- 400ml coconut milk
- 4 teaspoons mild curry powder
- 1 teaspoon ground cumin
- 1 fresh lemon
- brown or white rice

1. Wash and cook the rice.
2. Finely chop the onion and ginger.
3. Cut all the vegetables into bite-sized pieces.
4. Marinate the vegetables in the curry powder and lemon juice and let them rest for a few minutes.
5. In the meantime, place the onion and ginger in a non-stick pan and add 1/3 of the coconut milk to it and stir for a few minutes.
6. Add all the other vegetables into it and the rest of the coconut milk.
7. Add cumin and let it cook on medium heat for about 15- 20 minutes.
8. Cut the cucumber, the fresh coconut meat and coriander and serve them as toppings on the side along with raw cashew nuts.



TOPPINGS

- Coconut meat
- Cashew nuts
- Sliced cucumber
- Fresh coriander



MUSHROOM RISOTTO

INGREDIENTS STEPS

Server 2

- 250gr brown rice

- 500-750gr of your

favourite mushrooms, I like to use bottom, Portobello and Enoki mushrooms

- 1 lemon

- Chilli flakes

- 1 litre vegetable broth

- Fresh Rocket & seized

Cucumber to serve

1. Start by cooking the rice. This is going to take around 40 minutes, add 1 litre of vegetable broth, juice of 1 lemon and some chilli flakes. Add more boiling water to the rice in case it runs out.

2. Wash / cut the mushrooms into bite-sized pieces and add to the pot after it has cooked for 20 minutes.

3. Serve with some Rocket and sliced cucumber.





YELLOW SPLIT PEA SOUP

INGREDIENTS STEPS

Serves 2

1 onion
400gr red lentils
2 large carrots
2-3 medium size potatoes
2 tsp ground cumin
400ml vegetable broth

1. Chop the onion into fine pieces
2. Wash the lentils, place them into a pot, add the onion, 2-3 teaspoons of cumin and a hint of water. Let it simmer for a few minutes until you add the 400ml vegetable broth. Add more broth if needed.
3. Peel the potatoes and carrots, cut them into bite-sized pieces and add to the soup.
4. Let it cook for 40 minutes, add more water if needed.
5. Place half of the soup into a blender and blend until smooth and creamy.
5. Add it back into the pot, mix well together and the soup is ready to serve.

*Super easy,
delicious & great for
anyone eating on a
budget*



STUFFED BELL PEPPERS

INGREDIENTS

2-4 bell peppers

250gr red rice

1 red onion

100gr raw almonds

Raw pomegranate seeds

Fresh spinach to serve



CAROLINDEISLER

STEPS

1. Start by cooking the rice, this will take about 40 minutes.
2. Cut off the top of the bell pepper, remove the seeds and steam the whole peppers for 10 minutes. If you don't have a steamer, cook the peppers in a pot with boiling water for 10 minutes. Peppers shouldn't be covered more than 3/4 in water.
3. Once the rice is done, sauté the red onion and almonds in a non-stick pan. Add a tiny bit of water in case it burns (no oil needed).
4. Add the rice to the pan and mix all together well.
5. Sprinkle the Pomegranate seeds into the rice pan.

TIP:

REPLACE THE RED RICE FILLING WITH MY RATATOUILLE RECIPE IF YOU ARE LOOKING FOR A LOW CARB/LOW FAT RECIPE. :-)



MY FAVORITE BRUSCHETTA

INGREDIENTS STEPS

Serves 2

10 plum tomatoes

1-2 cups cherry tomatoes

1 bunch fresh basil

1 shallot onion

Juice of 1 lemon

Fresh sourdough bread

The key for this recipe is to use really ripe, good quality tomatoes.

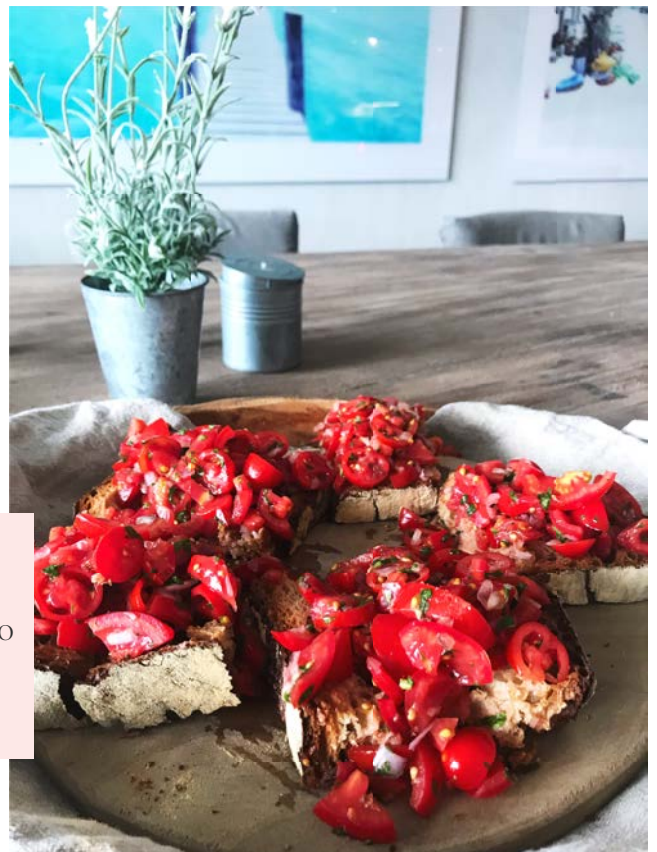
1. Start by cutting the onion and basil in fine pieces and add to a bowl.

2. Chop the tomatoes small pieces, mix them well together with the onion and basil and some fresh lemon juice.

3. Let it sit for about 20 minutes. This really brings out all the flavour. :-)

4. In the meantime, preheat the oven, and once it's hot, cut a few thick slices of Sourdough bread and toast them for a few minutes

5. Add the tomato spread on the toasted bread and it's ready to serve! SOOO YUMMMY!!!



ONE OF MY ALL-TIME
FAVOURITE RECIPES!! SO
SIMPLE & DELICIOUS

AVOCADO TOAST

INGREDIENTS

Serves 4 Toasts

2-3 ripe avocados

1 cup ripe cherry tomatoes

Chilli flakes

Fresh lemon

1 bunch fresh arugula (optional)

Sunflower and pumpkin seeds

Sourdough bread

(optional)



CAROLINE DESLER

STEPS

1. Cut the sourdough bread in thick slices and toast for a few minutes (I love it crunchy).
2. Slice the avocado in long, thin pieces and add to the warm toast
3. Sprinkle with lemon juice, chilli flakes and sunflower seeds + pumpkin seeds (optional).
4. Add cherry tomatoes and/ or some fresh arugula. I LOVE arugula on everything!!



I LOVE A SIMPLE AVOCADO TOAST. GROWING UP IN GERMANY, I ATE A LOT OF BREAD, AND IT'S NOW MY PERFECT COMFORT FOOD WHENEVER I CRAVE SOMETHING DIFFERENT THAN FRUITS, DATES OR VEGETABLES. I EAT ABOUT 4-6 TOASTS IN A SITTING.



THE BEST SQUASH TOAST

INGREDIENTS

Serves 2

- 1 butternut squash
- 2 yellow onions, finely sliced
- 3 tsp apple cider vinegar
- 3 tso maple syrup
- Chilli flakes
- Fresh mint
- Coconut yogurt
- Fresh sourdough bread
- Olive oil/ salt (optional)

THIS IS SERIOUSLY SO SO DELICIOUS!!! THE COMBINATION OF ROASTED BUTTERNUT SQUASH, APPLE CIDER VINEGAR & MAPLE SYRUP IS HEAVEN!!

STEPS

1. Preheat the oven to 200 degrees Celsius. Cut the Squash into 2 cm thick prices and bake (on parchment paper) for about 25 minutes until its soft.
2. Stir the onions in a non-stick pan for about 15 min using a bit of water until they are soft and golden brown. Add the vinegar and maple syrup and let it simmer for another 15 min until it turns into a jammy mixture.
3. Mix the squash and onions well together until they become a creamy consistency
4. Toast the 2-3 cm thick sourdough slices. I prefer to toast it in the oven as it is too thick for a toaster. :-)
5. Spread some coconut yoghurt on the toasted bread, add the squash mixture and sprinkle some fresh mint on top. SO YUMMY





Artichoke Tomato Spread

INGREDIENTS STEPS

Serves 2
 1 glass artichoke hearts
 1 can tinned tomatoes
 500gr cherry tomatoes
 1 eggplant
 1 red onion
 Green olives

1. Sautee the onion and cherry tomatoes in a non-stick pan for 10 minutes.
2. Add the artichoke hearts and tinned tomatoes and let the mixture simmer on medium heat for another 10 minutes.
3. Cut the eggplant in half and steam for 5 minutes (steamed eggplant is much creamier than sautéed or roasted).
4. Add the eggplant and olives to the sauce (or serve olives on the side).
5. Let it cool down and serve on toasted sourdough Bread.

TIP

THIS SAUCE IS ALSO AN AMAZING SIMPLE PASTA SAUCE AND TASTES DELICIOUS WITH BROWN RICE PENNE OR SPAGHETTI.





THE COMBINATION OF A CRUNCHY WARM SOURDOUGH BREAD, FRESH COCONUT YOGHURT AND SWEET FIGS ON TOP IS SO YUMMM!! MAKE SURE YOU GET SOFT, RIPE FIGS AS THEY ARE A LOT SWEETER.

CAROLINE DESLER

FIGS ON TOAST

INGREDIENTS

Serves 2 toasts
Fresh sourdough bread
500gr fresh figs

STEPS

1. This recipe is super simple yet very delicious!! Start by cutting two big slices of fresh Sourdough bread and toast them for 1-2 minutes.
2. Add a scoop of coconut yoghurt as your base
3. Slice the figs in half and add to the toast or alternatively peel the figs and only use the inside. Both ways are super delicious and almost tastes like a sweet jam without any added sugar!!

*Amazing
Sunday
branch*





MANGO ZUCCHINI NOODLES

INGREDIENTS

Serves 2

- 4-5 large zucchini
- 2-3 mangoes
- 1 spring onion
- 1 stem fresh rosemary
- 2 stems fresh dill
- 1 ripe avocado
- Chilli flakes

STEPS

1. Spiralize the zucchini using a spiralizer.
2. Place the mangoes, avocado, spring onion, rosemary and a sprinkle of chilli flakes in a blender and blend until smooth and creamy.
3. Stir well together and enjoy. This recipe literally takes 10 minutes to make and is so delicious!!



TIP:

REPLACE AVOCADO
WITH CHERRY TOMATOES FOR A
FAT-FREE DRESSING.



ZUCCHINI PASTA POMODORO

INGREDIENTS STEPS

Serves 2

6 large zucchini

2 cups of cherry

Tomatoes

2 sun-dried tomatoes (optional)

1 red bell pepper

1 stalk celery

1 spring onion

1 bunch fresh basil

2 dates

1. Spiralize the zucchinis using a spiralizer.

2. Place all the other ingredients in a blender and blend until smooth and creamy.

3. Mix the sauce with the noodles and add more cherry tomatoes and fresh arugula if you like.



EASY CAPONATA

INGREDIENTS STEPS

Serves 2

Fresh arugula

Purple chicory leaves

1 red onion, finely chopped

2-3 c

2 cups cherry tomatoes

400ml tinned tomatoes

1 cup green olives

1 cup raw macadamia nuts

1. Cut the aubergine in half and steam them for 5 -10 minutes. That way they turn out much Softer.

2. Add the onion and cherry tomatoes to a non-stick pan and let it simmer on medium heat for 15 minutes.

3. Add the aubergines and tinned tomatoes to the pan.

4. Cut the olives and macadamia nuts in half and add them to the pan. Mix well together and let it cool down.

5. I love to serve it in chicory leaves and/or on a bed of Arugula.



GREAT FINGER
FOOD IF YOU HAVE
FRIENDS OVER :-)



GREEN DETOX SOUP

INGREDIENTS

Serves 2

- 1 head broccoli
- 1 head cauliflower
- 4 stalks celery
- 4 medium size potatoes
- 1 leek, finely chopped
- Juice of 1 lemon
- 1 litre vegetable broth

STEPS

1. Peel and steam the potatoes for 30 minutes.
2. Add the broccoli and cauliflower for last 10 minutes.
3. In the meantime, bring the vegetable stock to boil, add the leek and celery and add all the other vegetables when they are done.
4. Place half of the soup in a blender and blend until smooth. This makes the soup nice and thick which I love! :)
5. Add some fresh chilli flakes or pepper if you like.
6. ENJOYYYYY!

THIS SOUP IS AMAZING FOR A LIGHT AND HEALTHY DINNER. IT'S AN EASY WAY TO EAT MORE BROCCOLI AND CAULIFLOWER (HIGH IN PROTEIN AND IRON) AND IS SUPER EASY TO DIGEST TOO.

RAW GAZPACHO

INGREDIENTS

Serves 2

1 cup cherry tomatoes

1 red bell pepper

1/2 cucumber

1 bunch fresh basil

4 stalks celery

1 green spring onion

A few chives leaves



CAROLINDEISLER

STEPS

1. Cut all the ingredients into Medium-sized pieces and blend in a high-speed blender until smooth and creamy.
2. Soooo easy and so delicious! :):)



PS:

RED BELL PEPPERS ARE SUPER
HIGH IN VITAMIN C AND
CELERY HELPS TO FLUSH OUT
TOXINS.



Thank you

I hope you enjoyed this guide and got inspired to eat more fruits and vegetables, and to be more mindful and conscious about HOW and WHAT you eat. Most importantly, do what FEELS GOOD for YOU. We all have individual needs and should aim to find a balance that works for us personally.

I want to thank you all from the bottom of my heart for your incredible support over the years!! I read all your blog comments, Instagram messages and emails and wouldn't be where I am today without you all. This guide is for YOU!! I want you to have the same amazing benefits that I experienced from going plant based and hope you find all my tips helpful.



@carolinedeisler | #carolineschoice

LOVE LOVE LOVE OUR COMMUNITY

Dear Caroline, again I loved the Q&A, it is so amazing how much time you spent on helping other people. I am a tea lover (green tea with lemon and fresh mint). I would love hear: Do you drink tea, such as fresh mint tea, or other kinds? thank you so so so much! I feel so fit and happy since you introduced me to this lifestyle 🍵🍌🍋🍋🍋🍋🍋🍋

Just wanted to say that you have really impacted me lately!! I am studying in Spain without my normal healthy pantry and I have tried to make many healthy decisions inspired by u! Such as getting dates instead of pastries, watermelon instead of gelato and other stuff too!! Thank you!

Ich muss sagen dass du einer meiner absoluten Lieblingsaccounts auf Instagram hast! Du versprühst einfach so eine Lebensfreude, hast so eine positive, motivierende und viralen so eine natürliche Art! Viele wirken so gestellt aber bei dir merkt man einfach dass du zu 300% hinter dem stehst was du postest. Ich freue mich auf alle weiteren Fotos von dir! ❤️

marne.groenewald I follow you because you truly inspire me to be the best me I can be. ✨ by just following you on instagram I learned so much and gained so much confidence. Your account is truly my favorite. (Oh and your blog I love as well) 💕

Liebe Caroline, ich möchte Dir für die tolle Inspiration und Motivation durch Dich bedanken! Ich muss aufgrund von Magen-/ Darmbeschwerden meine Ernährung umstellen und Du hilfst mir mit Deinen täglichen Stories, Posts und Einblicken in Deinen persönlichen Alltag ganz enorm damit, durchzuhalten und nicht schwach zu werden - Tausend Dank dafür! 🙏🥰

Hallo liebe Caroline 💕💕💕 Ich habe mir dein Live Stream angesehen 😊 und ich muss sagen dass es soooooo toll war!! 😊 ich könnte dir immer soooooo lange zusehen 😊 ich weiß ich sage das immer aber du bist so eine Inspiration für mich 😊 und du motivierst mich immer! 😊 nochmal vielen vielen Dank dafür! 🌸🌸🌸

You are such an inspiration to me and such a role model. I've always been amazed at just how real and genuine you keep things. I feel like I can relate to you so much more than other bloggers because of your lifestyle (how you eat and that you're also in university). Seeing someone who is valued for their smarts and brain is so important for younger girls to see. I'm in my third year of business school and it's amazing what you do to juggle school and work. I'm always looking up to you. ❤️❤️

You are true inspiration. Looking at your posts shows how truly you are dedicated towards fitness. Thankyou for inspiring so many people around the world. A huge respect to you and your dedication. 😊

Hey, I just made a ratatouille from your blog and just wanted to let you know it's amazing! I love how you don't add any unnecessary oils 😊 definitely will make it more often, Thank you! 💕

janebknight_ You stay true to yourself always. That is so hard to do on social media. I appreciate everything you do for your followers as you continually put yourself out there to let others critique you. I follow you for daily encouragement and learning. Thanks for being great 😊

stephaniehay11 You're not just fitness inspiration, but fashion, nutrition, travel and you're genuinely a lovely person. All around life inspiration! Keep it up girl! 🙏🇨🇦 Love from 🇨🇦

Wowwww...You officially became my fave blogger just by taking the time to answer my questions. It's really nice of you ❤️ i'll have a look at the apps and try which filter looks the best for my photos. Thank you for replying to my msg 😊 enjoy the heat 🌞🌴🌴

I just want to thank you for being such an inspiration for me ❤️ I have always struggle with food because of my sensitive stomach. But after I discovered the hcf vegan plantbased lifestyle(through your instagram) my life has changed. I have so much energy and I never feel bloated, like I did before. My skin have also cleared up after many years with trouble skin. Thank you so much Caroline ❤️ It's a blessing to follow your instagram account!

hello Caroline! I've been following your account for some weeks now and I love your posts so much!! I have anorexia and will finally attempt tomorrow to change something about it.. I used your account and blog posts as an inspiration for the meal plan, because I truly believe that the vegan diet is the most nutrient diet. I just wanted to thank you for all the positivity and support you spread to everyone! :)💕

Hi Caroline :) Just want to say thank you 💕 you are my inspiration and I mean in every aspect! Being vegan (I try to), being active (today I go to my first spinning class, normally fitness classes 😊), being calm and positive! Of course I admire your lovely smile and body, especially toned stomach and I love watching your photos 😊 Please keep going :)