



10 Day Summer Reset

Your vegan RESET meal
plan to have a fit, healthy
AND delicious summer!

by Caroline Deisler



[@CarolineDeisler](#)

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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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Fresh Start!

Summer is here and so is the easiest season to FEEL YOUR BEST! Nature gives us the best selection of fresh fruits and veggies during this time, sunshine for our souls and everything seems more relaxed and at ease right?

This 10 day meal plan is designed to help you make the most of this season, guiding you to nourish your body with the best possible foods while enjoying every meal to the fullest AND getting into your best shape at the same time!

You get to have the best of both worlds: the most delicious healthy smoothies, lunch bowls, vegan ice creams and salads while feeling your most confident self and looking your best!

Hello good digestion and bye cravings! Get readyyy to feel mentally clear headed, positive, well rested, at ease with yourself and experience what it's really like to have the summer of your dreams!! It's a complete game changer and I am SO SO HAPPY you chose to be here with me!





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Daily Checklist

day 1

day 6

day 2

day 7

day 3

day 8

day 4

day 9

day 5

day 10

Top 5 tips to feel good in summer

AND MAKE THE MOST OF THIS SEASON



DRINK LOTS OF WATER

Staying hydrated is the easiest thing to forget but so important for your digestion and well-being. If you catch yourself having a headache or feeling constipated, you probably didn't drink enough water.



GET SUNSHINE

How lovelyyyyyy are those early mornings!! It's bright and sunny outside, that sweet summer scent is in the air and you will feel like a new person getting sunlight first thing in the morning!!



EAT DINNER EARLY

Your digestion is the strongest when the sun is at its highest which is around noon. Once the sun sets, you really shouldn't be eating anymore and although the sun goes down late in summer have an early dinner to allow your body a few hours to digest before going to sleep.



NO FRUITS AFTER COOKED FOOD

Summer has the most delicious variety of fruits to offer and I am all heeere for it but try to follow the routine in this meal plan and don't eat fruits after cooked food as then they'll sit on top of whatever you ate before, can't pass through, start to ferment and build gasses.



HAVE SLOW MORNINGS

In a world where everything is go go go, I got to appreciate slow mornings more than ever now. Our cortisol is at its highest in the morning and having a gentle wake up call without rushing to get things done (even the healthy things) is so soothing for our nervous system.



3 BREATHS BEFORE EACH MEAL

Listen to the birds and nature sounds whenever you can, quiet your mind and focus on your breath. The easiest way to practise deeper breathing is to take 3 deep breaths before each meal and whenever you find yourself feeling stressed, triggered or impatient.



TAKE COLD SHOWERS

The cooler the better! Cold showers, cold plunge, cryo therapy, whatever you have available that's COLD is your health's best friend. Cold exposure tightens your skin, boosts your metabolism and gives you an endorphin rush!!



PUT YOUR LEGS UP THE WALL

Now that it's warmer outside, our legs get swollen more easily and especially if you had a long day walking around, putting your legs up the wall for 10-30 minutes before going to sleep helps so much to drain extra fluid and prevent water retention.



SPEND TIME IN NATURE

Go for an early morning walk, have a picnic outside, go for a bicycle tour and swim whenever you can! Being in nature is the quickest way to feel more grounded and more connected to your highest self and it's usually everywhere available.



DONT STRESS - ABOUT ANYTHING

Make summer your stress free time of the year! Ever wondered why you always feel so good on vacation? Because you feel relaxed. Whether you missed a workout, skipped a meal from this plan and went out to eat, don't worry about it. Fear and stress are worse than anything else.

10 DAY SUMMER RESET

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Daily Tips to follow
on this meal plan

BREAKFAST

SMOOTHIE OR FRUITS FIRST

The beauty of following my meal plans is that you'll find YOUR way of doing things and that's where I ultimately want you to be.

I am here to guide you and show you the way but YOU know what works best for you and the more you follow my meal plans, recipes and workouts the better you understand your body and learn to listen to your intuition.

I personally love to start my day with our de-bloat water, celery juice and either having a delicious green smoothie or one of our gut health shots. Followed by fresh fruits and

either one of my delicious recipes for breakfast or lunch OR some days I really enjoy having a simple fruit meal for lunch which could be lots of hydrating watermelon, honey melon, oranges, mangoes, pineapple, dates ... depending on what's available and most importantly what's ripe. I like to check in with myself every day (usually during our workout) and ask myself what it is that I NEED that day. Some days my body craves an earlier breakfast like a nourishing porridge or chia seed pudding right away and some days I have my smoothies and fruits first.

Have an abundance of delicious fruits for lunch whenever you crave it!

10 DAY SUMMER RESET

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This Summer is going
to be YOUR summer!



If you don't eat when
you are hungry

*You won't stop when
you are full!*



LUNCH

CAN ALWAYS BE A FRUIT MEAL INSTEAD OF THE RECIPE

The same principle applies to our lunch meals. The right way of doing things is how you would secretly love to be doing it. Whether that's having a delicious juicy fruit meal for lunch or making our healthy lunch recipe, there is no right or wrong, it's all about what makes YOU feel the most satiated.

You can also always swob out any sweet lunch with one of our savoury dinner recipes buuuut mark my words when you find yourself having sweet cravings at night and want a sugary snack haha.

We all need healthy sweets and having a sweet breakfast and lunch is the best way to satisfy your sweet tooth with all the healthy goodness nature has to offer.

You need the most energy during the day and your digestion is the strongest. That's why I love to have my fruits, sweet bowls, dates and healthy sweets during the day and make dinner a savoury meal to re-nourish my body and boost my mineral intake before going to sleep so my body can focus on resting and repairing and is not disrupted with an unnecessarily high sugar intake.



SNACK

CAN ALWAYS BE MEDJOOOL DATES INSTEAD OF ANY OF THE RECIPES

You know meee hahah I have medjool dates everyyy single day!! Usually about 15 of them more or less and either plain or in some of my sweet recipes.

Dates were the biggest game changer when I came across this lifestyle and are the single best food to get rid of sweet cravings. Yessss, they are high in sugar but they are also high in fiber, contain lots of minerals and are so nutritious that you are doing your body a biiig favour eating them. Feel free to substitute any of the snack recipes with medjool dates.

If you find yourself not wanting to snack, don't feel like you have to just because it's included in this plan. Remember you do YOU and some people don't like to snack which is also great as then your digestion gets a longer break but if you find yourself wanting to overeat at night or craving sweets after dinner, then you know it's because you didn't have your dates or didn't make the snack recipe The KEY is to give your body what it needs WHEN you need it, when your digestion is the strongest, not hours later when you CRAVE it.

If you don't eat when you are hungry, you won't stop when you are full!

DINNER

CAN ALWAYS BE ONE OF YOUR FAVOURITE RECIPES FROM THIS RESET

I am all about making healthy eating EASY and delicious which also means finding YOUR favourites and making them on repeat.

No one makes different recipes every day and you don't have to! This reset includes some of my all time favourite recipes that make me feel my best and I hope you find yours too!

If on any day you want to swop dinner with another day OR with any recipe from our other reset plans, feel free to do so.

Summer is all about the fresh goodness for me, lots of smoothie bowls, nice creams and salads but some days I crave a warming dinner like our delicious plantain curry.

One thing I learned over the years is that there is no ONE WAY for every day and especially for us women who go through different phases each month depending on where we are in our cycle, it is important to not feel like we have to follow a strict plan and instead leave some room for flexibility.

Listen to your body whether you need a vibrant fresh salad bowl or warming meal for dinner.

Healthy Fats

Especially for us women, healthy fats play an important role in our hormone health and we need a good variety of it! Avocados are one of my absolute favourites but so are chia, flax, sesame, hemp and pumpkin seeds for an amazing omega 3 boost!

Some recipes contain more fats than others and over the period of these 10 days you are getting the perfect ratio of them all, however, please don't skip these completely as then you'll end up craving unhealthy fatty foods since your body will need the FAT from SOMEWHERE.

One thing I noticed from my digestion is that it works best to keep nuts and seeds on the lower side when having cooked starches like potatoes and sweet potatoes at the same time and rather include these in raw salad or lunch bowls.

INTERMITTENT FASTING

IS ALWAYS AN OPTION BUT NOT FOR EVERYONE / EVERY DAY

All my reset plans give you the option to practise intermittent fasting but it's not for everyone and will not give you any better results.

Intermittent fasting means you are reducing your eating window to about 8 hours per day and have 16 hours of fasting.

Following this meal plan, you can have our detox water and celery juice in the morning (this won't break the fast) and pair the smoothie with fruits and / or the recipe for lunch.

I personally love having a 6pm dinner and typically feel hungry in the morning around 8/9 am as I am usually up since 4am. However, if you are having a later dinner or simply don't feel hungry in the morning this is a lovely time to give your digestion an extra break.

Especially for us women though, depending on where we are in our cycle intermittent fasting can be beneficial or counter intuitive. Please don't have an all or nothing mindset here and go by how you feel each day. :-)

Listen to your body and never push yourself not to eat if you are hungry.

The Workout Plan

10 DAY SUMMER RESET - WORKOUTS

YAY!! We have a matching **10 DAY WORKOUT PROGRAM** that I created for our 10 Day Summer Reset to get the best eeeeeer results! Combining my meal plans with my workouts is THE ultimate recipe for success.

Fuelling your body with the right foods gives you the extra energy you need to want to move your body because the key to results is to actually WANT to be doing what you are doing.

My workouts will teach you to listen to your body, are keeping your cortisol low so your body can focus on burning fat and prevent overeating as you'll be so in tune with yourself!

Summer is literally the easiest time to get into your best shape! It's warm and sunny, bright early and we are all filled with good vibes!

You'll find our 10 DAY SUMMER RESET WORKOUTS on my RESET PLATFORM alongside all my other home workouts, challenges, weekly workout plans, recipes, meal plans and more!!

Food and Fitness go hand in hand and I am so excited to see you all crushing this meal and workout plan! Come join me on RESET now and be part of our amazing wellness community!

10 DAY SUMMER RESET

10 Day
SUMMER
RESET

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www.resetbycaroline.com



Day 1: 40min full body workout

Day 2: 30min cellulite & booty + 10min arms

Day 3: 30min morning flow

Day 4: 25min fat burn & abs + 20min stretch

Day 5: 40min booty & abs

Day 6: 40min pilates

+ 15min total core

Day 7: 45min fat burn & upper body

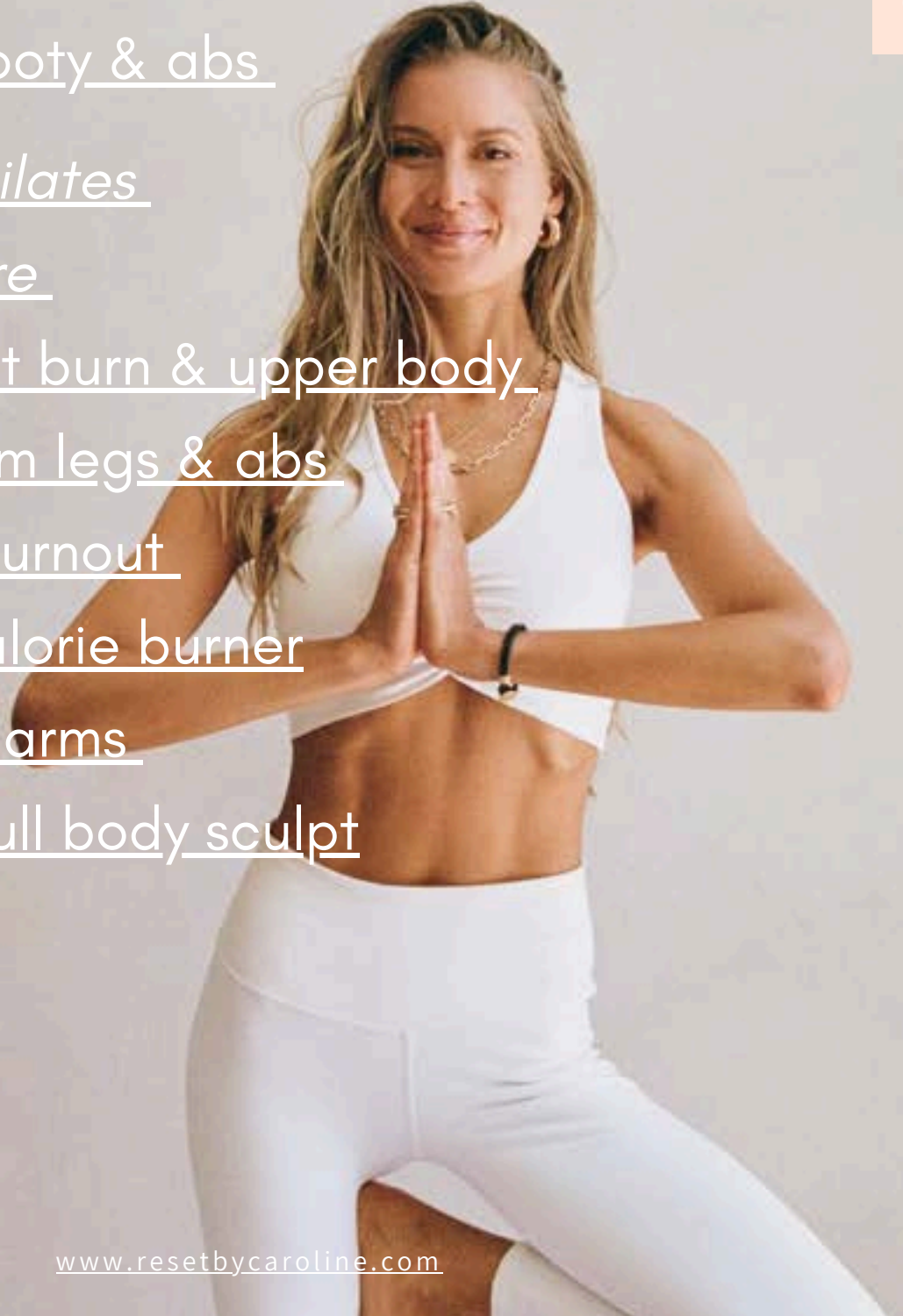
Day 8: 30min slim legs & abs

+ 20min booty burnout

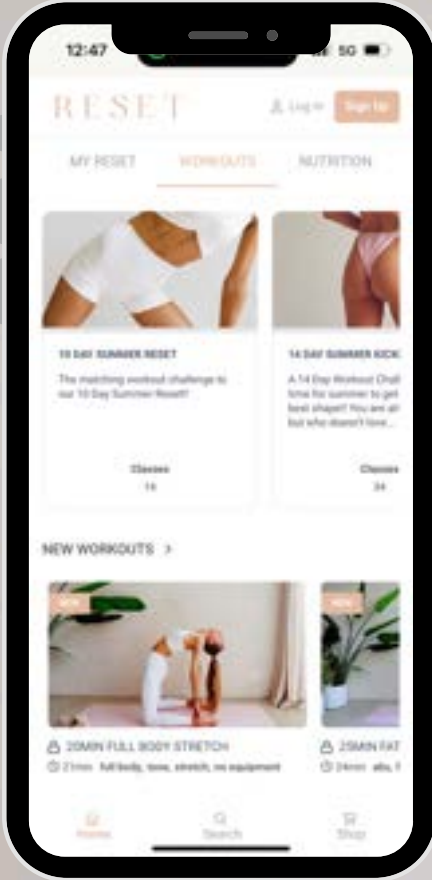
Day 9: 30min calorie burner

+ 15min booty & arms

Day 10: 45min full body sculpt



10 DAY SUMMER RESET



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Let's go!

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Shopping List

GREENS

5 bunches basil
 2 bunches parsley
 4 bunches chives
 2 bunches dill
 1 handful fresh mint
 1 bunch cilantro
 1 handful coriander
 5 large ripe tomatoes
 10 medium sized tomatoes
 7 cups cherry tomatoes
 2 cups colourful tomatoes
 1 handful arugula
 1 head romana salad
 2 handfuls fresh spinach
 1 handfuls fresh baby spinach
 3 handfuls fresh Kale
 2 handfuls salad greens
 1 head iceberg lettuce
 2 heads gem lettuce
 1 handful broccoli sprouts
 1 large head broccoli

VEGGIES

4 heads celery
 1 purple sweet potato
 7 sweet potatoes
 8 carrots
 29 medium size potatoes
 1 head red cabbage
 1 beetroot
 5 zucchinis
 13 ripe avocados
 13 cucumbers

 2 red bell peppers
 1 cob of corn
 3 spring onions
 2 red onions
 1/2 cup pickled red onions
 5 sun dried tomatoes
 1/2 cup black olives

FRUITS

52 medjool dates
 19 frozen bananas
 12 ripe bananas
 4 plantains
 22 lemons
 2 limes
 1,5 cups grapes
 3 cups Strawberries
 1 handful frozen strawberries
 2 cups berries
 2 cups fresh raspberries
 3 grapefruits
 3 cups ripe papaya
 3 cups frozen mango
 1/2 cup fresh ripe mango
 3 cups frozen pineapple
 2 sachets frozen pitaya

 1 tbsp peanut butter
 3 tbsp almond butter
 1 tbsp cashew butter
 5 tbsp hazelnut butter
 7 tbsp tahini
 2 tbsp roasted hazelnuts
 1/2 cup walnuts
 2 cups cashews
 1/4 cups almonds
 1 cup pistachios
 1/3 cup roasted pecan nuts
 1/2 cups pumpkin seeds
 3/4 cup chia seeds
 1/2 cup sunflower seeds
 1 cup flax seeds
 1 tbsp hemp seeds
 4 tbsp sesame seeds

 1/2 cup freeze dried raspberries
 3 tsp coconut sugar
 1 1/4 cup desiccated coconut
 1 cup raisins

6 nori sheets
 3 tbsp olive oil
 1 tbsp sesame oil
 2 tbsp tomato paste
 1 tsp spirulina
 3 tbsp psyllium husk powder
 onion powder
 garlic powder
 pink Himalayan salt
 1 tbsp maple syrup
 5 tbsp apple cider vinegar
 3 cups veggie stock
 1 tbsp dijon mustard
 4 tsp vanilla extract
 15 tbsp carob powder
 1 tsp cinnamon

 2 1/2 cups cooked rice
 1 cup dry buckwheat groats
 5 cups oats

 1 1/2 cups coconut yogurt
 1 vegan chocolate bar
 1 1/3 cups dry farro spaghetti
 1/2 cup pure Aloe Vera Juice

 2 1/2 cups cooked black beans
 1 1/2 cups cooked kidney beans
 1 cup cooked butter beans
 3 cups cooked chickpeas

Day 1-10

De-bloat Water



Ingredients

DRINK ALL DAY

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

OPT: fresh ginger juice

Directions

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

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

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

Day 1-10

Celery Juice



Ingredients

1-2 heads celery

Directions

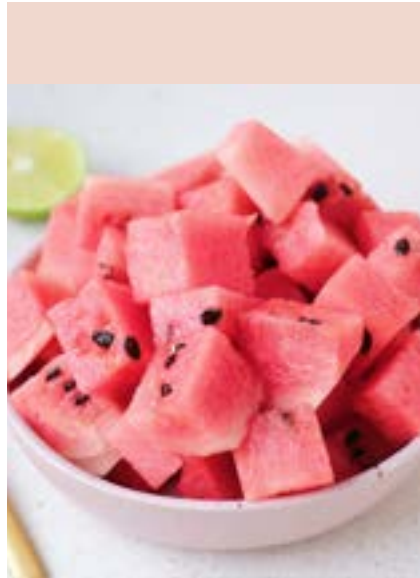
Run celery through your juicer and voila, celery juice is readyyyy!

Day 1

OVERVIEW OF ALL MEALS



Breakfast



Breakfast



Lunch



Snack



Dinner



Dinner

Day 1

FLAT TUMMY Smoothie

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Ingredients

DRINK IT ALL

- 2 peeled lemons
- 2 cups frozen pineapple
- 1 handful fresh spinach
- 1 handful fresh kale
- 1 handful Celery
- 2-3 cups water (or ginger water)
- 1 tbsp flax seeds

Directions

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

The green smoothie that's good at cleaning out your colon! Full of goodness and extra fiber from the flaxseeds to get everyyything going. YAY!

Day 1 - Breakfast



Ingredients

LOTS OF FRESH FRUITS, A mono meal with one type of fruit would be ideal! Depending on what you have in season right now:

IDEAS:

- Melons
- Fresh figs
- Papayas
- Mangoes
- Oranges
- Peaches
- Medjool Dates

Notes

The EASIEST-TO-DIGEST LUNCH! Fresh fruit (as long as it's ripe - veryyy important) is your gut's best friend. Hydrating, rich in fibre, get everything going, keep your energy up and are so easy to eat anywhere!

Ideally, go for a mono meal. This means you eat one type of fruit until you are fully satisfied. If you are mixing fruits, bananas and mangoes go well and oranges and pineapples. Melons should alwayyyys be eaten alone, peaches and nectarines are a good match too! I love to have watery fruits first and a little later some medjool dates to be fully satisfied.

Day 1 – Lunch



PITAYA BOWL

Ingredients

2 sachets frozen pitaya
4 frozen bananas
1 tsp vanilla extract (opt)
1/2 cup water

Steps

- 1 Add all ingredients to a food processor or a high speed blender and blend until creamyyy. Start on a lower intensity to help it blend easier as we are not using much water to keep it super creamyyyy. You can also add no water to get more of an ice cream texture.

Top with your favourite fruits, I love papaya here and ENJOYYYY!

Day 1 – Snack



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RAW VEGAN SUSHI

Ingredients

- ½ cup walnuts
- 3 carrots, chopped
- 3 nori sheets
- 1 small cucumber
- 1 avocado
- 1 handful arugula
- 1/2 red bell pepper

Steps

- 1 Add carrots and walnuts to a food processor and pulse until you have a creamy paste.
- 2 Add the spread to your nori sheets, top with the rest of the toppings like julienne peeled cucumber, sliced avocado, arugula and red bell pepper. Roll it all up and enjoy!! Such a yummy snack!

Day 1 – Dinner

BRUSCHETTA SALAD

Ingredients

5 large ripe tomatoes
2 cups cherry tomatoes
1/2 red onion
1 bunch basil
1 head romana salad, chopped
1 avocado

Juice of 1 lemon
1 tbsp olive oil
Pinch of pink Himalayan salt

Steps

- 1 Chop up tomatoes, onion, basil, salad greens and avocado and mix it well together. Add in lemon juice, olive oil and a pinch of salt and ideally let it all sit for an hour in the fridge so the flavours can all absorb really well!
- 2 This salad is suuuuch a dream!! So light, refreshing, delicious and healthy. For me it's THE summer salad to make! I love to have this first and to feel fully satisfied, potatoes a little later.

Day 1 – Dinner



POTATOES

Ingredients

5 medium size 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've cooled down, the starch turns into resistant starch and doesn't get digested. Great for your gut health and figure!!
- 2** Another 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 are super yum but steamed, cooled potatoes are especially satiating.

Day 2

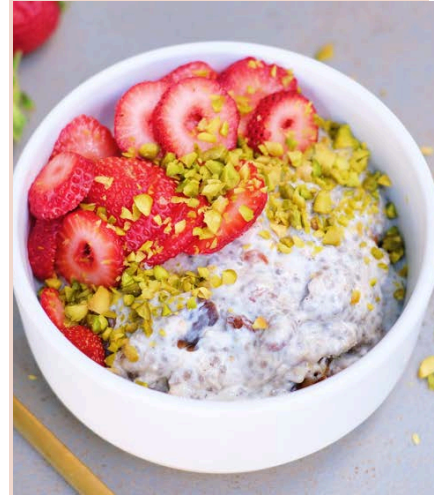
OVERVIEW OF ALL MEALS



Breakfast



Breakfast



Lunch



Snack



Dinner



Dinner

Day 2

CUCUMBER SMOOTHIE



Ingredients

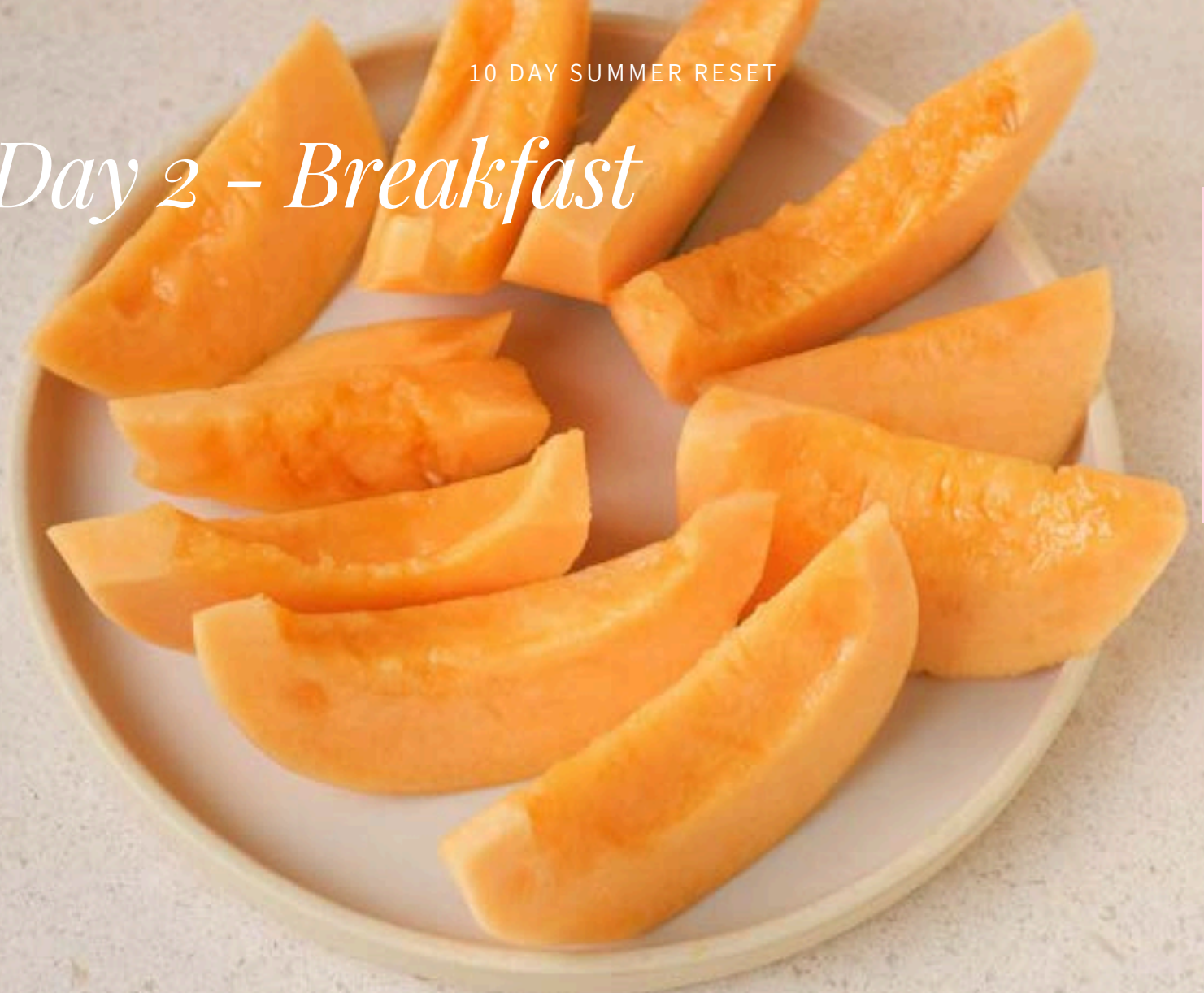
1 cup frozen pineapple
2 cucumbers
Handful fresh mint
1 tsp spirulina (opt)
2 cups water

Directions

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

I loove this one!! It's so hydrating and delicious!! Cucumbers are amazing for your skin as the peel contains lots of silica and spirulina is an amazing protein source + pineapple is high in digestive enzymes!

Day 2 - Breakfast



Ingredients

LOTS OF FRESH FRUITS, A mono meal with one type of fruit would be ideal! Depending on what you have in season right now:

IDEAS:

- Melons
- Fresh figs
- Papayas
- Mangoes
- Oranges
- Peaches
- Dates

Notes

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Day 2 - Lunch

HORMONE BALANCING PORRIDGE

Ingredients

1/2 cup oats
2 tbsp chia seeds
1 tsp vanilla extract
2 tbsp raisins
1 tbsp hemp seeds
1 tbsp ground flaxseeds
1 cup water

3 medjool dates, chopped
2 scoops coconut yogurt
2 tbsp chopped pistachios
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!

This hormone balancing porridge is so yum, light yet filling, satisfying and incredibly nutritious! Chia, flax and hemp seeds are an amazing omega 3 source and so important for happy hormones! LOOOVE THIS ONE!!!

Day 2 - Snack



PISTACHIO FUDGE SQUARES

Ingredients

- 9 large medjool dates
- 1/2 cup pistachios
- 1 vegan chocolate bar

Note

- 1 Add pitted dates and pistachios to a food processor and pulse until you have a sticky paste. Form squares with slightly wet hands and put each square on a wooden stick.
- 2 Melt your chocolate. Dip each square into the chocolate, top with another sprinkle of chopped pistachios and place in the freezer for at least 30 minutes. HEAVEEEEN!!

Day 2 - Dinner

SUMMER SALAD

Ingredients

2 big handful salad greens
2 cups tomatoes, chopped
1 ripe avocado
1 cup butter beans
1 zucchini, julienne peeled
1/2 cup pickled red onions

+ 2 slices of Caro's GF bread,
toasted and cut in squares

2 tbsp of Caro's hummus

Steps

- 1 Wash your salad greens, rinse your beans, chop tomatoes, avocado and slice the zucchini with a julienne peeler.
- 2 Add all ingredients to a salad bowl, top with pickled onions, hummus and our toasted GF bread and ENJOYYYYY!! Isn't this NEXT LEVEL deliciousness? I could eat this salad EVERY day!! It's so so satiating, healthy and perfect for a warm summer evening.

CARO'S *Gluten Free Bread*



Ingredients

- 2,5 cups oats
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/2 cup flax seeds
- 5 tbsp chia seeds
- 3 tbsp psyllium husk powder
- 1 tsp salt
- 1 tbsp maple syrup (opt)
- 2 cups water

Steps

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

CARO'S HUMMUS

Ingredients

2 cups cooked chickpeas
1/2 cup water
Juice of 1 lemon
1 pinch of pink himalayan salt
2 tbsp tahini

Steps

- 1 Add all ingredients to a food processor or high speed blender and blend until creamy.
- 2 Transfer hummus to a serving bowl and enjoyyyy! LOVE this one as a dip for fresh veggies, potatoes or really anything!!

Day 3

OVERVIEW OF ALL MEALS



Breakfast



Breakfast



Lunch



Snack



Dinner



Dinner

Day 3 - Lemon Shot



Ingredients

- 1 whole lemon (organic)
- 1 medjool date
- 1 cup water

Notes

- 1 Add everything to a small blender and blend until smooth.

We are using the whole lemon here including the peel which is very bitter and AMAZING for your digestion and intestines!! Make sure to use an organic unwaxed lemon and wash it well. :) This one is a little hardcore buut so good for you hehe!

Day 3 - Breakfast



Ingredients

LOTS OF FRESH FRUITS, A mono meal with one type of fruit would be ideal! depending on what you have in season right now:

IDEAS:

- Melons
- Fresh figs
- Papayas
- Mangoes
- Oranges
- Peaches
- Dates

Notes

The EASIEST-TO-DIGEST LUNCH! Fresh fruit (as long as it's ripe - veryyy important) is your gut's best friend. Hydrating, rich in fibre, get everything going, keep your energy up and are so easy to eat anywhere!

Ideally, go for a mono meal. This means you eat one type of fruit until you are fully satisfied. If you are mixing fruits, bananas and mangoes go well and oranges and pineapples. Melons should alwayyys be eaten alone, peaches and nectarines are a good match too! Try to avoid mixing watery fruits like oranges with bananas for example.

Day 3 - Lunch



MANGO NICE CREAM

Ingredients

3 cups frozen mango
1/2 cup water

Steps

- 1 Add frozen mango and water to a food processor or high speed blender and blend until creamyyy. I like to buy lots of mangoes, let them ripen up, chop and freeze them myself as store bought frozen mango is usually not super right.

Day 3 – Snack

PLANTAIN CHIPS

Ingredients

- 1 plantain, peeled & sliced
- 1 tsp coconut sugar

Steps

- 1** Peel and slice your plantain into 2cm thick pieces.
- 2** Add plantain pieces to your air fryer, add a tiny sprinkle of coconut sugar, and bake for 15 minutes at 190 degrees Celsius.
- 3** Give it a little shake halfway through and optionally add another sprinkle of coconut sugar. I looove these little bites of heaven!! So easy to make and such a quick, delicious, and healthy snack!

Day 3 - Dinner



CARO'S POTATO SALAD

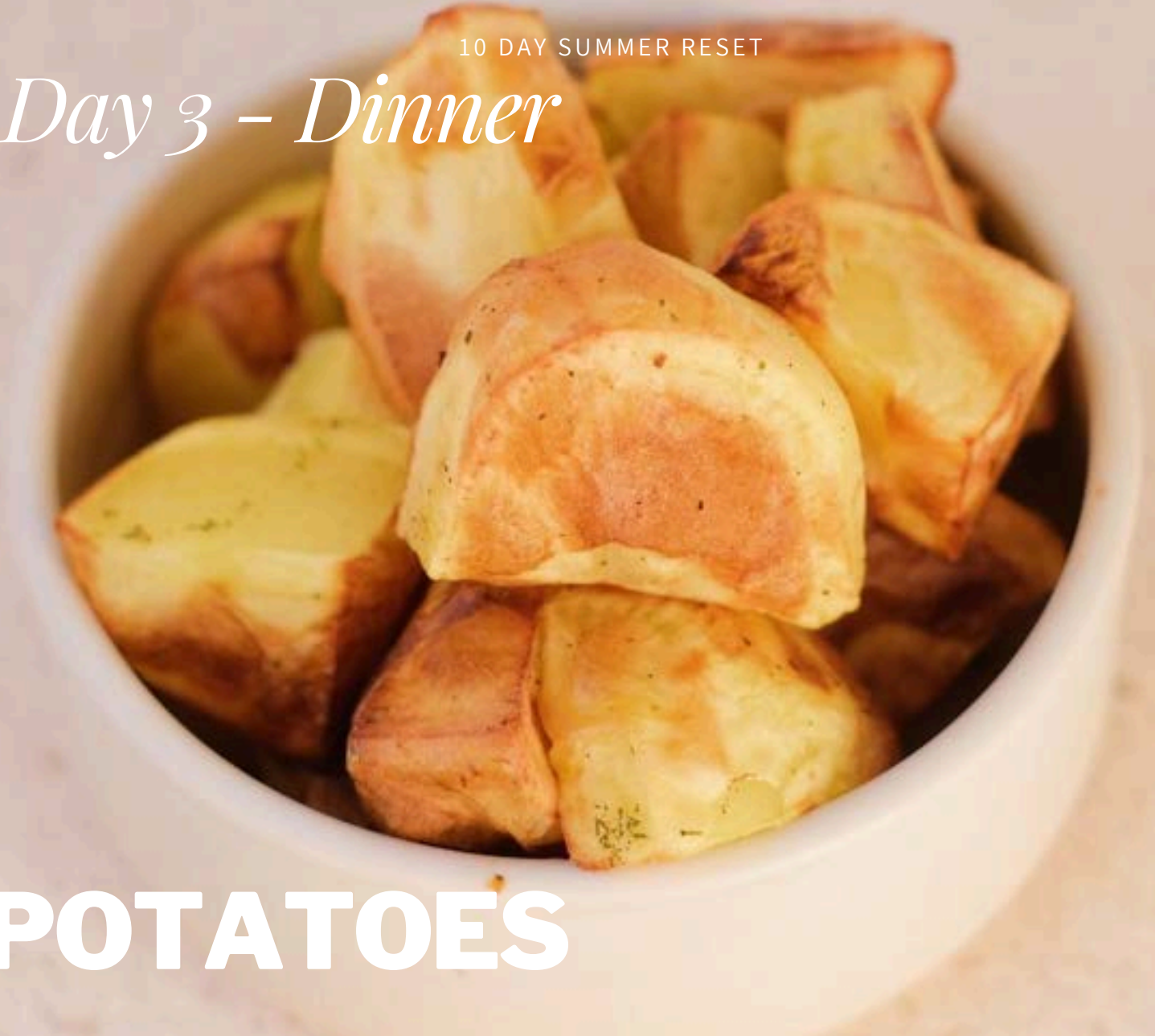
Ingredients

- 5 medium size potatoes, steamed
- 2 cucumbers, thinly sliced
- 2 scoops coconut yogurt
- 1 bunch chives
- 1 bunch basil
- 1/2 red onion
- Juice of 1 lemon

Steps

- 1 Peel and steam potatoes and let them cool down. Ideally do this the day before and have them ready to use in the fridge.
- 2 Slice potatoes, cucumbers, red onion and chop herbs. I love to use a veggie slicer for the cucumbers to get them really thin.
- 3 Add all ingredients into a bowl and mix well. Such a deliicious, easy to digest potato salad that's much healthier than the dairy loaded store bought version. Have more steamed potatoes if you're not fully satisfied.

Day 3 - Dinner



POTATOES

Ingredients

5 medium size potatoes

Steps

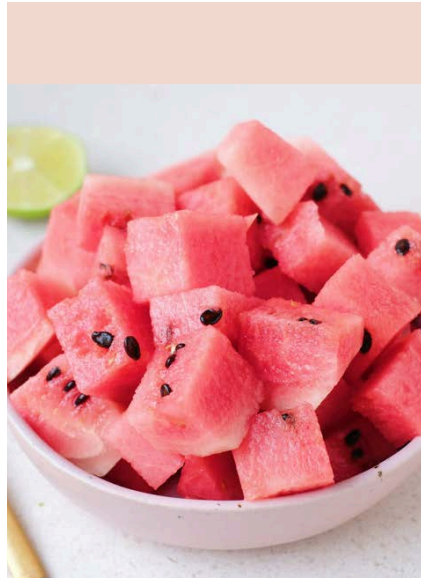
- 1** I love to peel my potatoes and boil or steam them for 25 minutes until soft then let them fully cool down as cold potatoes are kind of a weight loss trick hehehe! Once they've cooled down, the starch turns into resistant starch and doesn't get digested. Great for your gut health and figure!!
- 2** Another 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 are super yum but steamed, cooled potatoes are especially satiating.

Day 4

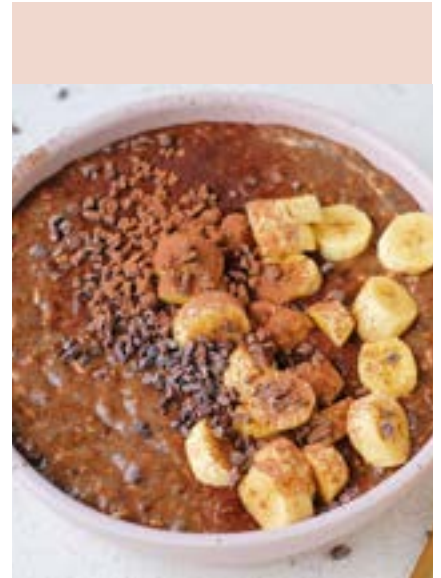
OVERVIEW OF ALL MEALS



Breakfast



Breakfast



Lunch



Snack



Dinner



Dinner

Day 4 – Grapefruit Shot



Ingredients

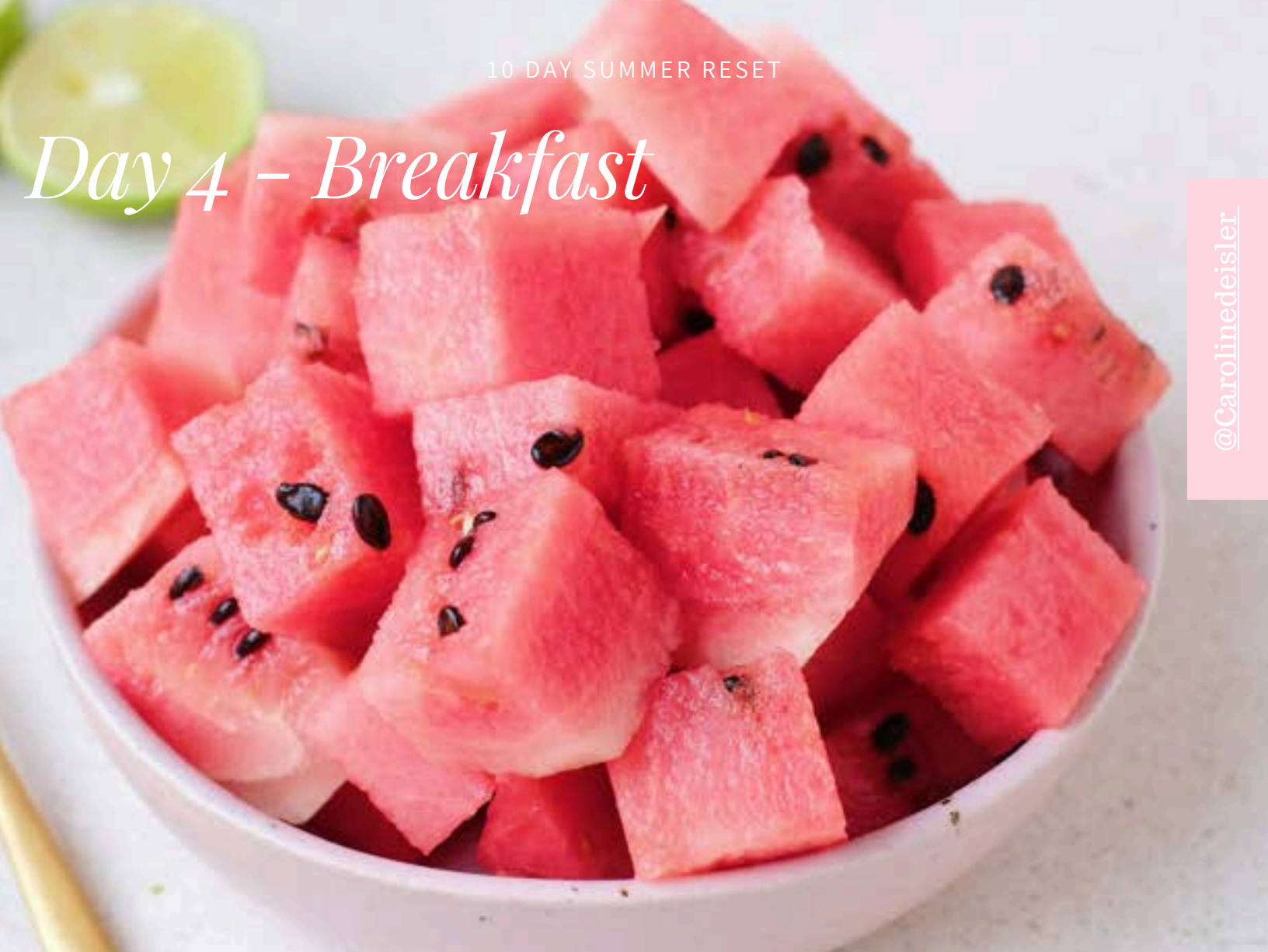
1 whole grapefruit, peeled
1 medjool date
½ cup water
Juice of 1 lemon

Notes

Add everything to a small blender and blend until smooth.

I love grapefruit but find them hard and messy to eat sometimes but I always think I should have them more hahah! This shot is actually quite tasty despite the fact that it's a powerful antioxidant and digestion booster!!

Day 4 - Breakfast



Ingredients

LOTS OF FRESH FRUITS, A mono meal with one type of fruit would be ideal! Depending on what you have in season right now:

IDEAS:

- Melons
- Fresh figs
- Papayas
- Mangoes
- Oranges
- Peaches
- Dates

Notes

The EASIEST-TO-DIGEST LUNCH! Fresh fruit (as long as it's ripe - veryyy important) is your gut's best friend. Hydrating, rich in fibre, get everything going, keep your energy up and are so easy to eat anywhere!

Ideally, go for a mono meal. This means you eat one type of fruit until you are fully satisfied. If you are mixing fruits, bananas and mangoes go well and oranges and pineapples. Melons should alwayyys be eaten alone, peaches and nectarines are a good match too! Try to avoid mixing watery fruits like oranges with bananas for example.

Day 4 - Lunch



CHOCOLATE OATS

Ingredients

½ cup oats
2 tbsp chia seeds
2 tbsp ground flaxseeds
1.5 cups water

CREAM

2 ripe bananas
3 medjool dates
2 tbsp carob powder
1 tbsp almond butter
1/3 cup water

TOPPINGS

1 banana
2 tbsp 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. SO DELIIIIICIOUS. I love it chilled fresh out of the fridge! YUM!

Day 4 – Snack



CUCUMBER BOATS

Ingredients

- 4 mini cucumbers
- 1 avocado
- Juice of 1 lemon
- Handful cherry tomatoes
- Freshly chopped coriander, dill, chives or parsley

Steps

- 1 Cut your cucumbers in half, scoop out the soft part, mash the avocados, then mix in fresh lemon juice, the cucumber pulp, fresh herbs and optionally tomatoes.
- 2 Fill your cucumber boats with the avocado mixture and ENJOYYYY! Such a delicious, refreshing and healthy snack!

Day 4 - Dinner



PLANTAIN PROTEIN BOWL

Ingredients

- 1 cup of cooked white rice (Or brown rice)
- 1 cup of black beans, cooked
- 1 avocado
- 1 lemon, squeezed
- 1 large plantain
- 1 tsp coconut sugar
- 1 purple sweet potato

Steps

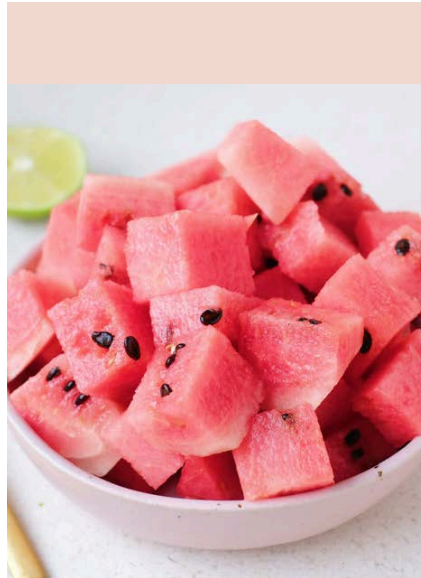
- 1** Bake the whole sweet potato (with the peel on) for 60 minutes at 200 degrees Celsius. Let it cool down, remove the peel and slice into pieces. I always roast 4-5 sweet potatoes at once and have them in the fridge ready to be used.
- 2** Peel plantains, the riper they are the better (should be almost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

Day 5

OVERVIEW OF ALL MEALS



Breakfast



Breakfast



Lunch



Snack



Dinner



Dinner

Day 5

GREEN SMOOTHIE



Ingredients

1 head celery
2-3 leaves kale, de-stemmed
3 frozen bananas
Juice of 1 lemon
2 cups water

Directions

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

You can literally IMMEDIATELY feel the mental clarity kicking in from drinking this!

Day 5 – Breakfast



Ingredients

LOTS OF FRESH FRUITS, A mono meal with one type of fruit would be ideal! Depending on what you have in season right now:

IDEAS:

- Melons
- Fresh figs
- Papayas
- Mangoes
- Oranges
- Peaches
- Dates

Notes

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Ideally, go for a mono meal. This means you eat one type of fruit until you are fully satisfied. If you are mixing fruits, bananas and mangoes go well and oranges and pineapples. Melons should always be eaten alone, peaches and nectarines are a good match too! Try to avoid mixing watery fruits like oranges with bananas for example.

Day 5 - Lunch

BOUNTY PORRIDGE

Ingredients

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

CHOCOLATE CREAM:

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

Steps

- 1 Cook buckwheat in water for 15-20 minutes until soft. Greaaaaat to do the day before or even once a week and have cooked buckwheat stored in an air-tight container in the fridge.
- 2 Add all chocolate cream ingredients into a small blender and blend until smooth. HEAVEN!!
- 3 Mix the cooled down cooked buckwheat with coconut yoghurt and add your first bounty porridge layer to a jar. Layer up with chocolate cream and then repeat the process until you finish with the rest of chocolate cream!

Day 5 – Snack



GREEN GAZPACHO

Ingredients

- 2 small cucumbers
- 1 bunch dill
- 1 bunch chives
- 1 bunch basil
- 1 avocado
- 1 lemon, squeezed
- 1 pinch of salt
- 1/2 cup of water
- 2 tbsp of olive oil

Note

- 1 Add all ingredients except the oil to a high speed blender and blend until creamyyy.
- 2 Add in the oil gradually while blending it, serve with more chopped avocado and toasted seeds would be really yum here as well!

Day 5 - Dinner

THAI CABBAGE SALAD

Ingredients

- ½ head red cabbage, finely chopped
- 4 stalks celery, chopped
- ½ cup raisins, soaked
- ½ cup cashews, raw or dry roasted
- 2 green onions, chopped
- 1 bunch cilantro, chopped

DRESSING

- 2 tbsp apple cider vinegar
- 1 heaping tbsp cashew butter
- 1 tbsp sesame oil
- Pinch of salt
- Juice of 1 lemon
- 1 raw zucchini, peeled
- a bit of water to blend

Steps

- 1 Chop up all veggies and arrange your salad bowl.
- 2 Add all dressing ingredients into a high speed blender and blend until creamyyy. Adding the zucchini here is amazing to create more volume while keeping it lighter compared to adding more nut butter for example.

This salad is soooo delicious, such a great way to eat more red cabbage which is incredibly nutritious and perfect for a warm summer evening. LOVE LOVE LOVE! You probably feel super satisfied from “just” having the salad but if you feel like you need something else, go for simple steamed potatoes about an hour later so your body had enough time to digest.

Day 5 - Dinner

POTATOES

Ingredients

5 medium size 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've cooled down, the starch turns into resistant starch and doesn't get digested. Great for your gut health and figure!!
- 2** Another 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 are super yum but steamed, cooled potatoes are especially satiating.

Day 6

OVERVIEW OF ALL MEALS



Breakfast



Breakfast



Lunch



Snack



Dinner



Dinner

Day 6

DE-BLOAT Smoothie

@CarolineDeisler



Ingredients

2 cups ripe papaya,
chopped & frozen
2-3 cups water
¼ cup lemon or lime juice

2 cups ice cubes if you're
using fresh papaya that's
not frozen.

Directions

Blend everything until
SMOOOOTH!

Papayaaa is your
digestions' best friend,
TRUST ME hehe!! If you
live in a climate where
you don't have access to
ripe papayas (like we do
in London), the best
thing is to find small fruit
shops, buy lots of unripe
papayas and let them
ripen up at home! I
always have 4-6 papayas
at home and let them
ripen for up to a week. I
love this smoothie nice
and cold and it does
WONDERSSSS for my
digestion!

Day 6 - Breakfast



Ingredients

LOTS OF FRESH FRUITS, A mono meal with one type of fruit would be ideal! depending on what you have in season right now:

IDEAS:

- Melons
- Fresh figs
- Papayas
- Mangoes
- Oranges
- Peaches
- Dates

Notes

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Day 6 – Lunch



PROTEIN BERRIES

Ingredients

2/3 cup of buckwheat groats, soaked

1 cup of water

1 large ripe banana

2 tbsp of carob powder

1 tbsp of hazelnut butter

1 1/4 cup of strawberries (or any other berries)

Steps

- 1 Soak buckwheat in water overnight or if you're using sprouted buckwheat 30min are enough. Such an amazing complete protein source that's low fat as well.
- 2 Rinse buckwheat and add to a small blender together with all other ingredients.

Pour over your fresh berries and ENJOYYYY!



HERBY HUMMUS

Ingredients

1 small raw zucchini
1 bunch chives
1 bunch basil or dill
Juice of 1 lemon
Pinch of salt
1 cup cooked chickpeas
2 tbsp tahini
1/4 cup water

Steps

Add all ingredients into a food processor and pulse until creamy.

I love this recipe because it's much lighter and less calorie-dense than regular hummus and you get lots of extra nutrients from the herbs in!! WIN WIN WIN!
I love having crunchy mini cucumbers for a snack!

Day 6 – Dinner

RAINBOW SALAD

Ingredients

1 zucchini
2 carrots
1/2 large cucumber
1 beetroot
1/2 small red cabbage, shredded
2 heads gem lettuce
Handful parsley (opt)

DRESSING:

Leftover zucchini stems
Leftover carrot stems
1 tbsp dijon mustard
1 tbsp tahini
1 medjool date
1 tbsp apple cider vinegar
Juice of 1 lemon
1/2 cup water

Steps

- 1** Peel zucchini, carrots and cucumber with a potato peeler. Set zucchini and carrot stems aside for the dressing. No food waste YAY!
- 2** Grate beetroot and red cabbage. Chop up lettuce and parsley and add to a bowl with all other ingredients.
- 3** Make the dressing by adding all ingredients into a blender and blend until smooth. It's so yum!! I love that dressing and the mustard note in it!! Pour the dressing into your salad, mix well and EJOYYYY!! The perfect refreshing lunch, picnic salad or dinner with some roasted potatoes on the side!

Day 6 – Dinner



AVOCADO SUSHI

Ingredients

- 1,5 cups cooked white or brown rice
- 2 avocados
- 3 tbsp sesame seeds
- 3 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

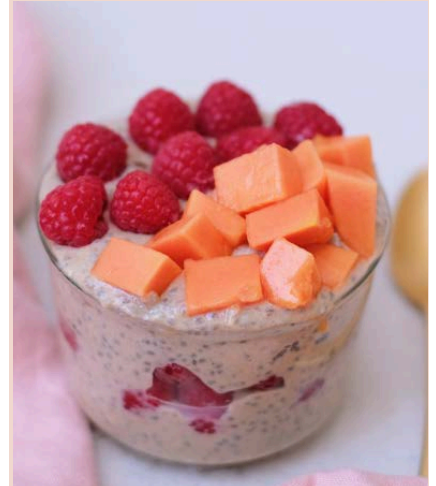
OVERVIEW OF ALL MEALS



Breakfast



Breakfast



Lunch



Snack



Dinner



Dinner opt 2

Day 7 - Lemon Shot



Ingredients

2 tbsp aloe vera juice
1 whole lemon peel removed
⅓ cup pineapple

Notes

Add all ingredients to a high-speed blender and blend until smooth. Using a small blender like a Nutribullet works best to make our shots!

Yummm I LOVE this one and it's a gut health powerhouse. Pineapple is naturally super high in digestive enzymes + the lemon and aloe vera are an extra boooost. This is most effective drank before your meal!

Day 7 - Breakfast



Ingredients

LOTS OF FRESH FRUITS, A mono meal with one type of fruit would be ideal! Depending on what you have in season right now:

IDEAS:

- Melons
- Fresh figs
- Papayas
- Mangoes
- Oranges
- Peaches
- Dates

Notes

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Day 7 - Lunch

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

1-2 cups berries
1 cup papaya, chopped

Steps

- 1** Soak chia seeds in water overnight.
- 2** Add dates, bananas, cashews, cinnamon, vanilla and water to a blender and blend until smooth.

Add cream into the chia seed paste, mix well, transfer to a jar, add berries and papaya and
- 3** ENJOYYYYY!! 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. Such a quick, easy, delicious lunch, perfect to pack for work!

Day 7 - Snack



CARROT CAKE BALLS

Ingredients

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

Steps

- 1** Add dates to a food processor and pulse until you have a paste-ish texture.
- 2** Add in grated carrots and coconut and pulse again.
- 3** Form little balls with slightly wet hands and your delicious carrot cake balls are readyyy! These are everyone's favourite in our house!

Day 7 - Dinner



AVOCADO PASTA

Ingredients

130g dry farro spaghetti

1 cup cherry tomatoes

1-2 tbsp Italian herbs

SAUCE

1 bunch fresh basil

1 avocado

1/2 cup cashews, soaked

Handful fresh baby spinach

Juice of 1 lemon

1/2 cup (pasta) water

1 clove garlic (optional)

Salt and pepper

Steps

- 1** Cook the pasta according to the package instructions.
- 2** While it cooks, sauté 1 cup cherry tomatoes for 10 mins, (or bake them or simply leave them raw)
- 3** Blend all sauce ingredients in a high speed blender until creamyyy and mix in the spaghetti.
- 4** Top with your roasted cherry tomatoes and fresh basil and ENJOY!! :-). One of my favourites.

Day 7 - Dinner - opt 2



HEALTHY FRIES

Ingredients

3 large sweet potatoes
1 tsp cinnamon (opt)

YOGURT DIP

1/2 large cucumber, finely
chopped
1 bunch chives
1 bunch dill
juice of 1 lemon
2-3 tbsp coconut yogurt
opt: 1/2 red onion, chopped

Steps

- 1** Preheat the oven to 180 degrees Celsius and cut the sweet potatoes in wedges. Place them on a tray lined with parchment paper and bake for 50 minutes. Optionally add a sprinkle of cinnamon, this makes them extra sweet and delicious!
- 2** Mix all yogurt dip ingredients together in a bowl and keep it in the fridge until the sweet potatoes are readyyyy. I love to also put my sweet potato fries in the freezer for 10 minutes after baking so they cool down.

Day 8

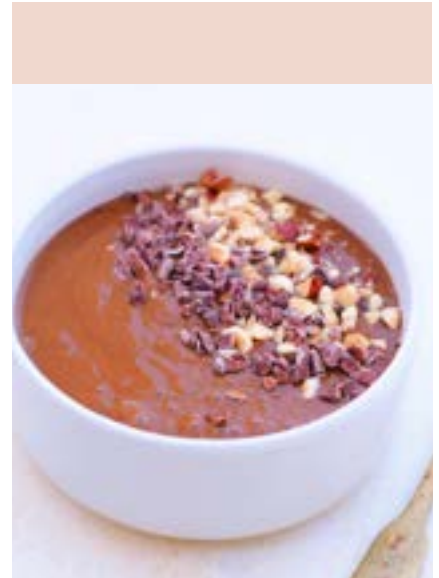
OVERVIEW OF ALL MEALS



Breakfast



Breakfast



Lunch



Snack



Dinner



Dinner opt 2

Day 8

STRAWBERRY SHAKE



Ingredients

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

Steps

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

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

Day 8 - Breakfast



Ingredients

LOTS OF FRESH FRUITS, A mono meal with one type of fruit would be ideal! depending on what you have in season right now:

IDEAS:

- Melons
- Fresh figs
- Papayas
- Mangoes
- Oranges
- Peaches
- Dates

Notes

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Day 8 – Lunch



CHOCOLATE NICE CREAM

Ingredients

4 frozen bananas
1 tbsp hazelnut butter (opt)
2 tbsp carob powder (or cacao powder)
1/2 cup water

TOPPINGS (opt)

2 tbsp roasted hazelnuts, chopped
2 tbsp cacao nibs

Steps

- 1 Add all ingredients into a food processor or high speed blender and blend until creamyyyyy. The less water you use the more ice cream like it will be.
- 2 Enjoy plain or add your favourite toppings like roasted hazelnuts, cacao nibs or any fruit you fancy.

Day 8 - Snack



RASPBERRY BLISS BALLS

Ingredients

5 medjool dates, pitted
1 1/4 cup fresh raspberries
1/2 cup desiccated coconut
1/2 cup oats
1/2 cup freeze-dried raspberries
1 tsp vanilla extract

Note

- 1 Add dates to a food processor and pulse until you have a date paste.
- 2 Add in raspberries, desiccated coconut, oats, freeze-dried raspberries, and vanilla, and pulse again until well combined.
- 3 Form balls with your hands, roll in more coconut and enjoyyyyyy!!!

Day 8 - Dinner

BROCCOLI SALAD

Ingredients

1 large broccoli crown (florets only),
finely chopped
1,5 cups grapes, halved
1/4 cup almonds (optionally: dry roasted)
1/4 cup dried cranberries or raisins
Juice of 1/2 lemon

DRESSING

1/2 cup raw cashews, soaked
1/4 cup water
1 medjool date
1 tbsp apple cider vinegar
1/2 tsp salt

Steps

- 1** Soak cashews for 10 mins. This makes them easier to blend. Add all dressing ingredients into a blender and blend until smooth.
- 2** Chop your broccoli crowns very finely (you could use a food processor for this step too) and cut your red grapes in half.
- 3** Add all ingredients to your bowl, pour in the dressing and mix well. Enjoy your fresh, healthy salad! Don't worry about raw broccoli not being easy to digest. Since we're not mixing it with any cooked food + chopping it veryyy finely your digestion will be on point but if you fancy a cooked dinner, you have another option on the next page.

Day 8 – Dinner – opt 2



PLANTAIN CURRY

Ingredients

- 6 medium sized tomatoes, chopped
- 1 handful of cherry tomatoes
- 4 medium size potatoes, peeled & chopped
- 1/4 tsp of onion powder (optional)
- 1/4 tsp of garlic powder (optional)
- 1/2 tbsp of curry powder
- 1 Small piece of grated ginger
- 3 cups of veggie stock (or water)
- 2 ripe plantains
- 1 cup of (or chickpeas)
- 1 handful fresh spinach

Steps

- 1** Add tomatoes, potatoes, spices and veggie stock to a pot and let it simmer on medium heat for 20 minutes.
- 2** Peel and slice the plantains, they can be almost black from the outside! Add it to the pot together with your beans and let it cook for another 10 minutes.
- 3** Add 1/3 of the mixture to a blender and blend until smooth. This makes the whole curry super creamy while keeping it lighter and easy to digest!
- 4** Add in fresh spinach, stir well and either enjoy plain or with white rice for the ultimate comfort feeling.

Day 9

OVERVIEW OF ALL MEALS



Breakfast



Breakfast



Lunch



Snack



Dinner



Dinner

Day 9

DE-BLOAT Smoothie

@CarolineDeisler



Ingredients

2 frozen bananas
2-3 cm piece ginger
1 whole lemon, peel removed
2 whole Grapefruits, peel removed
1 cup water

Directions

Add all ingredients to a blender and blend until smooth!!

Using the whole lemon and grapefruits (peel removed) is a great natural digestion aid, instead of just using the juice. You get all the fiber in + the bitterness is THE BEST for your gut health!

Day 9 - Breakfast



Ingredients

LOTS OF FRESH FRUITS, A mono meal with one type of fruit would be ideal! Depending on what you have in season right now:

IDEAS:

- Melons
- Fresh figs
- Papayas
- Mangoes
- Oranges
- Peaches
- Dates

Notes

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Day 9 - Lunch



BANANA SPLIT

Ingredients

3 large ripe bananas
1 tsp of coconut sugar

DATE CARAMEL:

3 large medjool dates
1/4 cup of water
1 tsp of vanilla extract

ICE CREAM :

2 large ripe bananas, frozen
1/4 cup water

TOPPING (optional):

2 tbsp of roasted pecan nuts,
chopped

Steps

- 1** Peel bananas, cut in half and add them to a non-stick pan. Top with a sprinkle of coconut sugar and bake for a few minutes from each side.
- 2** Make the date caramel by blending all ingredients.
- 3** Next, make the vanilla ice cream by blending the frozen bananas with a bit of water until smooth. A food processor works amazing here as you'll need less water.
- 4** Add baked bananas to a bowl, top with your vanilla ice cream, caramel sauce and a sprinkle of roasted pecan nut pieces for that extra crunch. HEAVEEEEN!

Day 9 – Snack



MANGO BLISS BALLS

Ingredients

1/2 cup fresh ripe mango
1/2 cup oats
1/4 cup desiccated coconut
1 large medjool date
Juice of 1/2 lemon

TOPPING

More 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 ready.

Day 9 - Dinner

GREEK SALAD

Ingredients

1 head Iceberg lettuce, chopped
1/2 cup black olives, cut in halves
1-2 cups tomatoes, chopped
1/2 large cucumber, chopped
1/2 red onion, chopped
1 bunch parsley, finely chopped
Optional: 1 avocado, chopped

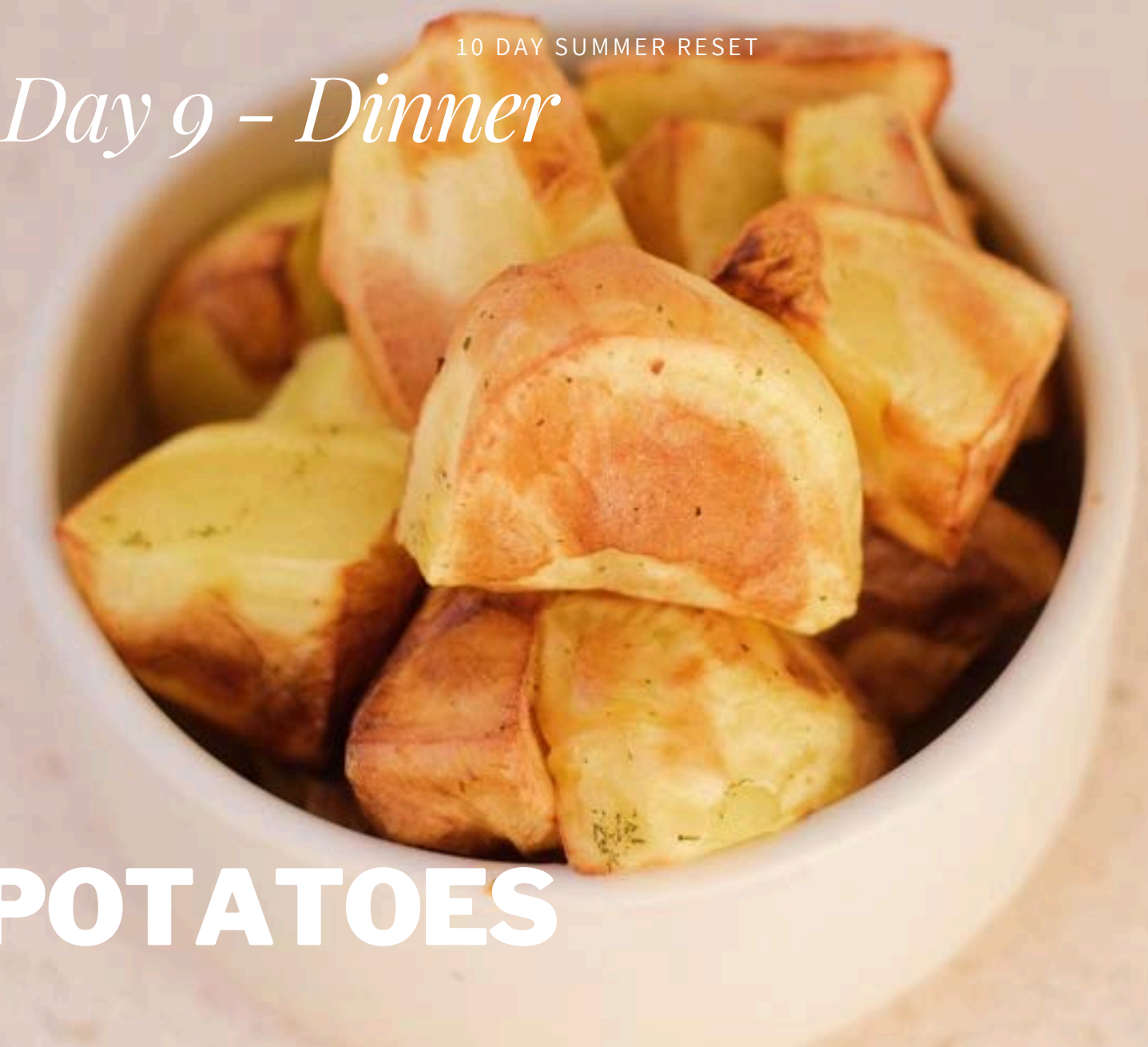
DRESSING

1/2 of large cucumber
1 avocado (or 1/4 cup pumpkin seeds)
1 tsp pink Himalayan salt
Juice of 1 lemon

Steps

- 1 Chop up all your yummy healthy Greek salad ingredients.
- 2 For the dressing, blend cucumber, avocado, juice of 1 lemon and a pinch of salt.
- 3 Mix it all together & place in a bowl. Such a creamy and light dressing yet so refreshing and totally got me addicted to this salad!!

Day 9 – Dinner



POTATOES

Ingredients

5 medium size 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've cooled down, the starch turns into resistant starch and doesn't get digested. Great for your gut health and figure!!
- 2** Another 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 are super yum but steamed, cooled potatoes are especially satiating.

Day 10

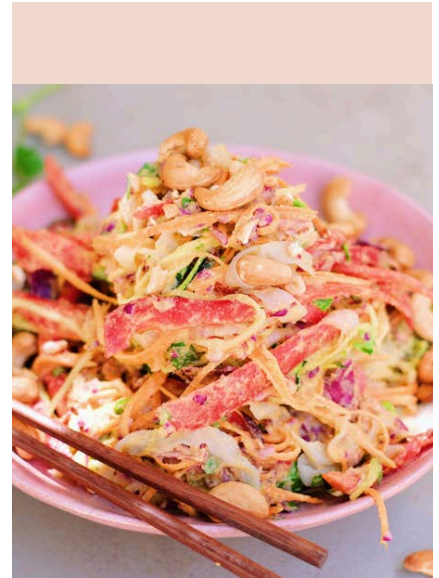
OVERVIEW OF ALL MEALS



Breakfast



Breakfast



Lunch



Snack



Dinner



Dinner opt 2

Day 10

PEANUT BUTTER SHAKE



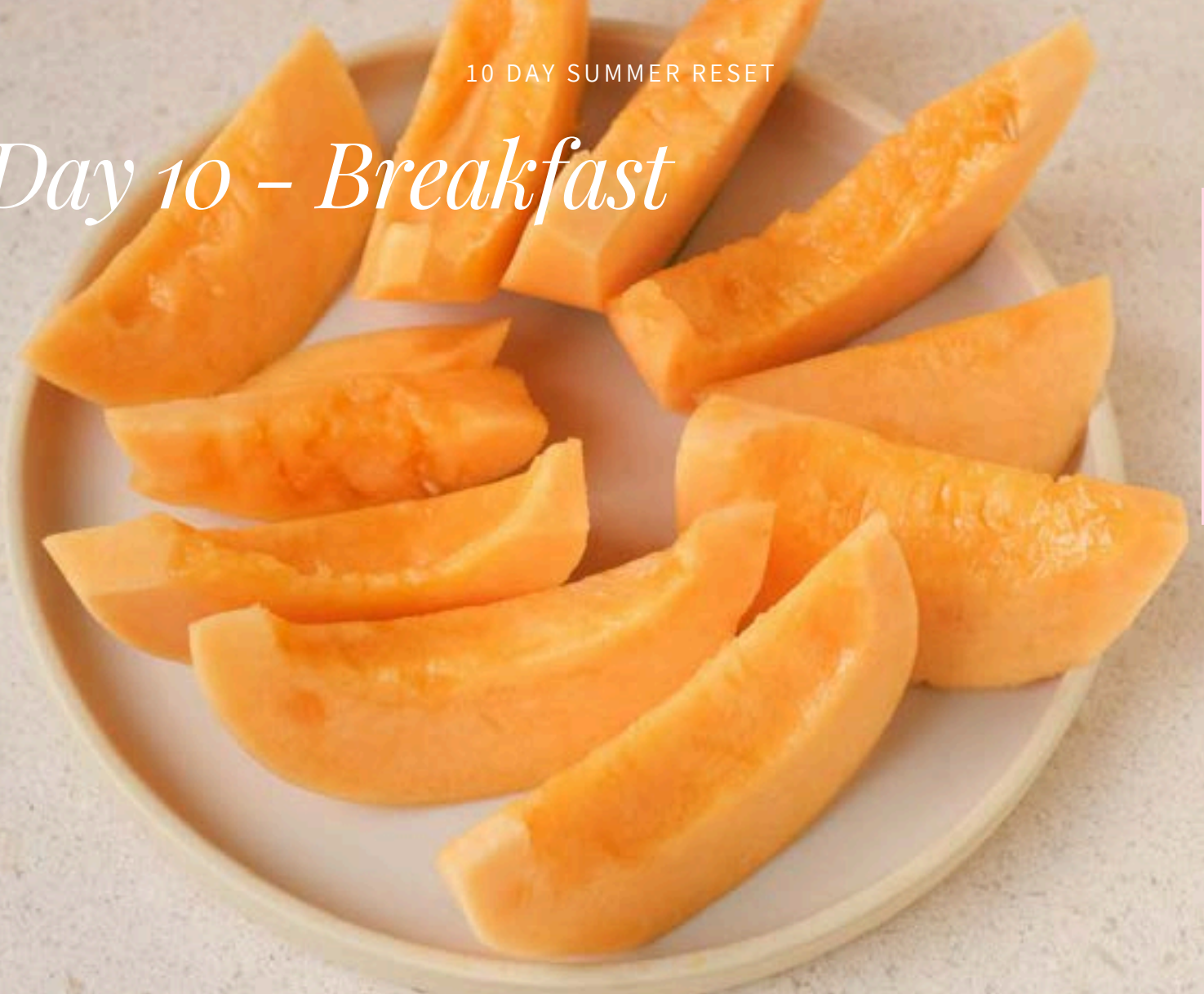
Ingredients

2 frozen bananas
1 tbsp peanut butter
1 cup water
handful ice cubes
opt: 2 medjool dates

Directions

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

Day 10 – Breakfast



Ingredients

LOTS OF FRESH FRUITS, A mono meal with one type of fruit would be ideal! depending on what you have in season right now:

IDEAS:

- Melons
- Fresh figs
- Papayas
- Mangoes
- Oranges
- Peaches
- Dates

Notes

The EASIEST-TO-DIGEST LUNCH! Fresh fruit (as long as it's ripe - veryyy important) is your gut's best friend. Hydrating, rich in fibre, get everything going, keep your energy up and are so easy to eat anywhere!

Ideally, go for a mono meal. This means you eat one type of fruit until you are fully satisfied. If you are mixing fruits, bananas and mangoes go well and oranges and pineapples. Melons should always be eaten alone, peaches and nectarines are a good match too! Try to avoid mixing watery fruits like oranges with bananas for example.

Day 10 – Lunch



RAW PAD THAI

Ingredients

3 carrots
2 zucchinis
1 red bell pepper
1 green onion
1 handful of cashews, roasted
OPT: kelp noodles

PEANUT DRESSING

1 tbsp tahini
1 tbsp peanut butter
Juice of 1/2 Lemon
1 medjool date
1 small zucchini
1/2 cup water

Steps

- 1 Start by cutting up all vegetables, I love to use a julienne vegetable peeler to make strips. Definitely worth having one in your kitchen!
- 2 Dry roast the cashews for a few minutes in a non stick pan and set aside.
- 3 Add all dressing ingredients to a blender and blend until smooth.
- 4 Mix the veggies, dressing and cashews well together and enjoyyyy!

Day 10 – Snack

CARAMEL POPSICLES

Ingredients

CARAMEL POPSICLES

2 ripe bananas
3 medjool dates
1 heaping tbsp hazelnut butter
1/4 cup water

CHOCO CREAM

2 tbsp hazelnut butter
1 tbsp carob powder

Steps

- 1** Add all ingredients to a small blender and blend until smooth.
- 2** Transfer the mixture to your silicone ice cream forms and freeze overnight or for at least 3 hours.
- 3** Enjoy like this or dip into our delicious choco cream by mixing hazelnut butter and carob powder. YUM YUM YUM, I give these to Hailey all the time now and she loves them!! I love them too heheh!

Day 10 – Dinner

BURRITO SWEET POTATOES

Ingredients

- 3 large sweet potatoes
- 1 red bell pepper
- 4 ripe tomatoes
- 1 cup of black beans, cooked
- 2 ripe avocados
- 1 jalapeno (optional)
- 1 lime, juiced
- 1 handful of coriander
- 1 cob of corn, cooked

Steps

- 1** If you don't have your sweet potatoes ready yet, preheat the oven to 200 degrees and bake sweet potatoes for 50 mins, let them cool down afterwards. For those who meal prepped I love to eat these cold and don't heat them up again. Also great for weight loss as the starch in potatoes and sweet potatoes turns into resistant starch once they've cooled down.
- 2** Chop up all the veggies. If you like it spicy feel free to add some jalapenos or chilli flakes. Then add the mixture to your sweet potatoes and ENJOY!!

Day 10 – Dinner – opt 2

BBQ FRIES

Ingredients

5 large potatoes, steamed

BBQ KETCHUP:

1 large sweet potato, baked & peeled

1 medjool date

1 tbsp tahini

5 sundried tomatoes, soaked

2 1/4 tbsp tomato paste

1 tbsp of apple cider vinegar

1/4 cup of water

Steps

- 1** If you didn't meal prep and steamed the potatoes in advance: Cut in wedges and air fry for 15 min or bake at 200°C / 390°F for 20-30 mins and let them cool down afterwards and soak your sun-dried tomatoes.
- 2** Add all Ketchup ingredients into a food processor and blend until creamy. You probably noticed by now how time efficient it is to bake and steam a bunch of potatoes in advance so you can throw these meals together in 10-15 mins max. YUMMMM!

A close-up photograph of a woman's back and waist. She is wearing a white ribbed waistband and white shorts. Her hands are on her hips. The background is a blurred outdoor setting with green foliage.

You did it!
How do you feel?



Thank you

FOR BEING PART OF OUR COMMUNITY

You can be so proud of yourself for nourishing your body this way! I hope it truly felt like a reset and you are motivated to keep eating and moving your body this way! You are such an inspiration to me and everyone around you! I can't wait to read your feedback! Sending you so much love!

xx Caroline

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