

A woman with long blonde hair, wearing a pink long-sleeved top and pink ribbed underwear, is shown from the waist up. She is holding a clear glass jar filled with a vibrant green smoothie, with a clear straw inserted. The background is a bright, clean kitchen. In the foreground, there is a white bowl filled with fresh produce, including broccoli, a papaya, lemons, limes, and green grapes. The overall aesthetic is clean, healthy, and vibrant.

7 Day De-Bloat Reset

Your RESET meal plan to reduce bloating, improve your digestion and heal your gut!

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.

Fresh Start!

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Bloating is NO FUN, we probably all know that riiiiight? It's something most people struggle with either regularly or from time to time and it's directly linked to our mood, energy levels, skin health and overall well-being.

Gut health is one of my faaaavourite topics because having good digestion instantly makes you feel so much better, lighter and happier!!

This 7-day meal plan is designed to reset your gut the natural way, supporting your colon with pre-biotic rich foods, plant fiber and alkaline foods that rebuild a strong gut flora and improve your digestion.

You will be eating a variety of gut-friendly fruits and veggies, perfectly paired for optimal digestion and nutrient absorption.

Get readyyy to feel mentally clear-headed, positive, well-rested, at ease with yourself and experience what it's really like to have the BEST digestion!! It's a complete game changer and I am SO, SO HAPPY you chose to be here!

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10 DAY DE-BLOAT RESET

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Results are in!

Not combining
food properly



Following our
RESET routine



Daily Checklist

day 1

day 5

day 2

day 6

day 3

day 7

day 4

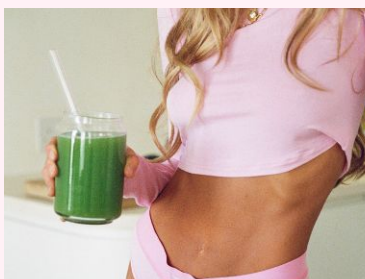
Top 10 tips to avoid bloating

AND HAVE GOOD DIGESTION



CHEW SLOWLY

Digestion starts in your mouth! Most people devour their food so quickly that their bodies can't catch up. Chew slowly and very well as everything has to be broken down into liquid to be able to be digested.



NO DRINKS WITH YOUR MEALS

If you have water or any drinks WITH your meal you dilute your stomach acid and make it weaker which results in weaker digestion and more undigested food which will then end up fermenting and building up gas. Have water 30 minutes prior and 60 minutes after your meals.



EAT DINNER EARLY

Your digestion is the strongest when the sun is at its highest which is mid-day. Once the sun goes down your body is not in digestion mode any longer and is ready to wind down. Have an early dinner, ideally, be done eating by around 7 pm. You will also notice that you'll sleep sooo much better since your body is no longer busy digesting food while you are sleeping and is instead getting proper rest.



NO FRUIT AFTER COOKED FOOD

Fruits are the easiest and quickest digestion food and should always be eaten alone, on an empty stomach. When you eat fruit after cooked food, it sits on top of whatever you ate before, can't pass through and will start to ferment and build up gas. No more fruit salad post dinner heheh!



SIT DOWN TO EAT

Eating on the go or while being distracted is so common these days and really impacts your digestion negatively. Sit down to eat, take a deep breath, light a candle and really ENJOY every bite. The taste, texture, the love you put into making your food. It makes such a difference! When you eat on the go your body is not in rest and digest mode but rather in fight or flight mode which raises your cortisol and will make you store more fat than actually burning it.

10 DAY DE-BLOAT RESET



3 BREATHS BEFORE EACH MEAL

This leads me straight to the next point which is breaaaathing. Take 3 deep breaths right now and see what that does to your body. You should instantly feel more present, more at ease and it gives your body that necessary calmness to properly focus on resting and digesting. It's a habit I have been cultivating in our home for years now and love it as a little pre-meal ritual to be grateful and thankful for the food we get to eat.



FOCUS ON BITTER FOODS

The more bitter and the less tasty the better hahah! Seriously though, green juices, salads and herbal teas made from bitter greens are your digestions best frieeeend!! Bitter foods are what most people shy away from but they are a real powerhouse for your stomach acid and gut flora! Arugula, chicory, endive, nettle, dandelion etc. are AMAZING!



STOP WHEN YOU ARE FULL

When you are eating in a calm, peaceful environment, no rush, no distractions and fully focusing on your food, you'll develop a better sense of knowing of when you are full. We all have days where we overeat. And of course, you SHOULD eat until you are fully satisfied, buuutt not so much that your tummy hurts hehe! Keep that in mind and try to listen to your body for signals that you've had enough.



FOOD COMBINING

The most important one! Each food has a different digesting time and we want to combine foods that share a similar time. Fruits and vegetables should always be eaten first, followed by less watery foods - baked potatoes for example come last. All meals have been carefully put together for you here so you really don't have to think about it during the reset.



KEEP YOUR CORTISOL LOW

Cortisol is our stress hormone. It makes you hold on to water weight, stores fat (especially around your abdomen) and weakens your digestion. You have probably felt it many times that whenever you feel stressed, it immediately impacts your digestion. This is another reason why I LOOOVE my workout philosophy and all our home workouts SO MUCH. Not only will you get long, lean and toned you'll also keep your cortisol low which means better results and great digestion,



CHEW SLOWLY

EVERYTHING HAS TO BE TURNED INTO LIQUID

Digestion starts in your mouth! Most people devour their food so quickly that their bodies can't catch up. They don't chew their food properly and end up with un-digested food pieces in their digestive tract which then leads to fermentation and gasses.

Once you build those gasses, it can take weeks to get them all out of your colon. Crazyyy right? So even say, days later, you could be eating something and you'll think that thing made you bloated but in reality, it's still that gas inside your colon from days/weeks ago not allowing you to empty your bowels properly.

Chew slowlyyyy and veryyyy well. Remember, everything you eat has to be broken down into liquid form to be fully digested. That's why green smoothies are such a powerhouse. It's because your body actually absorbs ALL the goodness you are drinking. Even with smoothies though: drink them slowly, chew on each sip a little and have them BEFORE your meals. That's why our reset routine works so well: we eat light to heavy: water, juice, smoothie, fruit, dates, greens, soups, potatoes... etc.

Chewing your food properly is the easiest way to improve your digestion and avoid bloating no matter what diet you are eating.

NO DRINKS WITH YOUR MEALS

30 MINS BEFORE // 60 MINS AFTER

Having water or any drinks WITH your meal will dilute your stomach acid, making it weaker and therefore weakening your digestion.

Your stomach acid is what breaks down your food, absorbing all the nutrients and then transporting them to each cell (with the help of other hormones like insulin).

The stronger your stomach acid, the better your digestion, so it really all starts with strengthening your digestive juuuuuice. Otherwise, you end up with undigested food in your colon which results in fermentation and gases.

Have water 30 mins prior to and 60 mins after your meals for optimal digestion.



Eat Dinner EARLY

The earlier the better really! :) It's all a matter of getting used to it and starting your evening wind-down routine early as well so you are all set to eat by 5:30/6:30 pm. It's ideal to give your body 2 hours to digest after dinner before you head to bed. That way you are getting the most restorative sleep as your body isn't busy digesting food.





NO FRUIT AFTER COOKED FOOD

THEY END UP SITTING ON TOP AND NOT PASSING THROUGH

Fruit is the easiest and quickest food to digest and should always be eaten alone, on an empty stomach.

When you eat fruit after cooked food, it sits on top of whatever you ate before and can't pass through. Which means it starts to ferment and build up gasses. No more fruit salad post dinner heheh!

It's such an easy switch buuuut made the biggest difference to my digestion 12 years ago when I first heard about the different food digestion times. I used to always eat things like apples post-dinner and wondered why it made me look 9 months pregnant.

Fruit is good for you and heals your gut and your body from the inside out - but only if they are able to be digested properly. Keep an eye out for that and if you have fruit in the afternoon make sure you leave a good 2-hour window after your last meal to eat them.

You don't have to be rigid about this but keep it in mind next time you think the fruit you ate wasn't good for you. It's probably more so the order in which you ate those fruits. :-)

To get the maximum results on this reset, we are having fruit on an empty stomach and what's even better is having MONO fruit meals meaning you eat ONE type of fruit only but as much of it as you like.

SIT DOWN TO EAT

This one is huge as your body should be fulllllyy relaxed when you eat. You want to keep your cortisol low, be at ease, and sit down to enjoy your meal. That way you are noticing what you are eating and you're enjoying the different flavours much more because you are fully present with your meal. I have been living this example in real life since having Hailey! I used to always eat watching YouTube or doing work at the same time but now I am chatting to Hailey, sitting down with her and it's only about the food, nothing else which is really relaxing and helps my digestion a lot as my body is in rest & digest mode and not in fight or flight mode.



3 DEEP BREATHS BEFORE EACH MEAL

TO BE FULLY PRESENT & RELAXED

I loove this little mini practice that you can do anywhere, anytime, no matter what diet you are following.

Make this your everyday mini meditation. It takes less than a minute and is always available to you.

Give it a go right now and see what a difference 3 deeeep breaths make right away!

AMAZING right? It's such a simple tool to bring you into the 'here and now' and also something you can practice with your whole family. Before dinner have a mini mindful moment to connect. Your digestion will thank you as it automatically relaxes your nervous system and lowers your cortisol.





FOCUS ON BITTER FOODS

THE LESS TASTY THE BETTER

The more bitter and the less tasty the better hahah! Seriously though, green juices, salads and herbal teas made from bitter greens are your digestions best frieeend!!

Bitter food is what most people shy away from but they are a real powerhouse for your stomach acid and gut flora! Arugula, chicory, endive, nettle, dandelion and grapefruits are all AMAZING!

Eating more bitter greens (like in our de-bloat salad) also helps a lot with keeping your sugar cravings intact.

Whenever you have the option go for bitter greens!

Radicchio

Frisee

Mizuna

Endive

Romaine

Watercress

Kale

Zucchini

Asparagus



STOP WHEN YOU ARE FULL

AND BE IN TUNE WITH YOUR BODY

It's easier said than done, I knooooo especially when our meals are SO YUM heheh buut once you learn to not use food to cope with the emotions you are going through, you'll find it so easy to stop when you are full.

Overeating is in most cases due to stress, anxiousness, and feeling overwhelmed. People who want to lose weight often tend to overeat as well. Has that ever happened to you before? Try not wanting to lose weight and simply love your body the way it is RIGHT NOW and you'll instantly

feel the pressure easing off and won't have the need to overeat anymore. The environment you are eating in is so important as well. When you are eating in a calm, peaceful environment, no rush, no distractions and fully focusing on your food you'll develop a better sense of knowing when you are full.

Keep in mind, we all have days we overeat but following this lifestyle and my home workouts will get you so much more aligned with what your body really needs.

You SHOULD eat until you are fully satisfied buuutt not until your tummy hurts hehe!



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FOOD COMBINING

FOOD GROUPS THAT PAIR WELL TOGETHER

Food combining plays a huge role and really makes THE biggest difference to your digestion. I would say, it's the most important point of all of these actually!

Each food has a different digestion time and we want to combine foods that share a similar digestion time so they can easily pass through your colon.

Fruits and vegetables should always be eaten first, followed by less watery foods and things like baked potatoes come last.

All meals are carefully put together for you here though so you really don't have to think about it!

Eating light to heavy is the key to optimal digestion!



KEEP YOUR CORTISOL LOW

Cortisol is our stress hormone, it makes your body look puffy, holds on to water weight, stores fat (especially around your abdomen) and weakens your digestion. You have probably felt it many times that whenever you feel stressed, irritated or emotionally drained, it immediately impacts your gut and digestion. Another reason why I LOOOVE my workout philosophy and all our home workouts SO MUCH is this. You get long, lean and toned while keeping your cortisol levels low which means better results, great digestion and no binge eating.

Other useful tips

AND GUIDELINES



INTERMITTENT FASTING

Option 1: *Intermittent fasting*

Celery juice & a shot in the morning

(Green) smoothie + fruit meal or recipe for lunch

Option 2: *No intermittent fasting*

Celery juice, shot, (green) smoothie during the first half of the day + fruit meal or recipe for lunch



METABOLISM BOOST

This RESET specifically focuses on metabolism-boosting foods like ginger, lemons, grapefruits, papayas, pineapple, turmeric, aloe vera etc. I highly recommend making all the shot and smoothie recipes and drinking them in the right order to help your body eliminating waste. Don't worry if you skip a day, but come straight back to it hehe!



FRUIT MEAL OR RECIPE LUNCH

You have the option to have a fruit meal OR healthy recipe for lunch. Both are amazing and it really depends on what leaves you feeling more satisfied. I love a fruit mono meal of juicyyy melons, ripe mangoes or anything that's in season + have some medjool dates as a snack a little later. Having the (green) smoothie first gives your body the perfect balance!!

10 DAY DE-BLOAT RESET

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The Workouts

THAT KEEP THE BLOAT AWAY

Doing the right workout is just as important as everything else. The key part of my workout philosophy is to **WORK WITH YOUR BODY**. We want to get toned and lean AND feel our best at the same time. Alsooo if you're not enjoying it, then what's the point really, right?

My workouts are all about keeping our cortisol low (= zero stress) and enjoying every moment of it. It's our ME TIME of the day, to reset, to re-focus and to check in with ourselves.

I used to mainly do intense HIIT and cardio workouts yeaars ago which made me look puffy and inflamed. My body was holding on to water weight and

I didnt get the results I wanted. I was actually feeling more hungry, more irritated and not balanced at all.

Once I started my own home workout journey, it all suddenly felt so effortless as I was enjoying it sooo much. No screaming instructor, no hectic timer and instead a slow burn that got me sore for days!

Combining my meal plans and workouts is the ultimate recipe for success and gives you neeeeext level results. Food and fitness go hand in hand, the right fuel forms the base for physical results and the right workouts help to avoid overeating. It's really all so connected and I can't wait to see you all crushing our workout program alongside our reset meal plan.

Shopping List

VEGGIES

3.5 cups aloe vera
 7.5 cups spinach
 1 handful arugula
 1 handful chicory
 Handful raddichio
 12 kale leaves
 11 heads celery
 1.5 lrg cucumber
 7 mini cucumbers
 1 cup steamed broccoli
 1 cup green beans
 19 medium potatoes
 4 small zucchini
 1 small cauliflower
 3 kabocha squash
 2 bunch dill or basil
 3 bunches chives
 1 bunch coriander
 1 bunch parsley
 2 small sweet potatoes
 1 large sweet potato
 2 stalks celery
 1 leek
 2 avocado
 Handful of cherry tomatoes
 5 medium carrots

FRUIT

1 papaya
 9 cups fresh/frozen pineapple
 13 bananas
 1 cup frozen strawberries
 2-4 cups assorted berries
 1 cup raspberries
 1 cup blueberries
 25 lemons
 11 limes
 3 grapefruits
 1 orange
 2.5 large pieces ginger

PANTRY

32.5 medjool dates
 7 tbsp apple cider vinegar
 2 tsp vanilla extract/powder
 9.5 tbsp tahini
 1 tsp mustard
 2 tbsp Italian herbs
 4 tbsp fennel seeds
 4 tsp licorice root powder
 3/4 cup chia seeds
 2 tbsp carob powder
 1/2 cup cashews
 2 tsp cumin powder
 6 cups vegetable broth
 3 tbsp ground flax seeds
 3 tbsp flax seeds
 Himalayan salt
 1 tsp coconut sugar
 2 tsp turmeric powder
 1/2 tsp cumin seeds
 Cinnamon
 1 tbsp almond butter
 2 tbsp cacao nibs
 3 cups cooked chickpeas
 1/2 cups dried buckwheat
 1/2 tsp cayenne or chili flakes
 2 cups white rice
 3 nori sheets
 2-3 tbsp sesame seeds
 1 cup cooked quinoa
 Raw fermented sauerkraut

LUNCH OPTION 1

Assorted fruits

LUNCH OPTION 2

4 apples
 1/4 cup raisins
 13 bananas
 3/4 cup chia seeds
 4 tbsp coconut yogurt
 4 tsp vanilla extract/powder
 1/2 papaya
 1 grapefruit
 1.5 cups oats/oat flour
 8.5 medjool dates
 1/2 cup cashews
 2 handfuls chicory
 2 handfuls red chicory
 1 handful arugula
 2 avocados
 3 small cucumbers
 1/2 cup butter beans
 1 beetroot
 1 tsp tahini
 .5 lemons
 5 potatoes
 4-5 cups berries
 2 tbsp carob powder
 1/4 cup of pecans
 1/2 cup almond milk
 1 cup spinach

Let's go!

Morning Routine Day 1 - 10

De-Bloat Water
Celery Juice
Shot
Smoothie
Fresh Fruits

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*Busy moms
I feel you!*



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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 liters water

OPTION 2

¼ cup ginger shot

1.5 liters water

Directions

Add aloe vera, lemon and lime juice to your water and enjoyyyy!

OPTION 2

Add ginger juice to your water and enjoyyy!

This water is your natural digestion aid! Aloe vera and ginger give you that 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.

Day 1-10

CELERY Juice



Ingredients

1 big head of celery to make 500ml juice

Directions

I have been drinking celery juice for over 12 years now and it's such a game-changer, especially when you have it on an empty stomach. To save time, make a big batch all at once and freeze it in glass bottles then simply defrost it overnight in the fridge.

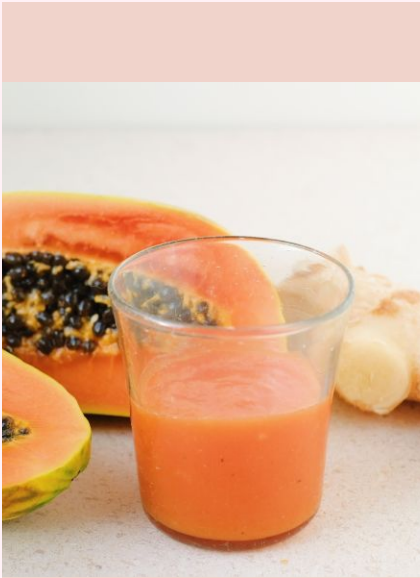
STEPS

Add celery stalks to your juicer to make celery juice.

I sometimes use a cold-pressed juicer at home but most of the time I go for an early morning walk with Hailey to buy my juice. I love this routine!

Day 1

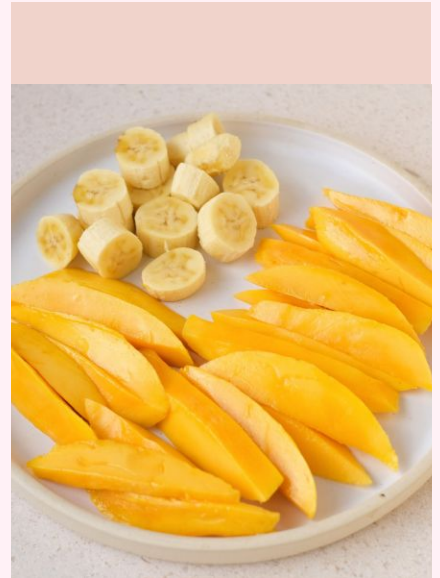
OVERVIEW OF ALL MEALS



Pre-Breakfast



Breakfast



Lunch opt 1



Lunch opt 2



Snack



Dinner

Day 1 – Digest Shot



Ingredients

½ cup ripe Papaya
2 tbsp apple cider vinegar
Small piece ginger
¼ cup water

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!

I have been drinking this shot everyyy morning for months now and am really loving it!! I also love to make a few portions and have it prepped for a few days as it stays fresh for 3-4 days.

Day 1

DIGEST Smoothie

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Ingredients

DRINK IT ALL

- ¼ cup pure aloe vera juice
- 2 cups fresh or frozen pineapple
- Big Handful of fresh spinach
- ½ large cucumber
- 1 cup water

Directions

Add all ingredients into a blender and blend until smooth!! Drink on an empty stomach for the best results.

Aloe vera juice is suuuch a good ALL NATURAL digestion aid that helps to get things moving if you know what I meean ahah! I love this smoothie, especially on an empty stomach.

Day 1 - Lunch option 1



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 1 - Lunch option 2



SPINACH BANANA PANCAKES

Ingredients

1 large ripe banana
½ cup oat flour
½ cup almond milk
1 cup fresh spinach

TOPPINGS

1 large banana

DATE CARAMEL:

3 large medjool dates
½ cup water
1 tsp vanilla extract

Steps

- 1** Add pancake ingredients to a small blender and blend until smooth. Pour the batter into a non-stick pan to make 3 fluffy and delicious pancakes. Don't shy away from doubling the ingredients to make more, I sometimes do that if I'm quite hungry and these are so healthyyyy! Cook for a few minutes on each side!
- 2** Slice the banana for a topping and add to a non-stick pan with a sprinkle of coconut sugar. Fry for 5-7 minutes until golden OR, optionally, add the banana pieces to each pancake while they're cooking.
- 3** Make the caramel sauce by adding dates, water and vanilla to a blender and blend until smooth! YUMM!

Day 1 - Snack



MEDJOOOL DATES

Ingredients

5-10 medjool dates

Note

Medjool dates are the easiest, most satisfying snack when you need a little afternoon pick me up!! There isn't a day without dates for me and I typically eat around 15 for lunch OR 5-10 if it's more of a snack. If you had the recipe for lunch instead of the fruit meal, make sure you are leaving around a 2-hour gap in between eating so the lunch can be fully digested first.

Day 1 - Dinner



GUT RESET BOWL

Ingredients

1 cup steamed broccoli
½ cup steamed spinach
1 cup steamed greens beans
2 cups steamed potatoes, cooled down

SAUCE

1 small raw zucchini
1 tbsp tahini
½ cup water
Lemon juice
Apple cider vinegar
1 tsp mustard
Optional: 1 bunch fresh chives or dill

Steps

- 1** Peel and steam your potatoes for 25 minutes until soft. Let them cool down. If I don't have pre-cooked potatoes from the day before, I put mine in the freezer for 5 minutes to cool them down first. Eating cold potatoes is AMAZING for your gut health as the starch turns into resistant starch and feeds the good kind of gut bacteria!
- 2** Steam your veggies and add all ingredients to a bowl.
- 3** Make the dressing by adding all ingredients to a small blender and blend until smooth. Mix it all together and ENJOYYYY!

Day 1 – Dinner option 2



GLOW SOUP

Ingredients

1 small head cauliflower florets
1/2 kabocha squash
2 small sweet potatoes
OR 4 medium size potatoes
3 stalks celery
2 small carrots (optional)
1 leek
2 tbsp Italian herbs
5 cups water

Steps

- 1** Peel and slice kabocha squash and potatoes. Chop celery, leek and carrots and add all to a pot together with the cauliflower florets, 5 cups of water and Italian herbs.
- 2** Bring to a boil, reduce heat and let it simmer for 20 minutes.
- 3** Take out about 1 cup of the soup cooking water, then blend half of the soup to make it extra creamy. This is the easiest most delicious soup that I make all the time! So comforting and nourishing!!!

Day 1 – Post dinner



DIGEST TEA

Ingredients

- 1 tbsp fennel seeds
- 1 tsp licorice root powder
- 1 liter of hot water

Steps

- 1 Add fennel seeds and licorice root powder to a teapot, add hot water and let it sit for 10 minutes.
- 2 I have been drinking this tea for almost 7 years now and LOVE it!! It's so soothing for your tummy and has that perfectly light sweet note. My go-to after dinner when winding down to sleep.

Day 2

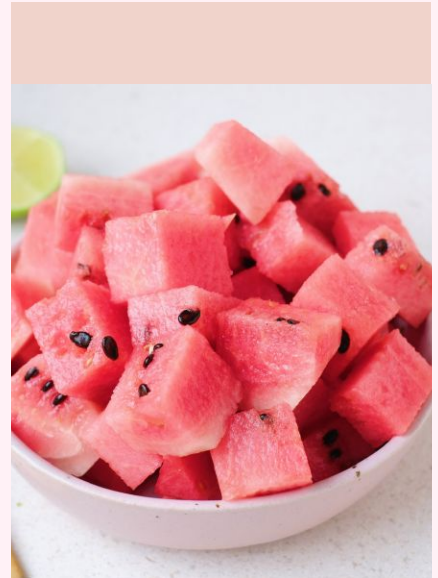
OVERVIEW OF ALL MEALS



Pre-Breakfast



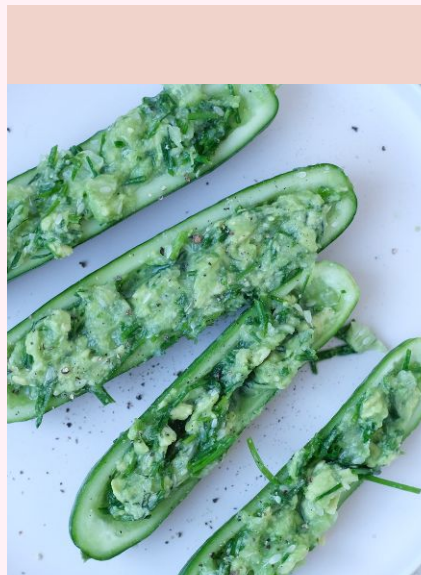
Breakfast



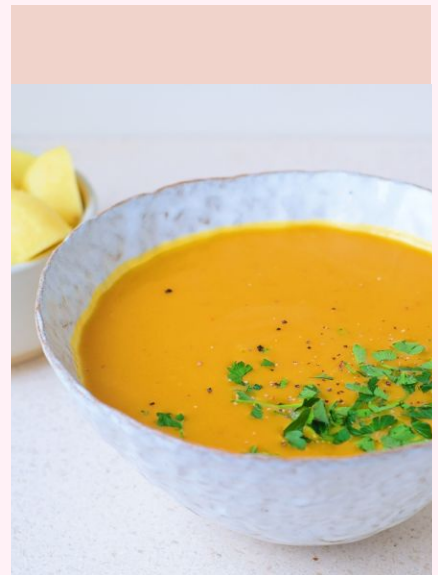
Lunch opt 1



Lunch opt 2



Snack



Dinner

Day 2 - 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 2

DE-BLOAT Smoothie



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 2 - Lunch option 1



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 2 - Lunch Option 2

CAROB CHIA PUDDING

Ingredients

¼ cup chia seeds
1 cup water

CREAM

2 ripe bananas
2 tbsp carob powder
3 medjool dates
¼ cup pecans
½ cup water

Steps

- 1 Soak chia seeds in water for at least 30 minutes or overnight.
- 2 Add all cream ingredients to a high-speed blender and blend until smooth. Mix the cream into your chia seed mixture, top with more carob powder and anything else you fancy like fresh banana slices or berries and ENJOYYYY!!

I am on a carob powder roll haha, it's just soooo delicious and so, so healthy + since it's naturally caffeine-free (compared to cacao powder) it's also less irritating for your colon and doesn't give your adrenal glands a spike.

Day 2 – Snack



CUCUMBER BOATS

Ingredients

- 4 mini cucumbers
- 1 avocado
- Juice of 1 lemon
- 1 tsp ground cumin (optional)
- Handful cherry tomatoes
- Freshly chopped coriander, dill, chives or parsley

Note

All you need to do is mash the avocados, cumin and lemon juice together. Then mix in fresh herbs and tomatoes,

Cut your cucumbers in half, scoop out the soft part and add that to the avocado mixture. Fill your cucumber boats with the avocado mixture and ENJOYYYY! Such a delicious snack!

Day 2 - Dinner



PUMPKIN SOUP & POTATOES

Ingredients

1 Kabocha squash or Hokkaido pumpkin (about 3 cups)
1 tsp cumin seeds
3 cups vegetable broth

ON THE SIDE

6-7 medium size steamed potatoes

Steps

- 1** Wash the pumpkin and cut it into cubes.
- 2** Add cumin seeds to a pot, toast them for a few minutes on medium heat, then add vegetable broth and pumpkin. Let it all simmer for 20-25 minutes or until the pumpkin is soft.
- 3** In the meantime, also peel and steam your potatoes.
- 4** Take out 1-2 cups of the pumpkin cooking water (it's perfect to sip on) and blend the rest until smooth. Top with black pepper, any dried herbs of your choice and fresh parsley or chives.

Day 2 - Post dinner



GINGER TEA

Ingredients

2-3 cm piece fresh ginger
500ml hot water

Steps

- 1** Grate ginger and add to a tea pot. Cover with hot water and run through a sieve to get rid of the tiny ginger peel pieces. Your tea is readdyy!
- 2** Alternatively, I love to add fresh ginger, lemon and a bit of water to a blender, blend until smooth and add a splash to my hot water. Both ways are great!
- 3** You can also use your pre-made ginger shot, add a little to your hot water aaand enjoy!!

Day 3

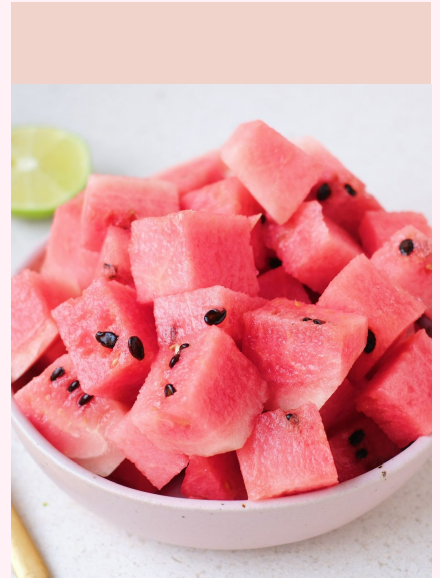
OVERVIEW OF ALL MEALS



Pre-Breakfast



Breakfast



Lunch opt 1



Lunch opt 2



Snack



Dinner

Day 3 - Ginger Shot



Ingredients

Big handful fresh ginger
1 whole lemon, peel removed
1 cup water

Notes

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

Pour through a sieve to make it extra smooth and fill the ginger shots into little glass jars.
Alternatively, you can use a cold-pressed juicer and make fresh ginger shots just by juicing pure fresh ginger with nothing added.

Ginger is so soothing for your digestion and gives your metabolism an extra boost!

Day 2

GUT RESET Smoothie

@CarolineDeisler



Ingredients

1 cup water
1 cup frozen strawberries
1 cup kale, de-stemmed (2-3 leaves)
1 frozen banana
1 tbsp chia seeds (soaked in 2 tbsp water)

Directions

Soak chia seeds in water for 10 minutes or overnight.

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

Dark leafy greens, vitamin C from the strawberries, potassium and fiber from the banana + chia seeds together all act like a natural sponge transporting out waste from your colon! The natural GUT RESET for a FLAT TUMMY!

Day 3 - Lunch option 1



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 Option 2

BERRIES & CREAM

Ingredients

BASE

4-5 cups of all kinds of berries

CREAM

2 ripe bananas

2 tbsp coconut yogurt

1 tsp vanilla extract

Steps

- 1 Wash berries and add to your bowl.
- 2 Make the cream by blending ripe bananas, coconut yogurt and vanilla and mix it into your berries. Such a delicious bowl of pure goodness!! Easy on your tummy and perfect to pack for work as well.

Berries are antioxidant superfoods. They protect your cells, are low in sugar, easy to digest and by adding our delicious gut-friendly cream, (coconut yogurt is a powerful pre-biotic) it gives your digestion an extra boost! YAY! ENJOYYY

Day 3 - Snack



MEDJOOOL DATES

Ingredients

5-10 medjool dates

Steps

Medjool dates are the easiest, most satisfying snack when you need a little afternoon pick me up!! There isn't a day without dates for me and I typically eat around 15 for lunch OR 5-10 if it's more of a snack. If you had the recipe for lunch instead of the fruit meal, make sure you are leaving around a 2-hour gap in between eating so the lunch can first be fully digested.

Day 3 - Dinner

DE-BLOAT SALAD

Ingredients

Handful arugula
Handful chicory
Handful radicchio
Raw fermented sauerkraut
1 avocado
1 cucumber
1 tbsp freshly ground flax seeds

DRESSING

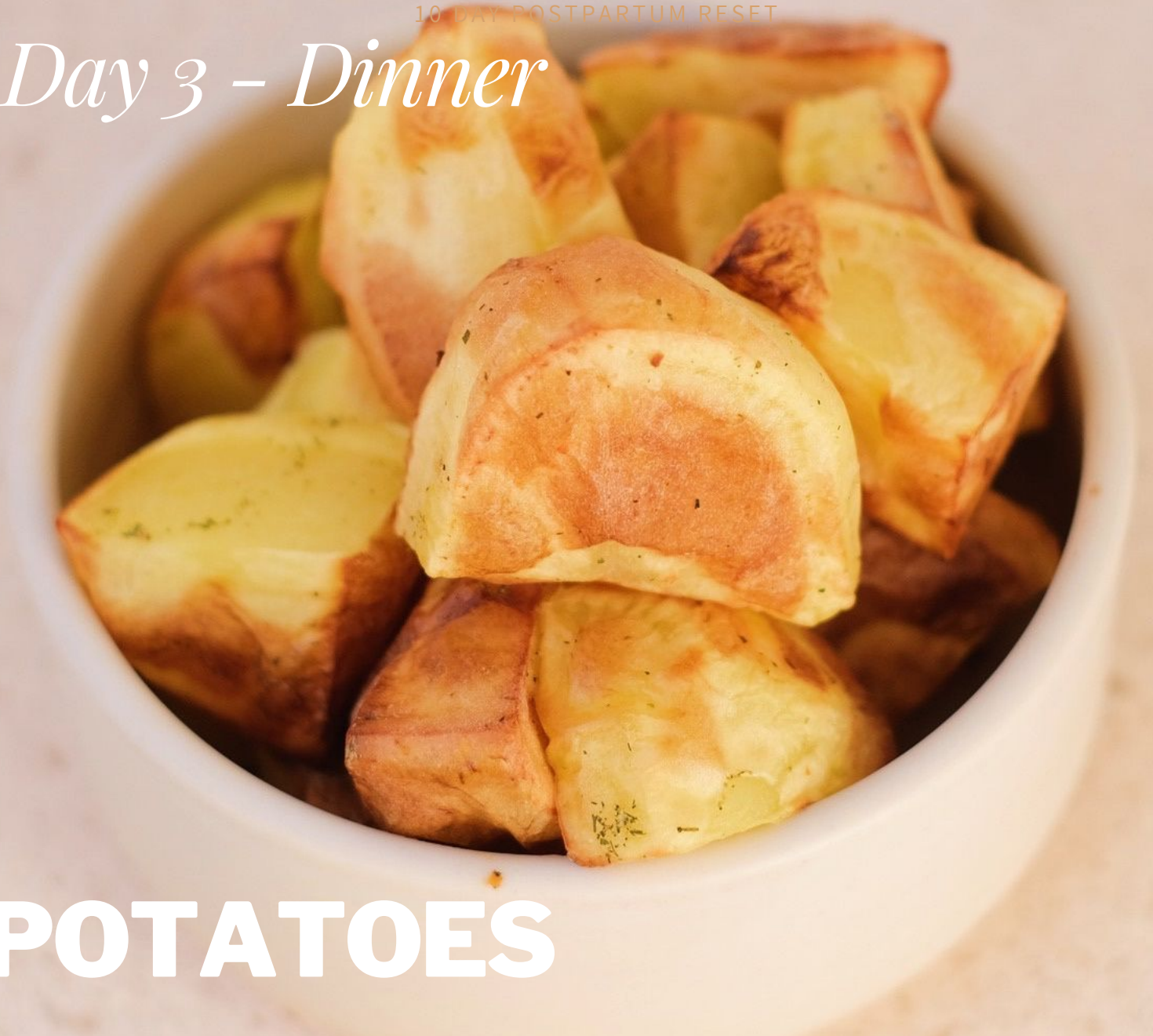
1 inch of ginger, peeled and roughly chopped
1 Medjool date
Handful fresh coriander
Handful celery
3 tbsp apple cider vinegar
1 tbsp tahini
Pinch of pink Himalayan salt
¼ cup water

Steps

- 1 Arrange your salad ingredients.
- 2 Add all dressing ingredients into a blender and blend until smooth. Mix the dressing into your salad bowl and enjoyyyy!

The most nourishing salad for your GUT!! Full of bitter greens that support your digestion, stomach acid and gut flora, raw sauerkraut and flax seeds also add that extra pre-biotic boost and help to get things moving. Make sure you chew slowly and very well and don't eat in a rush.

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.

www.carolineschoice.com

Day 3 - Post dinner



DIGEST TEA

Ingredients

- 1 tbsp fennel seeds
- 1 tsp licorice root powder
- 1 liter of hot water

Steps

- 1 Add fennel seeds and licorice root powder to a teapot, add hot water and let it sit for 10 minutes.
- 2 I have been drinking this tea for almost 7 years now and LOVE it!! It's so soothing for your tummy and has that perfectly light sweet note. My go-to after dinner when winding down to sleep.

Day 4

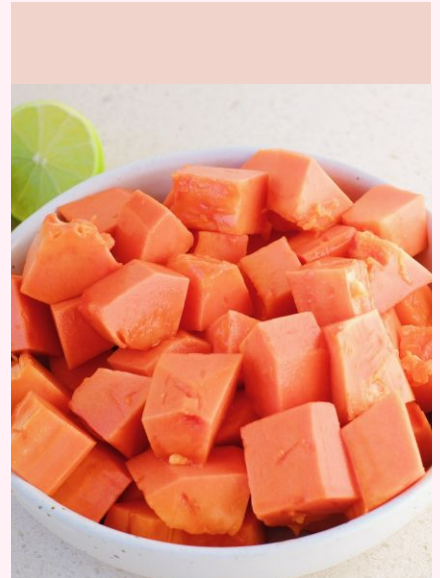
OVERVIEW OF ALL MEALS



Pre-Breakfast



Breakfast



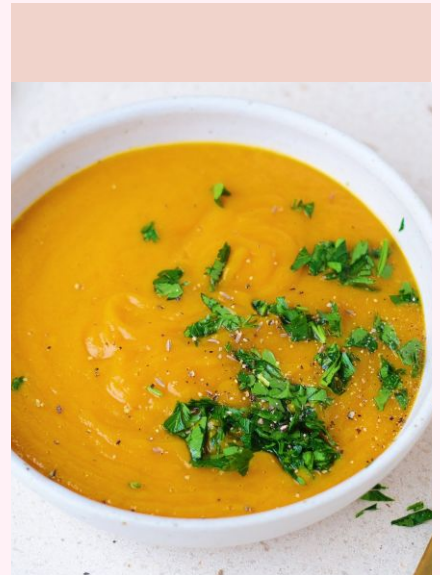
Lunch opt 1



Lunch opt 2



Lunch opt 3



Dinner

Day 4 - 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 buuut so good for you hehe!

Day 4

FLAT TUMMY Smoothie

@CarolineDeisler



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 4 - Lunch option 1



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 option 2



BAKED BANANAS & BERRIES

Ingredients

3 large ripe bananas
1 tsp coconut sugar
1 cup blueberries
1 cup raspberries

DATE CARAMEL

3 large medjool dates
¼ cup water
1 tsp vanilla extract

Notes

- 1** Peel bananas and cut in half. Add them to a non-stick pan, top with a sprinkle of coconut sugar and cook for a few minutes on each side. YUMMM!
- 2** Make the caramel by blending dates, water and vanilla in a small blender until smooth. I like to make the caramel with 12 dates and 1 cup of water so I have some extra in the fridge since it's such a delicious add-on to all kinds of porridges and sweets.
- 3** Add your baked bananas to a plate, top with lots of fresh berries, add the caramel sauce and ENJOYYYY!

Day 4 - Lunch option 3

PINK HUMMUS SALAD & POTATOES

Ingredients

2 handfuls of chicory
2 handfuls of red chicory
1 handful of arugula
1 avocado
3 small cucumbers

HUMMUS

1/2 cup butter beans, cooked
1/4 cup beetroots, baked
1 tsp tahini
1/2 medjool date
Juice of 1/2 lemon
1/4 cup water

Directions

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

Chicory and arugula are amazing bitter greens for your gut + the dressing is high in protein and iron aand so delicious too!! I love to make salads creamy and add extra nutrients to the dressing from whole foods rather than using oils. So nutritious, easy to make and pretty as well hehe! ENJOYYYY!

Day 4 - Lunch option 3

POTATOES

Ingredients

5 medium size potatoes

Steps

- 1** I love to peel my potatoes and boil or steam them for 25 minutes or 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 resistance starch and now isn't being 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 - Dinner

CARROT GINGER SOUP

Ingredients

5 medium size carrots
1/2 kabocha squash
Small piece ginger, grated
3 cup vegetable broth
1/2 tsp turmeric powder
1/2 tsp cumin seeds

Fresh parsley

ON THE SIDE

5 medium sized potatoes

Steps

- 1 Peel and chop carrots and potatoes.
- 2 Add cumin seeds to a pot and toast them for a few minutes on medium heat. Add in veggie broth, turmeric powder, grated ginger, carrots and potatoes and let it simmer on medium heat for 20 minutes. In the meantime, steam your potatoes.
- 3 Take out one cup of the cooking water and blend everything until smooth. Top with fresh parsley or chives and ENJOYYYY!! I love having the soup first and the steamed, cooled potatoes afterwards.

Day 4 - Post dinner



CUMIN TEA

Ingredients

1 tbsp cumin seeds
1 liter of hot water

Steps

- 1 Add cumin seeds to a non-stick pot and toast for a few minutes on medium heat.
- 2 Add in water, bring to boil and reduce the heat to let it simmer for 5-10 minutes.

Cumin tea is such a powerful and soothing digestive aid and a favourite in our house!!

Day 5

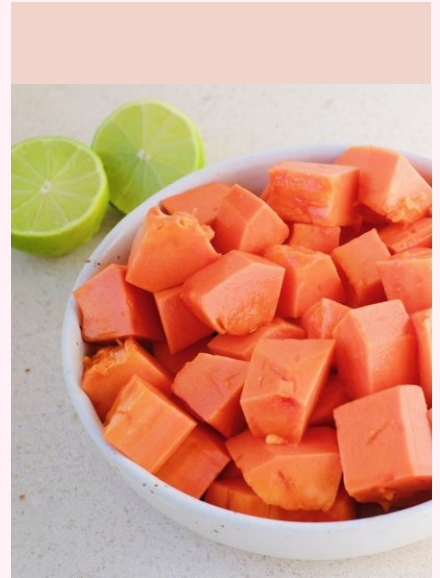
OVERVIEW OF ALL MEALS



Pre-Breakfast



Breakfast



Lunch opt 1



Lunch opt 2



Snack



Dinner

Day 5 - De-Bloat Shot



Ingredients

2 tbsp aloe vera juice
1 whole lemon, peel removed
1/3 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 taken before your meal!

Day 5

FLAT TUMMY Smoothie

@CarolineDeisler



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 cleans out your colon! Full of goodness and extra fiber from the flaxseeds to get everyyything going. YAY!

Day 5 – Lunch Option 1



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 5 - Lunch Option 2



CINNAMON OVERNIGHT OATS

Ingredients

BASE

1/2 cup oats
2 tbsp chia seeds
1.5 cups water

CREAM

2 ripe bananas
2 medjool dates
1/2 cup cashews
1 tsp vanilla extract powder
1/2 cup water

TOPPINGS

2 bananas, sliced
Cinnamon

Steps

- 1 Soak oats and chia seeds in 1.5 cups of water overnight or for at least 30 mins.
- 2 Place bananas, dates, cashews, vanilla and water in a high-speed blender and blend until creamyyyy. Mix the cream into your overnight oat & chia seed mixture and combine well.
- 3 Top with sliced bananas and a sprinkle of cinnamon (berries would also go really well) ENJOYYYY!! I love the satisfying texture and it's sooo delicious straight from the fridge. It's perfect to prep the night before or in the morning and then taken to work.

Day 5 - Lunch Option 3

CHOCOLATE OVERNIGHT 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 5 – Snack

make a
double
portion for
the next day

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 with it if I make it for a snack! Crispy potato wedges are amazing with it as well if it's more of a dinner!

Day 5 - Dinner

KABOCHA RISOTTO

Ingredients

½ cup dried buckwheat
1 cup water
1 tsp turmeric powder

PUMPKIN CREAM

1 cup roasted kabocha
squash
¼ cup water

TOPPINGS

Roasted kabocha squash
Fresh herbs

Steps

Preheat the oven to 190 degrees Celsius

Slice kabocha squash in wedges, leaving the peel on for extra flavour and place on a baking tray with parchment paper. Bake for 50 minutes or until golden and soft. I usually have this step meal prepped. I love having baked pumpkin in the fridge ready to use!

Rinse and cook buckwheat on medium heat for 15-20 minutes until soft and add in a bit of turmeric for an anti-inflammatory boost and a pop of colour hehe!

Once done, add roasted pumpkin and water to a small blender to make your risotto cream. Mix it into the cooked buckwheat, top with more roasted pumpkin pieces, fresh herbs, lemon juice and black pepper and enjoyyyyy! I love how creamy it is!

Day 5 - Post dinner



DIGEST TEA

Ingredients

- 1 tbsp fennel seeds
- 1 tsp licorice root powder
- 1 liter of hot water

Steps

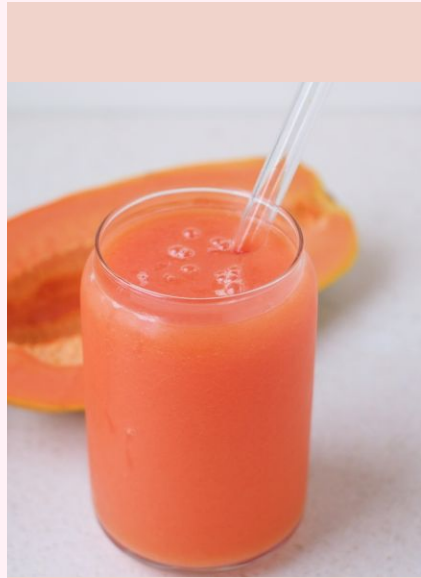
- 1 Add fennel seeds and licorice root powder to a teapot, add hot water and let it sit for 10 minutes.
- 2 I have been drinking this tea for almost 7 years now and LOVE it!! It's so soothing for your tummy and has that perfectly light sweet note. My go-to after dinner when winding down to sleep.

Day 6

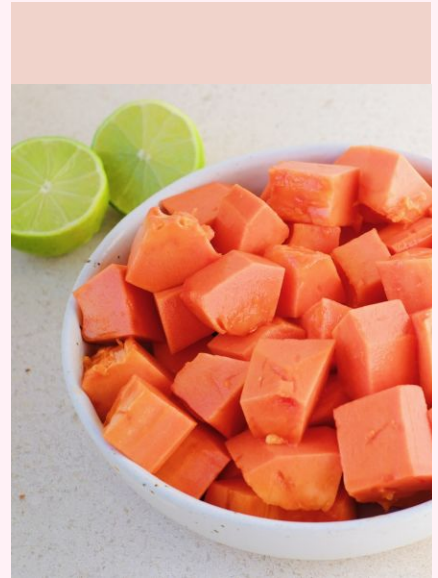
OVERVIEW OF ALL MEALS



Pre-breakfast



Breakfast



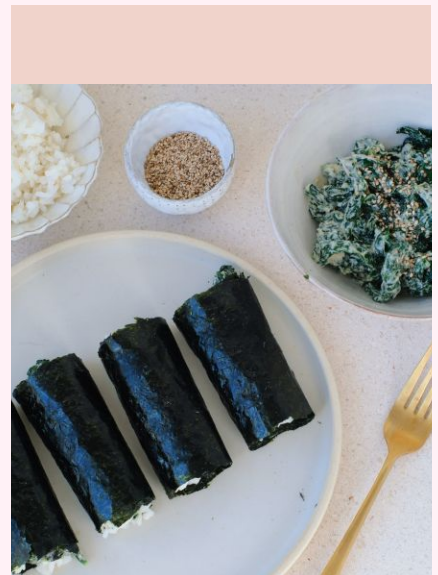
Lunch opt 1



Lunch opt 2



Snack



Dinner

Day 6 – Immune Shot



Ingredients

1 whole orange, peel removed
½ teaspoon turmeric powder
1 inch of peeled ginger
½ tsp of cayenne pepper (or
chili flakes)

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!

Turmeric is the best anti-inflammatory remedy and helps to fight anyyyy inflammation you have in your body, whether that's an unbalanced gut flora, adrenal fatigue, soreness or anything else you are fighting. Turmeric is such a powerful, natural immune booster!!

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 - Lunch option 1



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 6 - Lunch option 2



PAPAYA CHIA PUDDING

Ingredients

¼ cup chia seeds
1 cup water

BANANA CREAM
1 ripe banana
2 tbsp coconut yogurt
1 tsp vanilla extract

PAPAYA CREAM
1 cup ripe papaya
1 grapefruit, peeled

TOPPINGS
1 cup cut papaya

Directions

- 1** Soak chia seeds in water overnight (or for at least 30 minutes using only ¾ cup water)
- 2** Add the ripe banana, coconut yogurt and vanilla to a blender and blend until smooth. You can also use 2 dates instead of the coconut yogurt if you don't have any at home! Either way is super delicious and just as good! Mix the cream into the chia seed mixture and add to your jar.
- 3** Blend 1 cup ripe papaya and 1 grapefruit and add the papaya cream on top of the chia seed mixture. Garnish with lots of ripe papaya pieces and optionally add some ground flaxseeds for an extra omega 3, iron and fiber boost.

Day 6 – Snack



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 with it if I make it for a snack! Crispy potato wedges are amazing with it as well if it's more of a dinner!

Day 6 – Dinner



SPINACH SUSHI

Ingredients

2 cups cooked white rice
3 cups steamed spinach

SESAME CREAM

1 tbsp tahini
1/4 cup cashews
1/4 cup water
Juice of 1 lemon
1/2 tsp salt
1 tbsp apple cider vinegar

3 toasted nori papers
2-3 tbsp toasted sesame seeds

Steps

Cook your rice and steam the spinach. Let both cool down. Perfect for meal prepping!!

Meanwhile, soak cashews in water and rinse well. Then add all cream ingredients to a blender and blend until smooth. Mix the cream into your spinach and combine well.

Cut each nori paper into 4 squares so you have about 12 mini squares, add rice and our sesame spinach, add a sprinkle of sesame seeds and enjoyyyyy! Totally obsessed!!

Day 6 – Post dinner



GINGER TEA

Ingredients

2-3 cm piece fresh ginger
500ml hot water

Steps

- 1** Grate ginger and add to a teapot. Cover with hot water and run through a sieve to get rid of the tiny ginger peel pieces. Your tea is readyyy!
- 2** Alternatively, I love to add fresh ginger, lemon and a bit of water to a blender, blend until smooth and add a splash to my hot water. Both ways are great!
- 3** You can also use your pre-made ginger shot, add a little to your hot water aaand enjoy!!

Day 7

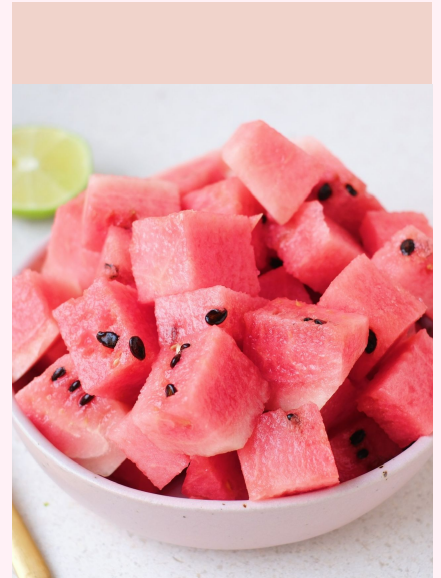
OVERVIEW OF ALL MEALS



Pre-Breakfast



Breakfast



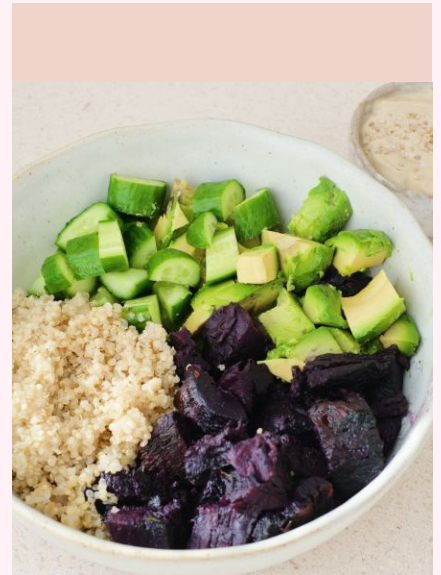
Lunch opt 1



Lunch opt 2



Snack



Dinner

Day 7 - Lemon Shot



Ingredients

2 tbsp aloe vera juice
1 whole lemon peel removed
1/3 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

FLAT TUMMY Smoothie

@CarolineDeisler



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 cleans out your colon! Full of goodness and extra fiber from the flaxseeds to get everyyything going. YAY!

Day 7 - Lunch option 1



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 option 2

CINNAMON APLES

Ingredients

4 apples, peeled & chopped
1 tbsp cinnamon
1 tsp vanilla extract
¼ cup raisins (optional)

ICE CREAM

2 large ripe bananas, frozen
¼ cup water

Notes

- 1** Peel and chop the apples and add to a pot with cinnamon and a tiny bit of water to avoid sticking.
- 2** Let them simmer on medium heat for 10-12 minutes until soft.
- 3** Next, make the vanilla ice cream by blending frozen bananas with a bit of water until smooth. A food processor works amazing here as you'll need less water.
- 4** Add ice cream to a bowl, top with your warm cinnamon apples, and optionally, some chopped roasted pecans for an extra crunch. HEAVEEEEN!

Day 7 - Lunch option 3

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

Directions

- 1** Soak chia seeds in water for 15 minutes or overnight.
- 2** Add dates, bananas, cashews, cinnamon, vanilla and water to a blender and blend until smooth.
- 3** Add cream into the chia seed paste, mix well, transfer to a jar, add berries and papaya and 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, berries and papaya. That way you have berries and papaya with every bite. Such a quick, easy, delicious lunch, perfect to pack for work!

Day 7 - Snack



PUMPKIN HUMMUS

Ingredients

- 1 cup cooked chickpeas
- 1/2 cup roasted kabocha squash (about 1/4 kabocha squash)
- 1 tsp tahini
- Juice of 1/2 lemon
- 1/2 tsp turmeric powder
- 1/4 cup water

TOPPINGS

- Roasted pumpkin seeds (optional)
- Lemon juice
- Fresh parsley or coriander
- Chili flakes

Steps

Preheat the oven to 200 degrees, wash kabocha squash, cut it into wedges and place it on a tray lined with parchment paper. Bake for 45 minutes.

Drain & rinse your chickpeas, I usually buy the ones in a glass jar and give them a good rinse until all bubbles are gone as that helps with bloating. Add chickpeas, pumpkin, lemon juice, tahini, turmeric to a food processor and pulse until smooth.

Add your favourite toppings and enjoy this hummus with cucumbers, carrots or radishes for an extra digestion boost!

Day 7 - Dinner



FITNESS BOWL

Ingredients

- 1 cup cooked quinoa
- 1 large purple sweet potato, baked
- 2-3 small cucumbers
- 1 avocado

TAHINI DRESSING

- 2 tbsp tahini
- ¼ cup water
- Juice of 1 lemon
- 1 medjool date
- 1 small zucchini, peeled

Steps

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

Day 7 - Post dinner



GINGER TEA

Ingredients

2-3 cm piece fresh ginger
500ml hot water

Steps

- 1** Grate ginger and add to a teapot. Cover with hot water and run through a sieve to get rid of the tiny ginger peel pieces. Your tea is readyyy!
- 2** Alternatively, I love to add fresh ginger, lemon and a bit of water to a blender, blend until smooth and add a splash to my hot water. Both ways are great!
- 3** You can also use your pre-made ginger shot, add a little to your hot water aaand enjoy!!

You did it!
How do you feel?





[@CarolineDeisler](https://www.instagram.com/CarolineDeisler)



Thank you

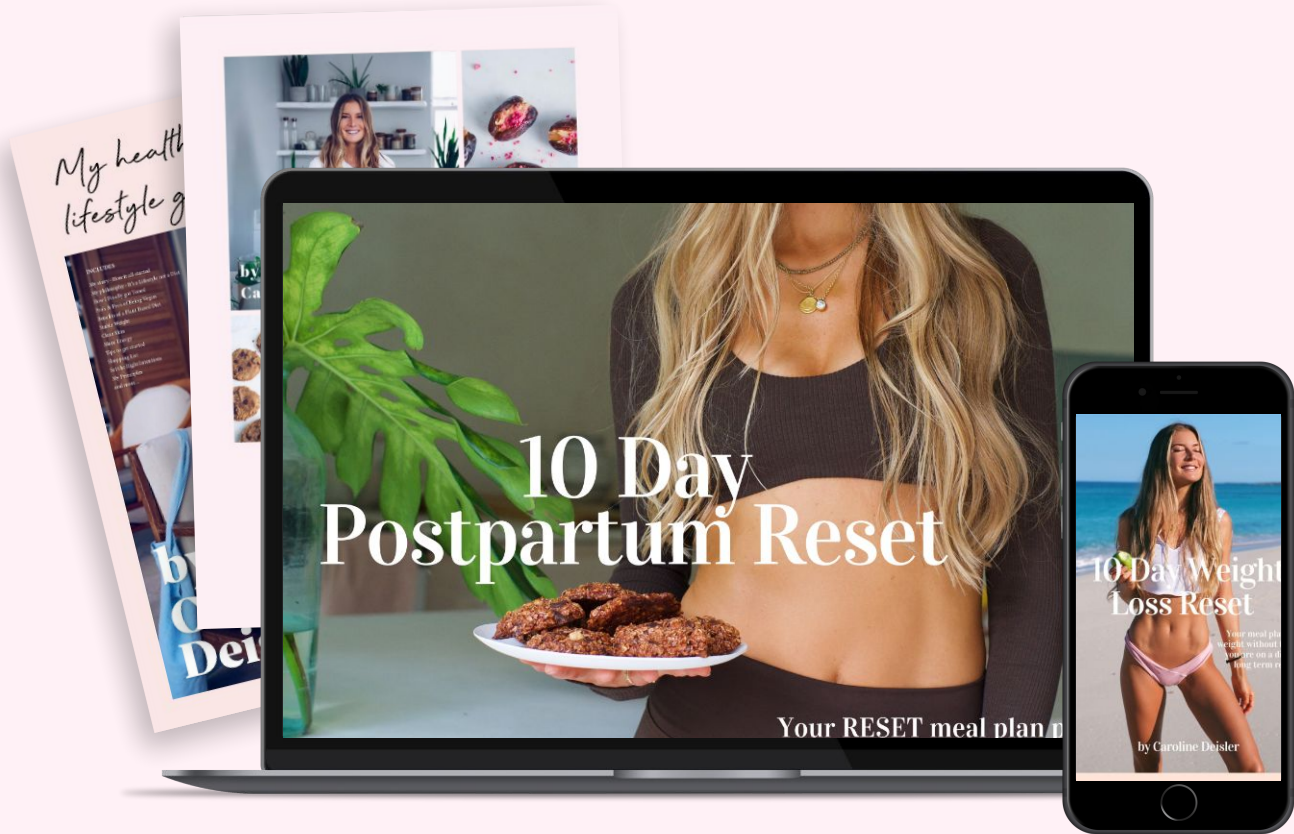
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You can be so proud of yourself for resetting your gut, nourishing your body and wanting to feel healthy from the inside out. Seeing your stories, posts and reading all your feedback messages truly makes my day!!

Sending you so much love!

xx Caroline

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