10 Day Winter Reset



Boost your immune system, have more energy, stay in shape & fight that winter low!!!

by Caroline Deisler

Let's stay fit during winter!



My name is Caroline, I am a certified holistic nutritionist and have been loving the plant-based lifestyle for more than 12 years now. There is no quick fix for anything, but this 10 day reset will help you to get back on track and SET YOU UP FOR SUCCESS. Eating healthy and being active are both long-term lifestyle approaches; however, we can all benefit from a little reset sometimes to RE-NOURISH our bodies and remind ourselves of how GOOD we can actually feel.

Most of us want to eat healthy and workout to LOOK GOOD and there is nothing wrong with that. However, the mental aspect is just as important. Once you start giving your body the right fuel, you automatically feel more energized, clear headed, make smarter lifestyle choices and feel more fulfilled and aligned. This will help you sleep better, which will make you more stress-resistant. It starts with food, but the benefits we experience down the line are far greater than just having your dream body. Keep that in mind in case you ever lack motivation.

Caroline Deisler

NUTRITIONIST | FITNESS ADVOCATE


@Carolinedeisler

My story & how it all started!

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It all started when I was living and modeling in New York. I was 19, living on my own and the pressure of the modeling industry to be extremely skinny really got to me. I had an unhealthy relationship with food, was always dieting and binge eating and just felt miserable. I was mentally exhausted from constantly thinking about food, the way I looked and if what I ate would make me gain weight. This whole cycle of of not eating enough and binging made me feel like an absolute failure and the industry I was in was teaching me to find my worth in how much I weighed. I hit rock bottom a few years later, when I was 23 and felt like I couldn't be in that environment anymore. I knew it was time for a change and I turned fully vegan. I say vegan, but I actually don't love that word because vegan can also be quite unhealthy. I always loved fruits and vegetables and this is now the focus of my diet. So many people fear fruits and dates thinking their natural sugar is bad for them or will make them gain weight but then they'll grab cookies and chocolate bars which are loaded with refined sugar. If that's you, I don't blame you. I have been there myself and am here to teach you a way out. :-) I want you to always feel satisfied, enjoy every single meal AND get into your best shape. Ultimately that's the key to long term success and it just feels SO GOOD to not think about calories, portion sizes and be fit all year round.

Disclaimer

All the information provided in this plan is for educational and inspirational purposes only. Please seek help from a professional if you have any concerns or personal struggles that need to be addressed.

Let's feel good all year round!



Have you ever feared winter because you thought you would lose all the progress you made during summer? Trust me you're not the only one afraid of that. But the GOOD NEWS is that you CAN LOOK YOUR absolute BEST in winter and I'll teach you how!
Why eat healthy from March to November and then stop caring right? The cold can be so good for our health & well-being so we just need to learn how to work WITH it to feel our best.

Adapting to more warming foods that nourish our body and feel like a hug to our stomach is the key to feeling satisfied. There are so many delicious winter vegetables we can make use of and I tried to include every single one of your feedback wishes. :)

On the next page, I share a few basic tips I love to follow to boost my immune system and feel good.


cozy season
is self-care season
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Other tips to stay warm!

Hot Water Bottle

I am OBSESSED with hot water bottles. They are so comforting and REALLY help you feel WARM. I love having one on my tummy when I'm working or eating. I feel like every girl needs one heheh. :-)

Sauna + Cold Showers

I have been taking ice-cold showers for years, also during winter, and it makes me feel SO GOOD. Don't shy away from them; they are the quickest energy boost! Also, if you have access to a sauna or steam room, definitely make use of them to boost your circulation!

Light Candles

Such a simple thing to do, but it does make a HUGE difference. I always light my (natural!) candles when I have my morning tea, work on my laptop or eat dinner. It makes you feel warm just from looking at it.

Drink More Tea

I love to sip on tea all day during winter. I used to bring a huge thermos bottle to school when I was a teenager so I could have something warm to drink all day. :)
My favourites are: ginger tea (ginger shot in hot water) & a peppermint liquorice tea (tastes like having a dessert).

Take a Hot Bath

If you are lucky enough to have a bath tub, make it your best friend during winter. I love adding Epsom salts to it which is great for muscle recovery and makes you sweat it all out too!!

Put on Warm Socks

Use all the tricks to feel warm. I love thick, warm socks and even go to sleep with them. I know it's a very basic tip haha,but make sure to layer up. :-))



Morning Hydration

To kickstart your day right!

The first few hours when you wake up are the perfect time to hydrate your body. Have 1-1,5 liters of (lemon) water & ginger tea. It's also so cozy so start the day with tea and I really enjoy that mindful quiet time for myself.

Next you want to have about 500ml of fresh celery juice (or any green juice - no fruit). I have mine anytime between 6am and 8am. There is no specific schedule you should stick to, whatever fits in with your work/ life schedule, just make sure you have the celery juice before anything else. This way, your body absorbs it best.

Then it's time to get some movement in. Whether it’s a morning walk or one of our workouts, even just 20 minutes will give you great results, both mentally & physically.

Post Workout means it's green smoothie and lunch time. Have the green smoothie first and then prepare brunch/lunch. That way, your body has time to quickly digest the smoothie before you eat your first solid meal.



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Day on a plate






This 10 Day Winter Reset has a minimum of 3 recipes for each day. All following my personal lifestyle beliefs which means vegan, no refined sugar, no processed oils and no gluten.

You have the option to practice **intermittent fasting,** and only have the celery juice in the morning + then later pair the green smoothie with lunch or have the green smoothie as breakfast, followed by fresh fruits and lunch as soon as you get hungry again. I naturally have about a 12h-14h fasting window overnight which works perfectly for me.

Shopping list! I created one big shopping list for the 10 days to make it easier for you to plan. The only items I would try to get fresh every few days are smoothie greens, as they don't last that long. (pro tip: add a potato cut in half into a bowl with fresh cold water and any leafy greens, wait 30min and they are all fresh and crisp again)

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

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

Dinners are more savoury and veggie-loaded while lunch is always sweet. This way, you don't have sugar cravings at night. I have seen the best results in terms of digestion, skin, energy and cravings from eating this way. However, if you really don't like a sweet lunch, feel free to make one of the other dinner recipes for lunch.

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

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

WEIGHT LOSS TIPS

If you are doing this reset to lose weight, here are a few things to keep in mind to get you the best results!

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1. Stick to the routine. You'll have the best digestion when you eat light to heavy (meaning juice first, then smoothie, sweet lunch and savoury dinner).

2. Limit the number of dates and dried fruits you are eating. You know me, I absolutely love Medjool dates and dried figs and think they are the best ever. I would still recommend having some to satisfy your sweet tooth, but focus more on "low calorie - high volume" fruits like apples, pears, oranges & persimmons.

3. In my 10 Day Body Reset, I recommended lunch option 1 for weight loss; however, for the winter reset, it really depends on which foods make you feel more satisfied. Some people can have bananas and dates for lunch and feel completely satisfied, while others need something warm and comforting. The key is not to have sweet cravings later in the day. There is not one way that works for every body, and if you have less cravings from having a warming bowl of porridge for lunch, you'll lose more weight with that than with eating tons of fruit and not feeling satisfied.

The key really is to focus on foods that are high in volume and low in calories. My recipes are all compatible with that philosophy: satisfying, high in volume, lower in calories than other foods, and I keep nuts to a minimum to keep it lighter. However, especially women need healthy fats for balanced hormones so that I wouldn't skip the nuts and nut butters altogether. I also recommend leaving a few hours in between lunch and dinner (instead of snacking all day) to give your body time to digest.


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My Workouts



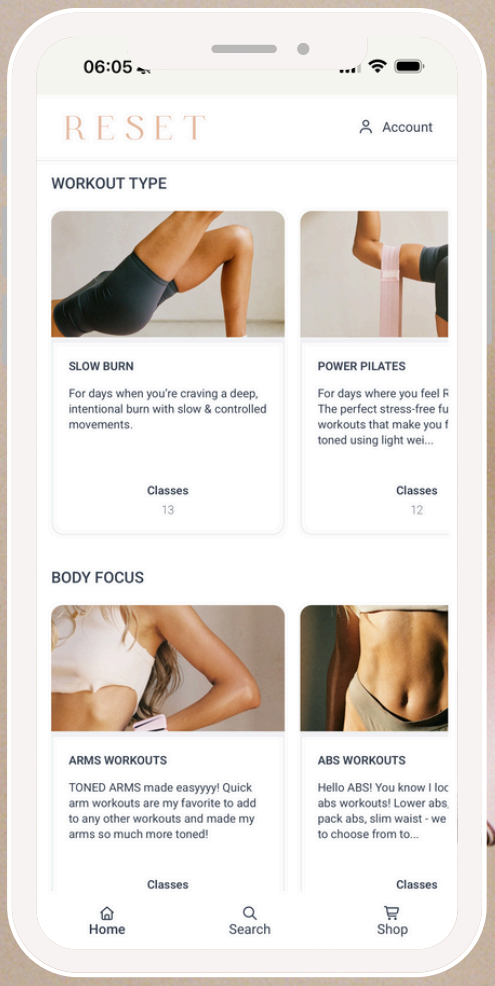
Moving your body is an essential part to feeling your best. Especially during the colder winter months, we tend to not move as much and want to get all cuddled up on the couch which is super cozy but you will enjoy that even more when you get a workout in as well. Bringing your heart rate up, warming your body from the inside out and boosting your metabolism will make you feel a million times better and you won't have those winter blues!!

I create **new weekly workout plans** every Sunday for the following week, which you can all access on the **RESET APP** together with ALL my pilates workouts, recipes, and self-care tutorials!

Combining my recipes and workouts will give you the absolute best results, both physically and mentally!

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RESET



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WORKOUTS

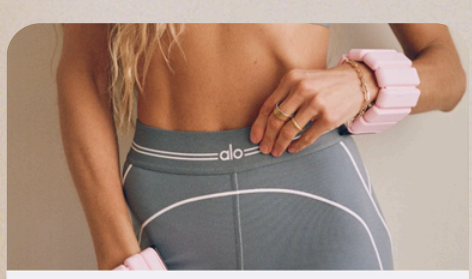
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Classes
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Results are in...!

10 days don't seem long but it's long enough to give you results and who knows, maybe you feel so good by the end of it that you keep eating the same way or you do the reset again switching up the lunch options. Take a picture of yourself on day 1 and write down how you feel. Let's see how that shifts by day 10! Be as detailed as possible e.g. note sleep, digestion, mood, stress, happiness level, energy, fitness etc.! I can't wait to watch your stories & posts! Tag me @carolinedeisler @joinreset_

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Before	After

Daily Checklist ✓

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

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Let´s go!!
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Shopping List

A big handful of fresh ginger
Italian seasoning
Vegetable broth cubes (low sodium)
Turmeric powder
Ground cumin powder
Apple cider vinegar
Fennel seeds
Curry powder
Galangal powder
Cinnamon
Coriander seeds

4 handfuls salad greens
(arugula, chicory, escarole, frisée...)
13 heads celery
5 bunches curly or black kale
3 bunches Swiss chard
2 bunches rainbow chard
4 handfuls fresh spinach
1 bunch collard greens
2 bunches parsley
1 head romaine lettuce
2 bunches chives or dill

4 large sweet potatoes
2-3 avocados
3 large cucumbers
5 zucchinis
26 (medium size) potatoes
9 carrots
3 heads broccoli
2 heads cauliflower
2 parsnips
2 leeks
1 handful brussel sprouts
1 handful green beans
1,5 cups green peas (frozen)
2 kabocha squash
1 butternut squash
3 cups mixed mushrooms

2 fennel stalks
1 package fresh roasted chestnuts

2 cups frozen blueberries
1 handful organic grapes
11 lemons
2 limes
4 kiwis
5 ripe pears
68 medjool dates
20 organic dried figs
16 bananas
15 clementines
1 orange
14 ripe big persimmons
7 large organic apples
2 pomegranates
8 golden kiwis

1/2 cup cashews
5 walnuts
6 pecans
4 tbsp pumpkin seeds
Coconut Chips (optional)
1 cup coconut milk
2 cups chickpeas, cooked
1 cup fava beans, cooked
1/4 cup dry quinoa
1/4 cup dry wild rice
1 package cooked chestnuts
1/2 cup fermented sauerkraut (optional)

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Shopping List

A Big handful of fresh ginger
Italian seasoning
Vegetable broth cubes (low sodium)
Turmeric powder
Ground cumin
Apple cider vinegar
Fennel seeds
Curry powder
Galangal powder
Cinnamon
Vanilla powder extract
Coriander seeds
Gingerbread spice

4 handfuls salad greens
(arugula, chicory, escarole, frisée...)
13 heads celery
5 bunches curly or black kale
3 bunches Swiss chard
2 bunches rainbow chard
4 handfuls fresh spinach
1 bunch collard greens
2 bunches parsley
1 head romaine lettuce
2 bunches chives or dill

6 large sweet potatoes
2-3 avocados
3 large cucumbers
2 fennel heads
5 zucchinis
26 (medium size) potatoes
10 carrots
3 heads broccoli
2 heads cauliflower
2 parsnips
2 leeks
1 handful brussel sprouts
1 handful green beans
1,5 cups green peas (frozen)
3 kabocha squash
1 butternut squash
3 cups mixed mushrooms

50 medjool dates
15 ripe bananas
1 orange
5 ripe pears
3 cups frozen blueberries
3 cups blueberries
1 handful grapes
4 kiwis
5 apples
2 ripe persimmons
7 plums

3,5 cups oats
2 tbsp shredded coconut
1 tbsp raisins
1/4 cup chia seeds

12 walnuts
1/2 cup cashews
6 pecans
4 tbsp pumpkin seeds
1 tbsp almond butter
2 tbsp peanut butter
2 tbsp hazelnut butter
1 tbsp roasted hazelnuts
1/2 cup cacao nibs
Dried mulberries (optional)
Coconut flakes (optional)

1 cup coconut milk (optional)
2 cups chickpeas, cooked
1 cup fava beans, cooked
1/4 cup dry quinoa
1/4 cup dry wild rice
1 package cooked chestnuts
1/2 cup fermented sauerkraut

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Day 1-10 Morning Hydration



DETOX TEA

Ingredients

Small piece ginger
Juice of one lemon (optional)

Steps

1. Use a grater to grate the ginger. This makes the tea a lot stronger than cutting the ginger in larger pieces.
2. Pour hot water over the grated ginger, add lemon juice and enjoy.



CELERY JUICE

Ingredients

1 head celery

Steps

Use a juicer OR:

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

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Day 1 - Overview

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OR





Day 1

Green Smoothie

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Ingredients

1 handful celery stalks
2 leaves kale, de-stemmed
2 leaves Swiss chard
1 ripe pear
1-2 medjool dates, pitted
Juice of 1 lemon
2 cups water

Steps

Place all the ingredients into a high speed blender and blend until smooth.

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie right before eating your meal.

You can also make the green smoothie your breakfast if that fits better into your schedule. PS: I would try to stay away from coffee during the 10 day reset.

Day 1 - Lunch - option 1

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Ripe Bananas & Medjool Dates

Ingredients

3-4 ripe and spotty bananas
10 medjool dates

Notes

Bananas and medjool dates are two of the absolute best FITNESS FOODS. They are high in potassium which most people are deficient in and your body holds onto water weight when your sodium / potassium levels are out of balance. Potassium helps your body transport water into your cells whereas when your sodium level is higher than potassium the water can't enter your cells and therefore you look more "puffy". Bananas and dates are so SO satisfying, filling and reallyyyy keep your sweet cravings away because you get great quality natural sugar. They are also high in fiber (hello good digestion), provide quick energy and are easy to eat on the go. The beauty of these delicious fruit meals is that you can eat quite a big amount and you'll literally get into your best shape ever!!!

Day 1 - Lunch - option 2



Carrot Cake Porridge

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Ingredients

BASE
1/2 cup oats
1 cup water
1 large carrot, grated
2 tbsp shredded coconut
3 medjool dates, chopped
1 heaping tsp cinnamon
1/2 teaspoon vanilla powder extract

TOPPINGS
caramel sauce (5 dates, 1/2 cup water)
4 walnut halves
1 small carrot, grated
1 tbsp shredded coconut

Steps

1. Add all the base ingredients to a bowl, mix well and place in the fridge overnight or alternatively for about 30min.

2. To make the caramel sauce, add dates and water to a blender and blend until smooth. Totally optional to add the caramel sauce, if you want to keep it lighter feel free to leave it out but I think it adds that nice little extra something and satisfies my sweet tooth.

Add all the other toppings and enjoy! :)

Day 1 - Dinner

Potato Broccoli Soup

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Ingredients

5 medium sized potatoes
2 carrots
1 head broccoli florets
1 leek
3 celery stalks
3 cups vegetable broth, low sodium
2 tbsp Italian seasoning
Optional: green peas

Directions

1. Wash and chop the potatoes, carrots, leek and celery, I personally peel my potatoes and leave the carrots as they are.
2. In a pot, add all the veggies except for the broccoli. Add vegetable broth (water will work as well but veggie broth adds more flavour) and bring it to boil. Let the soup simmer on medium heat for 30 min.
3. Throw in the broccoli florets for the last 10 minutes as they need less cooking time.
4. Add 1/3 of the soup to your blender and blend until creamy. Pour it back into the pot and stir well. This step makes all the difference and gives you the creamiest consistency. :)

Caroline´s Note

Such a simple recipe, yet so, so comforting and delicious and I can have this on repeat during winter. It's very soothing on my stomach and digests so easily. If you feel like you need something else, have some roasted kabocha squash on the side. It goes so well together. Simply cut the kabocha squash in wedges and bake on a tray lined with parchment paper for 40 min at 180 degrees celsius.

Day 2 - Overview

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OR





Day 2

Green Smoothie

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Ingredients

1 handful celery stalks
2 handfuls fresh spinach
2 leaves collard greens
1 cup frozen blueberries
1 handful organic grapes
1 medjool date
2 cups water

Steps

Place all the ingredients into a high speed blender and blend until smooth.

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie right before eating your meal.

You can also make the green smoothie your breakfast if that fits better into your schedule. PS: I would try to stay away from coffee during the 10 day reset.

Day 2 - Lunch - option 1

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Clementines & Medjool Dates

Ingredients

10-12 clementines
10 medjool dates
(OR as much as you crave)

Notes

Nothing reminds me more of winter and a cozy holiday season like clementines do.They are so juicy, sweet and delicious + again SO EASY to eat on the go. Fruit really is natures #1 healthiest fast food and makes eating healthy when we are out all day so easy. When I was in uni. in London, I always walked to this little fruit and veggies store on my lunch break and bought lots of clementines, oranges and dates during the winter season. I really think we need to change our narrative around fruit and need to look at it as FOOD not just a little snack here and there because ultimately fruit is one of the most satisfying, vibrant living foods we have and involves zero processing. Clementines are high in antioxidants which prevent you from getting sick and are full of potassium and calcium. I love to finish with medjool dates as eating the juicier fruits first works best for your digestion. Feel free to always substitute any of the fruit meals with your favourite fruits, just make sure they are ripe.:-)

Day 2 - Lunch - option 2



Loaded Sweet Potatoes

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Ingredients

2 baked sweet potatoes, cooled down

Caramel sauce (6 dates, 1/2 cup water, 1/2 teaspoon vanilla powder extract)
2 ripe bananas, sliced
2 tsp cinnamon
1 cup blueberries

Steps

1. Bake whole sweet potatoes for 45 minutes at 180-200 degrees celsius. Let them cool down & cut in half (also perfect to meal prep).

2. Blend caramel sauce ingredients and spread on top of the sweet potatoes. Top with sliced bananas, blueberries and cinnamon. YUM!!!

Caroline's tip!

Takes 2 mins to throw together if you have baked sweet potatoes and caramel sauce premade!

Day 2 - Dinner



Creamy Veggie Bowl

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Ingredients

VEGETABLES
1 head broccoli florets
1 handful brussel sprouts
1 handful green beans
4 medium sized potatoes
1/2 cup green peas, frozen

SAUCE
2 small potatoes
2 carrots
1/4 cup cashews
1 tbsp curry powder
Juice of 1 lemon
1 cup water
Small piece ginger (optional)

Steps

1. Start by steaming the carrots and all potatoes for 25 minutes, throw in the broccoli, green beans, Brussel sprouts and frozen peas for the last 7-10 minutes.
2. Once that's done, set the broccoli, brussel sprouts, green beans, peas and all potatoes except for two aside. Alternatively, if you like your veggies and potatoes more crunchy, air fry or bake them on parchment paper for another 15 minutes.
3. To make the sauce, add steamed carrots and 2 small potatoes, cashews, curry powder, lemon juice, water and ginger to your blender and blend until smooth. OMG this sauce is heaven!! You will totally devour a whole plate of vegetables just because of the sauce. My mouth is watering while I'm typing this haha.
4. Pour the sauce over your vegetables and potatoes, mix well and ENJOY. You can also have the sauce on the side to dip the veggies in. Both ways are equally delicious.

Day 3 - Overview

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OR





Day 3

Green Smoothie

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Ingredients

4 leaves rainbow chard
2 leaves kale, de-stemmed
1 orange, peeled
1 frozen banana
Small piece ginger
2 cups water

Steps

Place all the ingredients into a high speed blender and blend until smooth.

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie right before eating your meal.

You can also make the green smoothie your breakfast if that fits better into your schedule. PS: I would try to stay away from coffee during the 10 day reset.

Day 3 - Lunch - option 1

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Persimmons & Medjool Dates

Ingredients

6 big, ripe, soft persimmons
5-6 medjool dates or as many as you need to feel fully satisfied.

Notes

OMG aren't persimmons insanely DELICIOUS?! I get soooo excited when I see the first persimmons of the season and have a similar love for them as I have for medjool dates. Persimmons are the soft version of kakis. They are so soft and delicate and literally melt in your mouth, like SO GOOD. You can eat them on their own or if you find that's a little messy you can make the Vanilla Pudding which is so yum!! I would have 6 big ripe juicy persimmons for lunch (either plain or in the pudding form) and finish with a couple of medjool dates to feel fully satisfied.

Day 3 - Lunch - option 2

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Baked Banana Porridge



Ingredients

1/2 cup oats
1 cup water
3 medjool dates, chopped
1-2 tbsp cinnamon
1 tbsp almond butter

TOPPINGS
1 baked banana
1 cup blueberries
Sprinkle of cinnamon

Steps

1. Add the oats and water to a pot and let it simmer on medium heat for 5-7 minutes. While they're cooking add the dates, cinnamon and almond butter.

2. In the meantime, peel and cut your banana in half, add to a non stick pan and cook on each side for a few minutes.

3. Pour the oatmeal into a bowl, add the banana, blueberries and more cinnamon.:-)

Day 3 - Dinner
Pumpkin Quinoa Soup



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Ingredients

1/2 kabocha squash
2 carrots
2 large potatoes or one sweet potato
1/4 cup dry quinoa
2 kale leaves, de-stemmed
1 tsp turmeric powder
Small piece ginger, grated
1 tbsp ground cumin
4 cups vegetable broth or water

Directions

1. Wash, peel and chop kabocha squash. Chop carrots and potatoes and add all to a pot. You can eat the skin of the kabocha squash as well but the soup will have a nicer color without.
2. Pour in the vegetable broth or water (I personally often just use water out of convenience) and spices.
3. Let it cook on medium heat for about 35 minutes.
4. Add the quinoa for the last 20 minutes.
5. Take 1/3 of the soup and blend until smooth, Pour it back in, add the chopped kale and let it simmer for another 5 minutes. ENJOY!
6. If you still feel hungry, make some extra roasted kabocha squash to have on the side.

Day 4 - Overview

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OR





Day 4

Green Smoothie

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Ingredients

3 leaves kale, de-stemmed
1/2 fennel
1 handful spinach
2 stalks celery
Juice of 2 limes
4 kiwis
1 medjool date
2 cups water

Steps

Place all the ingredients into a high speed blender and blend until smooth.

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie right before eating your meal.

You can also make the green smoothie your breakfast if that fits better into your schedule. PS: I would try to stay away from coffee during the 10 day reset.

Day 4 - Lunch - option 1

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Crispy Apples & Medjool Dates

Ingredients

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

Notes

Apples are so underrated! :-) I meeeean, they're so crisp, juicy and delicious. Great for your digestion, your liver, your brain health, easy to eat on the go, inexpensive and you have a huge variety to choose from. I know it takes some time to get used to eating fruit as a meal but the benefits you'll experience speak for themselves. You feel energised without needing that post lunch nap because ripe fruits are easy to digest when eaten alone on an empty stomach + you can eat a large amount compared to other foods and it visually looks like a lot which also stimulates your brain.





Day 4 - Lunch - option 2



Caramel Bananas

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Ingredients

5 ripe bananas
9 medjool dates, pitted
1 cup water
1 tsp vanilla powder extract

Optional: Add 1 tbsp peanut butter to the caramel sauce

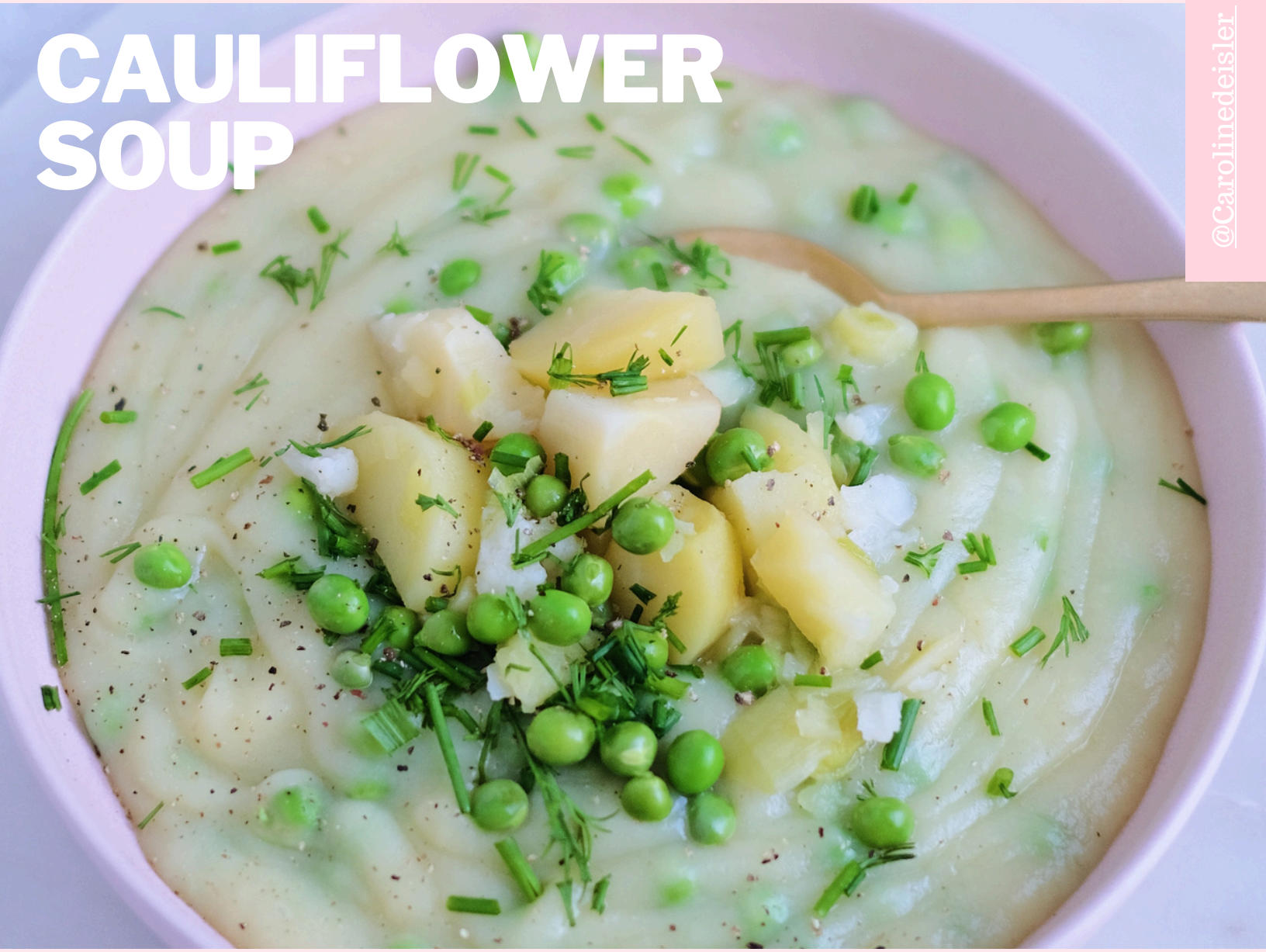
Steps

1. Add pitted dates, water and vanilla powder to your blender and blend until smooth.

2. Chop bananas, place in a bowl and pour the caramel sauce on top & ENJOYYY!!

Also works great to take to work if you pack the caramel sauce and leave the bananas whole so you can dip them into the caramel!

Day 4 - Dinner



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Ingredients

1 head cauliflower florets
2 parsnips
3 medium size potatoes
1 leek
Small piece ginger, grated
1 tbsp Italian seasoning
1 cup green peas, defrosted

Steps

1. Peel, chop and steam potatoes, parsnips, cauliflower and leek for 25 minutes until soft. You can also put the cauliflower and leek in a little later.
2. Add all steamed veggies except for one potato to a blender with the grated ginger and Italian herbs and blend until smooth.
3. Transfer the soup to your bowl, add green peas and the cut leftover potato and stir well.
4. Top with fresh chives or dill, black pepper & salt (optional).

Day 5 - Overview

@Carolinedeisler











OR



OR







Day 5

Green Smoothie

@Carolinedeisler



Ingredients

1 bunch parsley
1 head romaine lettuce
1 apple
2 medjool dates
2 cups water
Juice of 1 lemon
Small piece ginger

Steps

Place all the ingredients into a high speed blender and blend until smooth.

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie right before eating your meal.

You can also make the green smoothie your breakfast if that fits better into your schedule. PS: I would try to stay away from coffee during the 10 day reset.

Day 5 - Lunch - option 1

@Carolinedeisler





Ripe Bananas & Dried Figs

Ingredients

3-4 ripe and spotty bananas
10 organic (sulfate free) dried figs

Notes

I have already raved about the benefits of bananas on Day 1 of the reset and you're probably hooked by now haha. Dried figs are my favourite dried fruit next to medjool dates (which are btw not dried). Just like bananas and dates, dried figs are an excellent source of potassium, calcium, iron and fiber. Make sure to buy these organic as conventional ones are usually treated with sulphur. I find dried figs SO satisfying, filling and they're the PERFECT winter fruit because they create heat in your body and literally keep you warm from the inside out. Let's also not forget how easy they are to eat on the go, pack them for work, to school or to take with you while traveling. I give them a 10/10 for taste, texture, health & convenience. YAY!!

Day 5 - Lunch - option 2



@Carolinedeisler

Ingredients

BASE
1,5 cups baked kabocha squash or any other pumpkin
5 medjool dates (or 2 bananas)
1 tsp vanilla powder extract
1 tsp cinnamon
1,5 cups water (add more if needed)

TOPPINGS
1 cup frozen blueberries
1/2 cup blueberries
1 tbsp cinnamon

Steps

1. Peel and cut the kabocha squash. Place on a tray lined with parchment paper and bake for 45 min at 200 degrees celsius. Let it fully cool down. (perfect to meal prep the day before)
2. Start by adding the frozen blueberries to a pot and let it simmer on medium heat for 5-10 minutes until you have a warm jam texture.
3. Place all base ingredients into a high speed blender and blend until creamy.
4. Add blueberry jam, blueberries and cinnamon and ENJOY!! SO YUM!

Day 5 - Lunch - option 3



@Carolinedeisler

Caramel Apple Slices

Ingredients

2-3 organic apples
10 medjool dates, pitted
1 tsp vanilla powder extract
1 cup water

TOPPINGS
2 tbsp dried mulberries
2 tbsp cacao nibs

Directions

1. Start by making the caramel sauce: Add medjool dates, water and vanilla to a high speed blender and blend until creamy. You can also prep this the night before and have it ready to take to work the next morning.

2. Cut your apples into thin slices, spread the caramel sauce on top (or you can dip into the caramel if you want to have it on the go) and sprinkle some chopped dried mulberries and cacao nibs on top. Keep the dried mulberries in the freezer to have it extra crunchy. It's such an easy, satisfying and SUPER DELICIOUS lunch!! Also makes me feel so cozy and christmassy for some reason.
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Day 5 - Dinner

Simple Salad Bowl

@Carolinedeisler



Ingredients

Any greens of your choice:
Red chicory
Escarole
Frisee
Romaine

HEALTHIEST DRESSING
1/2 fennel
1 small raw zucchini
1 bunch chives or dill
2 tbsp pumpkin seeds
1 tbsp apple cider vinegar
Juice of 1 lemon
1/4 cup water

Steps

1. Wash your salad greens.1 or 2 days a week I love to wash all my greens and keep them in an airtight container in the fridge. The more bitter greens you eat, the better! They're great to improve your stomach acid which ultimately helps with digestion.
2. Add all dressing ingredients into a blender and blend until smooth. I love A LOT of dressing and since it's SO HEALTHY, the more the better kind of haha but feel free to store half of the dressing in the fridge for the next day and also add some on top of the sweet potato bites.
3. Massage the dressing into your greens and enjoy!!

Day 5 - Dinner



@Carolinedeisler

Sweet Potato Bites

Ingredients

2 sweet potatoes
1-2 avocados
1 large cucumber
2 tbsp Italian seasoning

Directions

1. Steam (25minutes) or bake (45 minutes at 200 degrees C) sweet potatoes and let them fully cool down afterwards. For this recipe I love to meal prep the sweet potatoes the night before & have them ready in the fridge.

2. Wash and cut the cucumber in thick 2cm pieces and place on your plate. Cut sweet potatoes in 2cm thick pieces as well and add on top. Peel and cut your avocado, add on top of the sweet potato bites and sprinkle some Italian herbs and pepper on top.

3. Enjoy just like that or if you feel you need a little more, have the winter salad (next page) beforehand. I love how simple this is yet still so delicious and filling. Ripe avocado on smooth sweet potato goes so well together. BEST COMBOOOO!!

.

Day 6 - Overview

@Carolinedeisler











OR



OR





Day 6

Green Smoothie

@Carolinedeisler



Ingredients

3 leaves kale, de-stemmed
1 handful spinach
1 handful celery
2 ripe bananas (fresh or frozen)
2 cups water

Steps

Place all the ingredients into a high speed blender and blend until smooth.

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie right before eating your meal.

You can also make the green smoothie your breakfast if that fits better into your schedule. PS: I would try to stay away from coffee during the 10 day reset.

Day 6 - Lunch - option 1





Medjool Dates & Roasted Chestnuts

Ingredients

5-10 medjool dates
300gr roasted chestnuts
(OR as much as you crave)

Notes

This meal doesn't look as colourful haha but some days I'm more into juicy fruits and some days all I want is medjool dates. Listen to your body and go for whatever you are craving. Your body already went through five days of detoxing and you´ll find that your cravings change the "cleaner" you eat. Curious to hear your feedback about this too!! Tag me in your Instagram stories :))

I absolutely love roasted chestnuts during winter and they give me real cozy vibes. The texture and the nutty flavour is SO satisfying and I also love that you can buy them on the go from those little stands. The flavour is even better when you let them cool down. I wouldn't recommend having juicy fruits right before having chestnuts as that won't be easy on your digestion, that's why I usually just have some dates beforehand to make sure I'm not craving sweets later in the day.

Day 6 - Lunch - option 2



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Caramel Oats

Ingredients

1/2 cup oats
1 cup water
1 tbsp peanut butter
3 medjool dates, chopped
1 tsp vanilla powder extract

TOPPINGS
1 tsp cinnamon
Optional:
Sliced bananas
Cacao nibs

Steps

1. Add oats and water to a pot and let it simmer on medium heat for about 5-7 minutes until soft and smooth.

2. While the oatmeal is cooking, add in vanilla, peanut butter and dates and stir well.

3. Transfer to your bowl, add cinnamon and sliced banana + cacao nibs if you feel like you want it to be a bit more substantial. :-) SO SIMPLE, SO GOOD!!

Day 6 - Lunch - option 3



@Carolinedeisler

Vanilla Pudding

Ingredients

6 ripe large persimmons
1 tsp vanilla powder extract

Optional toppings:
Cacao nibs
Dried mulberries
Blueberries

Steps

Place persimmons and vanilla into a blender and blend until smooth. Such a simple yet suuuuper delicious recipe which tastes just like the creamiest most heavenly vanilla pudding.

Day 6 - Dinner



@Carolinedeisler

Pumpkin Curry

Ingredients

1/2 delica pumpkin or kabocha squash, peeled. and cubed
4 medium size potatoes
1/2 head of cauliflower florets
1-2 tbsp fennel seeds
1 tbsp coriander seeds
Small piece, ginger grated
2-3 heaping tbsp curry powder
1 tbsp galangal powder
4 cups vegetable stock

TOPPINGS
1 tbsp roasted cashews or peanuts
1 tbsp roasted coconut chips
Fresh coriander (optional)

Steps

1. Start by peeling and chopping the pumpkin and potatoes.
2. Add potatoes, pumpkin, spices and veggie stock to a pot and let it cook for 30min.
3. In the meantime, bake the cauliflower on parchment paper for 30-40min at 180 degrees celsius.
4. Blend 1/3 of the curry mixture and add back into the pot, this makes it super creamy and so satisfying.
5. Add in roasted cauliflower, stir well and top with fresh coriander, roasted cashews and roasted coconut chips.

Day 7 - Overview

@Carolinedeisler













Day 7

Green Smoothie

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Ingredients

3 leaves Swiss chard
2 kale leaves, de-stemmed
2 ripe pears
Small piece ginger
Juice of one lemon
2 cups water

Steps

Place all the ingredients into a high speed blender and blend until smooth.

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie right before eating your meal.

You can also make the green smoothie your breakfast if that fits better into your schedule. PS: I would try to stay away from coffee during the 10 day reset.

Day 7 - Lunch - option 1

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Persimmons & Clementines

Ingredients

6 large ripe persimmons
5-6 clementines or medjool dates

Notes

Hope I got you obsessed with persimmons by now haha!! Insanely DELICIOUS right? Persimmons are the soft version of kakis. They are so soft and delicate and literally melt in your mouth, seriously SO GOOD. You can eat them on their own or if you find that's a little messy you can make the Vanilla Pudding which is so yum!! I would have 6 big ripe juicy persimmons for lunch (either plain or in the pudding form) They're filling but I usually feel a little hungry soon after and love to have some medjool dates to finish lunch. If you are not as into dates as I am or are primarily doing this reset to lose weight, it's good to go for more watery fruits instead of having too many dates. Clementines, apples or pears are all high in volume and a great lower calorie option.

Day 7 - Lunch - option 2



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Apple Pie Porridge

Ingredients

1/2 cup oats
1 cup water
1-2 apples, grated
3 medjool dates, chopped
2 tsp cinnamon
1 tsp vanilla

TOPPINGS
1 apple, chopped
1 tbsp raisins
4 walnut halves

Directions

1. Add oats and water to a pot and let it simmer for 5-7 minutes.

2. While the porridge is cooking, add in cinnamon, vanilla, chopped dates and grated apples. Let it simmer until you have a creamy sticky consistency.

3. Transfer the warm apple pie porridge to a bowl, add chopped apple, raisins and walnut halves and ENJOY!!
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10 DAY WINTER RESET

Day 7 - Dinner - option 1



@Carolinedeisler

Butternut Chickpea Masala

Ingredients

1 medium size butternut squash
1 heaping tsp cinnamon
Fresh rosemary (optional)
1 tbsp cumin seeds
1 tbsp coriander seeds
1 tbsp grated ginger
1 tsp turmeric powder
1 cup coconut milk (200ml)
1 cup chickpeas, cooked

TOPPINGS
Fresh herbs (chives or coriander)
1 tbsp roasted cashews

Optional on the side:
5-6 small potatoes

NOTE
You can substitute the coconut milk with veggie stock if you want to keep it lighter

Directions

1. Preheat the oven to 180 degrees celsius. Peel and cut the butternut squash into big chunks and place on a tray lined with parchment paper. Sprinkle cinnamon and rosemary on top and bake for 40 minutes at 180 degrees celsius.
2. If you'd like to have potatoes on the side, place the potatoes on another tray and bake at the same time. Let them cool down afterwards.
3. In the meantime, add cumin and coriander seeds, ginger and turmeric to a pot with 1/4 cup water and let it simmer on low heat for 5-10 minutes. Pour in the coconut milk and chickpeas and let it simmer for 5-10 more minutes on low heat.
4. Add the baked butternut squash and 1 cup of water to a blender and blend until smooth.
5. Pour the creamy pumpkin mixture into the coconut chickpea pot and stir well.
6. Top with fresh herbs, black pepper and some crushed cashews and ENJOYYY!!





10 DAY WINTER RESET

Day 7 - Dinner - option 2

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Winter Salad

Ingredients

SALAD
2 handfuls kale, de-stemmed
1 handful frisee or any. salad greens of your choice
1 handful celery, chopped
1 handful broccoli sprouts. (optional but great for protein)
6 pecan nuts, crushed
1 cup pomegranate seeds

WINTER DRESSING
1 small raw zucchini
1 tbsp tahini
Juice of one lemon
1 medjool date
1 tbsp apple cider vinegar
1/4 cup water to blend

1/2 kabocha squash

Directions

1. Preheat the oven to 180 degrees celsius. Cut the kabocha squash into big wedges and place on a tray lined with parchment paper. Bake in the oven for 40 minutes and let it cool down afterwards.
2. Wash and chop your salad ingredients and mix all together in a bowl.
3. Add all dressing ingredients to your blender and blend until creamy. LOVE this dressing!!
4. Pour the dressing over your winter salad and ENJOY!! I love to eat the salad first and have the pumpkin once it has cooled down but feel free to throw it into the salad as well. Pomegranate seeds and pumpkin together are also such a good combination!

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Day 8 - Overview

@Carolinedeisler











OR





Day 8

Green Smoothie

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Ingredients

1 handful celery
2 handfuls fresh spinach
2 leaves swiss chard
1 ripe persimmon
1 banana
Juice of 1 lemon
2 cups water

Steps

Place all the ingredients into a high speed blender and blend until smooth.

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie right before eating your meal.

You can also make the green smoothie your breakfast if that fits better into your schedule. PS: I would try to stay away from coffee during the 10 day reset.

Day 8 - Lunch - option 1





Crispy Apples & Medjool Dates

Ingredients

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

Notes

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

I LOVE to pair them with medjool dates (eat the apples first, then dates for optimal digestion) Even in winter time, I love to keep my dates in the fridge or whenever I treat myself and buy the bon bon dates (they are a little pricey) I keep them in the freezer which makes them even 10 times better I feel like. Bon Bon dates are not "better" by any means than regular juicy organic medjool dates, it's just a different variety. :-)

10 DAY WINTER RESET

Day 8 - Lunch - option 2



@Carolinedeisler

Gingerbread Porridge

Ingredients

1/2 cup oats
1 cup water
1 tsp vanilla
2 tbsp gingerbread spices
3 medjool dates, chopped
1 apple, grated
1 tbsp hazelnut butter

TOPPINGS
1 tbsp roasted hazelnuts
1 tbsp mulberries

Directions

1. Add oats and water to a pot and let it simmer for 5-7 min.

2. While it's cooking, add in vanilla, grated apple, gingerbread spices, chopped dates, hazelnut butter and let it simmer until it's creamyyyy.

3. Top with roasted hazelnuts and chopped dried mulberries (store the mulberries in the freezer for an extra crunch).

Day 8 - Dinner



@Carolinedeisler

Spinach Detox Soup

Ingredients

.....
:

Directions

1 .....

2 -

3

4

Day 9 - Overview

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OR



OR





Day 9

Green Smoothie

@Carolinedeisler



Ingredients

1/2 cucumber
1/2 fennel
2 leaves collard greens
1/2 bunch parsley
2 ripe pears or 2 frozen bananas
Juice of 2 lemons
2 cups water

Steps

Place all the ingredients into a high speed blender and blend until smooth.

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie right before eating your meal.

You can also make the green smoothie your breakfast if that fits better into your schedule. PS: I would try to stay away from coffee during the 10 day reset.

Day 9 - Lunch - option 1

@Carolinedeisler





Ripe Bananas & Dried Figs

Ingredients

3-4 ripe and spotty bananas
10 dried figs

Notes

Bananas and dried figs are true FIT FOODS. High in potassium, magnesium, calcium, Vitamin B6 and fiber which all help to control weight and keep you full. The fiber acts like a sponge and transports all the waste out of your colon so you have a clean, well functioning digestive track. It's quite an unpopular topic to talk about but seriously having great DIGESTION is the KEY to FEELING YOUR BEST. You´ll be surprised how many people hold on to kilos of waste in their colon because they constantly feel constipated. If that's you, your body will need some time to adjust to these fruit meals and you might think you feel bloated the first few days but when you follow the right order from this reset (water, tea, celery juice, green smoothie, fruit meal ....) you´ll have the best digestion after a few days and will literally get into your best shape ever!!!

Day 9 - Lunch - option 2



@Carolinedeisler

Pumpkin Energy Balls

Ingredients

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

Directions

1. Add all ingredients into a food processor and pulse until well combined.
2. Form balls with slightly wet hands and place them in the fridge while you melt the chocolate.
3. Cover or dip each ball in chocolate, and leave to dry in the fridge for 30 minutes. ENJOY!

Day 9 - Lunch - option 3



@Carolinedeisler

Chocolate Chia Pudding

Ingredients

6 medjool dates, pitted
2 ripe bananas
1/2 tsp vanilla powder extract
2 tbsp cacao powder
1/2 cup water

1/4 cup chia seeds
1/2 cup water

Optional toppings:
Berries, banana, cacao nibs

Directions

1. Start by soaking the chia seeds in water. It takes about 15min and you have a jelly consistency. You can also let it soak overnight.

2. In a blender, add dates, bananas, vanilla, cacao powder, water and blend until smooth.

3. Pour the chocolate cream over the chia seed mixture, stir well and add all your favourite toppings.

   I love it with cacao nibs and chopped bananas.

Day 9 - Dinner



@Carolinedeisler

Chestnut Mushroom Soup

Ingredients

2-3 cups mixed mushrooms
2 tbsp Italian seasoning
1/4 cup water

1/4 cup cashews
Juice of 1 lemon
1 tbsp apple cider vinegar

1/4 cup wild rice
3 medium size potatoes

1.5 cups veggie stock (or water)
2 leaves kale, de-stemmed
1/2 head broccoli florets
1 cup cooked chestnuts (200gr package)

Directions

1. Start by chopping the mushrooms. I like to use a mix of portobello, shiitake and porcini mushrooms. Add mushrooms to a pan, with Italian herbs, 1/4 cup of water and let it simmer on medium heat for 15 minutes until the mushrooms are soft.

2. In the meantime: peel and chop potatoes, soak cashews in water and chop kale.

3. In a separate pot, add potatoes, wild rice, vegetable stock and let it cook on medium heat for 25 minutes. Add in the broccoli and kale for the last 10 minutes.

4. Once the mushrooms are sautéed, add half of the mixture to a blender with soaked and rinsed cashews, lemon juice, apple cider vinegar and 1/4 of the cooked chestnuts. Blend until smooth.

5. Pour the cashew mushroom cream into the rice and potato pot, add rest of the mushrooms, chestnuts and stir well. OBSESSED!!!

Day 10 - Overview

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OR







Day 10

Green Smoothie

@Carolinedeisler



Ingredients

3 leaves kale, de-stemmed
2 leaves rainbow chard
Juice of 1 lemon
1 cup frozen blueberries
1 persimmon
2 cups water

Steps

Place all the ingredients into a high speed blender and blend until smooth.

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie right before eating your meal.

You can also make the green smoothie your breakfast if that fits better into your schedule. PS: I would try to stay away from coffee during the 10 day reset.

Day 10 - Lunch - option 1

@Carolinedeisler





Golden Kiwis & Medjool Dates

Ingredients

8 golden kiwis
10 medjool dates
(OR as many as you crave)

Notes

Wow already on day 10!! You are absolutely killing it!! So curious to hear how you're liking the fruit meals now and if your sweet cravings have changed at all? Tag me in your stories and send me a DM. :)

I am totally obsessed with golden kiwis! Growing up, we would have one kiwi as part of our breakfast but it was unheard of to eat 6-8 kiwis in a row. People still give me a weird look sometimes haha but that's just because they don't know better. Kiwis are a true powerhouse. They're full of vitamins which fight free radicals so you don't get sick! They can be a little pricey but are a much better investment than croissants and pastries! You´ll save money down the road too because you'll have a cold free winter. Do I need to say anything about medjool dates? Just HEAVEN!!

Day 10 - Lunch - option 3



@Carolinedeisler

Chocolate Oats

Ingredients

1/2 cup oats
1 cup water
3 medjool dates, chopped
1 ripe banana, chopped
2 tbsp cacao powder
1 tsp vanilla powder extract

TOPPINGS
3 ripe bananas, chopped
Cacao powder

Directions

1. Add oats and water to a pot and let it simmer for 5-7 minutes until creamy.
2. While the oatmeal is cooking, add in dates, banana, cacao powder and vanilla and stir well.
3. Transfer the creamy chocolate oats to a bowl, top with sliced bananas and cacao powder and ENJOY!! Tastes like dessert for lunch!!

Day 10 - Dinner

Simple Digestion Salad

@Carolinedeisler



Ingredients

Any greens of your choice:
Red chicory
Escarole
Frisee
Romaine
1/2 large cucumber
Or 5-6 small baby cucumber
1/2 cup fermented sauerkraut
2 tbsp Italian seasoning

DIGESTION DRESSING
1/2 fennel
1 small zucchini
1 bunch chives
2 tbsp pumpkin seeds
1 tbsp apple cider vinegar
1 medjool date
Juice of 1 lemon
1/2 cup water

Steps

1. Wash your salad greens. The more bitter greens you eat, the better! Bitter greens are great to improve your stomach acid which ultimately helps with digestion.
2. Add all dressing ingredients into a blender and blend until smooth. I love A LOT of dressing and since it's SO HEALTHY, the more the better kind of haha but feel free to store half of the dressing in the fridge for the next day and add some on top of the loaded sweet potatoes.
3. Massage the dressing into your greens. Top salad with chopped cucumbers, sauerkraut and some Italian herbs.
4. The sauerkraut I buy comes in a glass jar, is organic and has only two ingredients: fermented sauerkraut and salt. I give it a nice rinse with fresh water to reduce the salt a bit. Fermented foods are a great source of prebiotics which are the good bacteria for your gut and also great to improve your digestion
5. Make sure to eat the salad first and then finish with the loaded sweet potatoes. Eating light to heavy, raw to cooked always works in favour of your digestion.ENJOYYYY!! I LOVE this simple salad bowl!

Day 10 - Dinner

LOADED SWEET POTATOES

@Carolinedeisler



Ingredients

2 large sweet potatoes
1 cup chickpeas, cooked
1 cup pomegranate seeds
1 avocado
1/2 cucumber

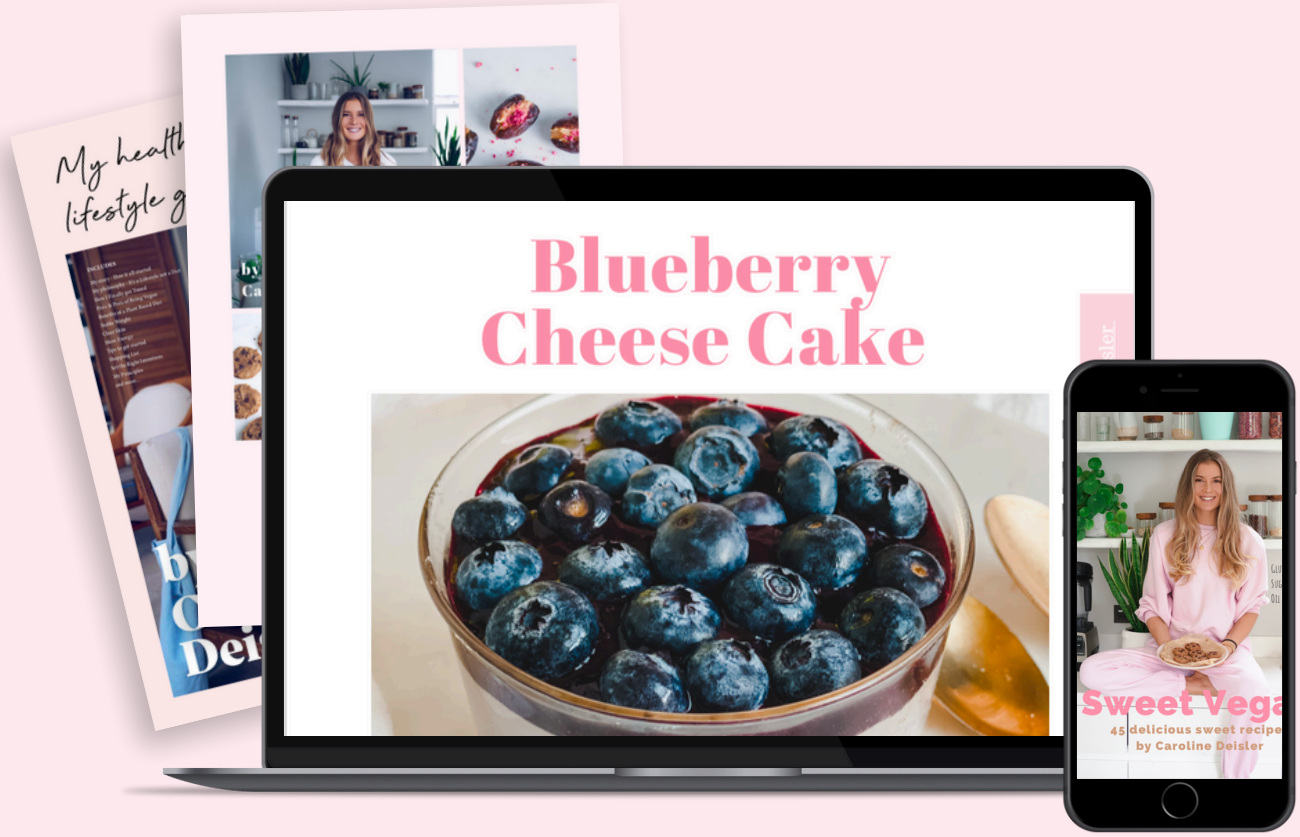
Steps

1. Start by prepping the sweet potatoes. This recipe is also PERFECT for meal prep and can be thrown together in 5 min!! Place the whole sweet potatoes on a tray lined with parchment paper and bake for 45min at 180 degrees celsius. Let them fully cool down, this makes them so much better.
2. In the meantime, roast the cooked chickpeas for 20 min either in an air fryer or also in the oven together with the sweet potatoes.
3. Slice the avocado and cucumber.
4. Cut sweet potatoes in the middle, stuff with all ingredients and your delicious LOADED DELICIOUS SWEET POTATOES are readyyyy! The combo of pomegranate, crunchy chickpeas, creamy avocado and baked sweet potatoes is HEAVEN + the cucumber adds a nice fresh touch.
5. Feel free to add any leftover dressing from the salad recipe which is on the next page. :)

You did it! How do you feel?

Congratulations to all my beautiful, balanced, happy and healthy people!! You absolutely smashed it, and I am sooo excited to hear your feedback! Send me a message on Instagram and tag me in your stories/posts @carolinedeisler @joinreset_ ! It always brightens up my day! xx





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