



# 10 Day Weight Loss Reset

Your meal plan to lose weight without feeling like you are on a diet! Hello long term results!

by Caroline Deisler

# Hi, I'm Caroline



I am a certified holistic nutritionist and have been eating a healthy vegan diet for almost 10 years now. I ate this way to prepare my body for a healthy pregnancy, throughout my entire pregnancy and so far 6 months of breastfeeding too. It's really for everyone!

Although ALL my reset meal plans focus on making weight loss easy and achievable without restricting yourself, this RESET is specifically designed to help you lose body fat and get the results you've always wanted without feeling deprived.

It's not a crash diet that promises you to lose x amount of kilos in 10 days because then you'll end up gaining it all back. This RESET is so powerful because you don't have that frustrating feeling of being on a so-called "diet". The best part is you will fall back in love with your body, sleep better, feel more grounded, at ease, have more energy, clear skin, amazing digestion and zero cravings.

*Caroline Geisler*

NUTRITIONIST | FITNESS ADVOCATE



[www.carolineschoice.com](http://www.carolineschoice.com)



# DISCLAIMER

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



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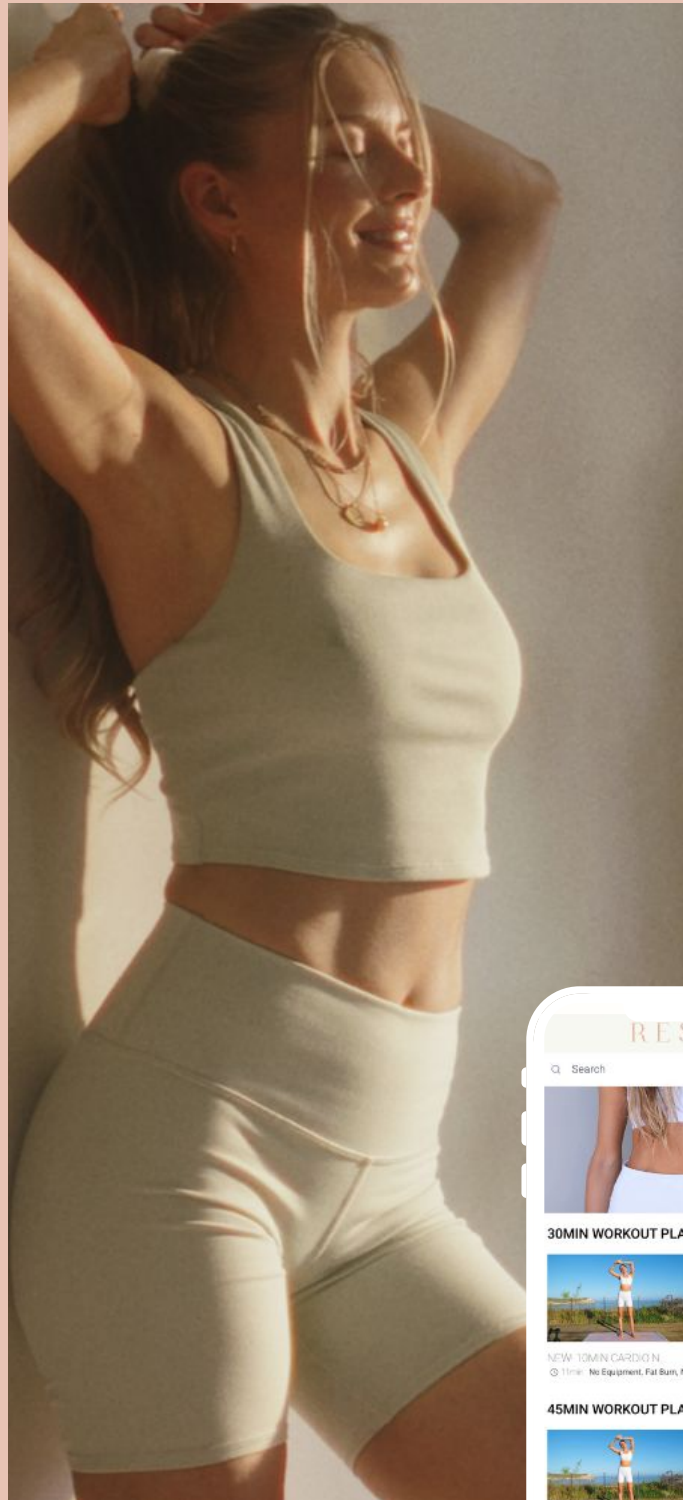


# Fresh Start!

Starting is the haaardest part!! How often did you say: Ok, I'll start tomorrow, Monday, next month, after the holidays etc.? You are totally normal! Haha! A lot of people say this all the time. Change can feel uncomfortable because it's something new buut that's also the best part!! You'll be excited again, learn what it means to treat your body well and realize HOW GOOD you can actually feel. Be proud of yourself for being here and celebrate every little win. Meaning you'll go to bed each day feeling grateful for another successful day. You nourished your body with fresh foods, ate in a calm environment, had positive thoughts, felt empowered, moved your body and are loving the journeyyyy! Yes, a bit cliché but that's the key. Fall in love with the journey because once you have what you want, you'll keep doing this and want to LOVE it forever!!!



# The matching Workout Plan



To bring your results to the next level, I have created a bespoke **10-Day Workout Program** specifically designed to do with this RESET.

Day 1 - 45MIN FULL BODY

Day 2 - 45MIN BOOTY & ABS

Day 3 - 30MIN SLIM LEGS // 10MIN ABS

Day 4 - 45MIN FAT BURN & UPPER BODY

Day 5 - 45MIN PILATES

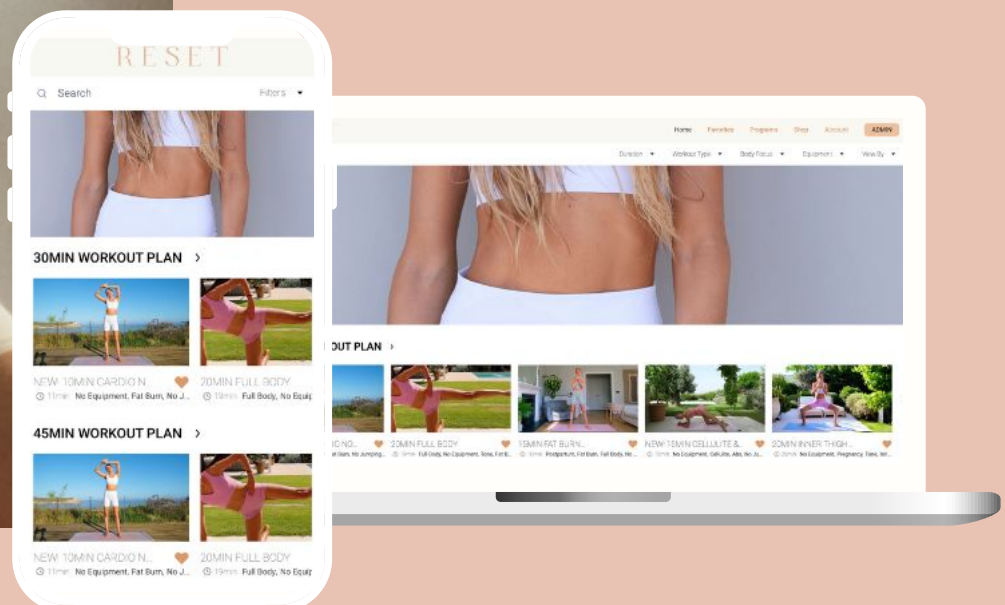
Day 6 - 45MIN SLIM LEGS & ABS

Day 7 - 30MIN CELLULITE & BOOTY

Day 8 - 15MIN CARDIO // 30MIN ARMS & ABS

Day 9 - 10MIN FAT BURN // 20MIN BOOTY & INNER THIGH // 10MIN ARMS

Day 10 - 45MIN FULL BODY



# The matching SELF CARE tools



I created **short motivational videos** to help youuu get the best results.

3 DEEP BREATHS BEFORE EACH MEAL

CHANGE YOUR MINDSET

OVEREATING

GREEN SMOOTHIE PREP VIDEO

5 MIN MEDITATION // LEGS UP THE WALL

CELLULITE ROUTINE

THINK & ACT LIKE YOU HAVE WHAT YOU WANT

**SELF-CARE** is everything to me from choosing to show up for yourself, eating healthy, moving your body to changing your mindset and creating habits that make you feel your best every day.

It's all about the little things you can do each day to transform how you feel and act. Food, fitness and mindset are sooo connected and combining this reset with my workouts and self-care tools will bring your results to the next level.

# Results are in...!

Take a picture of yourself todayyy (just do it) and don't think about sharing it. It's only for yourself AND if you feel like sharing it later, do so but don't think about that right now. It's incredibly powerful to see yourself grow and evolve and taking a beginning picture will be your biggest motivation later because YOU will look back at this picture and ONLY YOU will know how you felt that day and how different YOU FEEL NOW. The physical appearance is one part but the most important part is your mental state which is going to have a biiig GLOW UP!! You're in for a real treat!!

## Before

### NOTES ON

- Overall happiness
- Energy
- Digestion
- Skin
- Weight
- Cravings
- Sleep
- Stress
- Ability to concentrate
- Fitness
- Mindfulness

## After



# Daily Checklist

**day 1**

**day 6**

**day 2**

**day 7**

**day 3**

**day 8**

**day 4**

**day 9**

**day 5**

**day 10**

A woman with long, dark hair is shown in profile, facing right. She is wearing a white, textured, two-piece bikini. Her skin is glistening with water, suggesting she has been swimming or is on a beach. She is standing on a sandy beach with the ocean in the background. The sky is blue with some light clouds. The overall scene is bright and sunny.

# TOP 5 TIPS TO LOSE WEIGHT

and the key principles  
on our reset

# TOP 5 TIPS TO LOSE WEIGHT

AND THE KEY PRINCIPLES ON OUR RESET

*It's all about working WITH your body as a whole and these are the five pillars to easy, sustainable and healthy weight loss.*

**FOOD COMBINING** is the order in which we consume foods. When done properly it will help a lot with digestion and bloating.

**CALORIE DENSITY** is important as focusing on foods that are higher in volume and lower in calories will make it easy to eat in abundance and still be in a calorie deficit by the end of the day.

**EXERCISING** is such an important part of weight loss but even more important is the type of exercise you do. You want to move your body to increase your metabolism, tone your muscles (= muscles burn fat), sweat and burn fat but NOT FEEL STRESSED. High-intensity workouts often lead to high cortisol, puffiness and binge eating. That's why I started my own workout philosophy and specifically created a [10 Day workout program](#) to pair with this reset.

**MINDSET** is everything! The way you talk to yourself has such an impact on your results and can either accelerate them or keep you from reaching them. The key is to think and act like you already have what you want. Imagine you already reached your ideal weight, you already have the physical and mental results you've manifested, what would you do? You would keep going and that's when you know you are on the right track. Emotions are also often the reason people overeat, binge, give up, or don't even start. I teach you how to change that with simple everyday tools.

**SLEEP** is nature's free medicine that you have to appreciate. Sleep helps with every function in your body and is directly linked to your emotions and stress levels. Our goal is to minimize stress wherever we can and an early night is the first step.

# F

## OOD COMBINING



Food combining sounds more complicated than it actually is and once you got the hack of it, it will be sooo easy to keep eating this way. Doing this 10-Day Reset will teach you the best routine! YAY!! The key principle of food combining is eating light to heavy.

Foods like fresh fruits are high in water and digest much quicker than cooked foods like potatoes. Eating light to heavy means you eat the foods that digest the quickest first so that they can easily pass through your colon without hitting any obstacles along the way. To give you an example, if you had my potato broccoli soup for dinner and an apple for dessert, you'll most likely feel bloated soon after and blame the broccoli.



*Eating light to heavy is the key to good digestion*



# FOOD COMBINING

However, in reality, it was the apple. Don't get me wrong, eating apples is sooo healthy, just not for dessert. Apples digest within 30-40 minutes, whereas potatoes and broccoli take a minimum of an hour to be fully broken down. What happens is that the apple wants to pass through your colon but instead gets stuck because the potatoes and broccoli are first in line. So now the apple starts to ferment and builds gasses. As a result, you feel bloated and uncomfortable and get smelly farts.

To lose weight, you want to do the opposite and HELP your body as much as you can to digest foods in the most efficient way and ELIMINATE toxins and old waste from your colon.

This is also where fiber plays a huge role and why all our weight loss meals in this reset are high in fiber. The GOOD bacteria in your gut (also known as probiotics) live off fiber and help your body to absorb all the goodness from the foods we eat. The more fiber, the healthier your gut, the better your digestion and the more vibrant you'll feel.

Gut health & digestion are really the FOUNDATIONS of health as 80% of your immune system lies in your colon. **That means the better your digestion, the easier you'll lose weight.**

*Keep your plate simple  
& your life goes the  
same way.*

## DIGESTION TIMES

Watermelon: 20 minutes

Oranges: 30 minutes

Apples, Pears: 40 minutes

Tomatoes, Cucumber, Celery, Leafy

Greens: 40 minutes

Steamed carrots, cauliflower,  
broccoli: 50 minutes

Steamed Potatoes & Sweet  
potatoes: 1 hour

Brown rice, Oats, Millet: 1.5 hours

Peas, Kidney beans: 1.5-2 hours

## SIMPLE ORDER

Juice / Smoothie

Fruits

Salads

Soups

Potatoes

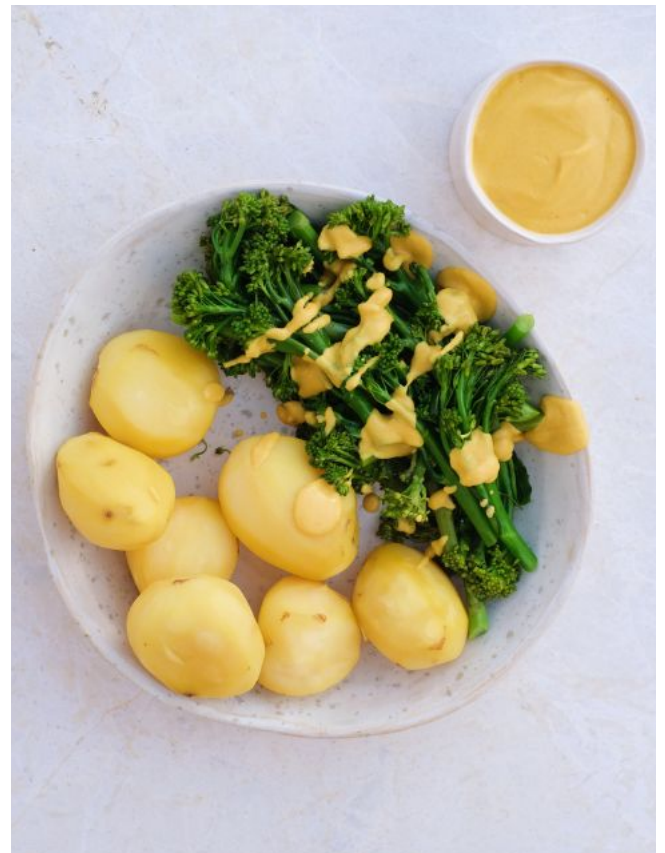
# C

## ALORIE DENSITY



Let's talk about calorieeee density. This is the only time I'll ever mention calories and it's just to give you an idea of WHY we focus on specific foods more than others to make this reset not feel like a "diet"!

In order to lose weight you have to be in a calorie deficit no matter what you are eating buuut the key is to not feel like you are in one. That's why we focus on foods that are higher in volume and lower in calories, so you can eat a lot and still be in a calorie deficit by the end of the day.



*Focusing on those foods makes it so much easier to be in a calorie deficit.*



The next most important factor when it comes to putting our meals together is to not ONLY focus on low-calorie foods because if you do, you'll never be satisfied.

It's all about finding that SWEET SPOT of eating the right amount of fruits, vegetables, potatoes & healthy fats. You don't have to worry about that though, that's why I created this 10-Day Weight Loss reset, so you can sit back, RELAX and just follow the plan hehe!



The best part about doing this reset is that you will naturally learn what works for you and what doesn't and you can keep eating this way forever! That's really what it's all about. Finding a lifestyle that makes you so happy, balanced and satisfied that you won't need a vacation from it!

The same goes for your life hehe, you want to build a life you don't need a break from! If you can't wait for the weekend to begin, you're not doing what you love. I know that sounds a bit harsh but it's so true!! Don't settle for anything less and go after what truly fulfils you. Then you will also feel less need to overeat and losing weight is suddenly going to be EASY.

### Your Daily Whole Food Plant-Based Diet Chart

Food Categories and Their Energy Density per 100g or 3.5 oz

	Leafy Vegetables	55 - 180 kJ 13 - 43 kcal
	Cruciferous Vegetables	
	Non-Starchy Vegetables	129 - 387 kJ 31 - 93 kcal
	Fruits	
	Starchy Vegetables	295 - 719 kJ 71 - 172 kcal
	Whole Grains	
	Legumes	448 - 1674 kJ 107 - 400 kcal
	Dairy & Meat Substitutes	
	Grain-Based Foods	1,107 - 1,600 kJ 265 - 397 kcal
	Sugars	
	Grain-Based Foods, Added SOS	2,214 - 2,952 kJ 529 - 705 kcal
	Nuts & Seeds	
	Oil-Based Spreads	3,690 kJ 882 kcal
	Oils	

*The chart on the left explains the calorie density in foods. We focus on the top foods and avoid wheat, oils & nuts*





## How to put your meals together

Now that we touched on calorie density, let's go through how to put our meals together to lose weight long-term. You can apply these tips long after the reset and you will see how easy it is to eat a nourishing, satisfying diet while getting into your best shape.



## FRESH FRUITS

The easiest to digest food and nature's candy

I looove fresh fruits and you want to be eating lots of them to satisfy your sweet tooth. We need that healthy sugar but some fruits are going to help you lose weight more than others. Circling back to calorie density, we're focusing on high in water fruits like melons, papaya, kiwis, oranges, berries, apples etc. and less fruits like dates or dried figs.

Dates can still lead to weight loss in some cases because you won't have anyyyy sweet cravings but a lot of people can eat 20 dates and won't actually feel satisfied.

Since I want you all to get the best results, we'll keep the dates for when you've lost the weight and can eat them again to maintain your weight.

To lose weight you do have to be in a calorie deficit by the end of the day and watery fruits will get you there quicker.





# Sweet Bowls

## and what works better

**Smoothie bowls** are great to maintain your weight OR help to get those healthy calories in when you're super duper active AND also in some cases help with weight loss, but generally speaking we want to focus on eating whole fruits instead of blending them. You are more satisfied eating fruits instead of "drinking" them.

The only exception I make is with green smoothies, because those are ALL about getting your greens in which fill up your mineral storage, improve your skin, prevent cravings, reduce water retention (due to the high potassium content) and so on. So I would totally add those frozen bananas or frozen mango to your green smoothies and not worry about it.

**Oatmeal** can be a great weight-loss food! Make sure you are cooking the oats in water instead of using raw oats. Cooked oatmeal is less calorie dense and more filling than raw oats and will keep you satiated for longer.

Again, oatmeal isn't for everyyyone as some people feel lighter and have better digestion eating fresh fruits in the morning or for lunch but if oatmeal satisfies you more, my weight loss-friendly oatmeal recipes are for you!!



## SAVOURY

Greens & Vegetables should be half of your diet

Salad bowls, Veggie bowls, Soups and potatoes, potatoes, potatoes. This reset focuses more on savoury lunches and dinners and it works soooo well!! It's all about having a delicious combination of low-calorie non-starchy vegetables, leafy greens, potatoes, rice, legumes and a nutritious sauce to make it all extraaa yum!!!

These meals are VEEEEERY simple, quick to put together and not necessarily “new recipes” but it's all about being SATISFIED and LOSING WEIGHT with this reset.

A rule of thumb is to eat enough leafy greens & vegetables to be filled up but also to eat lots of potatoes, sweet potatoes, rice, beans and avocados to feel satisfied.

If you only eat vegetables, you'll end up binging after a day or two.

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# EXERCISING

## AND keeping your cortisol low

Let's talk about EXERCISING!! To lose weight, it's all about keeping your cortisol low. Cortisol (= stress hormone) puts your body in that fight or flight mode where your body is NOT digesting food or burning fat.

When you are under stress (anyyy stress, also stress from working out, arguing, rushing around or fasting for too long) your body holds onto water weight, looks more puffy and you end up being incredibly hungry.

That's why super high intensity workout classes that feel hectic and stressful will not help you to lose weight, and in fact often make you sooo hungry throughout the rest of the day.

Once I started doing my home workouts, I finallyyyy saw the results I so badly wanted for years because for the first time I was working WITH my body not AGAINST it. My workouts are the perfect combination of cardio and pilates, tone your body and make you long and lean, not bulky! Join my RESET platform now!

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# M

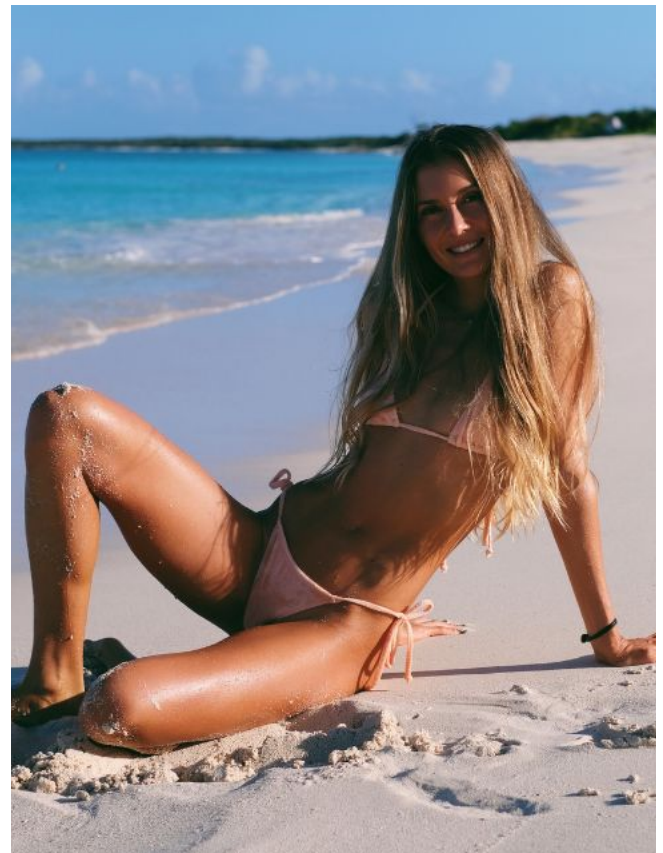
## INDSET



Changing your mindset from working against you to working WITH your body needs extra attention especially if you have been talking negatively to yourself for years and want to break that pattern.

Here are easy tools to form a healthy relationship with your inner voice.

- 1. Talk to yourself as if you were talking to your best friend.** This is such an easy way to switch your mind from going against you to seeing yourself from the outside and wanting the best for yourself. Your words become softer, less critical, more supportive and you will most definitely say something positive. Practice that each time you catch yourself talking negatively in your mind.



*A happy mind will give you a positive life!*



2. Start a **gratitude journal** and write down 3 things you are grateful for. I love doing this at night as it gives me that positive "at ease" feeling which is magical right before going to sleep. You literally wake up having more positive thoughts. Note down anything that comes to your mind and make the list as long as you want. The more the better but three things is a good starting point.

3. **Stop comparing yourself** to somebody else's journey. The problem with comparing is that you can only lose! When you are above someone you will automatically be behind someone else + comparing yourself distracts you from working on YOUR things, you waste time trying to be like someone else that you don't use YOUR potential to be the best version of YOU. Relating this to weight loss: Stop questioning why another woman is losing weight doing something that didn't work for you. You need to find YOUR way and trust your gut that you are right on track.

3. **Stop complaining** and feeling sorry for yourself. When we complain we put ourselves out of our power and once we stop complaining and instead begin to change, we are back in control.

4. **Stop criticizing** yourself and others and remember, whenever someone criticizes you it says much more about them than it does about you. Whatever they criticize you for is something they are going through and has little to do with you. Try to shift from criticizing to observing without having an opinion on it. Each mindset switch from negative to positive adds up to a lot more positive thoughts per day and will ultimately change your mindset to a better one.

5. Start **setting daily intentions**. They could be one each morning or a few. You manifest the person you want to be that day. For example, I am going to be patient with myself today, I am going to be kind today, I am loving my body, I am wishing everyone the best etc.



# Emotional Eating

Let's touch more on emotional eating because so many women suffer from it and I have been there myself. The good news is: Food is not the problem! You are only using food as a coping mechanism for emotions you are going through, trying to make yourself feel better by eating.

Sometimes you catch yourself feeling sad, irritated, stressed, upset, angry, confused or lonely and think food is going to comfort you but the reality is, you need to eat so so much until your mind becomes foggy and you feel numb. Then you primarily think about the binge you just had and forget about the "actual "problem" which made you eat in the first place.

The way out of that vicious cycle is to **look at the root of the problem**: What made you feel this way and how can you change it? Food will always only be a temporary "solution" and will only make you feel worse. Because not only do you have the initial problem, you then also feel like a failure because deep inside you know you've used food to block out what's actually bothering you. Some people binge, some people drink, and some people binge-watch movies. It goes as far as people being addicted to

watching the news just so they don't have to deal with their own problems .

Facing what you are really going through takes a mentally strong person which you are about to become and you will be so incredibly proud of yourself when you do.

Next time you're facing a struggle you will check in with yourself, take a deep breath, put your hand on your heart and ask yourself: Am I really hungry or do I actually have something to work through right now?

This is another reason why I believe that my workouts are soooo powerful and can transform your life. They not only make you feel good physically, but also make you strong mentally. My workouts are your "ME" time in your busy day. Where you can check in with yourself, no music distraction, just you working WITH your body, being guided into feeling your best, listening to your inner voice, getting the best results but also being encouraged to not judge yourself. That's why my workouts are so effective. You not only tone your body, you also keep your cortisol low and enjoy every minute of it + You smile at yourself and that means everything!



## SLEEP

### Your weight loss super power

Sleep is the most important factor of them all. You can eat healthy all day long, exercise every day, and do all the right things but if you aren't sleeping well it will be difficult to lose weight.

Your digestion will be off, you feel stressed, your cortisol levels rise, your body won't burn fat as efficiently, you easily look puffy and will find it a lot harder to eat these foods as your body then craves ALL the high calorie-dense foods to make up for the lack of sleep.

Sleep regulates your hormones, your digestion and your mental well being, to name a few, and should be your number

one PRIORITY. You wake up feeling fresh, more energised, craving less stimulants and you'll see your day will be a lot more productive too.

The hours before midnight are especially important as that's when your body releases its human growth hormone.

I go to bed between 9 and 10pm and try to avoid any later than 10 pm. It doesn't happen all the time but I do my best (especially now being a mom) to start our evening routine around 5/6pm, go for a walk, have an early dinner and put my phone away after 8pm so I'm ready to wind down and drift off to sleep.



# POTATOES



the most satiating  
food on the planet



Potaaaaatoes! Where do I even start!  
The most underrated fitness food. Did you know that potatoes contain almost the same amount of calories as apples and you would never think that apples aren't a weight loss food right?

It's ALL about the way we prepare them. Potatoes can be either suuuper healthy when steamed, boiled, baked or air fried with no added oil OR quite calorie dense when they're deep fried, roasted in oil or mashed with dairy.



The most satisfying version is plain steamed and cooled-down potatoes - those are the most filling and satiating ones even more so than air fried or baked potatoes. It might take some time to adjust your taste buds buuut trust me it's going to work!

I ALWAYS try to buy organic potatoes as they are so much richer in flavour. The more yellow the better. Another trick to make potatoes an even better weight loss food is to eat them cooled down as it naturally turns the starch into resistant starch.

I hope you feel a sense of reliiiiief reading you are going to eat all your yummy potatoes that you have been putting off for so long haha.

*It's not the potato that makes you "fat". It's the sauce, cheese, etc. Plain boiled and cooled down potatoes are one of the best weight loss foods*





[@CarolineDeisler](#)



# Foods to Avoid

TO LOOSE WEIGHT FAST



## OILS

Although organic cold-pressed oils like olive oil do have some health benefits, they are NOT helpful to lose weight as oil is 100% concentrated fat. Two tablespoons of olive oil (which isn't much) have 250 calories.



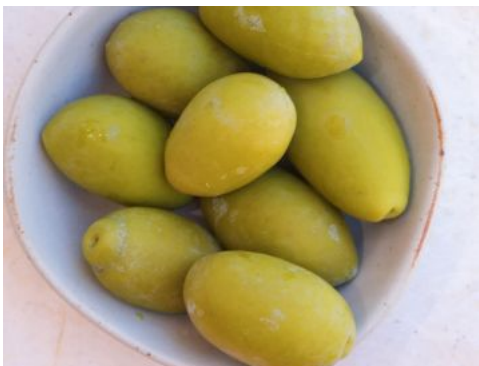
## NUTS & SEEDS

Nuts and seeds are very healthy (pleased don't get me wrong here) howeverrrrr they make it hard to be in a calorie deficit + most people go for the less nutrient-dense nuts like cashews instead of almonds/walnuts a lot of the time.



## DRIED FRUITS

Dried fruits are a lot more calorie dense than fresh fruits + fill you up less. You want to focus more on watery fruits that are less calorie dense and fill you up MORE. The same goes for medjool dates, I knooooow haha!!



## AVOCADOS, OLIVES, COCONUT MILK

As much as I looove avocados and healthy fats, they are quite calorie dense and you'll lose weight quicker if you don't go crazy with them. We still eat avocados daily, but not toooo many.





# LIMIT THESE FOODS

The easiest, most important guideline to remember is that we want to get most of our calories from FRESH PRODUCE.

To lose weight, eat from the fresh produce section. Avoid oils, nut, seeds, dried fruits and limit foods like avocados.

These foods are ALL still super healthy and amazing to maintain your weight, just not the most helpful to lose weight. You can eat a bowl of cashews and a few avocados and easilyyyy get to 1500 calories but you won't feel very satisfied. Add a few tablespoons of olive oil to your dressing and it's easily a 500 calorie dressing. Eat plain pasta or white bread and your body will want more and more because those foods are empty calories = meaning you aren't getting the nutrients your body actually needs.



You'll keep wanting more until your body gets what it NEEDS.

The key is to focus on high-nutrient foods. The more nutritious a food is, the more satisfied you're going to be.

That's why GREEN SMOOTHIES are suuuuch a game-changer. Your body gets all the essential nutrients and you automatically won't feel the need to overeat on other foods later in the day because you already feel satisfied.

Oils, bread, pasta, wheat ... are all calorie-dense foods with mostly empty calories = meaning you will still be hungry afterwards and won't feel as satisfied as from fresh whole foods.



We still want to eat *some* seeds and avocados as the female body does need healthy fats for an intact reproductive cycle. However, we don't want to go crazy with them and instead primarily focus on all the fresh produce around us.

Medjool dates kind of fall under the dried fruits tree (although they have never been dried) and as healthy as they are, we will keep them for when we want to maintain our fit body shape to keep us feeling our best.

Focusing on fresh fruits like melons, oranges, papayas, berries, kiwis, apples, and co will make it a lot easier to eat in abundance and not worry about calories

Avoid empty calories like plain pasta, or white bread and really anything coming in a package.



# Shopping List

## *FRUITS*

8 papayas  
34 frozen bananas  
2 ripe bananas  
38 lemons  
7 honey melons  
2 cups frozen mango  
4 watermelons

## *VEGGIES*

21 carrots  
3 bell peppers  
9 ripe avocados  
11 cups tomatoes  
10 whole juicy tomatoes  
23 zucchinis  
2 leeks  
3 heads fennel  
4 bunches asparagus  
55 medium size potatoes  
7 sweet potatoes  
15 cucumber  
5 radishes  
1 cup cooked rice  
2 cups black beans  
2 butternut squash  
1/2 kabocha squash  
2 eggplants  
6 cups cooked chickpeas  
4 broccoli heads  
2 cups green peas  
1 head cauliflower

## *GREENS*

Loooots of Salad greens (the more bitter greens like arugula and purple chicory the better)  
1 head iceberg lettuce  
26 heads celery  
4 bunch parsley  
7 bunches dill  
4 bunches chives  
3 bunches basil  
2 leaves Swiss chard  
34 leaves kale

7 tbsp apple cider vinegar  
2 tbsp Italian herbs  
5 tbsp ground cumin  
4 tbsp coriander seeds  
8 tbsp tahini  
Pink salt  
Black pepper  
4 cups veggie stock  
1-2 tbsp nutritional yeast  
2 tbsp dijon mustard

1 cup cashews  
17 tbsp pumpkin seeds  
1/2 cup black olives

1/2 cup red lentils  
3 tbsp coconut yoghurt  
Nori Sheets to make salads



## DAY 1 -10 MORNING ROUTINE



Having a digestion-friendly morning routine not only makes YOU feel so GOOD but also helps your body to eliminate toxins that otherwise would stay in your colon for much longer. We start each day with our detox water and celery juice which both do wonders for a healthy intact gut.



## The ultimate detox water

If you can, drink this all day. Once I started boosting my water with ginger yeeears ago I never went back to wanting anything different. I remember even bringing ginger shots to university to make my water "healthier". The best natural digestion boooost!!

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

Add the juice of a lemon and enjoyyyy!

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

**DRINK MEEEE!!**

**1L OF FILTERED WATER  
PIECE OF FRESH GINGER  
JUICE OF 1 LEMON**





## Daily celery juice

I have been drinking green 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 at once, freeze it in glass bottles and defrost it overnight in the fridge.



Simply add celery stalks to your juicer to make celery juice.

I use a cold-pressed juicer at home, but most of the time I just go for a morning walk through Hyde Park, buy my juice at the organic supermarket and walk back home. I looove that routine. It makes me so happy to start the day with fresh air and often Peer joins Hailey and me as well.

### **CELERY JUICE**

1 big head of celery to  
make 500ml juice

Celery juice is great but if you can't make it yourself or don't have a place to get it, you can either replace it with a different green juice like cucumber, parsley, fennel, lemon or also leave it out.

As amazing as it is for your skin, digestion and overall health, it won't change your weight loss results.



# Day 1

## OVERVIEW OF ALL MEALS



Celery Juice



Fresh Fruit



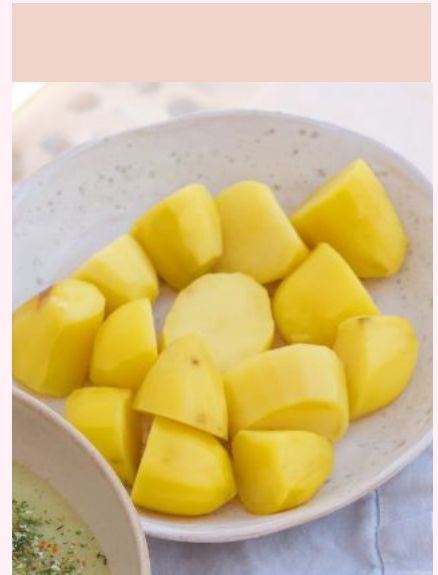
Green Smoothie



Lunch Bowl



Dinner Plate



Potatoes



## DAY 1 - BREAKFAST

Papaya is one of the best fruits for good digestion and especially when eaten on an empty stomach, so so powerful. It's high in enzymes, antioxidants and fiber and cleans out your colon in 30-60 minutes.

.....

You can always replace any of the fruits with whatever you have available. The most important thing is that you don't eat unripe fruit as they will make bloated and constipated which is the opposite of what we want hehe!

### **FRUITY BREAKFAST**

2 LARGE PAPAYAS  
or any ripe fruit of your  
choice (must be ripe)

If you caaaan, definitely buy organic. For fruits like apples, pears, berries, cherries, peaches, and nectarines I would 100% get organic ones and for fruit with a thicker peel like melons, papayas and mangoes, for example, I would rather get the ones that are juicy and riiiiipe!!

The two BEST fruits to eat first thing in the morning are melons or papayas.

## DAY 1 - GREEN SMOOTHIE

*Green Smoothies. - the healthiest drink out there and an every day in our house!*

Green smoothies are such a powerhouse and liquid gold for your body, brain, digestion, cravings and overall happiness!! You can literally feel the energy and mental clarity kicking in right when you drink. I would usually say don't blend fruit to lose weight and rather eat them whole but it's worth it adding a few frozen bananas to your green smoothies to make them extra yummy. You are getting so many good greens in that you would normally not eat which helps a lot with cravings later in the day! If I had to choose between a green juice or a smoothie, I would go for the smoothie because it has all the fiber which again is the key for a HEALTHY GUT.

### **DRINK IT ALL**

- 1 whole head celery
- 1 bunch parsley
- 2 leaves Swiss chard
- 3 frozen bananas
- 1 small orange, peeled
- Juice of 2 lemons
- 2-3 cups water







## DAY 1 - LUNCH SALAD

I could eat this salad everyyy day!! It's the perfect combination, so delicious, easy to meal prep, great to take with you and so satisfying.

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### LUNCH SALAD

4 carrots, roasted  
1 ripe avocado  
Lots of salad greens  
1 cup cherry tomatoes

### DRESSING

1 small zucchini  
Handful celery  
Juice of 1 lemon  
1 bunch dill or chives  
2 tbsp pumpkin seeds  
1 tbsp apple cider vinegar  
1/2 cup water

I like to roast lots of carrots at once and have them stored in the fridge. Bake them on parchment paper for 30 - 40 minutes until crisp but not tooo brown.

Make the dressing by blending all ingredients, mix it into your big bowl of greens, add tomatoes and avocado and enjoyyyy and please have as much of it as you need to be fully satisfied.

Note: Feel free to add any other salad toppings of your choice. It's all about finding YOUR favourite way to eat on this reset.



## DAY 1 - DINNER PLATE

I turned my caro dressing into more of a sauce as I loved it as a dip as well and realized I would eat a lot more grilled veggies when I had a yummy sauce to go with them. This is how these dinner veggie plates came together and it's an amazing weight loss meal.

**1-2 bunches asparagus**

**3 zucchinis**

**2 tbsp Italian herbs**

**6-7 medium size potatoes**

### **SAUCE**

**Handful celery**

**Juice of 1 lemon**

**1 bunch chives, basil or dill**

**2-3 tbsp pumpkin seeds**

**1 tbsp apple cider vinegar**

**1/4 cup water**

I like to peel my potatoes first, then steam them for 25 minutes and then let them cool down (often in the fridge to save time haha).

For the veggies, I roast them in a nonstick pan for about 10-12 minutes until nicely grilled. I also love adding dried Italian herbs for extra seasoning.

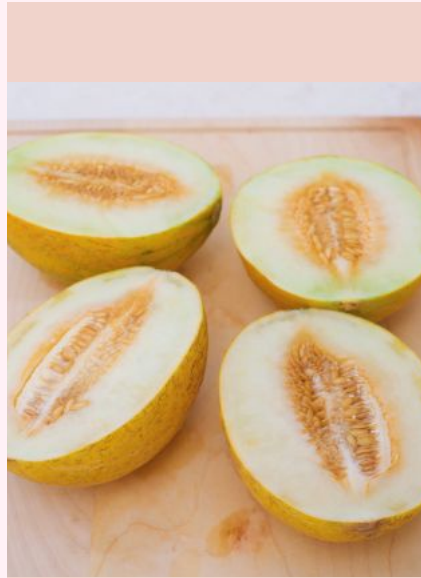
Blend all sauce ingredients until smooth and enjoyyy your big veggie and potato plate with that delicious dip! Have more potatoes if you are not fully satisfied but you'll naturally get into the groove of how much you need to feel satiated. Aaaand don't forget to take 3 deeeep breaths before each meal to slow down.

# Day 2

## OVERVIEW OF ALL MEALS



Celery Juice



Fresh Fruits



Green Smoothie



Lunch Bowl



Snack



Dinner plate





## DAY 2 - BREAKFAST

Honey melon / Cantaloupe melon, next to watermelon and papaya, are my favourite fruits to start the day with! It's the quickest to digest and a dream for your colon. Once you start having melons on an empty stomach you won't want to go back! The movement is real haha!



With all our fruity breakfasts, make sure you eat enough to be satisfied. The best part about this weight loss reset is that you do not have to think about calories since we are already focusing on low-calorie nutrient-dense foods anyways. Enjoyyyyy every bite of your meals, eat in a relaxed environment and be proud of yourself for taking such good care of your body.

### **FRUITY BREAKFAST**

2 HONEY MELONS  
or any ripe fruits of your  
choice (must be ripe)

You can always replace any of the fruits with whatever you have available. The most important thing is that you eat fruits that are ripe. In winter time, I love to switch it up with juicy oranges, soft persimmons, or ripe bananas.

## DAY 2 - GREEN SMOOTHIE

*Green Smoothies. - the healthiest drink out there and an every day in our house!*

Green smoothies are such a powerhouse and liquid gold for your body, brain, digestion, cravings and overall happiness!! You can literally feel the energy and mental clarity kicking in right when you drink them. I would usually say to not blend fruits to lose weight and rather eat them whole but it's worth it to add frozen mango (or frozen bananas) to your green smoothies to make them extra yummy. You are getting so many good greens in that you would normally not eat which helps a lot with cravings later in the day! If I had to choose between a green juice or a smoothie, I would go for the smoothie because it has all the fiber which again is the key to a HEALTHY GUT.

### **DRINK IT ALL**

- 1 whole head celery
- 1 bunch parsley
- 2 leaves kale
- 2 cups frozen mango
- Juice of 2 lemons
- 2-3 cups water





## DAY 2 - LUNCH BOWL

Looks sooo yum right? Fill a biiig bowl with lots of leafy greens, add the delicious dressing and then top with rice, beans, tomatoes, avocado and cucumber.



### THE BALANCED PLATE

Loooots of leafy greens  
1 ripe avocado  
1 cup cooked rice  
1 cup black beans  
1 cucumber  
Lots of cherry tomatoes

### SAUCE

1 small raw zucchini  
Handful celery  
1 bunch dill or chives  
2 tbsp pumpkin seeds  
Juice of 1 lemon  
1 tbsp apple cider vinegar  
1/2 cup water

This lunch is suuper quick to put together if you have pre-cooked rice in the fridge. You can also substitute with brown rice, wild rice, quinoa or potatoes.

Add all dressing ingredients into a blender and blend until smooth. Mix it onto your greens, add toppings and it's readyyy. It's your super healthy, filling and delicious lunch bowl. Kind of like a vegan healthified poke bowl.

Note: Make sure you give your tinned beans a good rinse to remove any bubbles. This helps a lot with gas! If you feel a bit sensitive to beans, you can also substitute with cooked lentils but usually it only takes a few days for your body to handle beans. They're such a nutrient power house!



## DAY 2 - SNACK

*If you feel like you need a snack - this is something yummy to munch on and keeps your metabolism working!*

I looove this dip because it makes me eat a ton of raw veggies which I otherwise wouldn't necessarily eat. Try to leave a few hours gap between lunch and snack for optimal digestion or bookmark this snack recipe for another day if you're not needing it today.

### **CRUDITES & DIP**

Carrots  
Cucumber  
Radishes

### **GREEN TAHINI**

1 small raw zucchini  
1 bunch dill  
2 tbsp tahini  
Juice of 1 lemon  
Pinch of pink salt  
1/4 -1/2 cup water





## DAY 2 - DINNER SOUP

A warm, nourishing and soothing soup for dinner is great because it feels so comforting. You are eating a lot of veggies and the potatoes keep you satiated. Eat as much of it as you need to feel happy and content.

**1 butternut squash, peeled  
and chopped,  
4 potatoes, peeled and  
chopped  
1/2 cauliflower head, florets  
2 carrots, chopped**

**1 leek, sliced  
4 celery stalks, chopped  
3-4 cups of water  
½ cube veggie stock (optional)  
2 tbsp Italian herbs**

To make this yummy potato pumpkin soup, add all the ingredients into a big pot and let it simmer for 25 minutes.

Blend half of the soup and if you like it really thick and creamy, remove two cups of the cooking water before blending half. Soooo simple. Soooo good!!!

# Day 3

## OVERVIEW OF ALL MEALS



Celery Juice



Fresh Fruit



Green Smoothie



Lunch



Dinner



Potatoes





## DAY 3 - BREAKFAST

Eating Melons on an empty stomach is a dreeeam for your digestion!! I couldn't recommend it more. Watermelon or honey melon, both work just as well! Just make sure the honey melon is riiiipe and juicyyy!

.....

If you are used to having oatmeal or toast for breakfast, switching to fresh fruit can make you think it's less satisfying. My tip is to not consider it your breakfast, just get into the routine of eating **fresh fruits first thing in the morning, that's it.**

### MONO FRUIT MEAL

Lots of watermelon  
or honey melon

### WINTER

Oranges  
Ripe persimmons  
or golden kiwis would  
be amazing too

You can still make my weight loss-friendly oatmeal recipes later in the day but first green juice, fresh fruits and green smoothie or the other way around.

It doesn't make a huge difference whether you first have the green smoothie or your fruit meal, it really depends on what works for YOU. Some days I wake up craviing watermelon or oranges and some days I want my green smoothie first.

## DAY 3 - GREEN SMOOTHIE

*Green Smoothies. - the healthiest drink out there and an every day in our house!*

Green smoothies are such a powerhouse and liquid gold for your body, brain, digestion, cravings and overall happiness!! You can literally feel the energy and mental clarity kicking in right when you drink them. I would usually say to not blend fruits to lose weight and rather eat them whole but it's worth it to add frozen mango (or frozen bananas) to your green smoothies to make them extra yummy. You are getting so many good greens in that you would normally not eat which helps a lot with cravings later in the day! If I had to choose between a green juice or a smoothie, I would go for the smoothie because it has all the fiber which again is the key to a HEALTHY GUT.

### **DRINK IT ALL**

1 whole head celery  
1 big bunch parsley  
3 frozen bananas  
Juice of 2 lemons  
2-3 cups water





## DAY 3 - LUNCH

### HUMMUS SALAD BOWL

Loooots of greens  
3 juicy tomatoes  
1 avocado  
1 eggplant  
2 zucchinis  
1 bunch asparagus  
2-3 tbsp hummus

### MY OIL-FREE HUMMUS

2 cups cooked chickpeas  
1/3 cup water from the chickpea can  
1-2 tbsp ground cumin  
1-2 tbsp coriander seeds  
Juice of 1 lemon  
1 tbsp pink Himalayan salt  
2 tbsp tahini  
2 small peeled raw zucchinis

This is my current salad bowl of dreams. I have been making it all the time and I rediscovered my love for hummus!! Hummus is such a lovely dressing that helps me eat a lot more veggies because, again, it's all about the sauce right?!!

.....

Add all hummus ingredients into a food processor or blender and pulse until creamyyy. Make sure you give the chickpeas a good rinse to remove any of the bubbles. That helps a lot with bloating.

It's also super nice to have a jar of hummus in the fridge for whenever you need a delicious dressing or sauce aaand my oil-free version is much lighter and less calorie dense.

For your salad, sautee all veggies in a bit of water and add some Italian seasoning for extra flavour. Arrange your bowl of greens, mix in the hummus, and add veggies, avocado and tomatoes. Your super yummy salad is ready! If you're making this in the winter, I would add roasted kabocha squash instead of zucchini and asparagus!





## DAY 3 - DINNER

Dinner is super simple, satisfying and delicious! You can either use some of the hummus you made today as a sauce or make this delicious "cheese" sauce. Both work well and are just as good for you. Out of convenience, I would go for the hummus but I wanted to give you another option as well.

### ***DINNER PLATE***

**7-8 medium size potatoes**  
**1 head broccoli florets or**  
**any other veggies of your**  
**choice**

### ***FOR THE SAUCE***

**1/4 cup cashews**  
**1/2 cup water**  
**1-2 tbsp nutritional yeast**  
**1 tbsp dijon mustard**  
**Juice of 1 lemon**

Peel and steam your potatoes. Let them cool down afterwards and eat at room temperature or even cold from the fridge. This is the healthiest and most filling way to eat potatoes. Steam or roast your vegetables and set aside.

Make the sauce by adding all ingredients into a high-speed blender and blend until smooth. Arrange your potato veggie plate and use the sauce as a dip. SO YUMMMM! I know it's not the most spectacular recipe buuut that's not what this reset is about. I want you to save time, eat yummy foods and feel goood.

# Day 4

OVERVIEW OF ALL MEALS



Celery Juice



Fresh Fruits



Green Smoothie



Lunch



Lunch



Dinner





## DAY 4 - BREAKFAST

Papaya is one of the best fruits for good digestion and especially when eaten on an empty stomach so so powerful. It's high in enzymes, antioxidants and fiber and cleans out your colon in 30-60 minutes.

.....

You can always replace any of the fruits with whatever you have available. The most important thing is that you don't eat unripe fruit as they will make bloated and constipated which is the opposite of what we want hehe!

### **FRUITY BREAKFAST**

2 LARGE PAPAYAS  
or any ripe fruits of your  
choice (must be ripe)

If you caaaan, definitely buy organic. For fruits like apples, pears, berries, cherries, peaches, and nectarines I would 100% get organic ones and for fruit with a thicker peel like melons, papayas and mangoes, for example, I would rather get the ones that are juicy and riiiiipe!!

The two BEST fruits to eat first thing in the morning are melons or papayas.



## DAY 4 - GREEN SMOOTHIE

*Green Smoothies. - the healthiest drink out there and an every day in our house!*

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### **DRINK IT ALL**

1 whole head celery  
4 leaves kale  
3-4 frozen bananas  
Juice of 2 lemons  
2-3 cups water





## DAY 4 - LUNCH

Tadaaa our CARO SALAD. Of couuuurse hahah! Can't have a reset without this one. It's the salad I have been making almost everyyy day for the past 2 years and I still LOVE it! The dressing is the healthiest ever and makes you feel so so so good!! Have some baked sweet potatoes or steamed regular potatoes afterwards to feel fully satisfied.

### **Loots of leafy greens**

**1 avocado**

**1 cucumber**

**Lots of cherry tomatoes**

**5-6 steamed potatoes or**

**2-3 baked sweet potatoes**

### **CARO DRESSING**

**1 small zucchini**

**Handful celery**

**Juice of 1 lemon**

**2-3 tbsp pumpkin seeds**

**1 bunch chives or dill**

**1/2 cup water**

**1 tbsp apple cider vinegar**

Steam or bake potatoes and set aside until cooled.

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



## DAY 4 - DINNER

I looove a potatoe and veggie plate for dinner, especially for weight loss. It is so helpful to eat lots of vegetables but also make them so yumm that you actually feel satisfied! And plus, cooled-down, steamed potatoes are THE number 1 satiating food. Hello happy you and hello results!! Keep going, you're right on track!

**2 heads fennel**  
**1 head broccoli**  
**1 cup green peas, defrosted**  
  
**6-8 medium size potatoes**

**SAUCE**  
**1/4 cup cashews**  
**1/4 - 1/2 cup water**  
**Pinch of pink salt**  
**Juice of 1 lemon**

Peel and steam potatoes and set aside until cooled down. The same goes for the vegetables or just cook them in a nonstick pan for a couple of minutes.

Add the sauce ingredients into a high-speed blender and blend until creamyyy. Adding a tsp of Dijon mustard is super yummy as well! Add the sauce to your veggies. Isn't it amazing how delicious it makes them? I always eat all the veggies first and then potatoes. Same for you or do you mix them up usually? Haha!



# Day 5

OVERVIEW OF ALL MEALS



Celery Juice



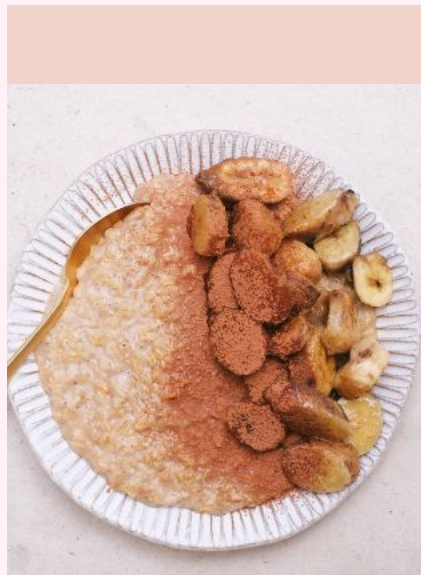
Fresh Fruits



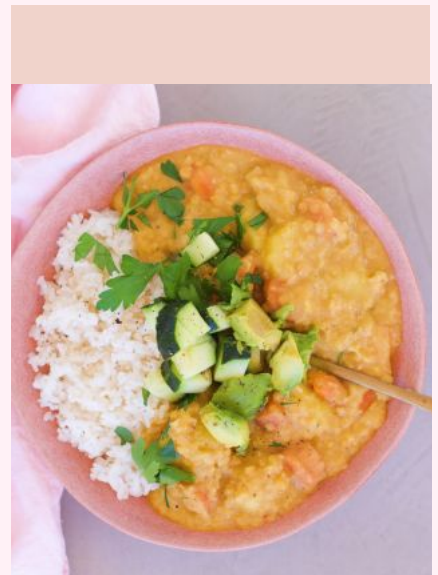
Green Smoothie



Lunch



Lunch opt 2



Dinner



## DAY 5 - BREAKFAST

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.....

You can always replace any of the fruits with whatever you have available. The most important thing is that you don't eat unripe fruit as they will make bloated and constipated which is the opposite of what we want hehe!

### **FRUITY BREAKFAST**

2 LARGE PAPAYAS  
or any ripe fruits of your  
choice (must be ripe)

If you caaaan, definitely buy organic. For fruits like apples, pears, berries, cherries, peaches, and nectarines I would 100% get organic ones and for fruit with a thicker peel like melons, papayas and mangoes, for example, I would rather get the ones that are juicy and riiiiipe!!

The two BEST fruits to eat first thing in the morning are melons or papayas.

## DAY 5 - GREEN SMOOTHIE

*Green Smoothies. - the healthiest drink out there and an every day in our house!*

Green smoothies are such a powerhouse and liquid gold for your body, brain, digestion, cravings and overall happiness!! You can literally feel the energy and mental clarity kicking in right when you drink them. I would usually say to not blend fruits to lose weight and rather eat them whole but it's worth it to add frozen mango (or frozen bananas) to your green smoothies to make them extra yummy. You are getting so many good greens in that you would normally not eat which helps a lot with cravings later in the day! If I had to choose between a green juice or a smoothie, I would go for the smoothie because it has all the fiber which again is the key to a HEALTHY GUT.

### **DRINK IT ALL**

1 whole head celery  
4 leaves kale  
3-4 frozen bananas  
Juice of 2 lemons  
2-3 cups water







## DAY 5 - LUNCH

YUMMM! Hello Mexican salad bowl. The perfect combo that tastes amazing, leaves you satisfied for hours and is so quick to put together. Also, perfect to pack for work or bring to the park for a picnic. The dressing is delicious too!! I love a creamy mustard dressing and it really goes with everything.

**Loots of leafy greens**  
**2 cups ripe tomatoes**  
**1 cup cooked black beans**  
**1 avocado**  
**1 cucumber**

**5-6 steamed potatoes**

**MUSTARD DRESSING**  
**1 small zucchini, peeled**  
**1/4 cup cashews**  
**1/2 cup water**  
**1 tbsp dijon mustard**  
**Juice of 1 lemon**

Steam or bake potatoes and set aside until cooled down.

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



## DAY 5 - LUNCH OPT 2

Here is my deliicious, quick and super satisfying weight loss friendly oatmeal recipe for everyone wanting a sweet lunch instead. Feel free to make this as often as you like. It's veryyyy simple, light, satisfying and not as sweet as my other oatmeal recipes. The cinnamon and cacao powder make it extraaa yum.

- 1 cup oats**
- 2 cups water**
- 1 tsp vanilla extract**
- 1 tsp cinnamon**
- 2 bananas, raw or baked**
- 1 tsp cacao powder**

Add oats, water, cinnamon and vanilla to a pot and let it simmer on low to medium heat for 6-7 minutes until creamyyy.

Transfer the oatmeal to a bowl (I put mine in the fridge to let it cool down haha just a personal preference) and top with 2 ripe sliced bananas and a sprinkle of organic raw cacao powder. You can also fry the bananas in a nonstick pan for a couple of minutes if you crave something more warming. I really love both ways!





## DAY 5 - DINNER

Dinner is a yummy bowl of lentil dahl - made easy haha! You know me, I like simple recipes that are so quick to make that you will end up making them again and again because we all love to rotate a couple of recipes that become our staple foods right? This is going to be one of them + it's high in protein too! YAY!

### **DAHL**

**4 medium size potatoes**  
**2 carrots**  
**1/2 cup red lentils, uncooked**  
**2 cups water (more if needed)**  
**1 tsp ground cumin**

### **TOPPINGS**

**Fresh herbs like coriander or parsley**  
**Cucumber, cut in fine slices**  
**1/2 avocado (optional)**  
**Black pepper**

Peel and chop potatoes, slice carrots and add to a pot with lentils, water and cumin. Let it simmer on medium heat for 20-25 minutes. Once done, add 1/3 of the mixture to a blender and blend until smooth. This makes our dahl extraaa creamy and delicious

Add your favourite toppings like cucumber and some avocado and freshly chopped herbs. YUMMMMM!! The easiest, most soothing lentil dahl!

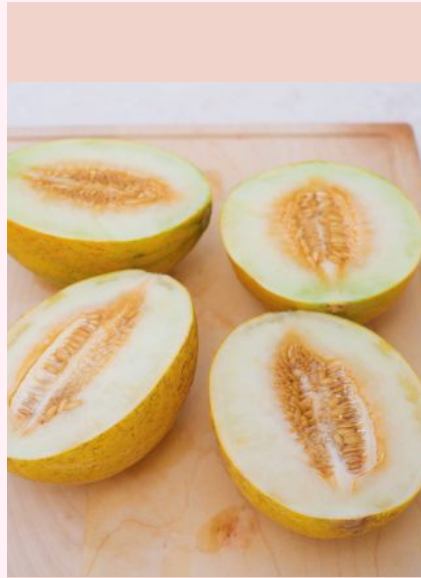


# Day 6

## OVERVIEW OF ALL MEALS



Celery Juice



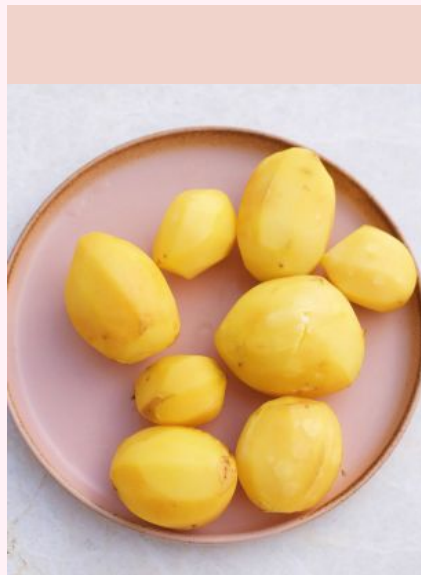
Fresh Fruit



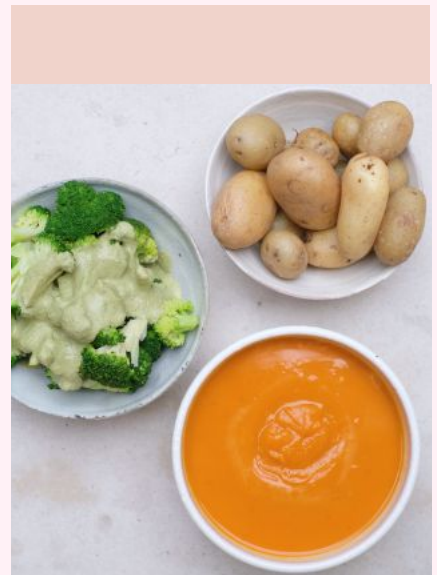
Green Smoothie



Lunch



Lunch



Dinner



## DAY 6 - BREAKFAST

Honey melon / Cantaloupe melon, next to watermelon and papaya, are my favourite fruits to start the day with! It's the quickest fruit to digest and a dream for your colon. Once you start having melons on an empty stomach you won't want to go back! The movement is real haha!



With all our fruity breakfasts, make sure you eat enough to be satisfied. The best part about this weight loss reset is that you do not have to think about calories as we are already focusing on low-calorie nutrient-dense foods anyways. Enjoyyyy every bite of your meals, eat in a relaxed environment and be proud of yourself for taking such good care of your body.

### **FRUITY BREAKFAST**

2 HONEY MELONS  
or any ripe fruits of your  
choice (must be ripe)

You can always replace any of the fruits with whatever you have available. The most important thing is that you eat fruits that are ripe. In winter time I love to switch it up with juicy oranges, soft persimmons, or ripe bananas.

## DAY 6 - GREEN SMOOTHIE

*Green Smoothies. - the healthiest drink out there and an every day in our house!*

Green smoothies are such a powerhouse and liquid gold for your body, brain, digestion, cravings and overall happiness!! You can literally feel the energy and mental clarity kicking in right when you drink them. I would usually say to not blend fruits to lose weight and rather eat them whole but it's worth it to add frozen mango (or frozen bananas) to your green smoothies to make them extra yummy. You are getting so many good greens in that you would normally not eat which helps a lot with cravings later in the day! If I had to choose between a green juice or a smoothie, I would go for the smoothie because it has all the fiber which again is the key to a HEALTHY GUT.

### **DRINK IT ALL**

1 whole head celery  
4 leaves kale  
3-4 frozen bananas  
Juice of 2 lemons  
2-3 cups water







## DAY 6 - LUNCH

The salad I have been making sooo many times since giving birth. It's so light, refreshing, tasty, quick to make and having plain potatoes with it is the best combo!! You'll love this one and make it on repeat!! Adding some freshly chopped onion is really yummy as well but leave it out please in case raw onion makes you bloated.

### **CUCUMBER SALAD**

**2 large organic cucumbers**

**1 bunch dill**

**1 bunch chives**

**2-3 tbsp coconut yoghurt**

**Juice of 1 lemon**

**5-6 medium size potatoes,  
steamed & cooled down**

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

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



## DAY 6 - DINNER

This is one of my typical favourite dinners as it's so soothing, and delicious and you're getting lots of healthy veggies in. I love using my simple pumpkin soup recipe as a dip for veggies like broccoli, sautéed spinach, asparagus or grilled zucchini. Sometimes I add some leftover CARO dressing on the veggies and then use the soup as a dip for the potatoes. Either way is deliciiiiious!

### **PUMPKIN SOUP**

**3 cups veggie stock**  
**1 butternut squash or 1/2**  
**Kabocha squash, peeled and**  
**chopped**  
**2 carrots, chopped**

### **ON THE SIDE**

**5-6 medium size potatoes,**  
**steamed & cooled**  
**1 head broccoli florets**  
**2 zucchinis**

Add veggie stock, pumpkin and carrots to a pot and let it simmer for 20 - 25 mins until soft. Blend everything until creamyyy. Yumm so good!! I looove using this soup as a dip for my veggies and potatoes. You can also leave out the carrots and use more pumpkin.

Steam potatoes and broccoli while the soup is cooking aaand dinner is ready!! The potatoes in the picture here still have the skin on but I always peel my potatoes either before or after cooking them. Much easier on my digestion.



# Day 7

## OVERVIEW OF ALL MEALS



Celery Juice



Fresh Fruits



Green Smoothie



Lunch



Snack



Dinner





## DAY 7 - BREAKFAST

Eating Melons on an empty stomach is a dreeeam for your digestion!! Couldn't recommend it more. Watermelon or honey melon, both work just as well! Just make sure the honey melon is riiiipe and juicyyy!

.....

If you are used to having oatmeal or toast for breakfast, switching to fresh fruit can make you think it's less satisfying. My tip is to not consider it your breakfast, just get into the routine of eating **fresh fruits first thing in the morning, that's it.**

### MONO FRUIT MEAL

Lots of watermelon  
or honey melon

### WINTER

Oranges  
Ripe persimmons  
or golden kiwis would  
be amazing too

You can still make my weight loss-friendly oatmeal recipes later in the day but first green juice, fresh fruits and green smoothie or the other way around.

It doesn't make a huge difference whether you first have the green smoothie or your fruit meal, it really depends on what works for YOU. Some days I wake up craviing watermelon or oranges and some days I want my green smoothie first.

## DAY 7 - GREEN SMOOTHIE

*Green Smoothies. - the healthiest drink out there and an every day in our house!*

Green smoothies are such a powerhouse and liquid gold for your body, brain, digestion, cravings and overall happiness!! You can literally feel the energy and mental clarity kicking in right when you drink them. I would usually say to not blend fruits to lose weight and rather eat them whole but it's worth it to add frozen mango (or frozen bananas) to your green smoothies to make them extra yummy. You are getting so many good greens in that you would normally not eat which helps a lot with cravings later in the day! If I had to choose between a green juice or a smoothie, I would go for the smoothie because it has all the fiber which again is the key to a HEALTHY GUT.

### **DRINK IT ALL**

1 whole head celery  
4 leaves kale  
3-4 frozen bananas  
Juice of 2 lemons  
2-3 cups water





## DAY 7 - LUNCH

The typical CARO SALAD = BIIIIIG bowl of greens, tomatoes, cucumber, avocado + nori sheets to make salad wraps + baked white Japanese sweet potatoes. It's such a bulletproof combo that will make you feel happy, satisfied and get you into your best shape.

### **SALAD**

**Big bowl of leafy greens**  
**1-2 cups cherry tomatoes**  
**1/2 large cucumber**  
**1 avocado**  
**Nori sheets (optional)**

**2 baked sweet potatoes**

### **DRESSING**

**Handful celery**  
**1 small zucchini**  
**1 bunch dill**  
**1 bunch chives or basil**  
**Juice of 1 lemon**  
**1 tbsp apple cider vinegar**  
**1/2 cup water**  
**2 tbsp pumpkin seeds**

Bake sweet potatoes for 50-60 minutes at 180 degrees Celsius and let them cool down afterwards. I usually bake mine the night before when I prep dinner and have them ready in the fridge. I looove to use Japanese white sweet potatoes or purple ones or if I can't find any, I use normal potatoes.

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





DAY 7  
SNACK

YAYY to more fresh veggies! If you're getting a little hungry and need a pick me up this colorful plate is your fuel!! Try to also go for bitter veggies like radishes as those are so powerful for your digestion and feed your healthy gut bacteria! Hummus is usually super calorie dense, not this one hihi!!

**Radishes**  
**Cucumber**  
**Carrots**  
**Bell Peppers**  
**Celery**  
**Chicory**

**GREEN HUMMUS**  
**1 cup cooked chickpeas**  
**1 raw zucchini**  
**1 bunch chives**  
**1 bunch dill or basil**  
**Juice of 1 lemon**  
**1/4 cup water**

Add all hummus ingredients into a food processor and pulse until creamyyy and enjoy!! I love how this dip makes me crave more raw veggies!! So much goodness for your body on one plate. YAY!



## DAY 7 - DINNER

Dinner is vegetables like steamed (or roasted) broccoli, fennel, zucchinis or spinach, potatoes and lots of my delicious caro sauce. Soothing for your tummy, satisfying, easy to digest and so yum! Your taste buds have probably changed by now as well and you find these meals deliicious right? Please always share your feedback. :)

**1 head broccoli florets  
1-2 zucchinis  
1 fennel head or freshly  
steamed spinach**

**CARO SAUCE  
1 handful celery  
1 bunch basil or chives  
1/2 bunch dill  
Juice of 1 lemon  
2-3 tbsp pumpkin seeds  
1 tbsp apple cider vinegar  
1/4 cup water**

Steam potatoes and let them cool down afterwards (ideally you want to eat them cold as the starch will turn into resistant starch). Steam or roast veggies in a nonstick pan, blend all sauce ingredients and you're done! Easy!! You can also substitute the sauce with my cashew cream sauce (I know cashews are on the red list on this reset hahah but it's only 1/4 cup cashews and makes you devour so many veggies!!).

Recipe for that is: 1/4 cup cashews, 1/2 cup water, a sprinkle of pink salt.



# Day 8

## OVERVIEW OF ALL MEALS



Celery Juice



Fresh Fruit



Green Smoothie



Lunch



Lunch opt 2



Dinner





## DAY 8 - BREAKFAST

Honey melon / Cantaloupe melon, next to watermelon and papaya, are my favourite fruit to start the day with! It's the quickest to digest fruit and a dream for your colon. Once you start having melons on an empty stomach you won't want to go back! The movement is real haha!



With all our fruity breakfasts, make sure you eat enough to be satisfied. The best part about this weight loss reset is that you do not have to think about calories as we are already focusing on low-calorie nutrient-dense foods anyways. Enjoyyyy every bite of your meals, eat in a relaxed environment and be proud of yourself for taking such good care of your body.

### **FRUITY BREAKFAST**

2 HONEY MELONS  
or any ripe fruits of your  
choice (must be ripe)

You can always replace any of the fruits with whatever you have available. The most important thing is that you eat fruits that are ripe. In winter time I love to switch it up with juicy oranges, soft persimmons, or ripe bananas.

## DAY 8 - GREEN SMOOTHIE

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### **DRINK IT ALL**

1 whole head celery  
4 leaves kale  
3-4 frozen bananas  
Juice of 2 lemons  
2-3 cups water





Simple, easy and it worrrrks, that's your lunch today! If you ever feel the meals are getting repetitive, that's on purpose because life is busy and we all need things that are so quick AND good that we end up making it a routine. Habits aren't made in one day but they surely can be adapted within 10 days! Now that you are already on day 8 I am positive you're kind of doing it automatically already, right?

**SALAD**

**Big bowl of greens, the more bitter greens the better**  
**Tomatoes**  
**Cucumber**

**2 large sweet potatoes (like the white or purple ones)**

**HUMMUS DRESSING**

**1 cup chickpeas**  
**1 small raw zucchini**  
**Juice of 1 lemon**  
**1 tbsp tahini**  
**1/4 - 1/2 cup water**

Bake potatoes and set aside until cooled. Perfect to do the night before when prepping dinner.

Blend all dressing ingredients until smooth and mix into your salad bowl. I always eat my salad first and then have the sweet potatoes, this works best for my digestion and also fills me up first before eating the "real" calories from sweet potatoes as the salad had almost no calories at all except for some in the dressing. ENJOOOOYYY!





## DAY 8 - LUNCH OPT 2

For everyone with a sweet tooth today, here is my other super simple weight loss friendly oatmeal recipe. It's not that sweet so you might not love it haha just saying but I think it's sweet enough especially since your taste buds have probably changed over the last week and you're starting to appreciate the natural sweetness of things.

### **OATMEAL**

**1 cup oats**  
**2 cups water**  
**1 tsp vanilla extract**  
**1 tsp cinnamon**

### **TOPPINGS**

**Blueberries**  
**Raspberries**  
**or any other fruits of**  
**your choice**

Add oats and water to a pot and let it simmer for 6-7 minutes until thick and creamy. Stir in vanilla and cinnamon and mix well. Cooked oatmeal is a lot more satisfying and keeps you full for longer than raw oats. Add all your favourite fruits. Berries are especially great as they're low-calorie fruits. Let me know if this kept you satisfied!





## DAY 8 - DINNER

My faaavourite soothing dinner soup! It's a go-to a few nights a week. It's really one of the best dinners to have, especially to lose weight. Simple, whole foods, no fuss and super delicious!

**1/2 kabocha squash**  
**1/2 head cauliflower florets**  
**4 medium potatoes**  
**3 stalks celery**  
**2 small carrots**  
**1 leek**  
**2 tbsp Italian herbs**  
**5 cups water**

Peel and slice kabocha squash and potatoes. Chop celery, leek, cauliflower and carrots and add all to a pot with 5 cups water and Italian herbs. Bring to a boil, reduce heat and let it simmer for 20 minutes.

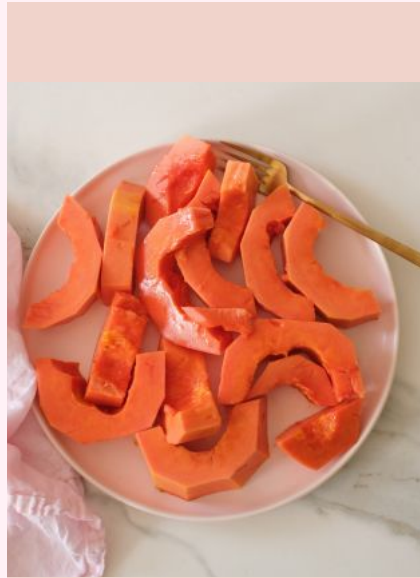
Take out about 1 cup of the soup cooking water, then blend half of the soup to make it extra creamy. The easiest most delicious soup that I have been making all the time lately! So comforting and nourishing!! YUM!

# Day 9

OVERVIEW OF ALL MEALS



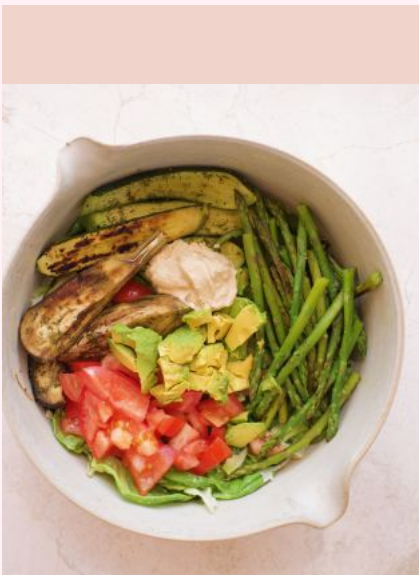
Celery Juice



Fresh Fruit



Green Smoothie



Lunch



Lunch



Dinner





## DAY 9 - BREAKFAST

Papaya is one of the best fruits for good digestion and especially when eaten on an empty stomach so so powerful. It's high in enzymes, antioxidants and fiber and cleans out your colon in 30-60 minutes.

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You can always replace any of the fruits with whatever you have available. The most important thing is that you don't eat unripe fruit as they will make bloated and constipated which is the opposite of what we want hehe!

### **FRUITY BREAKFAST**

2 LARGE PAPAYAS  
or any ripe fruits of your  
choice (must be ripe)

If you caaaan, definitely buy organic. For fruits like apples, pears, berries, cherries, peaches, and nectarines I would 100% get organic ones and for fruit with a thicker peel like melons, papayas and mangoes, for example, I would rather get the ones that are juicy and riiiiipe!!

The two BEST fruits to eat first thing in the morning are melons or papayas.

## DAY 9 - GREEN SMOOTHIE

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### **DRINK IT ALL**

1 whole head celery  
4 leaves kale  
3-4 frozen bananas  
Juice of 2 lemons  
2-3 cups water





## DAY 9 - LUNCH

**Loooots of greens**  
**3 juicy tomatoes**  
**1 avocado**  
**1 eggplant**  
**2 zucchinis**  
**1 bunch asparagus**  
**2-3 tbsp hummus**

**MY OIL-FREE HUMMUS**  
**2 cups cooked chickpeas**  
**1/3 cup water from the chickpea can**  
**1-2 tbsp ground cumin**  
**1-2 tbsp coriander seeds**  
**Juice of 1 lemon**  
**1 tbsp pink Himalayan salt**  
**2 tbsp tahini**  
**2 small peeled raw zucchinis**

Add all hummus ingredients into a food processor or blender and pulse until creamyyy. Make sure you give the chickpeas a good rinse to remove any of the bubbles. That helps a lot with bloating.

It's also super nice to have a jar of hummus in the fridge for whenever you need a delicious dressing or sauce aaannd my oil-free version is much lighter and less calorie dense.

For your salad, sautee all veggies in a bit of water and add some Italian seasoning for extra flavour. Arrange your bowl of greens, mix in the hummus, and add veggies, avocado and tomatoes. Your super yummy salad is ready! If you're making this during the winter, I would add roasted kabocha squash instead of zucchini and asparagus!





## DAY 9 - DINNER

Dinneeer is a delicious bowl of veggies with my favourite white sauce and steamed potatoes. The sauce does have cashews but only a little AND it will make you eat a ton of veggies!! ENJOY!

**1 head fennel**  
**1 head broccoli florets**  
**1 cup green peas, de-frosted**  
  
**7-8 medium size potatoes**

**SAUCE**  
**1/4 cup cashews**  
**1/4 cup water**  
**pinch of pink salt**

Peel and steam potatoes until soft.

Steam or roast your veggies until soft. I use the same steaming pot as for the potatoes and add in the veggies a little later.

Make the sauce by adding cashews, water and salt to a blender and blend until soft. Pour the sauce over your veggies and enjoyyyy!! SO YUM right? I eat the veggies first and potatoes second.

# Day 10

OVERVIEW OF ALL MEALS



Celery Juice



Fresh Fruit



Green Smoothie



Lunch



Snack



Dinner



## DAY 10 - BREAKFAST

Eating Melons on an empty stomach is a dreeeam for your digestion!! Couldn't recommend it more. Watermelon or honey melon, both work just as well! Just make sure the honey melon is riiiipe and juicyyy!

.....

If you are used to having oatmeal or toast for breakfast, switching to fresh fruit can make you think it's less satisfying. My tip is to not consider it your breakfast, just get into the routine of eating **fresh fruits first thing in the morning, that's it.**

### MONO FRUIT MEAL

Lots of watermelon  
or honey melon

### WINTER

Oranges  
Ripe persimmons  
or golden kiwis would  
be amazing too

You can still make my weight loss-friendly oatmeal recipes later in the day but first green juice, fresh fruits and green smoothie or the other way around.

It doesn't make a huge difference whether you first have the green smoothie or your fruit meal, it really depends on what works for YOU. Some days I wake up craviing watermelon or oranges and some days I want my green smoothie first.



## DAY 10 - GREEN SMOOTHIE

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### **DRINK IT ALL**

1 whole head celery  
4 leaves kale  
3-4 frozen bananas  
Juice of 2 lemons  
2-3 cups water





## DAY 10 - LUNCH

Doesn't this look soooo fresh and healthy?! I LOVE this salad combo and the dressing goes so well with it!! Red kidney beans or chickpeas would also add a nice flavour if you have some on hand. Quick, easy and delicious!

**1 head Iceberg lettuce**  
**1/2 cup black olives or 1/2 avocado**  
**1-2 cups tomatoes, chopped**  
**1/2 large cucumber, chopped**  
**1 bunch parsley, finely chopped**

**DRESSING**  
**½ of large cucumber**  
**1/2 avocado**  
**1 tsp pink Himalayan salt**  
**Juice of 1 lemon**

Chop up all your yummy salad ingredients.

For the dressing, blend cucumber, avocado, juice of 1 lemon and a pinch of salt. Mix it all together & place it in a bowl.





## DAY 10 - SNACK

More cucumber and parsley haha, makes things easy! This creamyyyy green pea dip is a dream! So delicious, quick to make and the perfect pick-me-up when you want something savoury yet filling. It's also a great dip for steamed potatoes or roasted veggies and you can leave a little leftover for dinner or make a larger portion.

### **VEGGIE IDEAS**

**Cucumber**  
**Carrots**  
**Celery**  
**Radishes**

### **DIP**

**1 cup green peas, defrosted**  
**1 tbsp tahini**  
**1/2 bunch fresh parsley or dill**  
**Juice of 1 lemon**  
**1/2 tsp pink Himalayan salt**  
**1/2 cup water**

Add peas, tahini, parsley, lemon juice, salt and water to a blender or food processor and blend until almost smooth.

Enjoy as a dip with fresh veggies.





## DAY 10 - DINNER

We wrap it up with OF COURSE steamed potatoes and either my delicious caro sauce OR you can use the green pea dip from our snack today! We had a lot of veggies today and are going to keep it simple with only steamed cooled-down potatoes to give your digestion a little rest. ENJOYYY and I can't wait for all your feedback.

**7-8 medium size potatoes  
peeled, steamed and cooled**

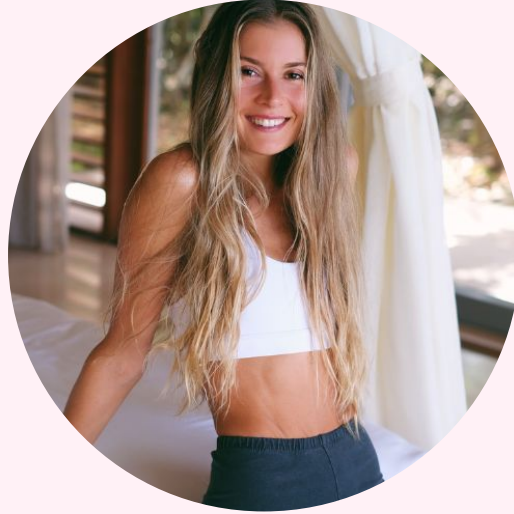
***DIP (either green pea dip) OR***  
**Handful celery**  
**1 bunch basil or chives**  
**Juice of 1 lemon**  
**2 tbsp pumpkin seeds**  
**1 tbsp apple cider vinegar**  
**1/4 cup water**

Peel potatoes and steam or boil for 25 minutes until soft. You can also leave the skin on and peel it off afterwards OR eat the skin but I find it quite hard to digest.

Add all dip ingredients into a blender and blend until smooth. I also like to sprinkle a tiny bit of pink Himalayan salt on my potatoes and some mixed dried Italian herbs. Yumm!



You  
did it!  
How  
do you  
feel?



# Thank you

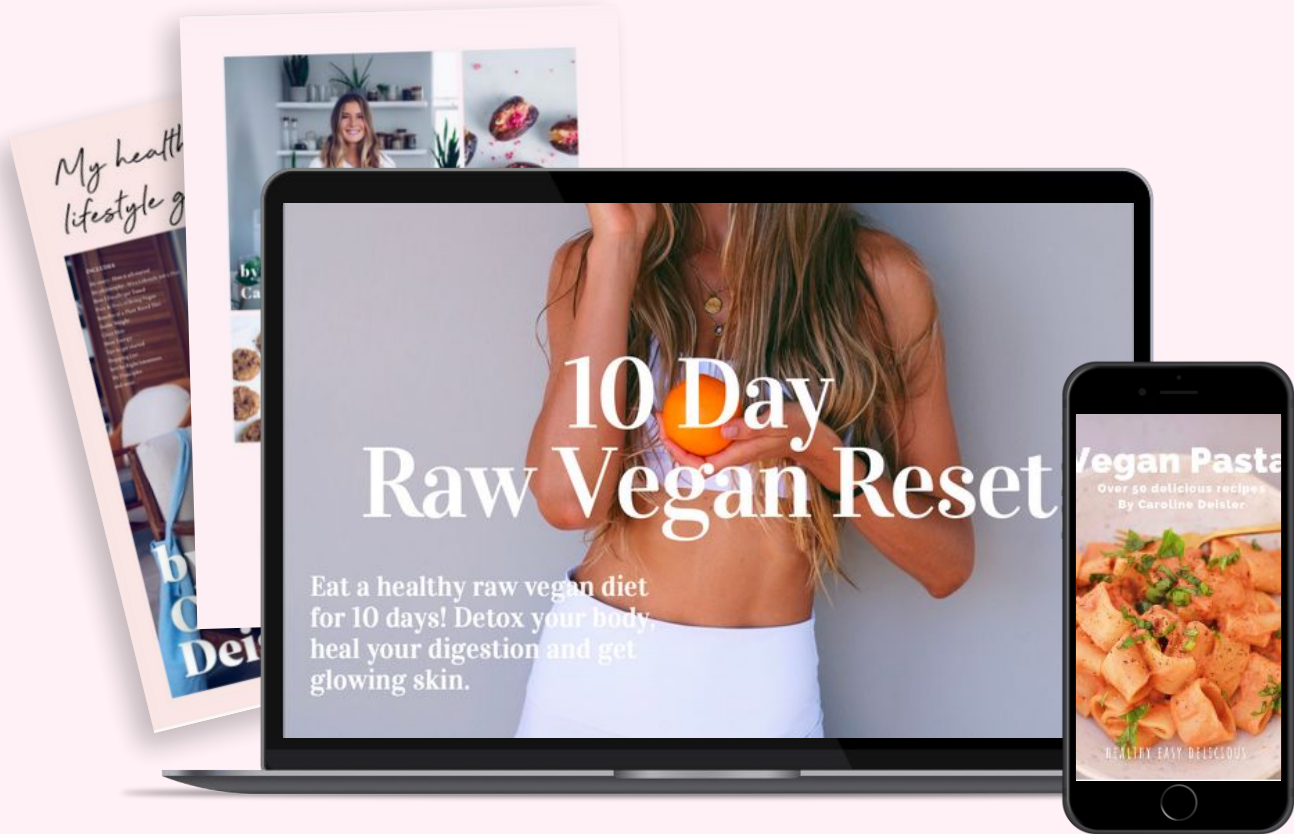
FOR BEING PART OF OUR COMMUNITY

You inspire me everyyy day to show up and follow my heart and I am so so excited for you to unlock your true potential and FEEL YOUR BEST!! Nothing feels better than treating yourself well and YOU DID IT!! Welcome to a healthy, vibrant, happy and balanced life.

*xx Caroline*

MY OTHER RESETS





## Get my other E-books

Click the link below to get my other vegan reset plans & healthy recipe cookbooks! The perfect way to follow up and keep feeling your best!

[CAROLINESCHOICE.COM](https://CAROLINESCHOICE.COM)

