

10 Day Signature Cleanse

My most popular vegan reset meal plan to FEEL YOUR BEST!

by Caroline Deisler


My go to simple and delicious meals I make all the time, put together in the exact routine I follow myself to get maximum results and feel my best every day!
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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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RECIPE INDEX

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Day 1

Detox Water
Celery Juice
My Fave Green Smoothie
Fresh Fruit
2 Ingredient Choco Pudding
Medjool Dates
Green Detox Soup
Healthy Potatoes

Day 2

Detox Water
Celery Juice
My Fave Green Smoothie 2
Fresh Fruit
Bueno Oats
Medjool Dates
Nori Wraps
Healthy Potatoes

Day 3

Detox Water
Celery Juice
My Fave Green Smoothie 3
Fresh Fruit
Caro's Muesli
Medjool Dates
Roasted Carrot & Avocado Salad

Day 4

Detox Water
Celery Juice
Grapefruit Kale Smoothie
Fresh Fruit
Chocolate Oats
Medjool Dates
Potato Broccoli Soup

Day 5

Detox Water
Celery Juice
Simple Celery Smoothie
Fresh Fruit
Mango Oats
Medjool Dates
Caro Salad
Sweet Potato Wedges

Day 6

Detox Water
Celery Juice
Flat Tummy Green Smoothie
Fresh Fruit
Classic Chia Pudding
Medjool Dates
Caro Salad
Avocado Sushi

Day 7

Detox Water
Celery Juice
Pineapple Mint Smoothie
Fresh Fruit
Snickers Oats
Medjool Dates
Glow Soup
Healthy Potatoes

Day 8

Detox Water
Celery Juice
My Fave Green Smoothie
Fresh Fruit
Choco Chia Pudding
Medjool Dates
Caesar Salad & Sweet Potatoes

Day 9

Detox Water
Celery Juice
Cucumber Smoothie
Fresh Fruit
Caramel Squares
Medjool Dates
Pink Radicchio Salad
Healthy Potatoes

Day 10

Detox Water
Celery Juice
Pineapple Mint Smoothie
Fresh Fruit
Hormone Balancing Porridge
Medjool Dates
Cucumber Salad
Healthy Potatoes



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FRESH START

Right now, right here is the PERFECT time to start, just think about HOW GOOD you'll feel in just 10 days!!

Every time I bite into fresh juicy fruits, I feel so grateful and happy to nourish my body this way and I really think we don't have to over complicate things.

To me healthy eating is all going back to the basics and this meal plan is exactly that: My signature go to meals & routines that I follow on any given day to feel my best. Easy to do from both home and while traveling!

If on any of the days you prefer to have an abundance of fresh fruits for lunch instead of the recipes, go for it, just make sure you really eat enough as fruits are high in water and naturally lower in calories than most other foods.

My favourite fruits are: oranges, papaya, persimmons, melons, mangoes, figs and medjool dates.



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THE MORNING RITUAL

A few daily basics



1

The first few hours when you wake up are perfect to hydrate your body. Have 1-1,5 liters of water. Add freshly squeezed lemon juice for an extra boost and if you have a juicer, make fresh pure ginger juice and add a little as well.

2

Next, you want to have about 500ml of fresh Celery Juice. I have mine any time between 7am and 10am. There is no specific time schedule you should stick to, whatever fits into your work/ life schedule, just make sure you have the celery juice before anything else. This way your body absorbs it best and you´ll see the most benefits.

3

Alright, it's time to get some movement in. Go for a morning walk, get fresh air and sunlight, or do one of my morning flows to gently wake up your body. You'll feel so much better, both mentally & physically.

4

Next, it's either time to workout OR you can have your green smoothie and fruits first. Since being a mom, I like to have a little something pre-workout and usually do: water, celery juice, walk, green smoothie, workout, fruits, lunch recipes, dates…

5

Post Workout
means lunchtime!



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DAY ON A PLATE

My 10-Day Signature Reset has 3 recipes for each day, 30 healthy vegan recipes in total. All following my personal lifestyle beliefs which means vegan, no refined sugar & no gluten.

Each recipe makes one serving and is based on how much I personally eat. If you feel like you need more, please add as much as you need. This lifestyle means we eat in abundance and never restrict.

You have the option to practice intermittent fasting by having the celery juice in the morning and pairing your green smoothie and fruit meal after you work out. It’s NOT necessary to fast though to get the best results. You will feel your best either way. I typically don't eat from 7pm until 9am the next day as that is what I happen to do naturally without thinking about fasting.

Dinners are more savoury and veggie-loaded while lunch is sweet and more focused on raw vegan recipes and lots of fresh fruit. Eating light to heavy works best for optimal digestion + satisfying your sweet tooth during the day prevents you from craving sugar/desserts at night.

Shopping list! I created one big shopping list for the 10 days to make it as easy as possible for you. The only items I would try to get fresh every few days are leafy greens as they don't last that long.

If one or two recipes become your favourite, feel free to make those on repeat. Some days I eat the exact same foods as the day before which is totally fine and works great for me! The most important thing is to make it EASY and enjoyable for YOU.

All of my recipes are QUICK & EASY to make using simple whole food ingredients. To me, things have to be easy & fun to be sustainable.

Try to leave 2 hours between finishing dinner and going to bed to get the best sleep possible. That way your body has enough time to digest properly before hitting the pillow.

NUTRIENT CHECK

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PROTEIN

You will get plenty of protein from the green smoothies, salads, salad dressings, nuts, Seeds, oats, and even foods like nori and avocado are great protein sources.



CARBS

This reset focuses on whole plant-based foods that are naturally lower in calories than processed foods. Fruits, dates, starches, potatoes, and rice are all great carbs which contain lots of fiber to keep you full and satisfied.

HEALTHY FATS

I like to get my healthy fats from whole foods rather than oils as that way you get the fiber and you save yourself a lot of extra calories too. Avocados, nuts and seeds are my favourite healthy fat sources

WEIGHT LOSS TIPS

If you are doing this reset to lose weight, here are a few extra tips to get you the best results.

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1. Limit the number of dates you are eating.

You know me, I absolutely love medjool dates and think they are the best snack ever and I would still recommend having some to keep your sweet tooth satisfied but since they are quite calorie dense I would stick to 5-10 dates per day.

Many of the OPTION 2 lunch recipes have dates in them, which will most likely be enough to feel satisfied.

If you still feel like you need a snack, instead go for less calorie-dense foods like apples, pears, oranges, peaches, or raw veggies like carrots & celery sticks.



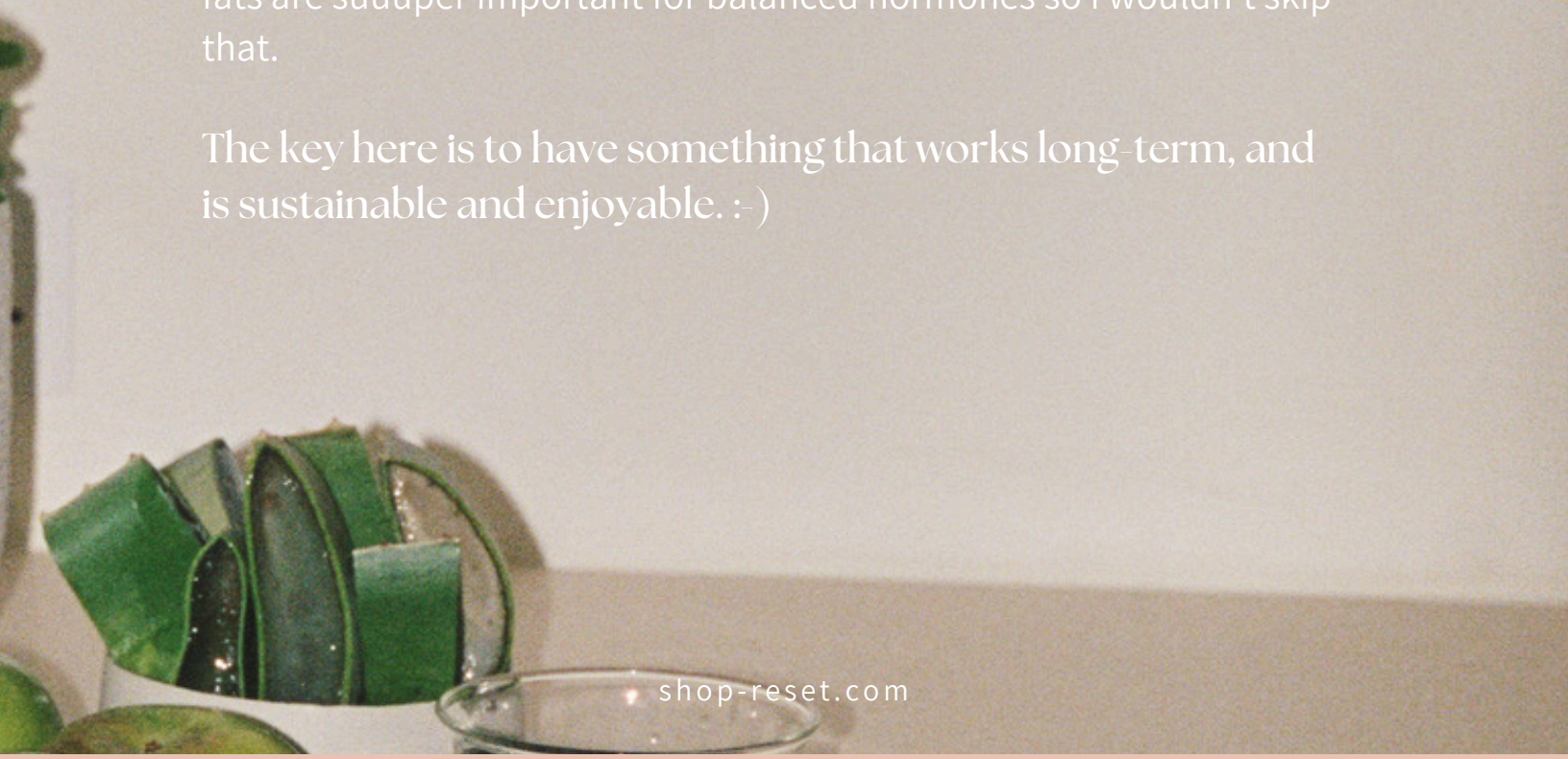
2. Go for the Lunch Option 1

I would recommend going for LUNCH OPTION 1(the fruit meal) for weight loss, HOWEVER (and this is important) if you are one of those people who just can't be satisfied eating a big mono meal of juicy melons, go for LUNCH OPTION 2 if that makes you feel more satiated.

There is not one way that works for everybody but generally speaking, the goal is to be as satisfied as possible, eating a big volume of food without consuming that many calories.

Most recipes are nut-free to keep it lighter and only the salad dressings contain some seeds which are great for healthy fats and still very little considering how tasty they will make a bowl of greens for you. You could always eat less avocado too but especially for us women healthy fats are suuuper important for balanced hormones so I wouldn't skip that.

The key here is to have something that works long-term, and is sustainable and enjoyable. :-)





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Save time!
MEAL PREP TIPS

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You are so much more likely to eat healthy when you plan ahead and can quickly throw your meals together. You want to avoid coming home hungry, and grabbing something unhealthy because it seems easier instead of making a healthy whole foods-based dinner. Nothing to worry about though, a few easy tips and you are good to go!



POTATOES, SWEET POTATOES

You can literally buy all the potatoes and sweet potatoes you need for the 10 days at once and store them in a cool dry place. My best tip is to steam your potatoes / sweet potatoes, let them cool down, and store them in the fridge for 4-5 days. That way you can quickly throw them in your air fryer or oven while you are preparing your salad bowl. Saving this 30min every day does make a big difference and feels less of a hassle.



SALAD AND SMOOTHIE GREENS

Washing greens is the only part about dinner which I don't enjoy haha! (It also always makes the kitchen dirty) I LOVE to wash all the greens I bought for the week at once and then store them in airtight containers so I have them ready to use whenever! This way my green smoothie, salad, and salad dressing literally takes 5min to make.



SALAD DRESSING

As mentioned in the previous tip, washing your greens is the first step to saving time. I also like to make a double portion of the salad dressing. I store it in a glass jar in the fridge and have it ready for the next day. I won't do it for 3-4 days but for 2 days it works perfectly. It will lose a tiny amount of nutrients due to oxidation but it just makes life easier.



My favourite ways to eat potatoes

REGULAR POTATOES

Steam or boil for 20 minutes, let them cool down, and bake in an air fryer for 20min at 200 degrees. Let them cool down completely

Steam or boil for 20 minutes, cut in wedges, add mixed Italian herbs, and bake on parchment paper for 30min at 200 degrees

Steam or boil for 25 minutes, let them cool down, peel, and eat with a sprinkle of pink Himalayan salt or dried herbs

SWEET POTATOES

Steam or boil for 20 minutes, let them cool down, peel off the skin, cut into 2cm thick pieces, and bake in an air fryer for 20min at 200 degrees Celsius. Let them cool down completely.

Peel sweet potatoes, cut them into pieces, place on a tray with parchment paper and bake for 40min at 200 degrees, let cool down completely

How to create the perfect salad dressing

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1 BASE



These veggies are great for adding volume to your dressing without adding many calories.

My favourites are:

- Celery
- Zucchini
- Fennel

2 STAPLES



Add on ingredients that boost any dressing:

- Lemon Juice
- Apple Cider Vinegar
- Medjool dates
- Fresh basil, chives & dill

3 PROTEIN



Adding a protein & healthy fat source makes it CREAMY!

- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Walnuts
- Almonds
- Cashews

How to create the perfect salad bowl

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1 GREENS

Try to get as much variety in as possible, the more the better:



Arugula / Rocket
Escarole | Chicary
Batavia | Frisee
Romaine | Kale
Baby Spinach

2 VEGGIES

Add your favourite veggies & non sweet fruits, mine are:



Cucumber | Carrots
Tomatoes | Celery
Zucchini, Julienne Peeled
Grated Raw Beetroot
Finely Sliced Radish

3 FAT/PROTEIN

Healthy fats are perfect combined with greens, I love:



Avocado | Olives
Pumpkin seeds
Sunflower seeds
Brazil nuts
Walnuts | Almonds

4 STARCHES

Having potatoes after or with your salad makes it more filing and satisfying.



Potatoes, steamed, baked or air fried
Sweet potatoes, baked
Carrots, baked
Pumpkin, baked



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10 Day Signature Workout Program

to combine with this meal plan



Day 1: 40min Full Body Sculpt
Day 2: 30min Cellulite & Booty | 15min Stretch & Tone
Day 3: 30min Morning Flow
Day 4: 28min Arms & Abs
Day 5: 28min Slim Legs & Abs
Day 6: 12min Stretch
Day 7: 45min Slow Burn Pilates
Day 8: 25min Arms & Booty
Day 9: 25min Full Body Barre
Day 10: 30min Pilates

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The Workout Plan

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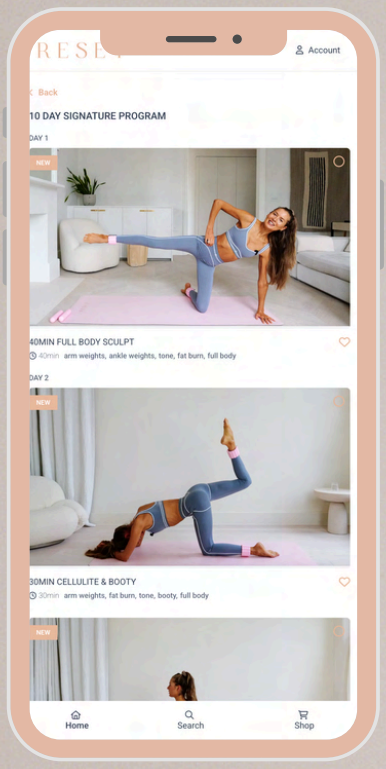
10 Day Signature Workout Program

To get the best results, I hiiighly recommend you to combine my 10 DAY SIGNATURE WORKOUT PROGRAM with this meal plan.

My workouts are a mix of pilates, barre, cardio, and strength training but the key part that sets them aside from other workouts is that they are 100% stress-free = meaning we keep our cortisol low and are working WITH your body, not against it.

You'll feel truly transformed both physically AND mentally, and maybe for the first time ever, things will just flow effortlessly without you having to try so hard.

10 DAY SIGNATURE CLEANSE



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Results are in...!

10 days don't seem long but it's long enough to give you results and who knows, maybe you feel so good by the end of it that you keep eating the same way and do it again.

For your own motivation, take a picture of yourself on day 1 and write down how you feel. Let's see how that shifts by Day 10!

Be as detailed as possible e.g. note sleep, digestion, mood, stress, happiness level, energy, fitness etc.!
I can't wait to hear all about it!

Send me a DM with your pics @carolinedeisler & @joinreset_!

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Daily Checklist

- day 1 ☐
- day 2 ☐
- day 3 ☐
- day 4 ☐
- day 5 ☐
- day 6 ☐
- day 7 ☐
- day 8 ☐
- day 9 ☐
- day 10 ☐

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Shopping List

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Vegetables and Greens
17 Heads of Celery
4 handfuls Kale
3 handfuls Fresh Spinach
2 leaves Swiss Chard
2 big bowls Salad Greens
7 Carrots
2 Persian Cucumbers
3 Cucumbers
4 small Zucchinis
1 Kabocha Squash
2 heads Cauliflower
1 handful Broccoli Sprouts
2 Leeks
1 Red Radicchio
Ginger

Sweeteners and Add-ons
60 Medjool Dates
2 tbsps Raisins
1/2 Chocolate Bar (Melted)

Liquids
4 tbsps Apple Cider Vinegar
3 cups Vegetable Broth (Low Sodium)
60 ml Pure Aloe Vera Juice

Dried Goods
2.5 Cups of Oats
2 Cups of White Rice (Cooked)
7 Nori Sheets

Fruits
18 Lemons
1 Grapefruit
12 Bananas
6 large Super Ripe Persimmons
4 cups Mangos
2.5 cups Pineapple
1 handful Strawberries
1 cup Blueberries
1/2 cup Organic Grapes
Fresh fruit for 10 meals

Nuts and Seeds
2 tbsps Hazelnut Butter
1/2 cup Roasted Hazelnuts
1/2 cup Cashews
8 tbsps Pumpkin Seeds
3 tbsps Sesame Seeds
2 tbsp Sunflower Seeds (Roasted)
2 tbsps Pistachios
2 tbsps Hemp Seeds

Herbs and Seasonings
1 bunch Basil
2 bunches Chives
2 bunches Fresh Dill
4 tbsps Italian Herbs
2 tbsps Italian Seasoning
1 tbsp Cinnamon (Optional)
1 tbsp Cumin (Optional)
1 tsp White Miso Paste

Dairy Substitutes
2 Scoops of Coconut Yogurt



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Let's go!

Day 1-10
DETOX WATER



Ingredients

4 cups Water
1 piece Fresh Ginger
1 Lemon, juiced

Directions

Wash ginger (no need to peel off the skin if you buy organic) and use a grater to grate it finely. Add ginger to your water and optionally run it through a sieve to get rid of the tinyyyy ginger pieces. I only do this for Peer because he likes it smooooth. (men!! haha)

Add the juice of a lemon and enjoyyyy!

Feel free to also add sliced cucumber, pure aloe vera juice, or the juice of a grapefruit to switch it up. However, I love the plain ginger version the most. SIMPLE, EASY, WORKS.

Day 1-10
CELERY JUICE

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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 – Breakfast
MY FAVE GREEN SMOOTHIE



Ingredients

1 Head Celery
1 handful Kale Leaves, De-Stemmed
1 splash Lemon Juice
3 Frozen Bananas
2 cups Water

Directions

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



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Day 1 - Lunch (option 1)
FRESH FRUIT

Ingredients

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

Melons
Oranges
Fresh figs
Papaya
Pineapple
Mangoes
Dates

Steps

Have an abundance of fresh, ripe (!), hydrating fruits. The easiest to digest food there is, nature's candy and a fountain of youth + most important you'll feel so satisfied that you won't have sugar cravings later in the day (especially when you get your dates in as well!)

I looove a fruit mono meal (= eating ONE type of fruits) or mixing max 2-3 different ones together.



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Day 1 - Lunch (Option 2)

2 INGREDIENT CHOCO PUDDING

Ingredients

6 Large Super Ripe Persimmons
2 tbsps Cacao Powder

Steps

1. Gently wash the persimmons, they should be veryyy soft and delicate to touch. Persimmons are different to kakis which are more firm, like apples.

2. Remove the persimmon stem, add persimmons to a blender together with cacao powder and blend until smoooth. Readyyyy is your deliiicious pudding!!



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Day 1 - Lunch (Option 3)

OAT HAZELNUT PROTEIN BALLS

Ingredients

9 Small Medjool Dates
1 tbsp Hazelnut Butter
1/2 cup Oats
1/2 cup Roasted Hazelnuts
1 tbsp Water

Steps

1. Add pitted medjool dates and hazelnut butter to a food processor and pulse until you get a sticky paste.
2. Transfer to a bowl and mix with oats, roasted hazelnuts 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 1 - Snack

MEDJOOL DATES

Ingredients

10 Medjool Dates

Steps

1 Medjool dates are the easiest, most satisfying snack when you need a little afternoon pick me up!! There isn't a day without dates for me and I typically eat around 15 if it’s my lunch OR 5-10 if it's more of an add on to my fruit or recipe meal.



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Day 1 - Dinner

GREEN DETOX SOUP

Ingredients

4 Medium Size Potatoes
1 Head Cauliflower Florets
3 Stalks Celery
2 Zucchinis
1 Leek
2 tbsps Italian Herbs
5 cups Water
1 handful Fresh Spinach

TOPPINGS (OPTIONAL)

SautéEd Mushrooms
1 scoop Coconut Yoghurt
1 handful Fresh Herbs

Steps

1. Peel and slice potatoes, slice celery, leek, and zucchinis, and add to a pot together with the cauliflower, dried Italian herbs, and 5 cups of water.

2. Bring to a boil, reduce heat, and let it simmer for 20 minutes.

3. Add all cooked veggies, 1.5 cups of the cooking water, and fresh spinach to a blender and blend until smooth. I like to keep the remaining cooking water to sip on, so nourishing!!

4. Enjoy the soup plain like that or add some toppings like sautéed mushrooms, a scoop of chilled coconut yoghurt, and fresh herbs.



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Day 1 - Dinner

HEALTHY POTATOES

Ingredients

5 Medium Sized Potatoes

Steps

1. I love to peel my potatoes and boil or steam them for 25 minutes until soft. Then let them fully cool down as cold potatoes are kind of a weight loss trick hehehe! Once they cooled down, the starch turns into resistance starch and isnt being digested. Great for your gut health and figure!!

2. Next option would be to first steam your potatoes for about 15-20 minutes and then air fry them for another 15 minutes until golden and crisp!! Both is super yum but especially steamed cooled down potatoes are very satiating.

Day 2

OVERVIEW OF ALL MEALS



Pre Breakfast



Pre Breakfast



Breakfast





Lunch



Snack





Dinner

Day 2 – Breakfast

MY FAVE GREEN SMOOTHIE 2



Ingredients

1 Head Celery
1 handful Fresh Spinach
2 Leaves Swiss Chard
1 splash Fresh Lemon Juice
2 cups Water
3 Frozen Bananas

Directions

Add all ingredients to a blender and blend until smooth. Drink it all hehehe!! YUM!!



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Day 2 - Lunch (Option 1)
FRESH FRUIT

Ingredients

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

Melons
Oranges
Fresh figs
Papaya
Pineapple
Mangoes
Dates

Steps

Have an abundance of fresh, ripe (!), hydrating fruits. The easiest to digest food there is, nature's candy and a fountain of youth + most important you'll feel so satisfied that you won't have sugar cravings later in the day (especially when you get your dates in as well!)

I looove a fruit mono meal (= eating ONE type of fruits) or mixing max 2-3 different ones together.



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Day 2 - Lunch (Option 3)

BUENO OATS

Ingredients

1/2 cup Oats
1 1/2 cups Water
1 tsp Vanilla Extract

CHOCO LAYER

5 Medjool Dates
1/2 cup Water
1 tbsp Raw Cacao Powder
1 tbsp Hazelnut Butter

CARAMEL LAYER

5 Medjool Dates
1/2 cup Water

TOPPING

1/4 cup Roasted Hazelnuts, Chopped

Steps

1. Add oats, water and vanilla to a pot and let it simmer on medium heat for 5-6 minutes. I like to use 1 1/2 cups of water instead of 1 as people usually do, it add more volume and makes them extra creamy! Place oats in the freezer for 10 minutes to fully cool down.

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

3. Get a jar and layer your delicious Bueno Oats: Creamy oatmeal, caramel, oats, chocolate layer and top with roasted chopped hazelnuts. THIS IS HEAVEEEEN!!



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Day 2 - Snack

MEDJOOL DATES

Ingredients

10 Medjool Dates

Steps

1. Medjool dates are the easiest, most satisfying snack when you need a little afternoon pick me up!! There isn't a day without dates for me and I typically eat around 15 if it’s my lunch OR 5-10 if it's more of an add on to my fruit or recipe meal.



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Day 2 - Dinner
NORI WRAPS

Ingredients

1 Biig Bowl Of Salad Greens
2-3 Persian Cucumbers, sliced
1 Avocado
2 Sweet Potatoes (opt)
Nori Sheets

CARO DRESSING

1 Small Raw Zucchini
2 Celery Stalks
1 Bunch Basil
1 Bunch Chives
1 Lemon, Juiced
1 tbsp Apple Cider Vinegar
2 tbsps Pumpkin Seeds
1/2 cup Water
1 Medjool Date (Optional)

Steps

1. Preheat the oven to 200°C / 390°F. Bake sweet potatoes for 50 minutes. This would be great to do in advance as well.

2. Add all dressing ingredients into a blender and blend until smooth. Pour dressing into the greens and mix well.

3. Get your nori sheets, add some greens, baked sweet potatoes, avocado, and roll it together. ENJOOOY! I love it either with baked sweet potatoes or eating the salad wrapped in nori sheets and having regular potatoes afterwards.



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Day 2 - Dinner

HEALTHY POTATOES

Ingredients

5 Medium Sized Potatoes

Steps

1. I love to peel my potatoes and boil or steam them for 25 minutes until soft. Then let them fully cool down as cold potatoes are kind of a weight loss trick hehehe! Once they cooled down, the starch turns into resistance starch and isnt being digested. Great for your gut health and figure!!

2. Next option would be to first steam your potatoes for about 15-20 minutes and then air fry them for another 15 minutes until golden and crisp!! Both is super yum but especially steamed cooled down potatoes are very satiating.

Day 3

OVERVIEW OF ALL MEALS



Pre Breakfast



Pre Breakfast



Breakfast





Lunch



Snack



Dinner

Day 3 - Breakfast
MY FAVE GREEN SMOOTHIE 3



Ingredients

3 Leaves Fresh Kale
1 Head Celery
1 splash Fresh Lemon Juice
2 cups Water
2 cups Frozen Mango

Directions

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



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Day 3 - Lunch (Option 1)
FRESH FRUIT

Ingredients

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

Melons
Oranges
Fresh figs
Papaya
Pineapple
Mangoes
Dates

Steps

Have an abundance of fresh, ripe (!), hydrating fruits. The easiest to digest food there is, nature's candy and a fountain of youth + most important you'll feel so satisfied that you won't have sugar cravings later in the day (especially when you get your dates in as well!)

I looove a fruit mono meal (= eating ONE type of fruits) or mixing max 2-3 different ones together.



Day 3 - Lunch (Option 2)

CARO'S MUESLI

Ingredients

1/2 cup Oats
2 tbsps Freshly Ground Flaxseeds
1 cup Water
2 Apples, Grated
1 Apple, Chopped
2 tbsps Raisins
1 tbsp Almonds, Chopped
1 cup Blueberries
1/2 cup Organic Grapes, Cut In Half
Optional: Medjool Dates

Steps

1. Add oats, ground flaxseeds and water to a bowl and let them soak for 30 min. This is perfect to prepare the night before.

2. Add in grated apples, raisins, almonds, blueberries, chopped apple and grapes. Optionally add some dates to make it even more filling.



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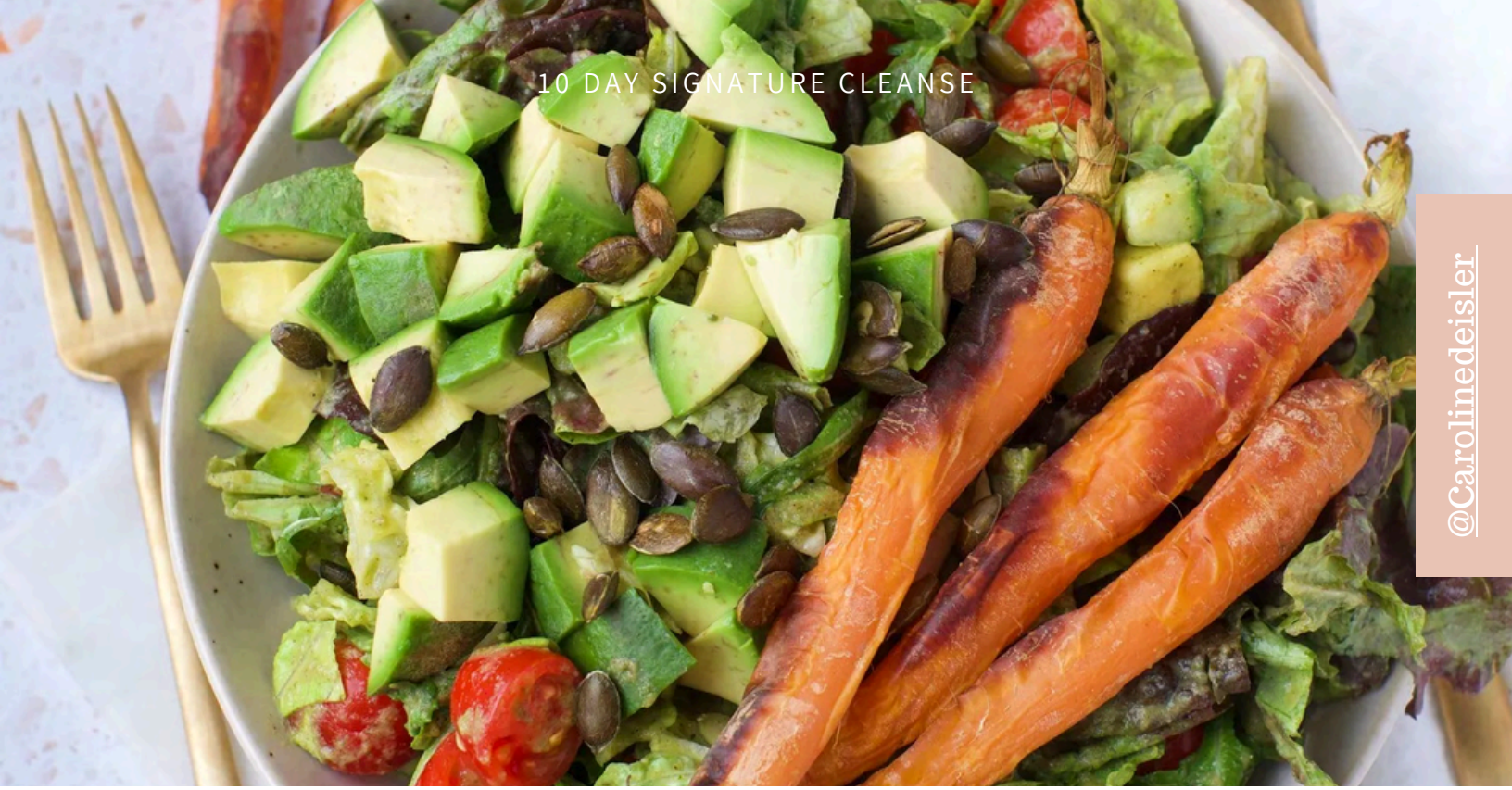
Day 3 - Snack
MEDJOOL DATES

Ingredients

10 Medjool Dates

Steps

1 Medjool dates are the easiest, most satisfying snack when you need a little afternoon pick me up!! There isn't a day without dates for me and I typically eat around 15 if it’s my lunch OR 5-10 if it's more of an add on to my fruit or recipe meal.



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Day 3 - Dinner

ROASTED CARROT & AVOCADO SALAD

Ingredients

SALAD

1 BIIIG Bowl Of Salad Greens (The More Bitter Greens The Better)
1/2 Cucumber
1 Avocado
1 handful Broccoli Sprouts
5 Carrots
1 tbsp Sunflower Seeds, Roasted

CARO DRESSING

1 Bunch Fresh Dill & Chives
1 Lemons, Juiced
2 tbsps Apple Cider Vinegar
1/4 cup Water
1 Small Zucchini (Raw)
2 tbsp Pumpkin Seeds

Steps

1. Preheat the oven to 200 degrees Celsius. In the meantime, steam or boil your carrots for 5-7min. (you could do this step on a meal prep day also)
2. Place the carrots on parchment paper and bake for 30min Let them cool down completely.
3. Place all dressing ingredients into a high-speed blender and blend until creamy.
4. Put your salad bowl together and enjoyyy :)

Day 4

OVERVIEW OF ALL MEALS



Pre Breakfast



Pre Breakfast



Breakfast



Lunch



Snack



Dinner

Day 4 – Breakfast
GRAPEFRUIT KALE SMOOTHIE



Ingredients

2 handful Kale, Frozen OR
OR 1 Bunch Rainbow Chard
1 Banana, Frozen
1 Whole Grapefruit, Peeled
1 Whole Lemon, Peeled
1 handful Celery
3 cups Water
1 tsp Spirulina

Directions

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



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Day 4 - Lunch (Option 1)
FRESH FRUIT

Ingredients

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

Melons
Oranges
Fresh figs
Papaya
Pineapple
Mangoes
Dates

Steps

Have an abundance of fresh, ripe (!), hydrating fruits. The easiest to digest food there is, nature's candy and a fountain of youth + most important you'll feel so satisfied that you won't have sugar cravings later in the day (especially when you get your dates in as well!)

I looove a fruit mono meal (= eating ONE type of fruits) or mixing max 2-3 different ones together.



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Day 4 - Lunch (Option 2)

CHOCOLATE OATS

Ingredients

1/2 cup Oats
2 tbsps Chia Seeds
2 tbsps Ground Flaxseeds
1 1/2 cups Water

CREAM

2 Ripe Banana
3 Medjool Dates
2 tbsps Cacao or Carob Powder
1 tbsp Almond Butter
1/3 cup Water

TOPPINGS

1 Banana
2 tbsps Cacao Nibs (Optional)

Steps

1. Add oats, chia seeds, freshly ground flaxseeds and water to a bowl and let it soak overnight. This is amaaazing for your gut, such a powerful combo!

2. Add all cream ingredients to a blender and blend until smooth. Mix the cream into your oats mixture, top with sliced bananas and optionally some cacao nibs or any of your favourite toppings.



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Day 4 - Snack

MEDJOOL DATES

Ingredients

10 Medjool Dates

Steps

1. Medjool dates are the easiest, most satisfying snack when you need a little afternoon pick me up!! There isn't a day without dates for me and I typically eat around 15 if it’s my lunch OR 5-10 if it's more of an add on to my fruit or recipe meal.



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Day 4 - Dinner

POTATO BROCCOLI SOUP

Ingredients

5 Medium Sized Potatoes
2 Carrots
1 Head Broccoli Florets
1 Leek
3 Celery Stalks
3 cups Vegetable Broth, Low Sodium
2 tbsps Italian Seasoning
Optional: Green Peas

Steps

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

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

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

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

Day 5

OVERVIEW OF ALL MEALS



Pre Breakfast



Pre Breakfast



Breakfast



Lunch



Snack



Dinner

Day 5 - Breakfast
SIMPLE CELERY SMOOTHIE



Ingredients

1 Head Celery
1 Lemon, Peeled
1 tsp Spirulina
2 Banana, Frozen
2 cups Water

Directions

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



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Day 5 - Lunch (Option 1)
FRESH FRUIT

Ingredients

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

Melons
Oranges
Fresh figs
Papaya
Pineapple
Mangoes
Dates

Steps

Have an abundance of fresh, ripe (!), hydrating fruits. The easiest to digest food there is, nature's candy and a fountain of youth + most important you'll feel so satisfied that you won't have sugar cravings later in the day (especially when you get your dates in as well!)

I looove a fruit mono meal (= eating ONE type of fruits) or mixing max 2-3 different ones together.



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Day 5 - Lunch (Option 2)

MANGO OATS

Ingredients

BASE

1/2 cup Oats
2 tbsps Chia Seeds
1 tsp Vanilla Powder Extract
1/3 cup Desiccated Coconut
1 cup Water

TOPPINGS

1 cup Fresh Mango
3 Mango Bliss Balls
1 Desiccated Coconut

CREAM

1 cup Ripe Mango
1 Ripe Banana

Steps

1. Add oats, chia seeds, vanilla, coconut and water to a bowl and let it soak overnight or for a few hours until creamy.
2. Blend mango and banana until smooth and add the cream into your oat bowl.
3. Top with fresh mango and the key to making this recipe extra deliiicious is to add our yummy Mango Bliss Balls.



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MANGO BLISS BALLS

Ingredients

1/2 cup Fresh Ripe Mango
1/2 cup Oats
1/4 cup Desiccated Coconut
1 Large Medjool Date
1/2 Lemon, Juiced

TOPPINGS

1 Desiccated Coconut

Steps

1. Add ripe mango, oats, dates, coconut, and lemon juice to a food processor and blend until well combined

2. Form balls with your hands, roll them into more shredded coconut and your yummy mango bliss balls are readddy.



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Day 5 - Snack

MEDJOOL DATES

Ingredients

10 Medjool Dates

Steps

1. Medjool dates are the easiest, most satisfying snack when you need a little afternoon pick me up!! There isn't a day without dates for me and I typically eat around 15 if it’s my lunch OR 5-10 if it's more of an add on to my fruit or recipe meal.



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Day 5 - Dinner
CARO SALAD

Ingredients

SALAD
4 handfuls Bitter Greens
2 cups Cherry Tomatoes
1/2 Large Cucumber
1 Avocado
1 Nori Sheets (Optional)
2 Baked Sweet Potatoes

SALAD
1 handful Celery
1 Small Zucchini
1 Bunch Dill
1 Bunch Chives OR
1 Bunch Basil
1 Lemon, Juiced
1 tbsp Apple Cider Vinegar
1/4 cup Water
2 tbsps Pumpkin Seeds

Steps

1. Peek sweet potatoes, cut in 2cm thick pieces and bake for 50-60 minutes at 180°C / 360°F and let them cool down afterwards. I usually bake mine the night before when I prep dinner and have them ready in the fridge. I looove to use purple or white sweet potatoes or if I can't find any, I have steamed normal potatoes instead.

2. Blend all dressing ingredients until creamy and put your salad together. Simple, delicious and so satisfying.



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Day 5 - Dinner

SWEET POTATO WEDGES

Ingredients

2 Sweet Potatoes
1 tbsp Cumin (Optional)
1 tbsp Cinnamon (Optional)

Steps

1. Steam whole sweet potatoes for 20 minutes. This is perfect to do the day before and have them ready in the fridge.

2. Preheat your oven or air fryer to 200 degrees Celsius.

3. Add a sprinkle of cinnamon and ground cumin if you like them seasoned and either air fry for 20 minutes or bake for about 40 minutes on a tray lined with parchment paper. Let them cool down and enjoyyyyy! Perfect add on to any dinner!!

Day 6

OVERVIEW OF ALL MEALS



Pre Breakfast



Pre Breakfast



Breakfast





Lunch



Snack





Dinner

Day 6 - Breakfast
FLAT TUMMY GREEN SMOOTHIE



Ingredients

2 Peeled Lemons
2 cups Frozen Pineapple
1 handful Fresh Spinach
1 handful Fresh Kale
1 handful Celery
3 cups Water (Or Ginger Water)
1 tbsp Flax Seeds

Directions

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



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Day 6 - Lunch (Option 1)
FRESH FRUIT

Ingredients

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

Melons
Oranges
Fresh figs
Papaya
Pineapple
Mangoes
Dates

Steps

Have an abundance of fresh, ripe (!), hydrating fruits. The easiest to digest food there is, nature's candy and a fountain of youth + most important you'll feel so satisfied that you won't have sugar cravings later in the day (especially when you get your dates in as well!)

I looove a fruit mono meal (= eating ONE type of fruits) or mixing max 2-3 different ones together.



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Day 6 - Lunch (Option 2)

CLASSIC CHIA PUDDING

Ingredients

1/4 cup Chia Seeds
1 cup Water

CREAM

3 Medjool Dates
2 Ripe Bananas
1/4 cup Cashews
1 tsp Cinnamon
1/2 tsp Vanilla Powder Extract
1/2 cup Water

TOPPINGS

2 cups Berries
1 cup Papaya, Chopped

Steps

1. Soak chia seeds in water for 15 minutes or overnight.

2. Add dates, bananas, cashews, cinnamon, vanilla and water to a blender and blend until smooth.

3. Add cream into the chia seed paste, mix well, transfer to a jar, add berries and papaya and ENJOYYYY!! I also like to first add a layer of the creamy chia seed mixture, then a layer of berries and finish off with another layer of chia seed cream and berries and papaya. That way you have more berries and papaya with every bite.



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Day 6 - Snack

MEDJOOL DATES

Ingredients

10 Medjool Dates

Steps

1. Medjool dates are the easiest, most satisfying snack when you need a little afternoon pick me up!! There isn't a day without dates for me and I typically eat around 15 if it’s my lunch OR 5-10 if it's more of an add on to my fruit or recipe meal.



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Day 6 - Dinner

CARO SALAD

Ingredients

1 Looots of Leafy Greens
1 Avocado
1 Cucumber
1 Lots of Cherry Tomatoes
6 Steamed Potatoes OR
3 Baked Sweet Potatoes
(Optional On The Side)

CARO DRESSING

1 Small Zucchini
1 handful Celery
1 Lemon, Juiced
3 tbsps Pumpkin Seeds
1 Bunch Chives OR
1 Bunch Dill
1/2 cup Water
1 tbsp Apple Cider Vinegar

Steps

1. If you're having the CARO with potatoes, steam or bake them and set aside until cooled down.

2. Add all dressing ingredients into a blender and blend until smooth. Mix the dressing with your salad greens, add the rest of the toppings and enjoyyyy!



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Day 6 - Dinner

AVOCADO SUSHI

Ingredients

2 cups White Rice, Cooked
2 Avocados
3 tbsps Sesame Seeds
Nori Sheets

Steps

1. Start by cooking the rice according to the package instructions, if you don't have it pre-cooked in the fridge yet (which I highly recommend you do). This works a lot better with cooled-down rice, straight from the fridge.

2. Slice up the avocado, get your nori sheets, add rice, avocado and sesame seeds, roll it together and ENJOYYYY!

Day 7

OVERVIEW OF ALL MEALS



Pre Breakfast



Pre Breakfast



Breakfast





Lunch



Snack





Dinner

Day 7 – Breakfast
PINEAPPLE MINT SMOOTHIE



Ingredients

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

Directions

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



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Day 7 - Lunch (Option 1)
FRESH FRUIT

Ingredients

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

Melons
Oranges
Fresh figs
Papaya
Pineapple
Mangoes
Dates

Steps

Have an abundance of fresh, ripe (!), hydrating fruits. The easiest to digest food there is, nature's candy and a fountain of youth + most important you'll feel so satisfied that you won't have sugar cravings later in the day (especially when you get your dates in as well!)

I looove a fruit mono meal (= eating ONE type of fruits) or mixing max 2-3 different ones together.



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Day 7 - Lunch (Option 3)

SNICKERS OATS

Ingredients

1/2 cup Oats
1 1/2 cups Water
1 tsp Vanilla Extract

CHOCO LAYER

5 Medjool Dates
1/2 cup Water
1 tbsp Cacao Powder
1 tbsp Peanut Butter

CARAMEL LAYER

5 Medjool Dates
1/2 cup Water

TOPPING

1/4 cup Roasted Peanuts, Chopped

Steps

1. Add oats, water and vanilla to a pot and let it simmer on medium heat for 5-6 minutes. Place oats in the freezer for 10 minutes to cool down.

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

3. Get a jar and layer your delicious Snickers Oats: Creamy oatmeal, caramel, oats, chocolate layer, and top with roasted chopped peanuts.



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Day 7 - Snack

MEDJOOL DATES

Ingredients

10 Medjool Dates

Steps

1 Medjool dates are the easiest, most satisfying snack when you need a little afternoon pick me up!! There isn't a day without dates for me and I typically eat around 15 if it’s my lunch OR 5-10 if it's more of an add on to my fruit or recipe meal.



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Day 7 - Dinner

GLOW SOUP

Ingredients

1 Whole Head Cauliflower Florets
1/2 Kabocha Squash
2 Small Sweet Potatoes
3 Stalks Celery
2 Small Carrots
1 Leek
2 tbsp of Italian Herbs
5 cups Water

Steps

1. Peel and slice kabocha squash and potatoes. Chop celery, leek and carrots and add all to a pot together with cauliflower florets, 5 cups of water and Italian herbs.

2. Bring to a boil, reduce heat and let it simmer for 20 minutes.

3. Take out about 1 cup of the soup cooking water, then blend half of the soup to make it extra creamy.



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Day 7 - Dinner

HEALTHY POTATOES

Ingredients

5 Medium Sized Potatoes

Steps

1. I love to peel my potatoes and boil or steam them for 25 minutes until soft. Then let them fully cool down as cold potatoes are kind of a weight loss trick hehehe! Once they cooled down, the starch turns into resistance starch and isnt being digested. Great for your gut health and figure!!

2. Next option would be to first steam your potatoes for about 15-20 minutes and then air fry them for another 15 minutes until golden and crisp!! Both is super yum but especially steamed cooled down potatoes are very satiating.

Day 8

OVERVIEW OF ALL MEALS



Pre Breakfast



Pre Breakfast



Breakfast



Lunch



Snack



Dinner

Day 8 – Breakfast

MY FAVE GREEN SMOOTHIE



Ingredients

1 Head Celery
1 handful Kale Leaves, De-Stemmed
1 splash Lemon Juice
3 Frozen Bananas
2 cups Water

Directions

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



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Day 8 - Lunch (Option 1)
FRESH FRUIT

Ingredients

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

Melons
Oranges
Fresh figs
Papaya
Pineapple
Mangoes
Dates

Steps

Have an abundance of fresh, ripe (!), hydrating fruits. The easiest to digest food there is, nature's candy and a fountain of youth + most important you'll feel so satisfied that you won't have sugar cravings later in the day (especially when you get your dates in as well!)

I looove a fruit mono meal (= eating ONE type of fruits) or mixing max 2-3 different ones together.



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Day 8 - Lunch (Option 2)

CHOCO CHIA PUDDING

Ingredients

1/4 cup Chia Seeds
1 cup Water

CHOCO CREAM

2 Ripe Bananas
4 Medjool Dates, Pitted
1 tbsp Almond Butter OR
1 tbsp Hazelnut Butter
1/2 cup Water
2 tbsps Cacao or Carob Powder

Steps

1. Add chia seeds and water to a bowl and let it soak overnight or for at least 30 min (while you do your morning workout yay!!)

2. Add all choco cream ingredients into a bowl and blend until smooth. Combine the cream with your chia seed mixture and add your favorite toppings!! I love banana slices, chopped roasted hazelnuts and a sprinkle of cacao powder on top. ENJOYYYY!



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Day 8 - Snack

MEDJOOL DATES

Ingredients

10 Medjool Dates

Steps

1 Medjool dates are the easiest, most satisfying snack when you need a little afternoon pick me up!! There isn't a day without dates for me and I typically eat around 15 if it’s my lunch OR 5-10 if it's more of an add on to my fruit or recipe meal.



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Day 8 - Dinner

CAESAR SALAD & (SWEET) POTATOES

Ingredients

SALAD

4 Small Romaine Heads
1/2 Head Iceberg Lettuce
2 tbsps Dry Roasted Sunflower & Pumpkin Seeds
1 tbsp Hemp Seeds
1 Ripe Avocado

DRESSING

1 Small Zucchini
1/4 cup Cashews
1 tbsp Apple Cider Vinegar
1 Lemon, Juiced
1 tsp White Miso Paste
1/4 cup Water
3 Sweet Potatoes (White, Orange Or Purple)
7 Nori Sheets To Make Salad Wraps

Steps

1. Preheat the oven to 200°C / 390°F and bake sweet potatoes on parchment for 50 minutes, let them cool down completely (also perfect to meal prep on a Sunday!)
2. Start by washing your salad greens, I like to do this in advance as coming home hungry and having to wash greens is not fun haha!
3. Roast pumpkin and sunflower seeds in a non-stick pan for a few minutes until golden and crunchy.
4. Add all dressing ingredients into a high-speed blender and blend until creamy. If you can't find miso, you can leave it out, the dressing will still be delicious!!
5. Mix the dressing into your greens, add avocado, toasted seeds, raw hemp seeds (great for protein) and ENJOY!!

Day 9

OVERVIEW OF ALL MEALS



Pre Breakfast



Pre Breakfast



Breakfast





Lunch



Snack





Dinner

Day 9 - Breakfast
CUCUMBER SMOOTHIE

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Ingredients

1 cup Pineapple, Frozen
2 Cucumber
1 handful Fresh Mint
1 tsp Spirulina (Optional)
2 cups Water

Directions

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



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Day 9 - Lunch (Option 1)
FRESH FRUIT

Ingredients

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

Melons
Oranges
Fresh figs
Papaya
Pineapple
Mangoes
Dates

Steps

Have an abundance of fresh, ripe (!), hydrating fruits. The easiest to digest food there is, nature's candy and a fountain of youth + most important you'll feel so satisfied that you won't have sugar cravings later in the day (especially when you get your dates in as well!)

I looove a fruit mono meal (= eating ONE type of fruits) or mixing max 2-3 different ones together.



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Day 9 - Lunch (Option 2)

CARAMEL SQUARES

Ingredients

7 Large Medjool Dates OR
9 Small Medjool Dates
1 Heaping Tbsp Almond Butter
1/2 Chocolate Bar, Melted

Steps

1. Add dates to a food processor and pulse until you have a sticky date paste.
2. Add in almond butter and pulse again until well combined.
3. Form squares with slightly wet hands and melt your chocolate.
4. Dip each square into the chocolate and place them in the freezer for 10-20 minutes until the chocolate got firm.



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Day 9 - Snack

MEDJOOL DATES

Ingredients

10 Medjool Dates

Steps

1. Medjool dates are the easiest, most satisfying snack when you need a little afternoon pick me up!! There isn't a day without dates for me and I typically eat around 15 if it’s my lunch OR 5-10 if it's more of an add on to my fruit or recipe meal.



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Day 9 - Dinner

PINK RADICCHIO SALAD

Ingredients

1 Lots Of Red Radicchio
1/2 Kabocha Squash, Roasted
1 Avocado

DRESSING

1 handful Celery
1/4 cup Water
2 tbsps Pumpkin Seeds

Steps

1. Cut kabocha squash in wedges and roast for 45 minutes at 190°C / 370°F. Let them cool down afterwards. Perfect to prep the night before!

2. To make the dressing, blend celery, water and pumpkin seeds until creamy. Feel free to add fresh lemon juice as well!

3. Arrange pink radicchio and avocado in a bowl, add roasted pumpkin and mix in the dressing. Soooo creamy!



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Day 9 - Dinner

HEALTHY POTATOES

Ingredients

5 Medium Sized Potatoes

Steps

1. I love to peel my potatoes and boil or steam them for 25 minutes until soft. Then let them fully cool down as cold potatoes are kind of a weight loss trick hehehe! Once they cooled down, the starch turns into resistance starch and isnt being digested. Great for your gut health and figure!!

2. Next option would be to first steam your potatoes for about 15-20 minutes and then air fry them for another 15 minutes until golden and crisp!! Both is super yum but especially steamed cooled down potatoes are very satiating.

Day 10

OVERVIEW OF ALL MEALS



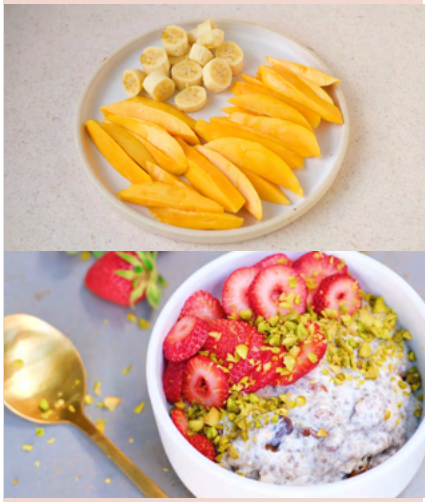
Pre Breakfast



Pre Breakfast



Breakfast



Lunch



Snack



Dinner

Day 10 – Breakfast
PINEAPPLE MINT SMOOTHIE



Ingredients

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

Directions

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



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Day 10 – Lunch (Option 1)
FRESH FRUIT

Ingredients

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

Melons
Oranges
Fresh figs
Papaya
Pineapple
Mangoes
Dates

Steps

Have an abundance of fresh, ripe (!), hydrating fruits. The easiest to digest food there is, nature's candy and a fountain of youth + most important you'll feel so satisfied that you won't have sugar cravings later in the day (especially when you get your dates in as well!)

I looove a fruit mono meal (= eating ONE type of fruits) or mixing max 2-3 different ones together.



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Day 10 - Lunch (Option 2)

HORMONE BALANCING PORRIDGE

Ingredients

1/2 cup Oats
2 tbspS Chia Seeds
1 tsp Vanilla Extract
2 tbsps Raisins
1 tbsp Hemp Seeds
1 tbsp Ground Flaxseeds
1 cup Water
3 Medjool Dates, Chopped
2 scoops of Coconut Yogurt
2 tbsps Pistachios, Chopped
1 handful Strawberries

Steps

1. Add oats, chia seeds, vanilla, raisins, hemp seeds, flaxseeds and water to a bowl and let it soak overnight.

2. Add in chopped dates, coconut yogurt, berries, pistachios and ENOYYYY!



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Day 10 - Snack

MEDJOOL DATES

Ingredients

10 Medjool Dates

Steps

1. Medjool dates are the easiest, most satisfying snack when you need a little afternoon pick me up!! There isn't a day without dates for me and I typically eat around 15 if it’s my lunch OR 5-10 if it's more of an add on to my fruit or recipe meal.



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Day 10 - Dinner

CUCUMBER SALAD

Ingredients

2 Large Organic Cucumbers
1 Bunch Dill
1 Bunch Chives
3 tbsps Coconut Yoghurt
1 Lemon, Juiced
6 Medium Size Potatoes, Steamed & Cooled Down

Steps

1. Slice cucumbers with a veggie slicer to get really thin slices.

2. Add fresh herbs to a food processor and pulse until finely chopped or chop them up yourself with a knife. Mix it all together and add the coconut yoghurt. Top with a sprinkle of pink Himalayan salt and pepper and enjoyyyy! One of my favourite salads as it's so light, refreshing, delicious and the perfect combo with steamed potatoes.



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Day 10 - Dinner

HEALTHY POTATOES

Ingredients

5 Medium Sized Potatoes

Steps

1. I love to peel my potatoes and boil or steam them for 25 minutes until soft. Then let them fully cool down as cold potatoes are kind of a weight loss trick hehehe! Once they cooled down, the starch turns into resistance starch and isnt being digested. Great for your gut health and figure!!

2. Next option would be to first steam your potatoes for about 15-20 minutes and then air fry them for another 15 minutes until golden and crisp!! Both is super yum but especially steamed cooled down potatoes are very satiating.

You did it!
How do you feel?

@Carolinedeisler





Thank you

FOR BEING PART OF OUR COMMUNITY

I hope this reset felt easy, was deliiicious and showed you how simple AND satisfying meals can be, so you are motivated to keep going! It really is a lifestyle, not a diet and will give you long-lasting results rather than being a quick fix. Caaaan't wait to read your feedback. Send me a DM please!! 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!

SHOP-RESET.COM