

A woman with long blonde hair, wearing a pink bikini, stands on a beach. She is smiling and holding two slices of grapefruit in her hands, one in each hand, raised towards her face. The background shows the ocean and a clear blue sky.

10 Day Spring Reset

Detox your body & get ready for summer! Less sugar, more energy, better digestion & clear skin here you come!

by Caroline Deisler

So glad you are here!



My name is Caroline, I am a Certified Holistic Nutritionist and have been loving the plant-based lifestyle for more than 8 years now. There is no quick fix for anything but this 10 day reset will help you to get back on track, lose some winter pounds, improve your digestion, clear up your skin and SET YOU UP FOR SUCCESS. Eating healthy, getting into your best shape and working out are all life-long approaches, but 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 work out 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'll automatically feel more energized and clear-headed. You'll make smarter lifestyle choices and you'll 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



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Disclaimer

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

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REMINDER
Recipes in
pink need
overnight
prep:)

A Fresh Start!

Spring is here and summer is around the corner! It's the perfect time to start FRESH! Let's give your body, mind and health a little BOOST! Think about HOW GOOD you'll feel in just 10 days! This reset makes it SO EASY which is the most important thing because I want you to be fully relaxed. We don't have to overcomplicate things. If on any day you would prefer to just have an abundant meal of fresh fruit for lunch instead of any of the recipes, go for it. Just make sure you really eat enough as fruits are high in water and naturally lower in calories than most other foods. I love fruit meals for lunch when I'm on the go. They are so easy and convenient! Also, if one or two dinner recipes become your favourites, feel free to make these on repeat. I want you to fully enjoy every single meal! Healthy, happy YOU here you come!

@CarolineDeisler



The Morning Ritual

@CarolineDeisler

A few daily basics....

1

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

2

Next, you want to have about 500ml of fresh celery juice. If you really can't drink it, don't worry, you can still follow this reset and leave the celery juice out. However, do try to get used to it as it is so beneficial to your gut health, digestion and skin. To make things easier you can prepare 7 bottles of celery juice on a Sunday and freeze them! Just take one bottle out each night before going to bed and put it in the fridge to defrost.

3

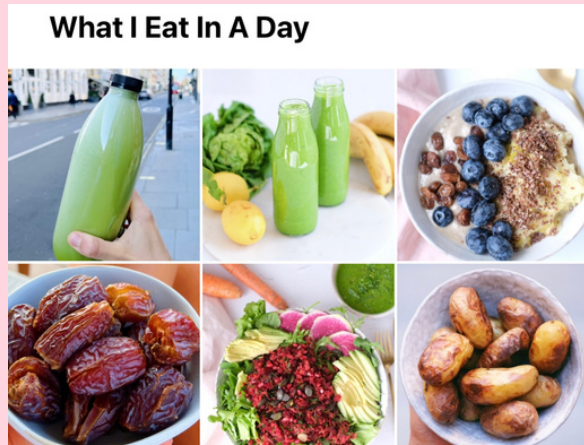
After your water and celery juice, your body should have its natural bowel movement. Don't panic if it doesn't haha you'll get there over time!! Now would be the perfect time to move your body which also helps to get everything moving in your colon. Even just one of my 20 min workouts will get you great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

4

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



A day on a plate



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



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



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



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



I created one big shopping list for the 10 days to make it as easy as possible for you. The only items I would try to get fresh every few days are the leafy greens for your smoothies and salads as they don't last that long.



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



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



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

Intermittent Fasting



I quickly wanted to elaborate on whether you should practice intermittent fasting or not as there can be quite a bit of confusion around this topic. On this 10 day detox plan, in particular, you start the day by hydrating your body which should ALWAYS come first no matter if you are doing intermittent fasting or not.

If your body is used to having an early breakfast, I totally get that it can seem like quite a big change to go from oatmeal, sandwiches or a croissant at 8 am to only water and celery juice. If this is the case, I would still start with water and celery juice, wait about 30 min and then have your green smoothie straight away + some fresh fruit. Trust me on the green smoothies, they may not get you excited at first but you'll quickly notice a huge difference in how you feel. So much so that they will soon have you excited to jump out of bed in the mornings hehe!! Having some fresh fruit afterwards as your first meal of the day is IDEAL for your digestion. You'll want to eat light to heavy. I would have 2-3 oranges, a few apples, some medjool dates or 2-3 ripe bananas. That should keep you happy until lunch.

For lunch, you can still go for a fruit meal. Ripe organic fruits are your best friend and contain a number of nutrients and fiber, not JUST sugar! :) I personally would most likely go for lunch option 2 after having fruit in the morning. You'll see that you don't necessarily eat more than those who practice intermittent fasting. You just start earlier and probably won't crave anything sweet in the afternoon as you've already had fruit and a sweet lunch.

If you still need something sweet after lunch, go for a few medjool dates or dried figs to keep you going until dinner.

SOS! FEELING BLOATED?



Gut Health is one of my favourite topics because it correlates to how we feel and directly impacts our health. Having great digestion literally puts you in the best mood! One of the main benefits of following my Spring Reset meal plan routine is that you automatically improve your digestion. Don't be discouraged if it takes a few days, your body needs time to adjust but it's so worth going through that phase. As once you have regular and flourishing bowel movements, you won't want to go back!

To improve your digestion, there are a few things that are very important to keep in mind while following this reset. While you can switch dinners around, make your favourite lunch recipes on repeat or have a mono meal of fruit every day for lunch, the order in which you eat makes a big difference. Keep reading for a few easy basic tips to maximize results.

EASY BLOATING TIPS

On the Spring Reset

@CarolineDeisler

1



Eating Light to Heavy

Make sure you follow the routine from this reset. Meaning you start with water, celery juice, green smoothie and then have your first meal of the day. It's ideal to have some fresh fruit as your first meal. Even when following lunch option no. 2, it's helpful to have a plate of fresh fruit beforehand. This will also keep you more satisfied.

2



Eat your fruit RIPE

As Healthy as fruits are, they will make you constipated if you eat them unripe. Buy a lot of bananas at once, let them ripen up until yellow and spotty, peel and freeze leftover bananas, they are perfect for green smoothies! Lots of other fruits like apples, oranges, berries etc. are usually ripe enough when you buy them but definitely keep in mind to let fruits ripen up. :)

3



STAY HYDRATED

Such a simple and basic tip yet it's good to be reminded because many people are actually dehydrated. Being dehydrated can cause constipation, headaches and makes you feel lethargic. Make sure you drink at least 2 litres of filtered water during the day. Adding fresh lemon, ginger or aloe vera is a great way to give your digestion an extra boost and helps to have more regular bowel movements. Click [here](#) to get to my detox water recipes.

EASY BLOATING TIPS

On the Spring Reset

4



Avoid Trigger Foods

The most common trigger foods are garlic and onions. They have lots of anti-inflammatory health benefits when eaten raw, however, if your body doesn't digest it well, you will not get any of these benefits. All my recipes in here are garlic and onion free to be on the safe side. Spring onions are typically easier to digest and I love adding ginger and fresh or dried herbs to my meals.

5



MOVE your BODY

You will still get amazing benefits from this reset without working out. However, when it comes to digestion, moving your body helps a lot to keep things moving. You don't have to kill yourself at the gym and be drenched in sweat but try to incorporate my workouts into your day and you'll notice a huge shift in results!! Once you get too lazy, your digestion will sleep as well.

6



Get more SLEEP

Getting good quality sleep is just as important as moving your body. Whenever I don't sleep enough, my digestion feels weak. I have been such a good sleeper this year, going to bed between 10 and 11 pm, waking up around 6 -7 am and feeling so much better compared to last year when I was hitting the pillow past midnight. Having an early dinner around 6-7 pm has helped me a lot to set my inner clock for an early night.

DIGESTION BOOSTER



1 tbsp freshly ground flaxseeds
3 tbsp water

If on any day you feel like your digestion needs an extra boost, this simple homemade remedy is great to have AFTER your celery juice in the morning. But wait at least 30 minutes after having the celery juice. Which, as it turns out, is the perfect amount of time to let your freshly ground flaxseeds soak in water. You have to grind the flaxseeds fresh to get the benefits, don't buy already ground flaxseeds. You can use either brown or golden flaxseeds. It's also great to rotate between the two. Once soaked in water, it turns into a gel which acts like a sponge in your colon. It binds to water and helps to flush everything out.

Flaxseeds are also an excellent source of omega 3 fatty acids which are especially important to maintain healthy hormones. If you are trying to get your period back, I would add this to your daily routine regardless of your digestion. With having flaxseeds in the morning and making my healthy salad dressing (with pumpkin seeds) at night you would automatically be following the follicular phase of seed cycling! The follicular phase starts from your first day of menstruation until ovulation. The 2nd phase, the luteal phase starts from ovulation to menstruation and consists of sesame seeds and sunflower seeds.

Coffee?



The coffee Question hahaha!! Probably one of the most asked ones! I never really got into coffee when I was younger and still, to date, don't ever drink coffee.

Coffee is similar to green tea and matcha, a stimulant, that many people use to suppress their appetite. However, if your body feels tired in the morning, you probably need more sleep and not coffee. I totally get it though and it's easier said than done and coffee is very addictive. You'll see from doing the 10 Day Spring Reset that you will have a lot more energy without coffee. You will sleep much better and naturally get in tune with your body which helps you to make healthier lifestyle decisions. Not just during these 10 days, but afterwards as well.

Ditching the coffee for lemon water and celery juice in the morning is way better for your cortisol levels and overall wellbeing. Coffee also hinders your body from absorbing protein from your food, is very acidic and gives you an energy crash soon after as well. Try to stay away from coffee for these 10 days and let me know how you feel!! :)

Snacks?



My best tip is to have some fresh fruit or medjool dates. They're such an easy snack on the go! Eat a few dates and you will feel completely satisfied!! Also for anyone who is making lunch option 2 for lunch, you can and should still eat some more dates afterwards or fresh fruit beforehand.

It's Ideal is to have a plate of fresh fruit prior to the lunch recipe and if you need something else afterwards, go for medjool dates. That way you first eat hydrating (high in water) fruits, then your lunch and finish with dates which are more on the dry side. I am all about having amazing digestion and this routine will get you there while feeling completely satisfied!!

I personally don't snack much and feel my best when having a few hours break between lunch and dinner. This way my body has time to digest properly and my insulin levels stay balanced and stable. However, you can totally snack if you are still hungry and I have those days as well. Especially when you first come across this lifestyle, it's common that people don't eat enough fruits for lunch and soon afterwards get hungry again.



3 Quick Snack Ideas



Apples , Bananas, Berries

They are easy to take with you, low in calories and high in fiber! Apples are also high in pectin and regulate your appetite. If you crave something sweet in between your meals, have some fresh fruit. Only, make sure you get your morning hydration and a green smoothie in before having any solid food. :)



Celery, Carrots, Bell Peppers

Raw vegetables don't seem very appealing but they're actually a great low-calorie snack. Munching on some crisp celery sticks, carrots or bell peppers gives you lots of vitamins and fiber.



Dried Figs & Medjool Dates

My forever favourites are medjool dates and dried figs! Both are high in fiber, magnesium, potassium, iron and vitamin B6. They keep you super satisfied, enhance your digestion and you won't crave any sweets!

Lunch Option 1 or 2?

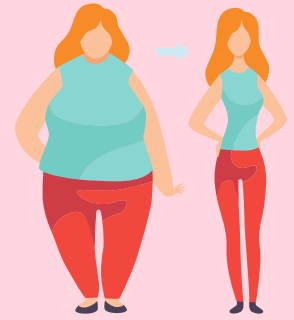


Lunch option 1 is always a meal of fruit. It's the easiest fast food, needs almost zero preparation and is so convenient when on the go. I LOVE to have papaya, berries, juicy melon, oranges or bananas for lunch and always have medjool dates about 30 min after the juicier fruits. You have to make sure though that you are really eating enough. A few apples won't keep you satisfied. Aim for around 800 - 1000 calories of fresh fruits or dates. I typically have about 3-4 oranges or a whole papaya with blueberries and about 12-15 Medjool dates which comes to around 1000 calories. That keeps you happy and full until dinner when you'll get all your veggies and greens in.

The recipes from lunch option 2 are lower in calories than having a whole papaya, blueberries and 12-15 medjool dates. I recommend having some fresh fruit prior to your lunch or some Medjool dates afterwards. Just enough to feel fully satisfied. It's not that one option is supposed to be lower in calories than the other. It's all about finding out what makes YOU feel fully SATISFIED. It's also great to switch it up, one day you go for a fruit meal and the next you have some fruit + the recipe. I like to give you options depending on what works for you. This way you could also do this reset multiple times! :) If you are trying to get your period back, have fresh fruit **and** the lunch recipe **every day** as you need more healthy fats and you'll get those from the different lunch bowls.



WEIGHT LOSS TIPS



If you are doing this reset to lose weight, here are a few things I would do to get the best results.

1

Limit the number of dates you are eating. You know me, I absolutely love medjool dates and think they are the best snack ever and I would still recommend having some to keep your sweet tooth satisfied but since they are quite calorie-dense, I would stick to 5 dates per day. Many of the OPTION 2 lunch recipes have dates in them, which will most likely be enough to feel satisfied. If you still feel like you need a snack, instead, go for less calorie-dense foods like apples, pears, oranges, peaches or raw veggies like carrots, bell peppers and celery.



2

I would recommend going for LUNCH OPTION 1 for weight loss, HOWEVER, and this is important, if you are one of those people who aren't satisfied with eating a big mono meal of fruit, go for LUNCH OPTION 2 if that makes you feel more satiated. There is no one way that works for everybody but generally speaking, the goal is to be as satisfied as possible, eating a big volume of food without consuming too many calories. Here is a food chart that shows you the best weight loss foods. All recipes in this reset are great for your weight, will keep you satisfied and are not very calorie-dense. Most recipes are nut-free or low in nuts to keep it light but you are still getting healthy fats in from chia seeds, flaxseeds, pumpkin seeds etc. which is very important for balanced female hormones. You don't want to eat TOO low in fat either. :) The key here is to have something that works long-term and is sustainable and enjoyable. :-)

CALORIE DENSITY WEIGHT LOSS KEY	
CALORIES PER POUND	
100 CALS.	VEGETABLES (NON-STARCHY) GO
300 CALS.	FRUIT ↑
400 CALS.	POTATO, CORN, SQUASH, OATS ↑
500 CALS.	WHOLE GRAINS, RICE, PASTA ↑
600 CALS.	BEANS & LEGUMES EAT
AVOID/LIMIT	
750 CALS.	AVOCADOS ↓
1200 CALS.	ICE CREAM ↓
1400 CALS.	BREAD/BAGELS/WRAPPS ↓
1600 CALS.	CHEESE, DRY CEREAL ↓
1800 CALS.	SUGAR, CRACKERS, POPCORN STOP
2500 CALS.	CHOCOLATE ↓
2800 CALS.	NUTS, SEEDS, BUTTERS, TAHINI ↓
4000 CALS.	ALL OILS, OIL-POPPED POPCORN ↓

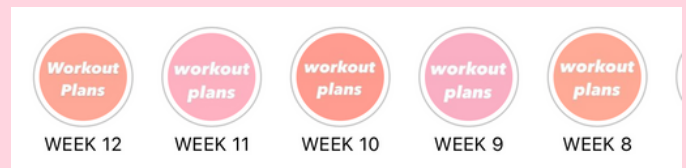
@Carolinedeisle

The Workout Plans

@CarolineDeisler



For those who don't know, I create weekly workout plans (30 min, 45 min, 60 min, Beginner & Busy People) on Instagram which I post every Sunday for the following week. They are all saved in my story highlights and you'll find each workout posted on my feed. You can access Instagram from your laptop to have it full screen. Working out and eating healthy go hand in hand and following my workouts plans are the perfect complement to the 10 day reset.



What you're saying about my reset meal plans



maddykerrigan

THE BEST MEALS EVER!!!



elisabaran

Incredible! Anytime I got off your recipes, I don't feel good. I crave your e-books!



clanelles

Changed my life. Learned so much not only about recipes, but also about a healthy lifestyle.



souslesmanguiers

Your dressing is fabulouuuuuuuuus, just want to eat only this with greens now



shima.massoumi

Your winter reset is not just a reset for me, it's my every day meal plan & I'm super happy 😍



emma4ks

Amazing! 2.5lbs down too 😄



dnhrcrx

honest feedback?YOUR EBOOKS'RE THE BEST IN THE WHOLE WORLD ❤️ 🍰



tuijapuolakka

I just love them! I feel my best with your recipes. It's day 18/21 and then I do the 10 day plan. 💕



veganfuerdiewelt

Ich fühle mich besser als nie 😊 Alle deine Rezepte sind einfach toll! ❤️



karla_amadorch

Lots of energy! I've lost 1 kg and I feel great. Thanks



jesuvidal1609

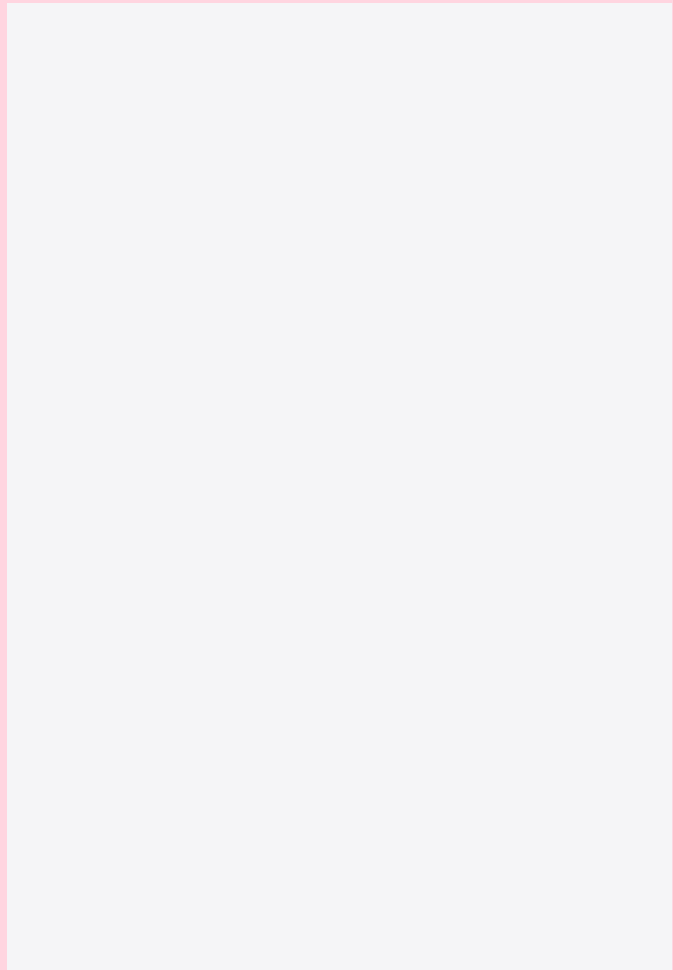
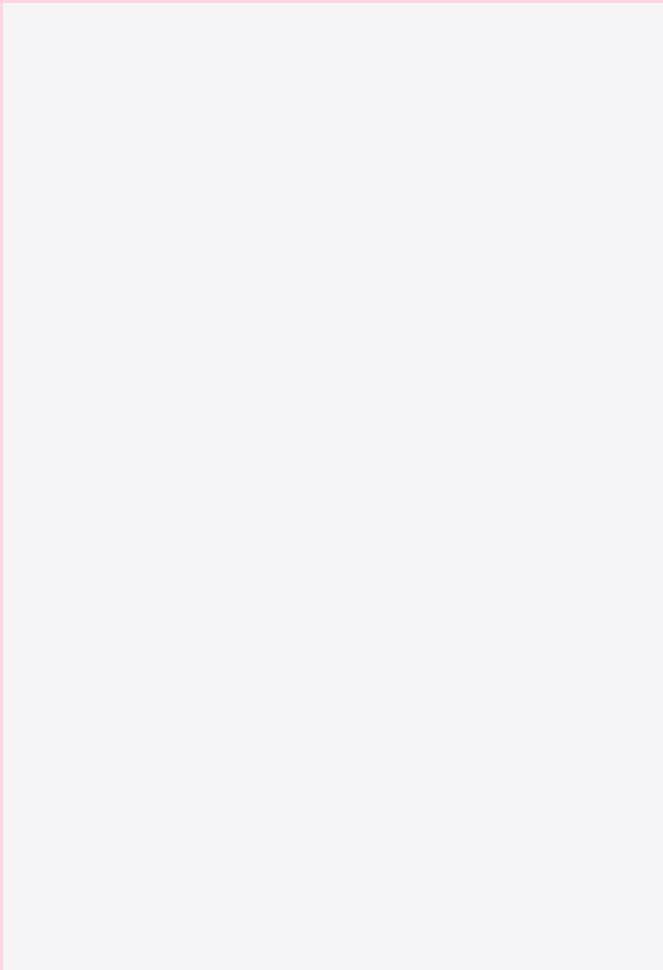
I just love every single recipe & ebook! Perfect combo + feeling great + best food. Love love love 😍

Results are in...!

10 days doesn't seem long but it's long enough to give you results and who knows, maybe you'll feel so good by the end of it that you keep eating the same way and do it again. For your own motivation, take a picture of yourself on day 1 and write down how you feel. Let's see how that shifts by day 10! Be as detailed as possible e.g. note sleep, digestion, mood, stress, happiness level, energy, fitness etc.! I can't wait to hear about it! Tag me @carolinedeisler in your transformation stories!

Before

After



Daily Checklist ✓

day 1

day 6

day 2

day 7

day 3

day 8

day 4

day 9

day 5

day 10

*time to feel
your best*



10 DAY SPRING RESET

Hello Healthy Me

@CarolineDeisler



Shopping List

CELERY JUICE

10 celery heads



17 lemons

Big handful ginger

2 limes

4 small romaine heads

4 handfuls spinach leaves

12 Swiss chard leaves

2 collard green leaves

11 leaves kale

1 cup sprouts (broccoli or alfalfa)

4 bunches chives

5 bunches parsley

3 bunches dill

2 bunches cilantro

4 large cucumbers

2 heads fennel

2 spring onion

2 big bunches fresh basil

8 cups mixed greens

2 heads baby gem lettuces

1 head purple chicory

1/2 head iceberg lettuce

2 handfuls arugula

3 cup cherry tomatoes

14 sun-dried tomatoes

2 tomatoes

6 avocados

8 large raw zucchinis

6 celery heads

1/2 cup black and green olives

29 small potatoes

5 medium potatoes

12 small sweet potatoes

3 small bell peppers

1/2 red cabbage

7 carrots

1 corn cob

3 small beetroots

5 bananas

2 cups pineapple, fresh or frozen

3 cups frozen berries

3 cups mango, fresh or frozen

10 medjool dates

3 tbsp raisins

4 tbsp pomegranate seeds

1 handful green beans

2 bunches white or green

asparagus

7 pink radishes

2 tbsp sesame seeds

2 tbsp hemp seeds

6 tbsp sunflower seeds

13 tbsp pumpkin seeds

1 cup cashews

3 brazil nuts

1/4 cup dry quinoa

1 cup cooked wild rice

20 nori sheets

2 tbsp tahini

1 tbsp dijon mustard

1 tbsp maple syrup

8 tbsp apple cider vinegar

1 tsp smoked paprika

5 tbsp Italian herbs

1 tsp white miso paste

1/4 cup sea vegetables

IT'S DATE
O'CLOCK



DRINK
MORE



WATER

Lemons

Ginger

Mint

Aloe vera

Grapefruits

Limes

Cucumber



@CarolineDeisler

Lunch option 1

12 ripe bananas

50-60 medjool dates

2 grapefruits

1/2 big watermelon

4-5 mangoes

9 oranges

1 pineapple

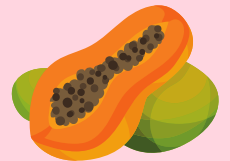
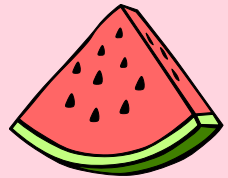
4 cups blueberries

9 organic apples

4 large papayas

20 dried figs

OR any other ripe fruits
that are available to you :)



Shopping List

CELERY JUICE

10 celery heads



17 lemons

Big handful ginger

2 limes

4 small romaine heads

4 handfuls spinach leaves

12 Swiss chard leaves

2 collard green leaves

11 leaves kale

1 cup sprouts (broccoli or alfalfa)

4 bunches chives

5 bunches parsley

3 bunches dill

2 bunches cilantro

4 large cucumbers

2 heads fennel

2 spring onion

2 big bunches fresh basil

8 cups mixed greens

2 heads baby gem lettuces

1 head purple chicory

1/2 head iceberg lettuce

2 handfuls arugula

3 cup cherry tomatoes

14 sun-dried tomatoes

2 tomatoes

6 avocados

8 large raw zucchinis

6 celery heads

1/2 cup black and green olives

29 small potatoes

5 medium potatoes

12 small sweet potatoes

3 small bell peppers

1/2 red cabbage

7 carrots

1 corn cob

3 small beetroots

5 bananas

2 cups pineapple, fresh or frozen

3 cups frozen berries

3 cups mango, fresh or frozen

10 medjool dates

3 tbsp raisins

4 tbsp pomegranate seeds

1 handful green beans

2 bunches white or green

asparagus

7 pink radishes

2 tbsp sesame seeds

2 tbsp hemp seeds

6 tbsp sunflower seeds

13 tbsp pumpkin seeds

1 cup cashews

3 brazil nuts

1/4 cup dry quinoa

1 cup cooked wild rice

20 nori sheets

2 tbsp tahini

1 tbsp dijon mustard

1 tbsp maple syrup

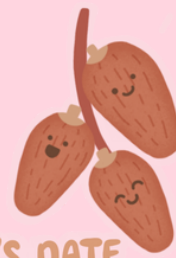
8 tbsp apple cider vinegar

1 tsp smoked paprika

5 tbsp Italian herbs

1 tsp white miso paste

1/4 cup sea vegetables



IT'S DATE
O'CLOCK



WATER

Lemons

Ginger

Mint

Aloe vera

Grapefruits

Limes

Cucumber



Lunch option 2

26 ripe bananas

32 medjool dates

7 apples

1 papaya

2 1/2 grapefruits

4 cups blueberries

5 cups fresh mixed berries

2 cups strawberries

7 cups frozen berries

1 1/2 cups organic grapes

1 1/2 cups oats

8 tbsp flaxseeds

1/2 cup raisins

1 tbsp almonds

1 tbsp peanuts

1/2 cup cashews

2 tbsp peanut butter

1 1/4 cups chia seeds

2 tbsp raw cacao powder

3 cups dry buckwheat groats

1/4 cup dry quinoa

1 tbsp puffed buckwheat

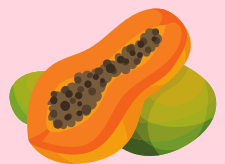
4 1/2 tsp vanilla powder extract

2 tsp cinnamon

2 tbsp hemp seeds

2-3 tbsp cacao nibs

Optional: freeze dried strawberries



DETOX WATER - 6 WAYS

1



GINGER WATER

A medium-sized ginger piece
1 litre of water

Grate the ginger (no need to peel it if it's organic), add water and let it sit for a few minutes or overnight. To get rid of the mini ginger pieces, run it through a sieve. ENJOY!

2



ALOE VERA WATER

1 small aloe vera leaf
1 litre of water
Optional: 1 grapefruit or lemon

Cut green skin off the aloe vera leaf and scoop out the gel. Place gel and water in a blender and blend until smooth. If the taste is too bitter for you, add the juice of a grapefruit or lemon.

3



LEMON WATER

1 lemon
1 litre of water

Squeeze the lemon, add water and drink straight away.

DETOX WATER - 6 WAYS

4



LIME WATER

1-2 limes
1 litre of water

Squeeze the limes, add water and drink straight away. Feel free to add in some fresh grapefruit juice as well.

5



MINT WATER

1/3 bunch fresh mint
1 litre of water
Optional: 1 lemon

Remove mint leaves from the stems, add water and let it sit for a few minutes or overnight. Add some fresh lemon for an extra boost.

6



CUCUMBER WATER

1/2 of a big cucumber
1 litre of water

Wash cucumber and cut in thin round pieces, add water and let it sit for a few minutes or overnight.

THE BEST

Caro Dressing

version 1



INGREDIENTS

1 small raw zucchini
2 celery stalks
1 bunch basil
1 bunch chives
Juice of one lemon
1 tbsp apple cider vinegar
2 tbsp pumpkin seeds
1/4 - 1/2 cup water
Optional: 1 medjool date

STEPS

Add all ingredients into a high-speed blender and blend until smooth. I also quite like it without the medjool date to keep it fully savoury. I love A LOT of dressing on my salads as this one is so healthy, the more you eat the better, kind of! Feel free to make a double portion and keep it in a glass jar in the fridge for the next day. You will lose some nutrients but it will also make your day a lot easier and you only have to clean the kitchen once!

Benefits

This dressing is literally a NUTRIENT POWERHOUSE! We are using greens to eat more greens. The best win-win situation of them all!

THE BEST

Caro Dressing

version 2



INGREDIENTS

- 1 small raw zucchini
- 1/2 head fennel
- 1 bunch chives
- 1 bunch dill
- Juice of one lemon
- 1 tbsp apple cider vinegar
- 2 tbsp pumpkin seeds (or 4-5 Brazil nuts)
- 1/4 - 1/2 cup water
- Optional: 1 medjool date

STEPS

Add all ingredients into a high-speed blender and blend until smooth. I also quite like it without the medjool date to keep it fully savoury. I love A LOT of dressing on my salads as this one is so healthy, the more you eat the better, kind of! Feel free to make a double portion and keep it in a glass jar in the fridge for the next day. You will lose some nutrients but it will also make your day a lot easier and you only have to clean the kitchen once!

Benefits

This dressing is literally a NUTRIENT POWERHOUSE! We are using greens to eat more greens. The best win-win situation of them all!

Day 1-10 Morning Hydration



Detox Water

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

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



Celery Juice

Ingredients

1 head celery

Steps

Juicer: Juice one head of celery.

Blender: chop celery, add to blender with 1 cup of water and blend until creamy.

Use a nut milk bag and pour the blended celery through the bag using your hands to squeeze. Voila, celery juice is ready. :)

Day 1 *Overview*



OR



SNACK



OR



Day 1

Green Smoothie



Ingredients

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

Steps

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

Notes

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

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

Day 1 - Lunch - option 1



Ripe Bananas & Dried Figs

Ingredients

3-4 ripe and spotty bananas
10 dried figs

Notes

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



Day 1 - Lunch - option 2

Healthy Muesli

@CarolineDeisler



Ingredients

1/2 cup oats
2 tbsp freshly ground flaxseeds
1 cup water
2 apples, grated
2 tbsp raisins
1 tbsp almonds, chopped
1 cup blueberries
1 apple, chopped
1/2 cup organic grapes
Optional: medjool dates

Steps

1. Add the oats, ground flaxseeds and water to a bowl and let them soak for 30 min. This is perfect to prepare the night before.
2. Add in grated apples, raisins, almonds, blueberries, chopped apples and grapes. Optionally add some dates to make this even more filling.

SO FRESH, DELICIOUS and perfect to take to work!

Day 1 - Dinner

CAESAR SALAD & SWEET POTATOES



Ingredients

SALAD

4 small romaine heads
1/2 head Iceberg lettuce
2 tbsp dry roasted sunflower & pumpkin seeds
1 tbsp hemp seeds
1 ripe avocado

DRESSING

1 small zucchini
1/4 cup cashews
1 tbsp apple cider vinegar
Juice of 1 lemon
1 tsp white miso paste
1/4 cup water

Alternatively, replace with version 2 of the [CARO DRESSING](#)

3 sweet potatoes (white, orange or purple)
6-7 nori sheets to make salad wraps

Directions

1. Preheat the oven to 200 degrees and bake sweet potatoes on parchment for 50 minutes, let them cool down completely (also perfect to meal prep on a Sunday!)
2. Start by washing your salad greens, I like to do this in advance as coming home hungry and having to wash greens is not fun haha!
3. Roast pumpkin and sunflower seeds in a non-stick pan for a few minutes until golden and crunchy
4. Add all dressing ingredients into a high-speed blender and blend until creamy. If you can't find miso, you can leave it out, the dressing will still be delicious!!
5. Mix the dressing into your greens, add avocado, toasted seeds, raw hemp seeds (great for protein) and ENJOY!! I like to wrap my salad in nori sheets and make salad wraps. It's a great way to get more minerals in from the seaweed and it's just so delicious!! I always have the whole salad bowl first and then eat the sweet potatoes once they are cooled down. This is not a must but it definitely is best for your digestion to have the raw greens first and finish with the potatoes.

Day 1 - Dinner - option 2

HEALTHY PIZZA



Ingredients

5 medium-sized potatoes, steamed
1 tbsp maple syrup

MARINARA SAUCE

2 cups raw red bell pepper
5 sun-dried tomatoes
1 tbsp apple cider vinegar
1 tsp smoked paprika
1 tbsp Italian herbs
A sprinkle of salt
2 tbsp water

Directions

1. Start by steaming your potatoes (this can be done in advance) and let them cool down.
2. Preheat the oven to 200 degrees Celsius.
3. Peel potatoes and add to a food processor with 1 tbsp maple syrup. Pulse until you get a ball of potato dough.
4. Transfer dough to a parchment papered tray, place another parchment paper on top and form a flat round pizza base.
5. Bake for 15-20 minutes until golden brown. I personally let it cool down before eating.
6. While the pizza is baking, add all marinara ingredients to a blender and blend until smooth. Spread the sauce over the pizza base, add fresh arugula, cherry tomatoes, black olives and more Italian herbs or seasoning of your choice.

It's crazyyy how delicious this pizza is. It's completely fat-free (healthy fats are great!) But this is an amazing low-fat dinner. It's so so satisfying to eat and you wake up having amazing digestion which is the best!! I'm so excited for you to tell me how you like this one! To all my Italians here, I know this is not a real pizza... but hey, it's good to have fun and enjoy eating veggies in various ways to keep it exciting! I love to roll each piece together like a wrap. All I can say is YUM, YUM, YUM!

Day 2 Overview



OR



Day 2

Green Smoothie



Ingredients

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

Steps

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

Notes

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

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

Day 2 - Lunch - option 1



Crispy Apples & Medjool Dates

Ingredients

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

Notes

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

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



Day 2 - Lunch - option 2



Choco Peanut Chia Pudding

Ingredients

BASE

1/4 cup chia seeds
1 cup water

CREAM

2 ripe bananas
3 medjool dates, pitted
1 tbsp peanut butter (smooth or crunchy)
2 tbsp raw cacao powder
1/2 cup water

TOPPINGS

1 tbsp peanuts, roasted & chopped
2 bananas, sliced
a bit more cacao powder

Steps

- 1 Soak chia seeds in water for 15 minutes or even better, overnight. If you only have 15 min, use only 1/2 cup water.
- 2 Add all the CREAM ingredients into a blender and blend until smooth. Mix cream into the chia seed gelee, stir well and transfer to your serving bowl. Add toppings and ENJOYYYY! Perfect to prep to take to work or school. PS: Add all those bananas, you want to get enough healthy carbs in!

Notes

I LOVE CHIA PUDDINGS!! They have so so many health benefits, are high in protein and omega 3 and AMAZING for your digestion. Chia seeds act like a sponge and get everything out of your colon. You'll notice it a few days into the reset! :)

Day 2 - Dinner



PESTO ZOODLES

Ingredients

3 large raw zucchinis, julienne peeled
1 cup (or more) cherry tomatoes
1/2 cup black and green olives
6-8 sun-dried tomatoes, soaked for 10 min
2 tbsp sunflower & pumpkin seeds, dry roasted
Optional: 1 avocado

PESTO

Leftover zucchini stems (YAY no waste!)
Handful celery or 1/2 head fennel
1 big bunch fresh basil
2 tbsp pumpkin seeds (pine nuts work great too!)
1 tbsp apple cider
Juice of 1 lemon
1/4 cup water (more if needed)

SIDE

6-8 small potatoes, baked

Steps

1. Preheat the oven to 200 degrees and bake potatoes on a tray lined with parchment paper for 50 minutes. Let them cool down.
2. Next dry roast your seeds in a non-stick pan for a few minutes or if you have an air fryer, throw them in for 3-4 minutes at 180 degrees C.
3. Soak sun-dried tomatoes in water.
4. Peel zucchinis with a julienne peeler. I much prefer that to using a spiralizer. Easier to digest as well.
5. Add all pesto ingredients to a blender and blend until smooth. SO YUM! Mix sauce into the zoodles.
6. Rinse and chop sun-dried tomatoes and add together with cherry tomatoes, toasted seeds, olives and optionally avocado to your zoodle bowl! ENJOYYYY!!

I love to eat these first and then have the baked potatoes once they've cooled down. You can also leave the potatoes out if you're not too hungry - but you want to make sure you are fully satisfied and potatoes are the ultimate healthy comfort food, especially the way we prepare them!

Day 3 Overview



OR



SNACK



Day 3

Green Smoothie



Ingredients

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

Steps

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

Notes

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

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

Day 3 - Lunch - option 1



Papaya & Ripe Bananas

Ingredients

1 papaya with blueberries
5 ripe bananas (make sure they are yellow and spotty)

Notes

Papaya is high in enzymes, low in calories and AMAZING for your digestion! The best combo is with blueberries and adding fresh lime juice. As you know by now, ripe bananas are one of the absolute BEST fitness foods, they are high in potassium which transports water into your cells and makes you look leaner. Bananas also have a lot of fibre which feeds your healthy gut bacteria and improves your digestion. You see me talking about digestion a lot but that is because to feel your best and to get into your best shape you need to help your body to get rid of things naturally and that works through regular bowel movements, deep breathing and sweating.



Day 3 - Lunch - option 2

Buckwheat Bircher

@CarolineDeisler



FAVE

Ingredients

2/3 cup dry buckwheat groats,
soak in water overnight

2 ripe bananas
3 medjool dates, pitted
1/2 tsp vanilla powder extract
1/2 cup water

TOPPINGS

2 apples, grated
1/3 cup raisins, soaked
1 cup blueberries
2 tbsp freshly ground flaxseeds

Steps

1. Soak buckwheat groats in water overnight. Rinse well afterwards. Buckwheat is an amazing grain that is gluten-free, low in fat and high in protein.
2. Soak raisins in water for 30 min or overnight, rinse well. Feel free to add some vanilla to the water.
3. Add soaked and rinsed buckwheat to a blender together with 2 ripe bananas, 3 medjool dates, vanilla and 1/2 cup water and blend until creamy.
4. Transfer to a bowl, add in grated apples, soaked raisins, blueberries and freshly ground flaxseeds. SO DELICIOUS and perfect to pack for work as well.

Day 3 - Dinner

Wild Rice Salad



Ingredients

SALAD

- 1 cup cooked wild rice
- 1 small sweet potato, baked, cut in cubes (didn't use in the photo)
- 1 small bell pepper, thinly sliced
- 1/2 cup shredded red cabbage
- 2 handfuls arugula
- 1 tbsp sunflower seeds
- 1 tbsp pumpkin seeds
- 1 corn cob, pre-cooked
- 1 small beetroot, julienne peeled

DRESSING

- 1 tbsp tahini
- 1 medjool date
- 1 raw zucchini
- Handful celery
- Juice of one lemon
- Small piece ginger
- 1 tbsp apple cider vinegar

4-5 small potatoes, baked

Directions

1. Preheat the oven to 200 degrees celsius and bake potatoes on a tray lined with parchment paper for 50 minutes. Let them cool down.
2. Add in the cooked corn for about 25 minutes or alternatively throw the corn cob into your air fryer for 15 minutes at 180 degrees. Then cut into long strips.
3. In the meantime, cook the rice according to the package instructions. I used about 1/3 cup dry wild rice to get a cup of cooked wild rice.
4. Add together with all other salad ingredients into a bowl and mix well.
5. To make the dressing, add all ingredients to a blender and blend until smooth. Stir in the salad, mix well and ENJOYYYY!! Such a delicious combination of flavours, super healthy, high in fiber and low in fat.



Day 4 Overview



OR



OR



SNACK



Day 4

Green Smoothie



Ingredients

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

Steps

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

Notes

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

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

Day 4 - Lunch - option 1



Grapefruits & Oranges

Ingredients

2 grapefruits
5-6 oranges
Medjool dates if you are still hungry a little later

Notes

Spring is a bit of a tricky season with fruit. You might still have delicious oranges in season but you possibly already have juicy melons in season as well. Feel free to swap this meal with any ripe fruits of your choice! Finishing with some dates a little later is a perfect way to stay satisfied.



Day 4 - Lunch - option 2

Overnight Berry Oats

@CarolineDeisler



FAVE

Ingredients

1/2 cup oats
1 cup water
2 cups berries (I used frozen)
3 medjool dates (or 1-2 bananas)
1/2 tsp vanilla powder extract
1 tsp cinnamon

TOPPINGS

More berries
+ low-fat granola:
2 tbsp oats
2 medjool dates, pitted
1 tbsp puffed buckwheat (or quinoa)
1 tbsp buckwheat groats

Steps

- 1 Add oats, water, frozen berries, chopped dates, cinnamon and vanilla to a bowl and leave in the fridge overnight .
- 2 Stir well the next morning. Should be thick and creamyyyyy! Make the raw granola by adding all ingredients to a food processor and pulse quickly. Sprinkle granola on top of your oats together with more fresh berries. YUMMM!

Day 4 - Lunch - option 3



Berry Chia Pudding

Ingredients

1/4 cup chia seeds
1 cup water

CREAM

6 medjool dates, pitted
1/2 tsp vanilla powder extract
1 large ripe banana or 2 smaller ones
1/2 cup water

TOPPINGS

2 cups berries (fresh or defrosted)
1 tbsp hemp seeds
1 tbsp buckwheat groats (optional)

Steps

- 1** Soak chia seeds in water for 15 minutes or overnight. If you only have 15 minutes use 1/2 the water.
- 2** Add dates, water and vanilla to a blender and blend until smooth. Stir 2 tbsp from the caramel into your berries (which will be the topping). Then add one large banana (or 2 smaller ones) to the blender and blend with the caramel until creamy.
- 3** Add the cream into the chia seed paste, mix well, transfer to a bowl, add caramel berries, hemp seeds and buckwheat groats and ENJOYYYY!! So quick, easy, delicious and perfect to pack for work!

Day 4 - Dinner



TABULE SALAD & SWEET POTATOES

Ingredients

SALAD

- 1/4 cup dry quinoa, cooked
- 2 tomatoes, chopped into small cubes
- 1 bunch parsley, chopped finely
- 1/2 bunch dill or cilantro, chopped finely
- 1/2 large cucumber, cut into small cubes
- 1 spring onion, chopped finely
- 2 stalks celery, chopped (optional)
- 1 ripe avocado, cut into cubes

CARO DRESSING

- 1 small raw zucchini
- 2 celery stalks
- 1 bunch chives (or basil)
- Juice of 1 lemon
- 1 tbsp apple cider vinegar
- 2 tbsp pumpkin seeds
- 1/4 - 1/2 cup water

- 3 purple or orange sweet potatoes

Moms
favourite



Steps

1. Start by prepping the potatoes. Preheat the oven to 200 degrees Celsius and bake your sweet potatoes for 50 minutes, let them cool down afterwards. You can always do this step on a meal prep day, have them ready in the fridge and air fry for 15 min.
2. Cook the quinoa according to the package instructions. Also great to prep in advance.
3. Chop up all veggies, herbs, spring onion and avocado and mix the quinoa in.
4. Add all dressing ingredients to a high-speed blender and blend until smooth. Mix well with your salad and enjoyyy!! I love to use some nori sheets here as well and make salad wraps. You are getting so many different nutrients in with this meal, it's a true powerhouse meal and also great to completely prep in advance.

Day 5 Overview



OR



OR



SNACK



Day 5

Green Smoothie



Ingredients

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

Steps

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

Notes

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

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

Day 5 - Lunch - option 1



FRUIT MEAL

Ingredients

2-3 apples
10 dried figs

Notes

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

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



10 DAY SPRING RESET

Day 5 - Lunch - option 2

@CarolineDeisler

RASPBERRY QUARK

Ingredients

2/3 cup dry buckwheat groats, soaked in water overnight

2 ripe bananas
1 cup frozen raspberries
1/2 cup water
1/2 tsp vanilla powder extract

TOPPINGS

1 tbsp hemp seeds
1-2 ripe bananas
Raw buckwheat groats for an extra crunch (optional)

Directions

- 1** Soak buckwheat groats in water overnight. Rinse well afterwards. Buckwheat is an amazing grain that is gluten-free, low in fat and high in protein.
- 2** Add buckwheat, bananas, frozen raspberries, water and vanilla to a blender and blend until creamy.
- 3** Transfer to a bowl, add chopped bananas, hemp seeds, raw buckwheat and any other toppings you fancy. Any berries would go well here too! Such a delicious creamy not too sweet lunch and unlike smoothie bowls, this is perfect to take to work. I love having some medjool dates a little later to be fully satisfied.

Day 5 - Lunch - option 3

CARAMEL BERRIES



Ingredients

BASE

4-5 cups of all kinds of berries

CARAMEL SAUCE

7 large medjool dates

1,5 cups of water

1 tsp vanilla powder extract

Steps

1. Wash berries and have them ready in the fridge. If you pack this lunch for work, I would have one box with the berries and a separate jar for the caramel sauce. That being said, it actually also tastes amazing when the caramel has time to really soak into the berries, so both options are great!
2. To make the caramel, add pitted dates, water and vanilla to a blender and blend until smooth and creamy. Such an easy and DELICIOUS lunch! You won't have any sweet cravings afterwards!! Feel free to add in some bananas as well!

Day 5 - Dinner



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RAINBOW SALAD

Ingredients

- 1 small beetroot, grated or spiralized
 - 2 carrots, julienne peeled
 - 1/2 cup red cabbage, shredded
 - 1 zucchini, julienne peeled
 - 5 cherry tomatoes, cut in halves
 - A handful of sprouts (broccoli or alfalfa)
 - 2 heads baby gem lettuces, chopped
 - 1/2 bunch parsley, chopped
 - 1/2 cucumber, peeled, remove middle part, cut in stripes
 - 1 tbsp sunflower seeds
- 2-3 sweet potatoes (white, purple, orange)

DRESSING

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

Steps

1. Preheat the oven to 200 degrees and bake your sweet potatoes for 50 minutes. Let them cool down.
2. Chop up all your veggies and mix them together.
3. Add all dressing ingredients into a blender and blend until smooth. I LOVE this dressing, mix it into your salad and ENJOY! Such a simple, nourishing and colourful salad bowl. Feel free to wrap the salad in nori sheets! I always do that and then finish off with having the sweet potatoes.



Day 6 Overview



OR



SNACK



Day 6

Green Smoothie



Ingredients

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

Steps

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

Notes

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

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

Day 6 - Lunch - option 1



FRUIT MEAL

Ingredients

1/2 big watermelon (if already in season) OR
4-5 mangoes
2-3 oranges

Notes

If you are lucky and melons are already in season where you live, go for a delicious hydrating melon mono meal for lunch. You have to make sure you eat enough though as melons are high in volume but super low in calories. Melons are so healing for the body. They help clean out your colon and are also high in beta carotene which is a natural sun protectant.

Otherwise, a fruit meal of any fruit of your choice like mangoes and oranges would be fantastic as well. Keeping things easy and sustainable is the key to making this last long term. Often times people overcomplicate things.:) Have a couple of medjool dates a little later if you're still hungry.



Day 6 - Lunch - option 2



CLASSIC CHIA PUDDING

Ingredients

1/4 cup chia seeds
1 cup water

CREAM

3 medjool dates
2 ripe bananas
1/4 cup cashews
1 tsp cinnamon
1/2 tsp vanilla powder extract
1/2 cup water

TOPPINGS

1-2 cups berries
1 cup papaya, chopped

Directions

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

FAVOURITE

Day 6 - Dinner



CELERY CABBAGE SALAD

Ingredients

1/4 head red cabbage, chopped finely
 4 celery stalks, chopped
 1 spring onion, chopped
 2-3 tbsp raisins, soaked
 2 tbsp cashews, dry roasted
 1 bunch cilantro or parsley, chopped
 1 head purple chicory, chopped

DRESSING

1 bunch dill
 1/4 cup cashews
 1/2 head fennel
 1 medjool date
 Juice of 1 lemon
 1 tbsp apple cider vinegar
 1/4 cup water

Alternatively replace with the [CARO DRESSING](#)

Steps

- 1** Soak raisins in water for a few minutes and roast cashews for a few minutes on parchment paper at 200 degrees or in an air fryer. I am kind of obsessed with dry roasted cashews lately but you can totally use raw cashews as well (which is actually healthier!).
- 2** Chop up red cabbage, celery, spring onion, cilantro or parsley and purple cabbage. Make sure to shred or chop the cabbage finely to make it easy to digest.
- 3** Add all dressing ingredients into a blender and blend until smooth. Pour dressing into your salad bowl and mix well!!! Such a lovely and refreshing salad!! If you feel hungry afterwards I would have some baked sweet potatoes.

Day 7 Overview



OR



OR



SNACK



OR



Day 7

Green Smoothie



Ingredients

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

Steps

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

Notes

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

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

Day 7 - Lunch - option 1



Papaya & Medjool Dates

Ingredients

1 large papaya
1-2 cups blueberries

30 min later: 8-10 medjool dates

Notes

Papaya is literally your digestion's best friend heheh but it can sometimes be hard to find. Pineapple is also just as amazing, super high in enzymes and really helps to flush things out. You can also always substitute any of the fruit with your favourite ones. I wouldn't skip the dates though as they will really help you to not crave sweets. I eat about 10-15 medjool dates per day. Try to listen to your body on how many you need to feel fully satisfied and don't worry about the calories in dates, you will automatically have less cravings which saves you calories later in the day!



Day 7 - Lunch - option 2



LOW SUGAR CHIA PUDDING

Ingredients

1/4 cup chia seeds
1 cup water

2 ripe bananas, mashed

CREAM

1/4 papaya
Juice of 1 grapefruit
(add more water if needed)

TOPPINGS

Papaya, chopped
Grapefruit, chopped
2 tbsp freshly ground
flaxseeds

Directions

- 1** Soak chia seeds in water for 15 minutes or overnight. If you only have 15 min use a 1/2 cup of water.
- 2** Once chia seeds are soaked, mash bananas with a fork and mix them into the chia seed mixture.
- 3** Add papaya and grapefruit juice to a blender and blend until smooth. Pour papaya grapefruit cream into your chia seed banana mixture and mix it well.
- 4** Add more papaya, grapefruit cubes and freshly grind some flaxseeds or linseeds to put on top.

a party for
your digestion

Day 7 - Lunch - option 3

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BANANA SPLIT PUDDING

Ingredients

1/4 cup chia seeds
1 cup water

CREAM

2-3 ripe bananas
3 medjool dates
1 tbsp peanut butter

TOPPINGS

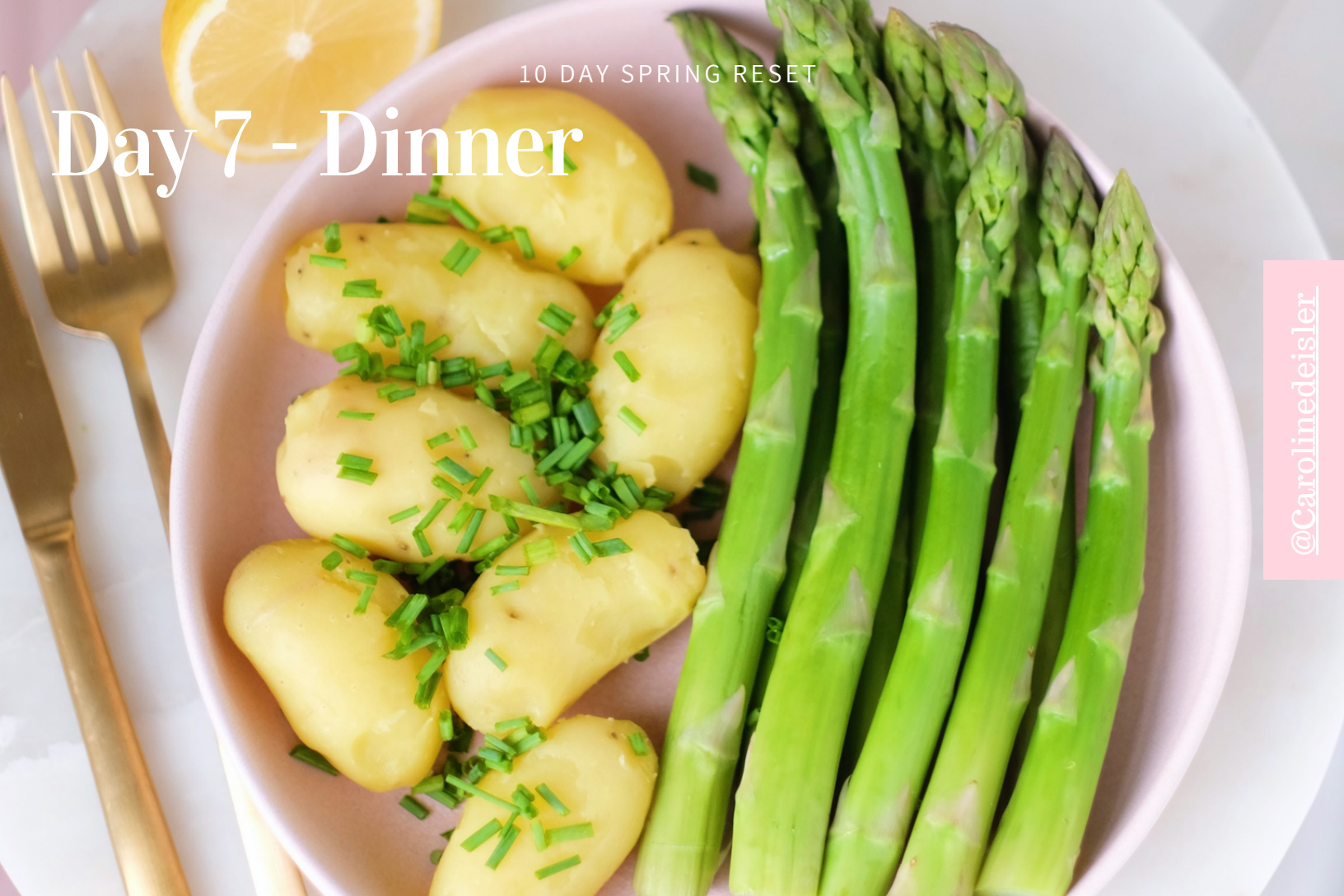
1 banana or 2 medjool dates
2-3 tbsp cacao nibs
2 tbsp dry roasted cashews
(optional)

Directions

- 1** Soak chia seeds in water for 15 minutes or overnight.
- 2** Add bananas, medjool dates and peanut butter to a blender and blend until smooth. Almond butter works great here as well! Pour the cream into your chia seed banana mixture and mix it well.
- 3** Add chopped bananas, cacao nibs and dry roasted cashews and ENJOY! I roast my cashews in the air fryer for 3-4 minutes and let them cool down. Otherwise baking them in the oven for 10 minutes or so works well too.

TIP: If you wanted to make it more fruity, you could also add lots of blueberries and raspberries with the banana.

Day 7 - Dinner



GREEN ASPARAGUS

Ingredients

1-2 bunches of green asparagus
7-8 small-medium potatoes
1 cup cherry tomatoes
1/2 bunch chives
2 tbsp Italian herbs

Directions

- 1** Start by steaming the potatoes for 25 minutes. I like to steam mine with the skin on, then peel them afterwards.
- 2** Steam asparagus for 10-15 minutes until it's soft but not too soft. I throw mine in the potato steaming pot after the potatoes have had 10 minutes to steam.
- 3** Cut up cherry tomatoes in the meantime, add Italian herbs and mix well.
- 4** Cut up chives to sprinkle on your potatoes once they are steamed and peeled. Put it all on a plate, drizzle some fresh lemon juice on top and ENJOY!!!

Such a simple dinner which is SO filling and satisfying. I hope you love it as much as do! If not, feel free to switch with any of the other dinners. :)



Day 7 - Dinner



WHITE ASPARAGUS

Ingredients

1-2 bunches of white asparagus
 7-8 small-medium potatoes
 1 cup cherry tomatoes
 1/2 bunch chives
 2 tbsp Italian herbs
 Juice of 1 lemon

Directions

- 1** Start by steaming the potatoes for 25 minutes. I like to steam mine with the skin on, then peel them afterwards.
- 2** For all my Germans here, you are lucky to have the best white asparagus!! One thing I miss about living in Germany haha! It's one of the best weight loss foods and so so delicious! Peel the asparagus and steam for 20 minutes until slightly soft.
- 3** Cut up cherry tomatoes in the meantime, add Italian herbs and mix well.
- 4** Cut up chives to sprinkle on your potatoes once they are steamed and peeled. Put it all on a plate, drizzle some fresh lemon juice on top and ENJOY!!!



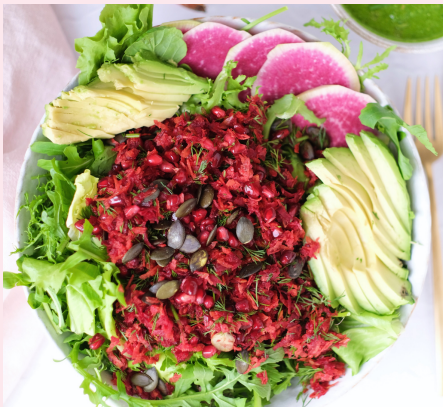
FAVOURITE

Such a simple dinner which is SO filling and satisfying. I hope you love it as much as I do! If not, feel free to switch with any of the other dinners. :)

Day 8 *Overview*



OR



Day 8

Green Smoothie



Ingredients

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

Steps

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

Notes

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

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

Day 8 - Lunch - option 1



FRUIT MEAL

Ingredients

1 papaya
1 pineapple
8-10 medjool Dates

Notes

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

You can always substitute any of the fruit with your favourite ones. No matter which fruits you are choosing though, make sure to eat them when they are ripe and juicy as that's when they digest the best. :)

Day 8 - Lunch - option 2



Moms
Favourite

QUINOA PORRIDGE

Ingredients

1/4 cup dry quinoa
1/2 - 1 cup water

2 apples, grated
Juice of 1/2 grapefruit

TOPPINGS

1-2 grapefruits, chopped
1 cup grapes, cut in halves
2 tbsp freshly ground flaxseeds

Directions

- 1** Rinse quinoa and add to a pot with double the amount of water. Bring to boil, reduce heat and let it simmer for 15 minutes until soft. Cooking quinoa in advance would be ideal to throw this lunch together in 5 minutes.
- 2** While the quinoa is cooling down, grate your apples and mix both together, well. Add the juice of 1/2 a grapefruit and chop up the rest for your topping.
- 3** Grind flaxseeds and add them to your bowl together with grapes and grapefruit. Feel free to add more toppings of your choice like soaked raisins and blueberries.

Day 8 - Dinner

BETA CARO SALAD



Ingredients

SALAD

- 2 carrots, shredded
- 4 tbsp pomegranate seeds
- 2 tbsp pumpkin seeds
- 1/2 bunch dill
- 1 small beetroot, shredded
- 3-4 pink radishes, sliced finely
- 2 handfuls mixed greens
- 1 avocado

CARO DRESSING

- Handful celery
- 1 small zucchini
- Juice of 1 lemon
- 1/2 bunch dill
- 1 bunch chives
- 3 brazil nuts
- 1/2 cup water
- 1 tbsp apple cider vinegar

- 5-6 nori sheets
- 5-6 small-medium potatoes

Steps

1. Bake or steam your potatoes. I like baking mine for 50 min at 200 degrees Celsius.
2. Start by cutting all your veggies and add them to a bowl with the mixed greens. All kinds of bitter greens like escarole, frisée and arugula work really well here.
3. Add all dressing ingredients into a high-speed blender and blend until smooth.
4. Mix the dressing with the greens and enjoy!! I love to wrap my salad in nori sheets for the ultimate salaaaad experience!! It's just the best. :)

high in beta
carotene

POTATOES



Day 9 Overview



OR



SNACK



Day 9

Green Smoothie



Ingredients

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

Steps

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

Notes

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

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

Day 9 - Lunch - option 1



PAPAYA & APPLES

Ingredients

1 papaya
1 cup blueberries
3 apples

Notes

Papaya is one of the best fruits to eat on an empty stomach. Super high in enzymes, beta carotene and also low in calories. I love adding blueberries and then I eat them with a spoon. Apples help regulate appetite, are high in pectin and are so easy to eat wherever and whenever. Really make sure though you eat enough with these fruit meals. This is all about abundance and fueling your body until you are fully satisfied. As soon as you get hungry again after the papaya, blueberries and apples, have some Medjool dates or dried figs to feel satisfied until dinner.

Day 9- Lunch - option 2



STRAWBERRY BANANAS

Ingredients

5-6 ripe bananas

SAUCE

2 cups strawberries (fresh or frozen)
1/2 tsp vanilla powder extract (optional)
1/4 cup water

TOPPING

Freeze-dried strawberries, chopped

Steps

1. Chop up bananas.
2. Add strawberries and water to a blender and blend until creamy. I used fresh strawberries.
3. Add strawberry sauce to your chopped bananas and top it off with some freeze-dried strawberries for an extra crunch. I grated some freeze-dried strawberries here to get a powder form but this was more to make the picture extra pretty haha. You can also leave those out as they can be quite expensive to get!

Day 9 - Dinner



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NORI WRAPS

Ingredients

A big bowl of salad greens
1-2 avocados
3 carrots
2 sweet potatoes
Mixed Italian herbs

5-6 nori sheets

CARO DRESSING

1 small raw zucchini
2 celery stalks
1 bunch basil
1 bunch chives
Juice of one lemon
1 tbsp apple cider vinegar
2 tbsp pumpkin seeds
1/4 - 1/2 cup water
Optional: 1 medjool date

Directions

- 1** Preheat the oven to 200 degrees Celsius. Bake Carrots and sweet potatoes for 50 minutes. This would be great to do in advance as well.
- 2** Add all dressing ingredients into a blender and blend until smooth. Pour dressing into the greens and mix well.
- 3** Get your nori sheets, add some greens, baked sweet potatoes or baked carrot, avocado, sprinkle some Italian herbs on top and roll it together. Cut in the middle and voila here are your delicious nori wraps. LOVE THEM!!

Day 10 *Overview*



OR



SNACK



Day 10

Green Smoothie



Ingredients

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

Steps

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

Notes

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

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

Day 10 - Lunch - option 1



FRUIT MEAL

Ingredients

3 ripe bananas
10 medjool dates

Notes

Bananas are one of the best FITNESS FOODS. They are a great source of potassium. What most people don't know is that your body holds onto water weight when you're deficient in potassium. That's why people get super lean and toned from eating ripe fruits. Potassium helps your body transport water into your cells whereas when your sodium level is higher than potassium the water can't enter your cells and therefore you look more "puffy". Bananas and medjool dates are SO satisfying, filling and reallyyyy keep your sweet cravings away because you get great quality natural sugar in. 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!! Make sure to eat ripe bananas first, let them digest a little and then have your Medjool dates OR eat more bananas and skip the dates.



Day 10 - Lunch - option 2



BLUEBERRY QUARK

Ingredients

2/3 cup dry buckwheat groats,
soaked in water overnight

2 ripe bananas
1 cup blueberries (or 1 tbsp
freeze-dried blueberry powder)
1/2 tsp vanilla powder extract
1/2 cup water

TOPPINGS

1 cup blueberries
1 banana, sliced
Buckwheat groats (optional)
Hemp seeds (optional)

Directions

- 1** Soak buckwheat groats in water overnight, rinse well. Buckwheat is an amazing grain that is gluten-free, low in fat and high in protein.
- 2** Add buckwheat, bananas, blueberries, vanilla and water to a blender and blend until creamy.
- 3** Transfer to a bowl, add blueberries, banana, hemp seeds and some raw buckwheat groats for an extra crunch OR any other toppings you fancy. Such a delicious creamy not too sweet lunch and unlike smoothie bowls, this is perfect to take to work. I love having some medjool dates a little later to be fully satisfied.

Day 10 - Dinner

Cucumber Salad & potatoes

Ingredients

2 large cucumbers - sliced with a potato peeler
1/4 cup dried sea vegetables, soaked
3 radishes, finely sliced
2 tbsp sesame seeds
1 tbsp hemp seeds

DRESSING

Leftover cucumber stems
1/2 fennel head
Juice of 1 lemon
2 tbsp sunflower seeds
1 tbsp apple cider vinegar
1 bunch dill
2 tbsp water

5 medium-sized potatoes
1 handful green beans

Steps

1. Start by steaming the potatoes for 25-30 minutes until soft. Add green beans for the last 10 minutes.
2. Soak dried sea vegetables in water for 10-15 minutes, rinse well.
3. Slice cucumbers with a potato peeler and keep the leftover cucumber stems for the dressing.
4. Add all dressing ingredients into a blender and blend until smooth.
5. Pour dressing onto the cucumber noodles, add radishes, seaweed, sesame seeds and hemp seeds and mix well.
6. I love to have the salad first and then finish with the potatoes and green beans. Such a simple but delicious combo!!

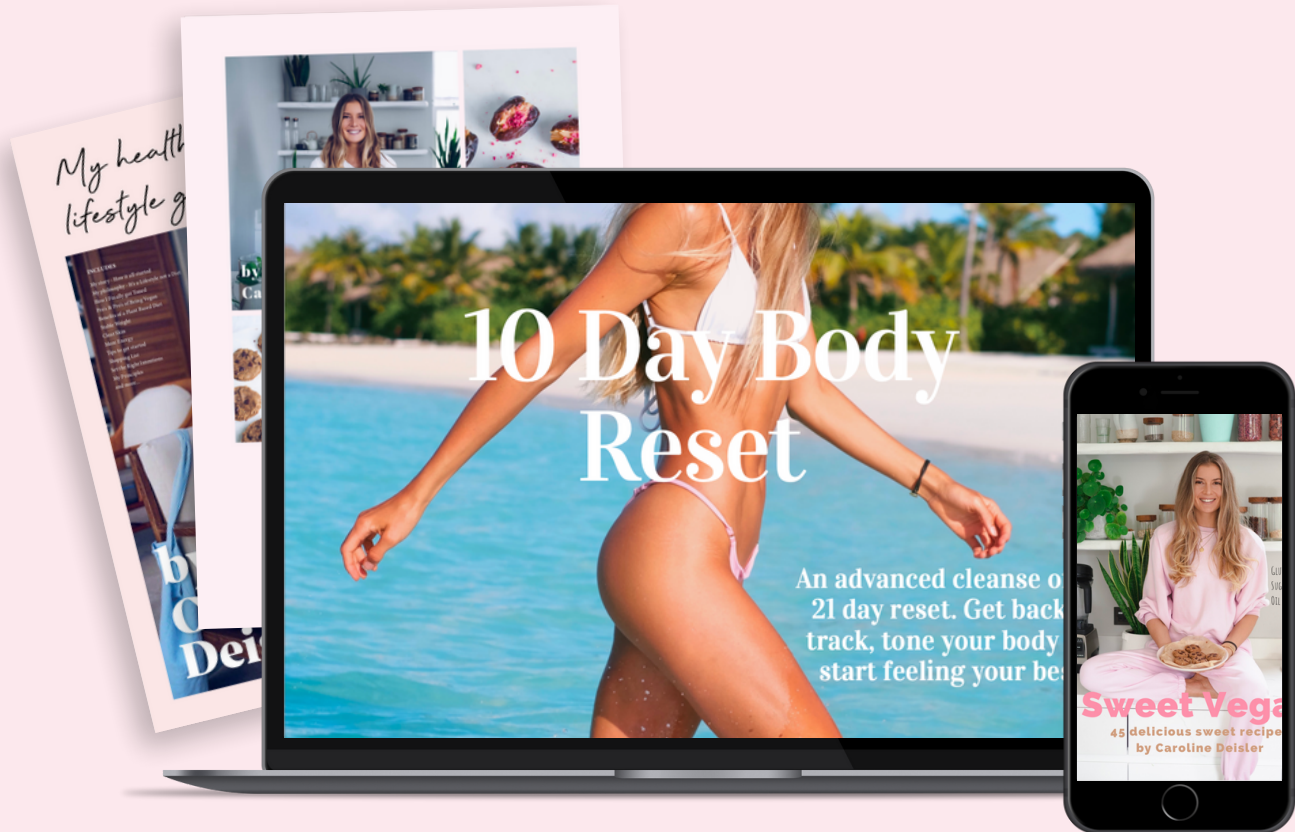


You did it! How do you feel?

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

@Carolinedeisler





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