
Gently cleanse your body & get ready for winter! Less sugar, more energy, better digestion & clear skin, here you come!
10 Day
Vegan Fall Reset
by Caroline Deisler

So glad you are here!



My name is Caroline, I am a Certified Holistic Nutritionist and have been eating a healthy vegan diet for more than 12 years now.

My philosophy is very simple: The closer to nature, the better. No refined sugar, no seed oils, no gluten and keeping everything very quick and easy.

Eating healthy, working out, and practising mindfulness are all lifelong approaches. Although there is no QUICK FIX to feeling your best, this RESET will help you so much to get back on track and to be reminded of how good you CAN actually feel. 10 Days are just enough time to form healthier habits, improve your digestion, lose some weight, clear up your skin and feel refreshed. What you do today is impacting how you feel tomorrow.

The best part about this lifestyle is the mental aspect because the physical results of looking better, more fit and more toned will come anyway (YAYYY!!), but the mindset shift you'll experience will bring you so much ease and confidence that you literally feel reborn. LET'S GIVE IT A GO!! :)

Caroline Deisler

NUTRITIONIST | FITNESS ADVOCATE


@Carolinedeisler

Disclaimer

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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A Fresh Start!

Fall is here and a change in season is always the perfect time to RESET your body as well. I looooove the cozy season and all it comes with and want you to enjoy this time of the year without feeling stressed or anxious about losing your summer body. And I get it, we all have those thoughts here and there but it really is such a great time to transition to more warming, nourishing, filling foods that will leave you so satisfied and will make it so easy to get into your best shape!! Even during fall, I love fruit meals for lunch and eat a lot of medjool dates to combat sweet cravings. I also give you a super delicious healthy sweet lunch recipe for each day using seasonal ingredients. Feel free to make any of the recipes on repeat if some become your favourites. YAY to cozy, healthy and delicious fall days & the happiest YOU!!



The Morning Ritual

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A few daily basics....



1

When you wake up, the first few hours are the perfect time to hydrate your body. Have 1-1,5 litres of our detox water. I love to vary between lemon water, ginger water or a mix of both. This does wonders for your digestion.

2

Next, you want to have about 500ml of fresh celery juice. If you really can't bear the taste, don't worry, you can still follow this reset and leave out the celery juice. However, do try to get used to it as it is so beneficial to your gut health, digestion and skin. I love to pre-wash my celery and smoothie greens, so making a fresh juice in the morning takes 2min! YAY!

3

After your water and celery juice, your body should have its natural bowel movement. Don't panic if it doesn't haha you'll get there over time!! Now would also be the perfect time to move your body which also helps to get everything moving in your colon. Even just one of my 20 min workouts will get you great results, both mentally & physically.

4

Post-workout time means it's green smoothie time! If I can give you just one tip, it's to make sure you drink your green smoothies. It's the most powerful vitamin, mineral, protein and fiber bomb! You can literally feel and see benefits within a few days of drinking green smoothies consistently! :))

A day on a plate

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The 10 Day FALL DETOX has at least 3 recipes each day, 35+ **healthy vegan recipes** in total. They all follow my personal lifestyle beliefs, which means vegan, no refined sugar, no processed oils and no gluten.

You have the option to practice **intermittent fasting when only** having the celery juice in the morning. Then later, pairing the green smoothie with lunch. However, if you are hungry earlier, have your celery juice and green smoothie in the morning with some fresh fruit. Some oranges, ripe bananas, persimmons, apples or dates. They are a great morning energy boost and perfect as a first meal to kickstart your digestion.

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 the leafy greens for your smoothies and salads as they don't last that long.

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

Each recipe makes one serving and is based on how much I would 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.

Dinners are more savoury and veggie-loaded while lunch is sweeter and more focused on raw vegan recipes and lots of fresh fruit. Eating light to heavy works BEST for your digestion. Also, satisfying your sweet tooth during the day means no sugar cravings at night. YAY!

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

Lastly, 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.

Intermittent Fasting



If you aren't really a breakfast person, usually have later dinners or just don't feel super hungry in the morning, you can totally use my reset meal plans to practice intermittent fasting. I wouldn't recommend intermittent fasting for anyone trying to get their period back, being pregnant, trying to conceive or having any sort of hormonal imbalances. Additionally, right before your period, your body often craves more calories, which isn't a great time to fast. I used to love intermittent fasting before becoming a mom, but my routine has shifted slightly, and I now naturally have a good 12-14-hour window between dinner and breakfast, which works fantastically for me. It's all about finding that healthy middle ground that makes you personally feel your best without adding any extra stress.

In all my 10-day detox plans, you start the day by hydrating your body, which should ALWAYS come first, no matter if you are doing intermittent fasting or not.

If you wake up feeling hungry or already got an early morning workout in, still have your celery juice first and then go for a (mono) fruit meal next. Fruit on an empty stomach is incredibly beneficial for helping to move things through your digestive tract. You can follow up with the green smoothie a little later and have more fresh fruits throughout the day, or make one of the yummy, sweet lunch recipes. This reset is all about finding YOUR routine while giving you maximum guidance. I want you to get in the groove of what works best and makes YOU the happiest.

Lunch Option 1 or 2?



I all my 10 Day Reset plans I give you the option to have a fruit meal for lunch because it is literally the easiest way to eat healthy on the go or when you are super busy. Fresh ripe fruits need no preparation time and will leave you so satisfied. Just make sure you don't just eat an apple and instead have 4-5 apples and medjool dates or other fruits.
Aim for around 800 - 1000 calories of fresh fruits or dates. I typically have about 3-4 oranges, 3-4 persimmons and some medjool dates as soon as I get hungry again. That keeps me happy and full until dinner where I get all my veggies and greens in.

The recipes from lunch option 2 are the perfect combination of delicious fall recipes using seasonal ingredients but made SO HEALTHY that you CAN have them for lunch AND still get into your best shape at the same time - YAYYY!!! When I was younger, fall was all about plum tarts (we had 2 plum trees), apple tarts and everything cozy. And although it was so lovely, I wasn't feeling that great because of all the sugar in comfort foods. Now we get to ENJOY all these delicious comforting foods AND feel our best at the same time which is such a win-win. Especially this time of year when most people actually gain a few pounds. You'll feel so satisfied, aren't missing out on anything and in fact, making the most of the fall season. You could also do this reset multiple times by switching up your lunch options. If you are trying to get your period back, definitely have fresh fruit **and** the lunch recipe **every day .**



Pregnancy adjustments



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Congratulations to all my pregnant ladies who want to nourish their bodies and babies with the healthiest foods. I have been following my meal plans while trying to conceive, throughout my pregnancy, breastfeeding period, and I still follow the same diet.

I start my day with water, green juice and a big plate of fresh fruits. This is what I crave most days, and it has been working so well for my digestion. If you feel nauseous about celery juice, opt for cucumber celery juice or simply leave it out. I was feeling quite nauseous the first 12 weeks during my pregnancy and wasn't craving too many greens, which is why the green smoothies made it a lot easier to get some greens in and fresh fruits were always making me feel my best.

You don't need to eat for two but we do need more calories during pregnancy and I have been eating more healthy fats as well. The easiest way is to add one of my sweet recipes from my other recipe ebooks to your reset day. Prepare a few over the weekend and have something ready in the fridge for whenever you need it. I would also recommend to have some steamed potatoes, sweet potatoes or any other dinner recipe from my other ebooks in addition to the dinners on this reset if you still feel hungry.


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HOW TO LOSE MAX WEIGHT ON THIS RESET

1 To lose weight you have to be in a calorie deficit no matter what diet you are eating. The good news is that eating this way makes it much easier for you to be in a calorie deficit as you are eating foods that are highest in volume and lowest in calories which will keep you full and happy. The ideal sweet spot is to be a slight calorie deficit over a long period of time so it doesn't feel like you are depriving yourself. I would recommend doing this reset a couple of times or following up with my other reset meal plans to get the best results. You will be able to lose weight in 10 days but you want to keep going to keep it off. The number one reason why people fail at weight loss is because they feel so deprived that they end up binging and gaining even more weight. This won't be the case here as you are giving your body exactly what it needs. You're just leaving out all the junk which will automatically help you to get into a calorie deficit without counting calories or really thinking much about it at all.

2 I would definitely recommend focusing more on watery fruit like melons, oranges, peaches, apples, kiwis, mangoes, persimmons, any fruits in season really!! Those fruits have less calories and higher volume than for example medjool dates which makes you feel full while consuming less. I would still eat dates as a snack when I have a sweet craving or for lunch on colder days when it feels more comforting. Lunch options 1 or 2 are both great for weight loss but I would say most people still don't consider fruits to be a full meal and are better off making the lunch option 2 recipes. I feel so good eating 1-2 honey melons, 5-6 bananas and some dates a little later but totally understand how you could feel more satisfied preparing a meal. In any case always sit down and be fully present at your meals. Enjoy every bite of doing your body a favour and don't eat in a rush. This makes a huge difference. :-)



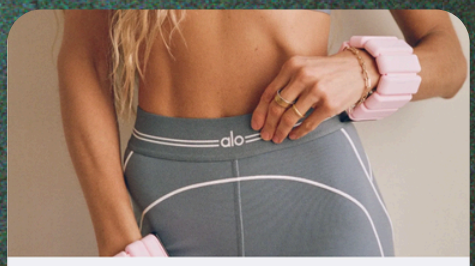
My Workouts

My reset meal plans and workouts work hand in hand and is the best recipe for success. You will feel so well nourished and happy that you automatically want to move your body. My workouts are a mix of cardio, pilates and strength training to get you long, lean and toned muscles without ever feeling stressed. It's all about working WITH your body and not against it. I always say real treats makes you FEEL good and this is what this lifestyle feels like to me!! A real every day treat to myself. Access ALL my workouts, weekly workout schedules and challenges on the **RESET APP!**

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10 DAY FALL RESET

matching workout challenges



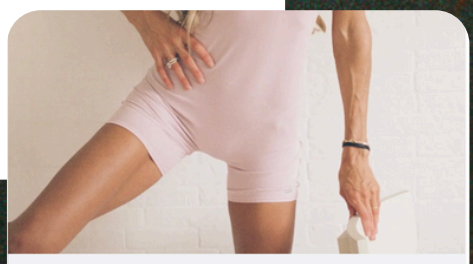
10 DAY SIGNATURE PROGRAM

The 10-Day Workout Program you don't want to miss!! This is everything RESET stands for: get into your best shape, no stress attac...



10 DAY GLOW UP CHALLENGE

The ultimate 10 DAY PROGRAM working all body parts to give your body & confidence a GLOW UP!



10 DAY BEGINNER CHALLENGE

Start your workout journey right here! This is YOUR plan to ease back into working out, taking it slow but still getting the best...

Classes

15

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What you're saying about my reset meal plans

Results are in...!

10 days doesn't seem long but it's long enough to give you results and who knows, maybe you'll 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 about it! We are also sooon adding a before & after feature to the reset app, so have your pics readyyy hehe + tag me @carolinedeisler_ & @joinreset_ in your transformation stories!

Before	After

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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10 DAY FALL RESET



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Shopping List

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CELERY JUICE
10 celery heads

GREEN SMOOTHIE
9 celery stalks
5 handful spinach leaves
2 leaves collard greens
8 leaves swiss chard
4 leaves rainbow chard
3 bunch parsley
1 fennel head
11 leaves kale
1 cucumber
5 frozen banana
1 cup frozen berries
3 cup fresh or frozen mango
1,5 cup frozen strawberries
6 medjool dates
1,5 cup frozen or fresh Pineapple
3 pieces ginger
8 lemon

Buckwheat flour
1 cups oats
Curry powder
Turmeric powder
Chili powder
Cumin
Coco aminos
Cashews
1/4 cup pecans
8 brazil nuts
Cooked chestnuts
2 tbsp desiccated coconut
Vanilla powder extract
14 sweet potatoes
19 medium size potatoes
4 stalks celery
12 carrots
2 leeks
2 kabocha pumpkin
4 butternut squash
10 dried shiitake mushrooms
14 button mushrooms
5 onions
2 red onions
3 cloves garlic
2 small pieces ginger
1/2 cup chickpeas
1 cup tomatoes
1 cup diced tomatoes
1/2 cup canned corn
1/2 cup canned red kidney beans
2 red bell peppers
2 heads broccoli
1 avocado
1 cup frozen peas
1/2 zucchini
2 heads baby romaine
1/4 cup chives
Parsley
2 handful arugula
Fresh coriander
Fresh cilantro
4 celery stalks
1 handful fresh basil
1 cup dry brown rice
150g penne (brown rice, chickpea or buckwheat pasta)
Buckwheat ramen noodles
1 cup quinoa
4 cubes veggie stock
1/2 cup dry yellow lentils
Pumpkin seeds
Himalayan Salt
Italian herbs
2 cups coconut milk
Tomato paste
1/2 cup pomegranate seeds
7 fresh figs
Coco aminos or tamari
Black sesame seeds

WATER
Sliced cucumber
100% pure aloe vera gel
Freshly grated ginger
Lime
Mint

Lunch option 1

10 bananas
20 dried figs
30 fresh figs
14 apples
40 medjool dates
8 persimmons
8 oranges
10 golden kiwis

OR any other ripe fruits you have available :)

Shopping List

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CELERY JUICE
10 celery heads

GREEN SMOOTHIE
9 celery stalks
5 handful spinach leaves
2 leaves collard greens
8 leaves Swiss chard
4 leaves rainbow chard
3 bunch parsley
1 fennel head
11 leaves kale
1 cucumber
5 frozen banana
1 cup frozen berries
3 cup fresh or frozen mango
1,5 cup frozen strawberries
6 medjool dates
1,5 cup frozen or fresh pineapple
3 pieces ginger
8 lemon

Buckwheat flour
1 cups oats
Curry powder
Turmeric powder
Chili powder
Cumin
Coco aminos
Cashews
1/4 cup pecans
8 brazil nuts
Cooked chestnuts
2 tbsp desiccated coconut
vanilla powder extract
14 sweet potatoes
19 medium size potatoes
4 stalks celery
12 carrots
2 leeks
2 kabocha pumpkin
4 butternut squash
10 dried shiitake mushrooms
14 button mushrooms
5 onions
2 red onions
3 cloves garlic
2 small piece ginger
1/2 cup chickpeas
1 cup tomatoes
1 cup diced tomatoes
1/2 cup canned corn
1/2 cup canned red kidney beans
2 red bell peppers
2 head broccoli
1 avocado
1 cup frozen peas
1/2 zucchini
2 heads baby romaine
1/4 cup chives
Parsley
2 handful arugula
Fresh coriander
Fresh cilantro
4 celery stalks
1 handful fresh basil
1 cup dry brown rice
150g penne (brown rice,
Chickpea or buckwheat pasta)
Buckwheat ramen noodles
1 cup quinoa
4 cubes veggie stock
1/2 cup dry yellow lentils
Pumpkin seeds
Himalayan salt
Italian herbs
2 cup coconut milk
Tomato paste
1/2 cup pomegranate seeds
7 fresh figs
Coco aminos or tamari
Black sesame seeds

WATER
Sliced cucumber
100% pure aloe vera gel
Freshly grated ginger
Lime
Mint

Lunch option 2

2 Kabocha pumpkins
1 large sweet potato
1,5 cup oat flour
Buckwheat Flour
Cacao powder
Pumpkin Pie Spice
Chia seeds
1/2 cup millet
1,5 cup oats
Raisins
Cinnamon
Pistachios
1/4 cup Pecans
Vanilla
Maple syrup
Baking powder
Coconut sugar
vanilla powder extract
1/2 cup dark chocolate chips
Ground almonds
Ground flaxseeds
Almond butter
Peanut butter
Cashew butter
54 medjool dates
6 bananas
13 plums
5 apples
8 apricots
2 pears
1 handful mirabelles
2 lemons

Day 1-10 Morning Hydration

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Detox Water

TIP: Prepare your lemon-infused water the night before. That way you have it ready for the next morning and are drinking it without even thinking about it + the lemon has time to dissolve into the water. Other things you can add to boost your morning water are:

- sliced cucumber
- 100% pure aloe vera gel
- fresh-pressed ginger juice
- lime
- mint



Celery Juice

Ingredients

1 head celery

Steps

Juicer: Juice one head of celery.
Blender: chop celery, add to blender with 1 cup of water and blend until creamy. Use a nut milk bag and pour the blended celery through the bag using your hands to squeeze. Voila, celery juice is ready. :)

Day 1 Overview

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OR





SNACK



Day 1
GREEN SMOOTHIE

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Ingredients

1 handful celery stalks
2 handful spinach leaves
2 leaves Swiss chard
1 frozen banana
Handful frozen or fresh pineapple
2 cups water

Steps

Place all the ingredients into a high-speed blender and blend until smooth. I use a Vitamix blender but a Nutribullet works well too!

Notes

This portion makes about two big glasses of green smoothie and this is the portion I typically drink. Ideally, drink your smoothie right away but feel free to prepare it the night before and have it ready in the fridge for the next morning to take to work. This will make your life easier. :) Alternatively, you can pre-wash all greens and veggies and have them portioned and ready in the fridge, so it takes you 2 minutes to throw your green smoothie together in the morning.

After drinking the green smoothie, wait about 30 minutes before you have any fruits or the lunch recipe. Your digestion will be much better when you don't drink the smoothie right before or right after eating your meal.

Day 1 - Lunch - option 1





RIPE BANANAS & DRIED FIGS

Ingredients

3-4 ripe and spotty bananas
10 dried figs

Notes

Bananas are one of the best FITNESS FOODS. They are a great source of potassium. What most people don't know is that your body holds onto water weight when you're deficient in potassium. That's why people get super lean and toned from eating ripe fruits. Potassium helps your body transport water into your cells. Whereas, when your sodium level is higher than potassium, the water can't enter your cells and therefore you look more "puffy". Bananas and dried figs are SO satisfying, filling and reallyyyy keep your sweet cravings away because you get great quality natural sugar in. They are also high in fibre (hello good digestion), provide quick energy and are easy to eat on the go. The beauty of these delicious fruit meals is that you can eat quite a large amount and you'll literally get into your best shape ever!! Make sure to eat ripe bananas first, let them digest a little and then have your dried figs OR eat more bananas and skip the dried figs if you can't find good ones. Keep an eye out for organic ones that are sulphur-free.



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Day 1 - Lunch - option 2

PUMPKIN PANCAKES

Ingredients

1 cup oat flour (blend oats)
1/2 teaspoon pumpkin pie spice or cinnamon
1 tsp baking powder
1/2 cup pumpkin puree (steamed pumpkin)
2 medjool dates
1/2 cup water (or almond milk)
1 banana, sliced
1 tbsp coconut sugar

TOPPINGS
6 medjool dates
1 cup water
1 tsp vanilla powder extract
1 tsp cinnamon

Steps

1. Add oat flour, spices and baking powder to a bowl and mix well.
2. In a blender, add pumpkin puree, medjool dates and water (or almond milk) and blend until smooth.
3. Pour the cream into your flour mixture and combine well. Form pancakes in the pan and place a few banana slices on top of each. Sprinkle a bit of coconut sugar on top, this is the absolute highlight and makes it so yummyyy. Bake for about 3 mins on each side.
4. Top your delicious pancakes with my favourite caramel sauce by adding dates, water and vanilla to a blender and blend until creamyyyy.

Day 1 - Dinner
SWEET POTATO SOUP

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Ingredients

2 small sweet potatoes
4-5 medium size regular potatoes
4 stalks celery
1 leek
4 cups water
optional - 1/2 cube veggie broth
optional - 2-3 carrots

Directions

1. Peel sweet potatoes and potatoes and cut in cubes.
2. Bring water to boil and in the meantime chop up celery stalks and leek
3. Add all ingredients into the pot and let it simmer on medium heat for 30 min.
4. Transfer half of the mixture to a blender and blend until creamy. Pour back into the pot and ENJOYYYYY!! I love sprinkling some Italian herbs on top.



Day 2 Overview

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OR



OR





SNACK



Day 1
GREEN SMOOTHIE

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Ingredients

1 handful celery stalks
1 handful spinach
2 leaves rainbow chard
1 cup frozen berries
2 medjool dates
2 cups water

Steps

Place all the ingredients into a high-speed blender and blend until smooth. I use a Vitamix blender but a Nutribullet works well too!

Notes

This portion makes about two big glasses of green smoothie and this is the portion I typically drink. Ideally, drink your smoothie right away but feel free to prepare it the night before and have it ready in the fridge for the next morning to take to work. This will make your life easier. :) Alternatively, you can pre-wash all greens and veggies and have them portioned and ready in the fridge, so it takes you 2 minutes to throw your green smoothie together in the morning.

After drinking the green smoothie wait about 30 minutes before you have any fruits or the lunch recipe. Your digestion will be much better when you don't drink the smoothie right before or after eating your meal.

Day 2 - Lunch - option 1





CRISPY APPLES & MEDJOOL DATES

Ingredients

3 crispy, juicy, organic apples
10 medjool dates
(OR as much as you crave)

Notes

I love all kinds of apples and go through phases of eating the sweeter ones like Fuji and Gala apples but also have phases where I love the more sour green ones. I always buy organic apples as conventional ones are treated with wax and just look too perfect if you know what I mean hahah. Nothing quite beats that juicy, crisp apple taste and they are a true superfood for your brain and digestive tract. They work great for weight loss too as they act as a natural appetite suppressor.

I LOVE to pair them with medjool dates (eat the apples first, then dates for optimal digestion). Apples are great all year round, perfect to eat on the go and to take to work. Whenever I find good Bon Bon dates, I treat myself and have those instead of the regular medjool dates. They are a little pricey but keep an eye out for those as they are super soft and literally taste like heaven. Make sure you don't only eat 2-3 dates hehe, you want to be fully satisfied! :-)



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Day 2 - Lunch - option 2

PLUM OATMEAL

Ingredients

6-7 plums
1 tsp cinnamon
1 tsp coconut sugar
1 tbsp chia seeds

1/2 cup oats
1,5 cups water
1-2 tbsp raisins
1 tsp cinnamon
1 tsp vanilla powder extract

3 medjool dates
1/2 cup water

OPTIONAL: 1-2 apples, grated

Steps

1. Cut plums in half and remove the seed. Add plums, cinnamon and coconut sugar to a pot and let it simmer on medium heat for 10 minutes. Add 1-2 tbsp of water if needed. Stir in 1 tbsp chia seeds towards the end and set aside.

2. In the meantime, add oats and water to a pot and let it simmer for approximately 5 minutes. Add in raisins, vanilla and cinnamon and let it simmer for another few minutes until fully creamy.

3. I looove to make it a little sweeter with my simple caramel sauce. Add 3 pitted medjool dates and 1/2 cup water to a blender and blend until creamy.

4. Put it all together and ENJOYYY this warming and nourishing bowl of heaven!! I also love adding 1-2 grated apples for that extra crunch and juiciness.



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Day 2 - Lunch - option 3

FIG BLISS BALLS

Ingredients

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

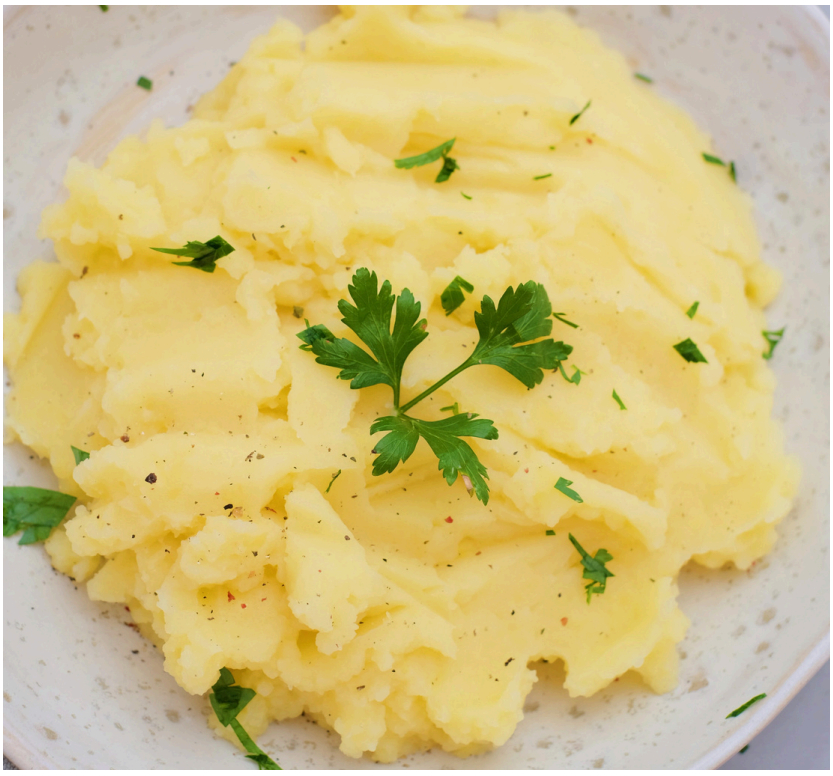
Steps

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

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

Day 2 - Dinner





MASHED POTATOES

Ingredients

5-6 medium size potatoes
1 tsp pink Himalayan salt
2 carrots, cut into strips
1 cup potato cooking water
1/4 cup chives or parsley, finely chopped
Black pepper

GRAVY
2 cups vegetable broth
4 dried shitake mushrooms
1/2 onion, diced
1 tbsp coco aminos
2 tbsp buckwheat flour
1 tsp Italian herbs
Salt & pepper to taste

1/4 cup cashews, soaked

Steps

1. Peel potatoes, add to a pot with boiling water, salt and cook on medium heat for 25 mins. Add in carrots for the last 10 minutes. This way you only need one pot!
   *Important: Reserve 1 cup of cooking water for later!
2. Soak dried shiitake mushrooms in vegetable broth for 10 mins.
3. Meanwhile, sautée chopped onion for 5-6 min in a pan, add coco aminos, buckwheat flour, dried herbs, salt, pepper, soaked mushrooms and vegetable broth and let it simmer for about 20 minutes.
4. Add sauce to a blender together with 1/4 cup cashews and blend until creamyyy.
5. Once the potatoes are done, add to a bowl with 1 cup of the cooking water and use a potato masher or a fork to mash potatoes. (don't blend)
6. Top your potato mash and carrots with the gravy sauce and fresh chives or parsley and enjoy right away! SO SO SO YUM!!!!

Day 3 Overview

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OR





SNACK



Day 3
GREEN SMOOTHIE



Ingredients

1 bunch parsley
2 leaves kale, de-stemmed
1 cup mango, fresh or frozen
2 cups water
Small piece ginger

Steps

Place all the ingredients into a high-speed blender and blend until smooth. I use a Vitamix blender but a Nutribullet works well too!

Notes

This portion makes about two big glasses of green smoothie and this is the portion I typically drink. Ideally, drink your smoothie right away but feel free to prepare it the night before and have it ready in the fridge for the next morning to take to work. This will make your life easier. :) Alternatively, you can pre-wash all greens and veggies and have them portioned and ready in the fridge, so it takes you 2 minutes to throw your green smoothie together in the morning.

After drinking the green smoothie wait about 30 minutes before you have any fruits or the lunch recipe. Your digestion will be much better when you don't drink the smoothie right before or right after eating your meal.

Day 3 - Lunch - option 1





PERSIMMONS & MEDJOOL DATES

Ingredients

4-5 Persimmons
10 medjool dates

Notes

I LOOOOVE PERSIMMONS!! They are sooo sweet, soft and delicious and literally a hug for your tummy. Make use of having them in season and enjoy them whenever you can. I also love blending persimmons with a bit of vanilla extract. It turns into this delicious vanilla pudding which is absolute heaven.

Medjool dates are perfect to have a little later to feel fully satisfied. Having dates on a regular basis really helps the most with not having any sweet cravings later in the day.



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Day 3 - Lunch - option 2

APPLE TART

Ingredients

1/2 cup oat flour (blend oats)
2 tbsp ground almonds
1 tbsp ground flaxseeds
3 tbsp water
1 heaping tbsp almond butter

CARAMEL
12 medjool dates
1 cup water
1 tsp vanilla powder extract

1 tsp cinnamon
2-3 peeled and sliced apples

Steps

1. Blend flaxseeds and soak in 3 tbsp water for 10 mins.
2. Make the caramel sauce by adding pitted dates, water and vanilla to a blender and blend until smooth.
3. To make the crust, add oat four, ground almonds, flaxseed mixture, 2 tbsp of the caramel sauce and 1 heaping tbsp almond butter to a bowl and mix well. Cover with a kitchen towel and let it firm up in the fridge for 30 mins then roll out flat.
4. Preheat the oven to 180 degrees Celsius.
5. Peel and slice the apples in wedges, add 4-5 tbsp caramel sauce and 1 tsp cinnamon and mix well. Transfer to a pan and let it simmer on medium heat for 25-30min. Now is the perfect time to squeeze in one of my quick workouts or prep dinner! :-))
6. Add apples to your baking form, top with another 2-3 tbsp caramel sauce and rolled out dough, I used parchment paper to roll out the dough which helps to prevent it from sticking to your surface.
7. Bake for 20 minutes, let it cool down & enjoooooy! Perfect delicious fall lunch!

Day 3 - Dinner
PUMPKIN CHICKPEA CURRY

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Ingredients

1/2 red onion (optional)
1 carrot, chopped
1 cup tomatoes, chopped
1/2 kabocha squash (1,5 cups)
1/4 cup dry brown rice
1 tbsp curry powder
1/2 tsp ground ginger
Pinch of salt
Black pepper
1/2 tsp turmeric powder
3 cups vegetable broth
1/2 can coconut milk or 1/4 cup cashews
1 tbsp tomato paste (optional)
1/2 cup cooked chickpeas



Directions

1. Chop onion and let it sautée with a tiny bit of water on medium heat.
2. Add in chopped carrots, tomatoes, peeled and chopped pumpkin, brown rice, spices and vegetable stock. Let it simmer for 25 mins.
3. Blend half of the mixture together with 1/2 can coconut milk or 1/4 cup cashews (optionally add tomato paste as well) and stir back into your pot.
4. Add cooked and rinsed chickpeas, top with black pepper and optionally stir in some fresh spinach for an extra pop of colour!! Such a lovely and delicious one-pot meal for fall that warms you up from the inside out! ENJOYYYY!!

Day 4 Overview

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OR





SNACK



Day 4
GREEN SMOOTHIE

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Ingredients

3 leaves Swiss chard
1/2 fennel head
2 stalks celery
Juice of 2 limes
2 cups water
2 frozen bananas

Steps

Place all the ingredients into a high-speed blender and blend until smooth. I use a Vitamix blender but a Nutribullet works well too!

Notes

This portion makes about two big glasses of green smoothie and this is the portion I typically drink. Ideally, drink your smoothie right away but feel free to prepare it the night before and have it ready in the fridge for the next morning to take to work. This will make your life easier. :) Alternatively, you can pre-wash all greens and veggies and have them portioned and ready in the fridge, so it takes you 2 minutes to throw your green smoothie together in the morning.

After drinking the green smoothie wait about 30 minutes before you have any fruits or the lunch recipe. Your digestion will be much better when you don't drink the smoothie right before or right after eating your meal.

Day 4 - Lunch - option 1

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ORANGES & FRESH FIGS

Ingredients

5-7 oranges
10 fresh figs

Notes

Whenever I am on the go or don't have time to prepare anything I looove to have a sweet fruit meal. I really think this shows how simple and delicious healthy eating can be. We don't need to overcomplicate things in order to eat a healthy balanced diet. You can get your greens in from the celery juice and green smoothie and your healthy sugars from the sweet fruits. Simple, and most importantly, sustainable. Because who has time to prepare meals all the time?





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Day 4 - Lunch - option 2

CHOCOLATE PUDDING

Ingredients

4-6 ripe persimmons (the ones that are reallllyyyy soft and almost falling apart)

2 tbsp carob powder

Steps

1. Add persimmons and carob powder to a blender and blend until creamyyyy.
2. The most delicious, healthiest ever chocolate pudding!! I make this one daily during persimmon season! SO YUM!

VANILLA VERSION: Leave out the carob powder and add 1 tsp vanilla extract powder instead.



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Day 4 - Dinner

POTATO PUMPKIN SOUP

Ingredients

1 butternut squash, peeled and chopped
4 potatoes, peeled and chopped
2 carrots, chopped
1 leek, sliced
4 celery stalks, chopped
3-4 cups water
1/2 cube veggie stock (optional)
2 tbsp Italian herbs

Directions

1. To make this yummy potato pumpkin soup add all the ingredients into a big pot and let it simmer for 25 minutes.
2. Blend half of the soup and if you like it really thick and creamy, remove 2 cups of the cooking water before blending half. SO SIMPLE, SO GOOD!!!

Day 5 Overview

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OR





SNACK



Day 5
GREEN SMOOTHIE

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Ingredients

1 bunch parsley
1/3 of a large cucumber
2 leaves collard greens
3 medjool dates
Juice of 1 lemon
2 cups water

Steps

Place all the ingredients into a high-speed blender and blend until smooth. I use a Vitamix blender but a Nutribullet works well too!

Notes

This portion makes about two big glasses of green smoothie and this is the portion I typically drink. Ideally, drink your smoothie right away but feel free to prepare it the night before and have it ready in the fridge for the next morning to take to work. This will make your life easier. :) Alternatively, you can pre-wash all greens and veggies and have them portioned and ready in the fridge, so it takes you 2 minutes to throw your green smoothie together in the morning.

After drinking the green smoothie wait about 30 minutes before you have any fruits or the lunch recipe. Your digestion will be much better when you don't drink the smoothie right before or right after eating your meal.

Day 5 - Lunch - option 1

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FRUIT MEAL

Ingredients

2-3 apples
10 dried figs

Notes

You are probably a pro by now with your fruit meals. Don't worry about the sugar in fruits. It's all natural sugar which your body NEEDS. You get plenty of greens in from the celery juice, green smoothies and dinner recipes. Feel free to always replace any of the fruit meals with your favourite fruit. Just make sure sure the fruit is ripe and organic. I love eating lots of apples, pears and dried figs or medjool dates right now and they are so easy to get everywhere. Just make sure you really eat enough. You want to get around 800 - 1000 calories in from your fruit lunch meal.

Dried figs or medjool dates are perfect to have a little later to feel fully satisfied until dinner.



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Day 5 - Lunch - option 2

PUMPKIN OATMEAL

Ingredients

1/2 cups oats
1 cup water
1/2 cup pumpkin puree
3 medjool dates, chopped
1 tsp pumpkin pie spice (or cinnamon)
1/2 tsp vanilla extract
optional: 1/4 tsp salt

TOPPINGS
1/4 cup pecans, roasted
1 -2 bananas, sliced
Maple syrup or my date caramel sauce (blend 3 dates and 1/3 cup water)

Directions

1. Add all oatmeal ingredients to a pot and let it simmer on low heat for 7-10 minutes.

2. Top it with roasted pecans, bananas, my date caramel sauce or maple syrup! LOVE this one!! So quick, easy & sooo good!



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Day 5 - Dinner

PUMPKIN PASTA

Ingredients

150g GF penne (I love using brown rice, chickpea or buckwheat penne)
1/2 red or yellow onion (optional)
1 clove garlic (optional)
1/2 butternut squash, peeled and cubed
1/2 cup cashews, soaked
1/2 cup of pumpkin cooking water
Pinch of pink Himalayan salt
Black pepper

TOPPINGS
Fresh basil
1-2 Brazil nuts, grated (optional)

Steps

1. Cook butternut squash in vegetable broth (or plain water) for 20 mins.
2. Add in pasta for the last 10 minutes or for as long as your pasta needs to cook. Once done, set pasta aside and add butternut squash to a blender.
3. If you choose to use onion and garlic, sautee both in a pan with a bit of the butternut squash cooking water until soft.
4. Add butternut squash, cashews, salt, pepper, and 1/2 cup butternut squash cooking water to a blender and blend until smooth.
5. Top with fresh basil and grated brazil nuts for a bit of a cheesy feeling. SO CREAMYYY & DELICIOUS!

Day 6 Overview

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OR





SNACK



Day 6
GREEN SMOOTHIE



Ingredients

3 leaves kale, de-stemmed
2 stalks celery
1 cup fresh or frozen mango
2 cups water
Small piece of ginger

Steps

Place all the ingredients into a high-speed blender and blend until smooth. I use a Vitamix blender but a Nutribullet works well too!

Notes

This portion makes about two big glasses of green smoothie and this is the portion I typically drink. Ideally, drink your smoothie right away but feel free to prepare it the night before and have it ready in the fridge for the next morning to take to work. This will make your life easier. :) Alternatively, you can pre-wash all greens and veggies and have them portioned and ready in the fridge, so it takes you 2 minutes to throw your green smoothie together in the morning.

After drinking the green smoothie wait about 30 minutes before you have any fruits or the lunch recipe. Your digestion will be much better when you don't drink the smoothie right before or right after eating your meal.

Day 6 - Lunch - option 1





FRUIT MEAL

Ingredients

15 fresh figs
3-4 ripe persimmons
OR oranges

Notes

Fresh figs are rich in nutrients while being relatively low in calories, making them a great addition to your healthy diet.

Otherwise, a fruit meal of any fruit of your choice like mangoes, persimmons, ripe bananas and oranges would be fantastic as well. Keeping things easy and sustainable is the key to making this last long term. Often times people overcomplicate things.:)



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Day 6 - Lunch - option 2

THE BEST PLUM TART

Ingredients

1/2 cup buckwheat flour
2 tbsp ground almonds
1 tbsp ground flaxseeds (soaked in 3 tbsp water)
2 tbsp coconut sugar
1 heaping tbsp almond butter
4 tbsp water

CARAMEL
3 large medjool dates
1/4 cup water
1/2 tsp vanilla powder extract

TOPPING
6 plums
1 tbsp coconut sugar

Directions

1. Preheat the oven to 180 degrees Celsius.
2. Mix all dough ingredients well together. Add dough to your baking form. I used silicone bar moulds.
3. Make the date-caramel sauce by blending dates, water and vanilla and pour over your dough.
4. Cut the plums in half, add on top of the caramel layer and sprinkle some coconut sugar on top. This makes it so much better!!
5. Bake for 30min and let it cool down afterwards.SO YUMMM!!! Literally tastes too good to be healthy!! LOVE it!



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Day 6 - Dinner

EASY PUMPKIN SOUP

Ingredients

3 cups water
1/2 cube veggie stock (optional)
1 butternut squash or 1/2 Kabocha squash, peeled and chopped
2 carrots, chopped
1 large sweet potato, chopped

Steps

1. Add all ingredients into a pot and let it simmer for 25 mins until potatoes and pumpkin are soft.
2. Blend everything until creamyyy and ENJOY!! Top with roasted pumpkin seeds and black pepper.

Day 7 Overview

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OR





SNACK



Day 7
GREEN SMOOTHIE

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Ingredients

3 leaves Swiss chard
1 bunch parsley
1 cup fresh or frozen pineapple
1 frozen banana
Small piece ginger
Juice of one lemon
2 cups water

Steps

Place all the ingredients into a high-speed blender and blend until smooth. I use a Vitamix blender but a Nutribullet works well too!

Notes

This portion makes about two big glasses of green smoothie and this is the portion I typically drink. Ideally, drink your smoothie right away but feel free to prepare it the night before and have it ready in the fridge for the next morning to take to work. This will make your life easier. :) Alternatively, you can pre-wash all greens and veggies and have them portioned and ready in the fridge, so it takes you 2 minutes to throw your green smoothie together in the morning.

After drinking the green smoothie wait about 30 minutes before you have any fruits or the lunch recipe. Your digestion will be much better when you don't drink the smoothie right before or right after eating your meal.

Day 7 - Lunch - option 1





CRISPY APPLES & MEDJOOL DATES

Ingredients

3-4 organic apples
10 medjool dates

Notes

I loooove all kinds of apples and go through phases of eating the sweeter ones like Fuji and Gala apples but also have phases where I love the more sour green ones.

I LOVE to pair them with medjool dates (eat the apples first, then dates for optimal digestion). Apples are great all year round, perfect to eat on the go and to take to work. Whenever I find good Bon Bon dates, I treat myself and have those instead of the regular medjool dates. They are a little pricey but keep an eye out for those as they are super soft and literally taste like heaven.



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Day 7 - Lunch - option 2

BAKED PEAR PORRIDGE

Ingredients

2 pears, sliced
Handful mirabelles, chopped
1 tbsp coconut sugar
1/2 tsp cinnamon

PORRIDGE
1/2 cup millet, soaked
1 cup water
3 medjool dates, chopped
1 tsp vanilla powder extract

TOPPING (optional)
Freshly ground flaxseeds

Directions

1. Slice pears in strips and cut mirabelles in half to remove the pit. Add both to a pan with coconut sugar and cinnamon and let it simmer for 15 mins (ish) until soft and golden. Flip pears over halfway and add a tiny bit of water if needed.

2. For the porridge, add all ingredients to a pot and let it simmer on medium heat for 10 minutes while the pears are getting nice and golden. If you forgot to soak your millet, use millet flakes instead. They need no soaking time and have a similar consistency to porridge oats.

3. Arrange both together on a plate and feel free to add any extra toppings like freshly ground flaxseeds or blueberries. Such a lovely and heavenly creamyyyy warming fall lunch.



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Day 7 - Dinner

EASY PUMPKIN CHILI

Ingredients

1 small red onion, diced
2 small red bell peppers, diced
6-7 button mushrooms, chopped
Pinch of pink salt & black pepper
2 tbsp chili powder
1 tsp cumin
1/2 tsp ground cinnamon

1 cup diced tomatoes (or canned)
1/2 cup canned corn
1/2 cup canned red kidney beans
1/2 cup pumpkin puree
1 cup vegetable broth or water
2 tbsp tomato paste

Fresh cilantro or parsley
1 avocado, sliced
2 heads baby romaine

Directions

1. Dice the onions and sautee with a tiny bit of water while you chop up bell peppers and mushrooms. You can also add everything to a food processor to save some time.
2. Add bell peppers, mushrooms and all spices and let it sautee for another 10 minutes. Add water if needed.
3. Add in tomatoes, corn, kidney beans, pumpkin puree, vegetable broth and tomato paste and let it simmer for another 10 minutes. If you like it extra creamy, blend 1/3 of the mixture. Both ways are really nice!!
4. I love making salad boats with crunchy romaine leaves, sliced avocado and a sprinkle of fresh parsley or cilantro! Such a fun and delicious way to eat more veggies and looks so pretty too!!



Day 8 Overview

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OR





SNACK



Day 8
GREEN SMOOTHIE

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Ingredients

1 cup frozen strawberries
1 medjool date
3 stalks celery
3 leaves kale or turnip greens
Juice of 1 lemon
2 cups water

Steps

Place all the ingredients into a high-speed blender and blend until smooth. I use a Vitamix blender but a Nutribullet works well too!

Notes

This portion makes about two big glasses of green smoothie and this is the portion I typically drink. Ideally, drink your smoothie right away but feel free to prepare it the night before and have it ready in the fridge for the next morning to take to work. This will make your life easier. :) Alternatively, you can pre-wash all greens and veggies and have them portioned and ready in the fridge, so it takes you 2 minutes to throw your green smoothie together in the morning.

After drinking the green smoothie wait about 30 minutes before you have any fruits or the lunch recipe. Your digestion will be much better when you don't drink the smoothie right before or right after eating your meal.

Day 8 - Lunch - option 1





FRUIT MEAL

Ingredients

10 golden kiwis
3-4 organic apples

Notes

Golden kiwis are my current favourite and I have about 10 per day. If you think now "waaaait they are so expensive". They are but think about how much goodness you're giving your body :-)
I always buy organic apples as conventional ones are treated with wax and just look too perfect if you know what I mean hahaha. Nothing quite beats that juicy, crisp apple taste and they are a true superfood for your brain and digestive tract. They work great for weight loss too as they act as a natural appetite suppressor.



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Day 8 - Lunch - option 2

PUMPKIN BROWNIES

Ingredients

1/2 cup ground almonds
1/4 cup buckwheat flour
2 heaping tbsp cacao powder
1/4 cup pumpkin puree
1/2 cup caramel sauce (blend 6 dates, vanilla, 1/2 cup water)
1 heaping tbsp cashew butter

FILLING
6 medjool dates
1/2 tsp vanilla powder extract
1/2 cup water

Directions

1. Preheat the oven to 180 degrees Celsius.
2. Start by making the caramel sauce, for both the dough and the filling. Add 12 pitted medjool dates, 1 cup water and 1 tsp vanilla powder extract to your blender and blend until smooth and creamyyy.
3. Mix all dough ingredients together and combine well until you have a creamy not too dry consistency.
4. Pour half of the mixture into your baking form or silicone bar moulds, add the rest of the caramel sauce and top with the remaining brownie dough. Bake for 30 mins, let them cool down and sprinkle a bit of cacao powder on top. Also suuper yummy the next day in case you feel like meal prepping.



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Day 8 - Dinner

PUMPKIN LENTIL CURRY

Ingredients

1/2 onion, diced
1 small piece ginger, grated
1 cup veggie broth
1 butternut squash, peeled and chopped
1 tsp turmeric powder
1 tsp curry powder
1/2 cup coconut milk
1/2 cup dry yellow lentils
1 cup frozen peas

TOPPINGS
Fresh coriander or parsley Black pepper
Optionally: Steamed potatoes

Directions

1. Sautee onion and ginger in a tiny bit of water and in the meantime peel your butternut squash, remove the core and cut it into cubes.

2. Add butternut squash, veggie broth, turmeric, curry powder, coconut milk and lentils and let it simmer for 20 minutes. Stir in frozen peas towards the end.

3. Top with fresh parsley, and black pepper and have steamed potatoes or rice with it if you need something more filling. :) Peeerfect for a cold and cozy fall dinner.

Day 9 Overview

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OR





SNACK



OR



Day 9
GREEN SMOOTHIE

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Ingredients

1/2 fennel
2 handfuls spinach
Juice of 2 lemons
1 cup fresh or frozen mango
2 cups water

Steps

Place all the ingredients into a high-speed blender and blend until smooth. I use a Vitamix blender but a Nutribullet works well too!

Notes

This portion makes about two big glasses of green smoothie and this is the portion I typically drink. Ideally, drink your smoothie right away but feel free to prepare it the night before and have it ready in the fridge for the next morning to take to work. This will make your life easier. :) Alternatively, you can pre-wash all greens and veggies and have them portioned and ready in the fridge, so it takes you 2 minutes to throw your green smoothie together in the morning.

After drinking the green smoothie wait about 30 minutes before you have any fruits or the lunch recipe. Your digestion will be much better when you don't drink the smoothie right before or right after eating your meal.

Day 9 - Lunch - option 1





PAPAYA & APPLES

Ingredients

1 large Papaya
4-5 Apples or Persimmons

Dates a little later

Notes

You are a pro by now with your fruit meals. Don't worry about the sugar in fruits. It's all natural sugar which your body NEEDS.

Papaya is high in enzymes, low in calories and AMAZING for your digestion! You see me talking about digestion a lot but that is because to feel your best and to get into your best shape you need to help your body to get rid of things naturally and that works through regular bowel movements, deep breathing and sweating.



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Day 9 - Lunch - option 2

APPLE CRUMBLE

Ingredients

FILLING
3 apples, cored, peeled and quartered
1 tsp cinnamon
Juice of 1 lemon juice

CARAMEL SAUCE
5 medjool dates
1/2 cup water
1/2 tsp vanilla powder extract

CRUMBLE
1/2 cup oats
1/4 cup pecans, chopped
2 tbsp desiccated coconut
1/2 tsp vanilla powder extract
1 tbsp maple syrup (or 1-2 tbsp water)

CREAM (optional)
1 banana
1/4 cup cashews
1/2 tsp vanilla powder extract

Directions

1. Preheat the oven to 180 degrees Celsius.
2. Mix apples with cinnamon and lemon juice. Make the caramel sauce by blending dates, water and vanilla and add to the apple mixture.
3. Transfer to your baking form and make the crumble by combining all crumble ingredients. Add crumble on top of your apple mixture and bake for 50 minutes until golden. Sorryyyy for the wait haha. perfect time to prep dinner for tonight or squeeze in one of my workouts.
4. I love having this deliiiicious apple crumble with a side of banana cream. Blend banana, cashews and vanilla until smooth and pour over your warming crumble. FILLING



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Day 9 - Dinner - option 1

RAMEN SOUP

Ingredients

2 cloves garlic
Small piece ginger, grated
1/4 yellow onion
2.5 cups veggie stock
1 tsp coco aminos or tamari
3 rehydrated Shiitake mushrooms
1 head broccoli florets
2 carrots, cut in stripes
100g brown rice or buckwheat ramen noodles

TOPPINGS
Spring onion
Black sesame seeds

Directions

1. Soak dried shiitake mushrooms in water for 15 mins until they're rehydrated (also perfect to prep the day before)
2. Slice onion, grate ginger and sautee in a bit of water for 5-10 mins.
3. Add in veggie broth, coco aminos, tamari, and soaked and chopped mushrooms (including the soaking water). Let it cook for 45 mins on low-medium heat.
4. About 25 mins later, add in carrots and broccoli and any other veggies of your choice. Bok Choy also goes really well.
5. Cook pasta according to the instructions. Usually you just have to put them in warm water for 5 minutes. Add to your soup and enjoyyyyyy!!! Most comforting & delicious fall soup

.



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Day 9 - Dinner - option 2

SQUASH TOAST

Ingredients

1 kabocha squash
2 yellow onions, finely sliced
2 tbsp olive oil
sprinkle of pink salt
3 tbsp apple cider vinegar
3 tbsp maple syrup

5 slices sourdough bread

2 scoops coconut yoghurt (for each slice)
handful of fresh mint, chopped

Directions

1. Preheat the oven to 200 degrees Celsius. Cut Kabocha Squash into 2 cm thick wedges and bake on a tray lined with parchment paper for 45 minutes until soft and golden. Once done, peel the skin off.

2. While the squash is in the oven, slice onions and add to a nonstick pan with 2 tbsp olive oil, and a pinch of pink Himalayan salt and let it simmer on medium heat for about 15 minutes until soft.

3. Add in apple cider vinegar and maple syrup, reduce the heat and let it simmer for another 15 minutes until it's all juicy and jammy.

4. Add the kabocha squash to the onion mixture and toast your sourdough bread in the meantime.

5. Spread a layer of coconut yoghurt on the toast, add a generous layer of the jammy squash mixture, and finish with a sprinkle of fresh mint. I am in HEAVEN! This has been my favourite toast at ABC KITCHEN in New York, and I have been making it all the time over the past decade.

Day 10 Overview

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OR



OR





SNACK



Day 10
GREEN SMOOTHIE



Ingredients

3 leaves kale, de-stemmed
2 leaves rainbow chard
Juice of 1 lemon
1/3 of a large cucumber
1 handful frozen strawberries
1 fresh or frozen banana
2 cups water

Steps

Place all the ingredients into a high-speed blender and blend until smooth. I use a Vitamix blender but a Nutribullet works well too!

Notes

This portion makes about two big glasses of green smoothie and this is the portion I typically drink. Ideally, drink your smoothie right away but feel free to prepare it the night before and have it ready in the fridge for the next morning to take to work. This will make your life easier. :) Alternatively, you can pre-wash all greens and veggies and have them portioned and ready in the fridge, so it takes you 2 minutes to throw your green smoothie together in the morning.

After drinking the green smoothie wait about 30 minutes before you have any fruits or the lunch recipe. Your digestion will be much better when you don't drink the smoothie right before or right after eating your meal.

Day 10 - Lunch - option 1





FRUIT MEAL

Ingredients

3 ripe bananas
10 medjool dates

Notes

Bananas are one of the best FITNESS FOODS. They are a great source of potassium. What most people don't know is that your body holds onto water weight when you're deficient in potassium. That's why people get super lean and toned from eating ripe fruits. Potassium helps your body transport water into your cells whereas when your sodium level is higher than potassium the water can't enter your cells and therefore you look more "puffy". Bananas and medjool dates are SO satisfying, and filling and reallyyyy keep your sweet cravings away because you get great quality natural sugar in. They are also high in fibre (hello good digestion), provide quick energy and are easy to eat on the go. The beauty of these delicious fruit meals is that you can eat quite a big amount and you'll literally get into your best shape ever!! Make sure to eat ripe bananas first, let them digest a little and then have your Medjool dates OR eat more bananas and skip the dates.



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Day 10 - Lunch - option 2

PUMPKIN PIE

Ingredients

CRUST
1 cup ground almonds
1,5 tbsp maple syrup
1 tbsp water

FILLING
1/2 cup pumpkin puree
1/2 cup baked & mashed Sweet potato (about 1 large Sweet potato)

CARAMEL
5 medjool dates
1/2 cup water
1/2 tsp vanilla powder extract
1 tsp pumpkin pie spice

Directions

1. Preheat the oven to 190 degrees.
2. Add ground almonds, maple syrup and water to your food processor and pulse to form a marzipan paste. Spread marzipan into your silicone bar moulds or baking form and set aside.
3. Add all filling ingredients into a blender and blend until smooth. Pour over your marzipan base.
4. Next make the caramel sauce by blending dates, water, vanilla and pumpkin pie spice and spread it over the pumpkin filling layer.
5. Bake for about 30 mins and let them cool down in the fridge for a little while. Also great to prep the night before as they are still quite soft after baking. Already looking sooo good right? - Wait until you tasteeee them!

Day 10 - Lunch - option 3

PUMPKIN ENERGY BALLS

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Ingredients

1 cup baked pumpkin
6 medjool dates
1/2 cup oats
1 tsp vanilla powder extract
1 tbsp pumpkin seeds
1/4 cup pecan nuts
1 vegan chocolate bar

Steps

1. Add all ingredients into a food processor and pulse until well combined.
2. Form balls with slightly wet hands and place them in the fridge while you melt the chocolate.
3. Cover or dip each ball in chocolate and leave to dry in the fridge for 30 minutes. ENJOY! Aren't these the most delicious balls of heaven!!



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Day 10 - Dinner

POTATO KNOEDEL

Ingredients

3-4 large baking potatoes, steamed, peeled
1/4 cup buckwheat flour
Pinch of pink Himalayan salt

1 head broccoli florets
6-7 button mushrooms

GRAVY SAUCE
2 cups vegetable broth
3 dried shiitake mushrooms
1/2 onion, diced
1 tbsp coco aminos (or tamari)
1 tbsp Italian herbs
Pinch of salt & pepper
1/4 cup cooked chestnuts (or substitute with cashews)
2 tbsp buckwheat flour

Directions

1. Peel potatoes and steam or cook for 25 mins. This would be best to prep the night before so you can let them cool down in the fridge overnight. Mash potatoes with a fork or potato masher, add buckwheat flour and salt and form little balls.
2. For the gravy, soak shiitake mushrooms in vegetable broth for 10 mins.
3. Sautee onion in a bit of water until soft, add coco aminos, herbs, soaked mushrooms and vegetable broth and let it simmer for another 25 mins. Once done, add chestnuts and buckwheat flour and blend until smooth.
4. For the knoedel, heat up a pot with water (not boiling hot) and let the knoedel cook until they rise to the top. Gently scoop them out, add to your plate, pour over gravy sauce, sprinkle some fresh chives on top and ENJOYYY!!!
5. I love having a side of broccoli and mushrooms with it and adding those to the gravy sauce while it's cooking, Just take them out before you blend the sauce OR steam them separately.:-) ENJOYYYYY

You did it! How do you feel?

YAY!!! You nourished your body to the max for 10 days!! I hope it was easy and you feel amazing!! You absolutely killed it and I am sooo excited to hear your feedback! Send me a message on Instagram and tag me in your stories / posts @carolinedeisler. It always makes my day!




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BONUS RECIPES

Fall is one of my faaaav seasons! Here are a few extra recipes that you have to try! The pumpkin cookies are so deliiiicious (perfect replacement for any of the lunch recipes), the fig toasts also make a great dinner + I looove making healthy jams during the fall and store them in the fridge over winter. It's so lovely to have these healthier versions on hand! The perfect add-on to porridges or on our toasted GF bread recipes.

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PUMPKIN COOKIES

Ingredients

2 cups oats
3 tbsp ground flax seeds
1 cup walnuts, chopped
2 cups baked pumpkin
4 tbsp caramel cate sauce
(blend 3 dates & ¼ cup water)
1 tsp cinnamon
1/2 tsp vanilla extract powder
2 tbsp water

3 tbsp golden raisins

Directions

1. Make the caramel sauce by blending dates and water. Feel free to make more so you have some as a dip as well!
2. Then, add all other ingredients except the raisins to the high-speed blender and blend roughly until you have a crumbly mixture.
3. Add raisins to the mixture and form cookies using wet hands.
4. Bake on parchment paper for 20-25 min at 180 degrees celsius. Let them cool down & dip into more caramel sauce!



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RICOTTA FIG TOASTS

Ingredients

3 cups cauliflower, chopped
1 tsp fresh thyme
1/4 cup raw pine nuts, soaked
2 tbsp olive oil
1 tsp lemon zest
1 tbsp lemon juice
1/2 tsp nutritional yeast
1/2 tsp sea salt

4 slices of our GF toasted bread
4 fresh figs

Directions

1. Steam cauliflower for 15min (perfect to prep in advance)
2. Add to a food processor with rest of ingredients and pulse until smoooth
3. Let it chill in the fridge
4. Add to your toast, top with figs and Balsamico and enjooooy!



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FIG JAM / COMPOT

Ingredients

1 mashed banana
1 tbsp coconut sugar
2 cups figs (about 15-18 figs)
1/4 - 1/2 cup water
1 tsp vanilla powder extract
1 tsp cinnamon

Directions

1. Wash and chop figs.
2. Add banana to a pan or pot, mash with a fork, add 1 tbsp coconut sugar and let it caramelize for 2-3 minutes.
3. Add water, figs, coconut sugar, vanilla and cinnamon and let it simmer for 15 minutes on low medium heat.
4. Use a potato masher to turn it more into a creamy paste or transfer it to a food processor and pulse roughly until smooth.
5. Transfer the jam to your glass jar and store it in the fridge. Such a delicious healthy creamy jam that's free from refined sugar and so nice to have on hand during the colder season.



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