



10 Day Postpartum Reset

Your RESET meal plan post birth to get back in shape, have an abundance of breast milk and enough energy!

by Caroline Deisler

Hi, I'm Caroline



I am a certified holistic nutritionist and have been eating a healthy vegan diet for 10 years now. I ate this way to prepare my body for a healthy pregnancy, throughout my entire pregnancy, postpartum and my breastfeeding time. It really brings out the best in you in every stage of life and I can't wait to teach you what & how to do it properly!

This RESET in particular is designed to help you recover from birth, reduce inflammation, restore energy and have an abundance of breast milk.

Postpartum is one of the hardest times we ever go through as women but there is a lot we can do for our health to heal as quickly and gently as possible so we can focus all our energy on nourishing our newborn babies. I'll be guiding you through your post-birth weeks and share everything that helped me to get back into shape in just a few weeks without ever feeling deprived.

Caroline Deisler

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



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Fresh Start!

Many women want to diet right after birth to get back in shape QUICKLY. However, to have enough breast milk you reallyyy need to eat an abundance of calories. Your body needs fuel every few hours and this is not the time to experiment with any sort of diet. The great part though is, that regardless of that, breastfeeding helps tremendously to tighten your stomach, burn calories, improve your sleep and boost your metabolism.

Breastfeeding is a full-time job on its own, you are sleep deprived, need to recover from birth, and are going through so many changes emotionally that food really has to be your medicine. This is your fresh start into healthy motherhood and sets the tone for the next months ahead.

It's very common to gain weight after birth, from eating comfort foods due to the lack of sleep and breastfeeding cravings. I teach you how to eat healthy comfort foods that will make you feel goood! All simple and quick recipes I prepared when Hailey was napping and you know what, eating this way will help your baby a lot too!! No caffeine means a more relaxed baby and simple whole-food meals mean no stomach pain, YAY!! Let's do this mamas.



10 DAY POSTPARTUM RESET

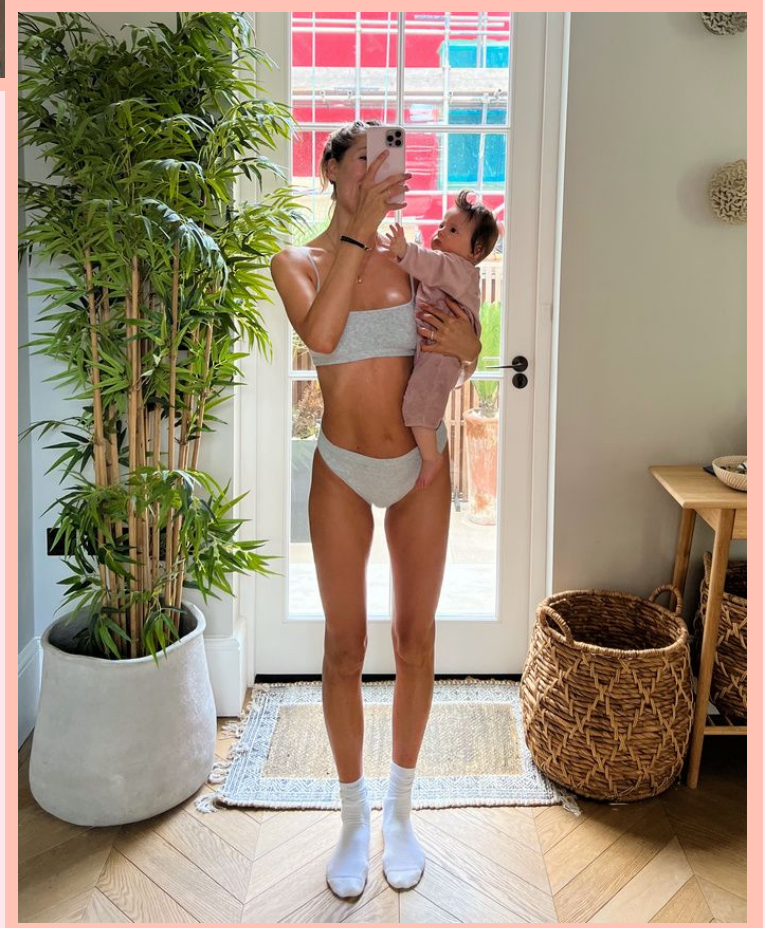
Results are in!

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Daily Checklist

day 1

day 6

day 2

day 7

day 3

day 8

day 4

day 9

day 5

day 10

10 DAY POSTPARTUM RESET

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M

MILK MILK MILK. I have been exclusively breastfeeding Hailey for over 7 months now and am veryyy motivated to eat the right diet in order to have an abundance of breast milk because it is so connected to what we eat.

I did see my supply drop and go up depending on what and how frequently I was eating. Eating the right foods, doing stress-free workouts and not leaving long gaps in between meals are all so important to keep your milk supply up and running.

Producing breast milk is a 24/7 full-time job for your body and demands a lot of energy. It's also the most rewarding feeling though riiight? And being able to nourish your baby through vibrant living foods are the best start ever.

I'm so excited to share what has helped me the most, please keep in mind this is only my own personal experience and might differ from mom to mom. :-)



*Healthy Mama
Healthy Baby!*

Top 5 Foods for Breast Milk

AND A CALM & CONTENT BABY



FRESH FRUITS

The best is to start your day with fresh hydrating fruits. The more the better really. Make sure they are ripe and good quality. I have specifically seen an improvement in my milk supply from melon, watermelon, bananas, mangoes, pineapples, figs, peaches, nectarines and oranges. Any fruit is great, keep them coming!!



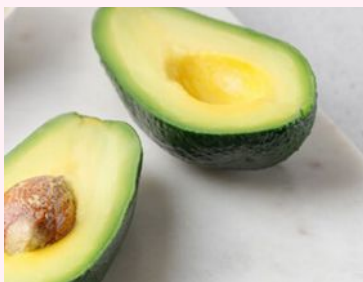
MEDJOOOL DATES & DRIED FIGS

Medjool dates have been a superpower during pregnancy and especially now while nursing. They are so so helpful in keeping your milk supply up. You can always replace any of the snack or lunch recipes with medjool dates!! You'll have the most delicious milk heheh!! YUMMMM and also breastfeeding cravings are real, we need healthy sugar!



GREEN SMOOTHIES

Getting enough iron, Vitamin K and calcium during breastfeeding is so important and green smoothies are the key to restoring essential minerals and vitamins + they give me that much-needed energy after a sleepless night. I haven't had a coffee once but you'll notice you won't need it when you have your green smoothies + much better for milk production!



AVOCADOS

Avocados are such a great source of healthy fats and make your milk rich and creamyyyyy!! I have been eating about 2 avocados each day since giving birth and can highly recommend them for good quality milk. Other great healthy fat sources are chia seeds, flaxseeds, nut butters, tahini, Brazil nuts and walnuts... but I still wouldn't skip the avocados!



POTATOES / SWEET POTATOES

The best for lots of breastmilk!! I have been eating potatoes or sweet potatoes everyyyy day and especially white and purple baked sweet potatoes gave my milk supply a boost!! Regular potatoes are just as good though and especially for dinner soothing, satisfying and important for good milk!



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Most Important!

Even more important than what you eat is how FREQUENTLY you eat and that you eat ENOUGH.

The postpartum period is ALL about NOURISHING your body and baby and if you don't get enough of what you need your body will prioritise your baby's health over your health. You'll end up feeling depleted. Even if you don't notice it instantly, you will feel run down sooner or later and eventually want to stop breastfeeding which is totally normal but the right diet will prevent that.

Postpartum is such a crazy time with the biggest emotional ups and downs and eating a simple healthy diet will help you soooooo much to stay positive and enjoy the little moments in between the sleep deprivation and all the craziness. I remember I felt like I couldn't afford to eat any other way or I wouldn't have been able to do it all.

I was struggling a lot during the first weeks, felt alone, overwhelmed and so exhausted. Taking care of my body seemed more important than ever. A nice little side effect was that I was back at my pre-pregnancy weight within a few weeks after birth. I then took these pictures on Hailey's 3-month birthday and can honestly say that I felt so confident and at ease. You have to fill up your plate first to be able to give your best to others!!



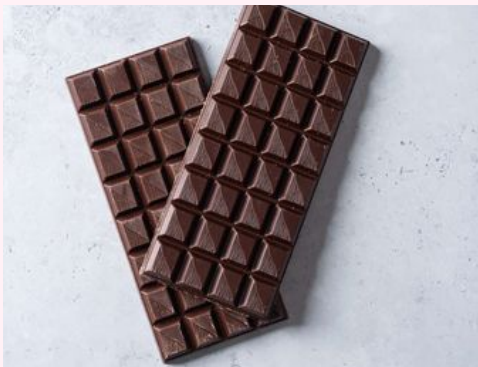
Vegan Foods to Avoid

FOR A CALM & CONTENT BABY



COFFEE / STIMULANTS

I knooow you'll hate me for saying this but **DITCH THE COFFEE**. You CAN do it! Once you start having your biiiiiig green smoothies in the morning you will never want to go back to coffee again, especially when you're breastfeeding because the caffeine in coffee will also affect your baby. Your baby will be more fussy, and restless and you'll end up feeling anxious from that post coffee energy crash.



CHOCOLATE

I love to make healthy sweets with 100% dark (and sugar-free) chocolate but it does contain caffeine as well and can interrupt your sleep cycle AND your baby's sleep cycle just as much as coffee. However, I did include *some* chocolate recipes and some with cacao powder for whenever you feel like you reallyyyy need an energy boost as I certainly needed it some days and felt great!



FOODS THAT MAKE YOU GASSY

This can be different from mom to mom! Keep an eye out for the foods that make you gassy and leave those out as most likely it will upset your baby's tummy as well. Newborns have such a sensitive stomach that the tiniest irritation could give them a tummy ache and keep them up at night. For me personally, those foods were mostly only garlic and cabbage + not eating broccoli raw.



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IMPORTANT NUTRIENTS

WHILE BREASTFEEDING

The Postpartum and breastfeeding period needs special attention in regards to supplements as your breast milk has to provide everything your baby needs.

Please always consult with your doctor and get your blood checked in addition to following this reset to make sure you are not running into any deficiencies.

I personally am still taking my prenatal supplements as it covers most of the required nutrients. I'm also taking additional B12, calcium, DHA & EPA and probiotics.

IMPORTANT NUTRIENTS

Iron
Vitamin B12
Vitamin D
Omega 3 (DHA & EPA)
Calcium
Zinc
Selenium
Copper
Vitamin K
Iodine



SUPPLEMENTS

TO MAKE SURE YOU HAVE EVERYTHING YOU NEED

PURE NATAL

contains:

iron

B12

Vitamin D

Zinc

Selenium

Copper

Vitamin K

Iodine



PROBIOTICS

to support a healthy gut



CALCIUM



DHA & EPA
(Omega 3)





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and where to find them!

All of these nutrients **except for Vitamin B12** can be found in whole foods, however, as we require a lot more of those postpartum I would strongly recommend taking additional supplements and not taking the risk of running into any deficiencies. All recipes in this reset are focused on implementing those nutrients in an easy and healthy way so you don't have to think about it and can just follow the plan!



IRON

Spinach
Kale
Green beans
Leek
Green Peas
Broccoli
Lentils
Chickpeas
Tahini
Pumpkin seeds
Oats
Dried Figs

OMEGA 3

Chia Seeds
Flax seeds
Hemp seeds
Walnuts
Leafy Greens
Cauliflower
Seaweed
Raspberries

CALCIUM

Kale
Spinach
Arugula
Broccoli
Okra
Sweet potato
Lentils
Almonds
Brazil nuts
Tahini
Oranges
Figs

ZINC/ SELENIUM

Pumpkin seeds
Chia seeds
Sesame seeds
Hemp seeds
Oats
Brazil nuts
flaxseeds
Almonds
Green peas
Lentils

VITAMIN K

Kale
Spinach
Collard Greens
Swiss Chard
Broccoli
Green Asparagus
Green Beans
Turnip Greens
Kiwis
Basil, Parsley, Chives

IODINE

Nori Paper
Dulse, Kelp
Zucchini
Spinach
Broccoli
Swiss chard
Brazil nuts
Oats
Beans
Potatoes
Bananas

10 DAY POSTPARTUM RESET

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MORE
TIPS



POSTPARTUM WORKOUTS

TO FEEL GOOD & GET BACK IN SHAPE

Take as long as you need until you feel ready to workout again. I started 7 weeks post birth when my doctor said I was good to go and my stitches had time to heal properly.

It's so important to take time to recover after giving birth and to not rush into exercising but once you are ready, I have the peeeerfect postpartum workout program for you to get back in shape while still having enough breast milk.

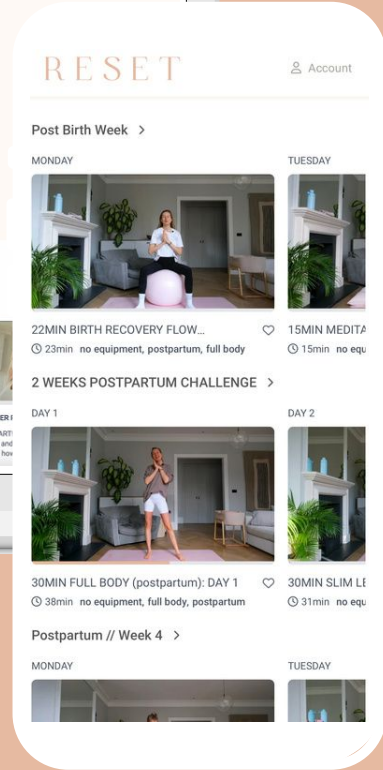
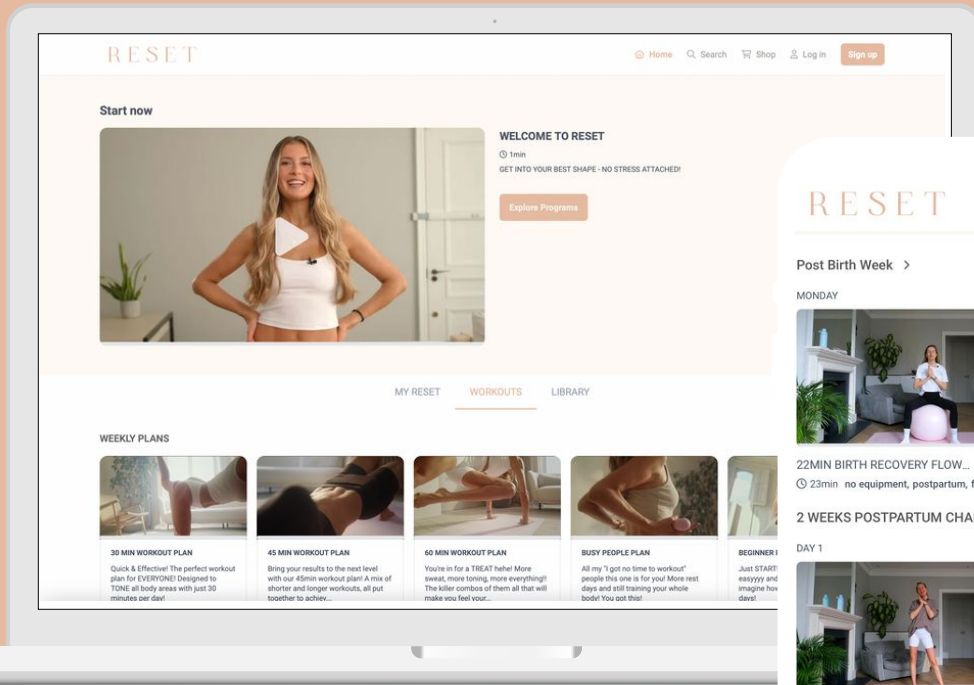
My workout platform RESET has a complete postpartum workout plan with ALL the workouts I have done postpartum while Hailey was napping. What makes them so special is that you

tone and train your whole body without feeling stressed or exhausted afterwards. Postpartum is such a stressful time already that the last thing you need is extra stress from exercising. Instead, I wanted to create a safe space for you to check in with yourself, without any outside distraction or negative self-talk, only a big smile and that happy post-workout feeling which is priceless!

I can't tell you how good these workouts make me feel, day in and day out! The postpartum program is divided into 3 sections: *POST BIRTH WEEK* (including a wonderful meditation, *2 WEEK POSTPARTUM CHALLENGE* and a *5 WEEK POSTPARTUM PLAN* to follow up with afterwards.

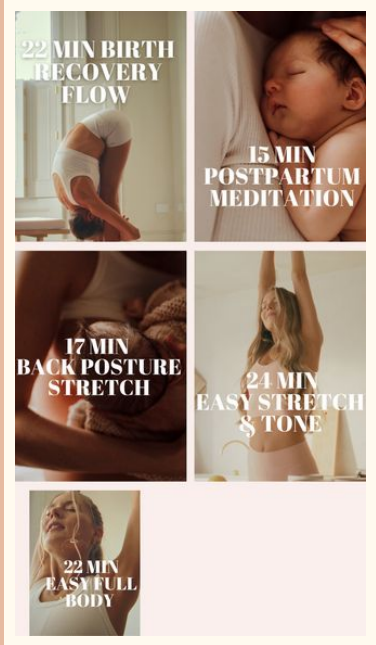
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RESET

POST BIRTH WEEK



POST BIRTH WEEK



POST BIRTH WEEK



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10 DAY POSTPARTUM RESET

2 WEEK POSTPARTUM CHALLENGE

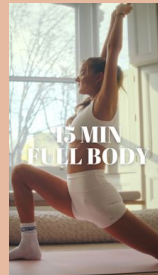
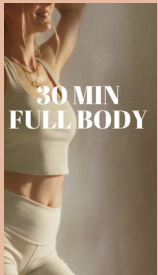
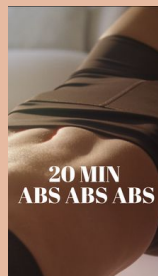
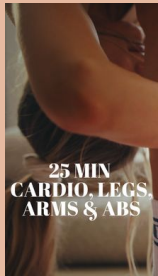
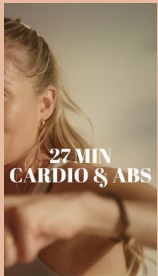
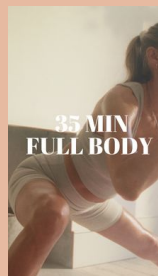
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2 WEEK POSTPARTUM CHALLENGE

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DAY 1
Full Body

DAY 2
Slim Legs

DAY 3
Full Body

DAY 4
Cardio, Arms, Legs, Abs

DAY 5
Cardio, Booty, Arms, Abs

DAY 6
ABS ABS ABS

DAY 7
Slim Legs, Arms, Abs

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DAY 8
Full Body

DAY 9
Booty, Arms, Abs

DAY 10
Cardio, Abs

DAY 11
Full Body

DAY 12
Slim legs, Abs

DAY 13
Arms, Booty, Abs

DAY 14
Full Body

10 DAY POSTPARTUM RESET

LET'S GO!

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Shopping List

GREENS

Loooots of different greens (the more bitter greens the better)
11 bunches parsley
20 leaves Swiss chard
14 bunches dill 14 bunches chives
1 bunch fresh basil
Spinach or baby kale
Fresh coriander

FRUIT'S

Loooots of Melons, fresh figs, papayas, mangoes, oranges, persimmons, peaches for breakfast
44 frozen bananas
10 oranges
24 lemons
25 ripe bananas
3 cups blueberries
3 large apples
Grapes
Mooore Berries
Freeze-dried blueberry powder (optional)

VEGGIES

46 stalks celery
18 mini cucumbers
1/2 red onion
45 medium size potatoes
15 Sweet Potatoes
6 cauliflowers
1 head romanesco
5 leeks
9 zucchinis
6 carrots
1 cup red lentils
8 Avocados
Loooots of Tomatoes
Fresh arugula
3 cups green peas
4 kabocha squashes
Mushrooms (optional)
1 handful of fresh green beans
4 cups butter beans

57 Medjool Dates
6 tbsp Cacao powder
2 tbsp carob powder
Roasted hazelnuts
1 Cup cacao nibs

Almond butter
Peanut butter
Cashew Butter
Hazelnut Butter

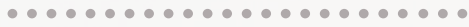
2,5 cups ground almonds
Roasted Almonds
1 cup blanched almonds
2 cups raisins
1 cup chia seeds
Buckwheat Groats
Puffed buckwheat
130g buckwheat tagliatelle
100g dry white or brown rice

Vanilla powder extract
Coconut yoghurt
Maple syrup
Cinnamon
6 vegan chocolate bar
Coconut sugar
2,5 cup almond milk
2/3 cup Buckwheat flour

Golden flaxseeds
Pumpkin seeds
3 cup cashews
1 cup hazelnuts
2 cups almonds
1 cup pecans
1/4 cup Brazil nuts
12 cups oats
Pistachios
Coconut Chips
Sourdough Bread

Salt & pepper
Pink Himalayan Salt
Veggie broth
Apple cider vinegar
Italian herbs
Sesame seeds
Tahini
Mustard
Nori Paper
Curry powder
Coconut aminos
1/2 desiccated coconut
Baking powder

DAY 1 -10 MORNING ROUTINE



Staying hydrated is soooo important, especially when breastfeeding! A lot of fluid goes into breast milk production and you want to replenish it all and be as hydrated as possible. We start each morning with my ginger water, celery juice and green smoothie and ideally drink my ginger water ALL DAY LONG. :-)



DAILY GINGER WATER

HYDRATION STATION

A medium-sized ginger piece
1 lemon (optional)
1 litre of water

You can use lemon, ginger, aloe vera all together or pick one. The main benefit is that it boosts your digestion which automatically helps with releasing more toxins. Detoxing is all about getting rid of old waste in your colon.

STEPS

Grate the ginger (no need to peel it if it's organic), add water and let it sit for a few minutes or overnight. Optionally, add the juice of one lemon and 2 tbsp pure aloe vera juice or freshly sliced cucumber. ENJOYYY!!! This is the first thing we drink every day (or all day)!

DAILY CELERY JUICE

HYDRATION STATION

1 big head of celery to make
500ml juice

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

STEPS

Add celery stalks to your juicer to make celery juice.

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

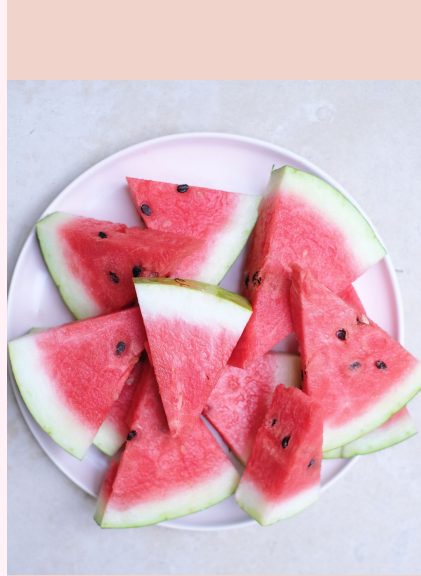


Day 1

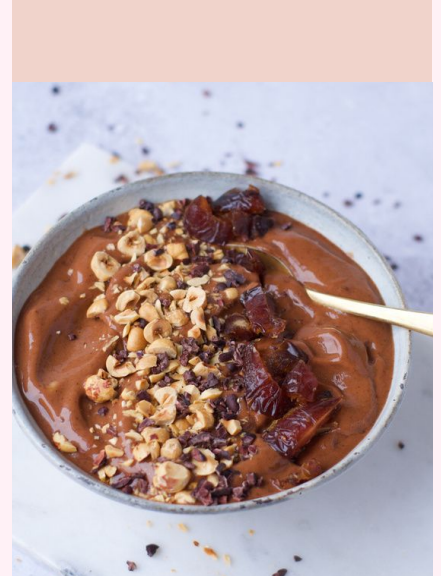
OVERVIEW OF ALL MEALS



Green Smoothie



Fresh Fruits



Choco Bowl



Salad & Potatoes



CARO Balls



MOM Soup

Day 1

Green Smoothie



Ingredients

DRINK IT ALL

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

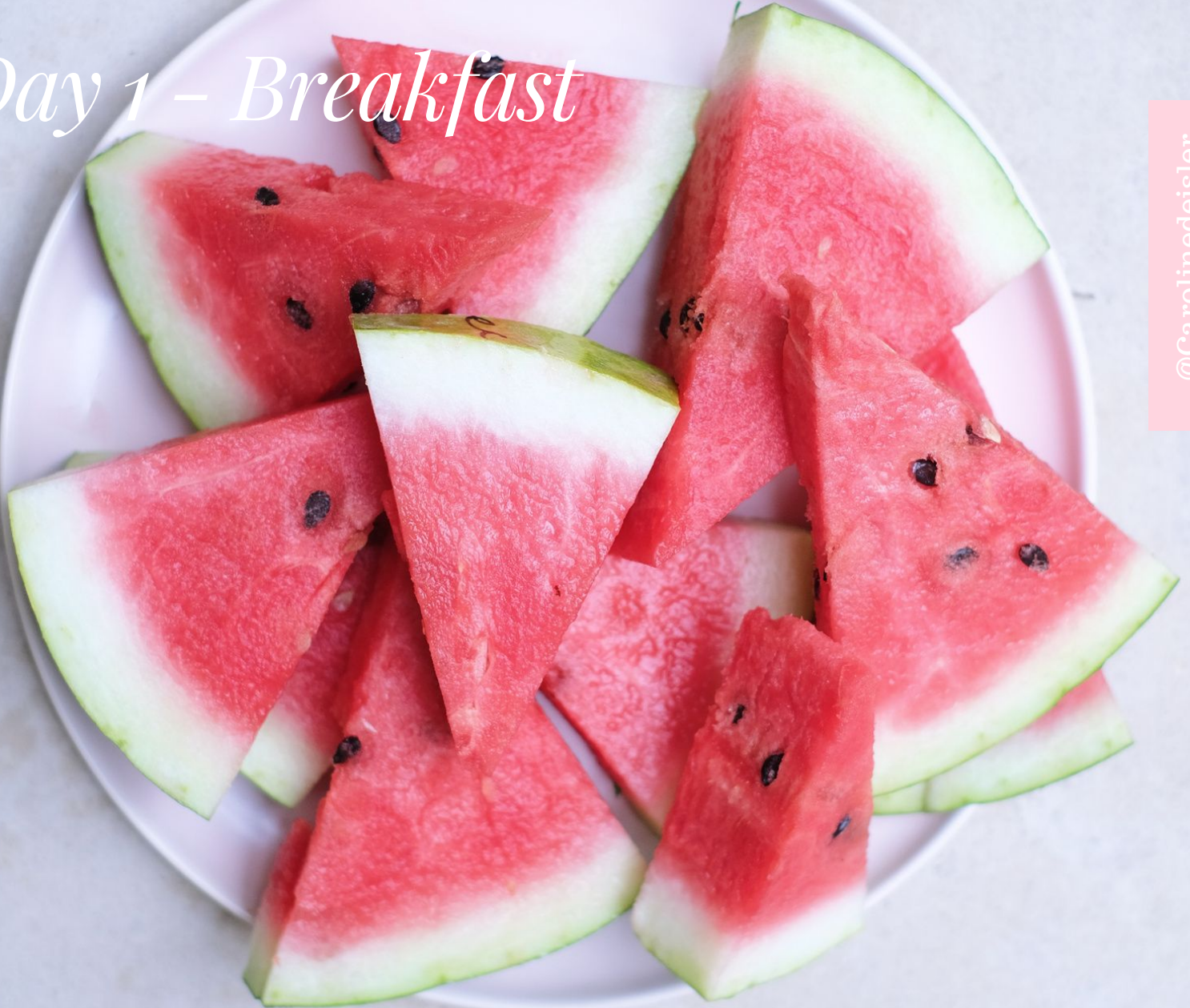
Directions

Especially postpartum is the time to get your green smoothies in!! This is the first thing I made straight after waking up from the last feed of the "night" as I needed energy and sufficient calories to produce breast milk + it's soo refreshing after a restless night. I was always looking forward to feeling back to life again haha and hope it will do the same for you!

Green smoothies are such a powerhouse and liquid gold for your body, baby, cravings, digestion, skin and overall well-being.

You are getting soo many good greens (great for iron) and lots of potassium, magnesium and Vitamin B6 from the bananas! YAY to feeling goood post baby!

Day 1 - Breakfast



Ingredients

LOTS OF FRESH FRUITS, depending on what you have in season right now:

IDEAS:

- melons
- fresh figs
- papayas
- mangoes
- oranges
- persimmons
- peaches

Notes

Breakfast is alwaaaayyyys fresh fruits. Since postpartum is already a tough time, by nature, we want to make sure that we help our bodies as much as possible to FEEL GOOD!

Having fruit as your first proper meal of the day is the absolute best for your digestion and is so quick to put together. Make sure you opt for RIPE fruits.

I found mornings are the busiest time, so having a QUICK breakfast was the key and as soon as Hailey was napping again I prepped the rest of my meals for the day.

Day 1 - Brunch



CHOCO BOWL

Ingredients

4-5 frozen bananas
2 tbsp cacao powder
3 medjool dates
1 cup water

TOPPING IDEAS

Roasted hazelnuts
Cacao nibs

Steps

- 1 Place all ingredients into a high speed blender and blend until creamyyyy.
- 2 Add your favourite toppings and ENJOY!

This bowl is absolute heaven if you've had a restless night and need an energy boost + it's sooo delicious that you'll feel so happy eating it. You can also replace the cacao powder with carob powder for a caffeine-free alternative.

Day 1 - Lunch

CUCUMBER SALAD & POTATOES



Ingredients

1-2 large cucumbers, finely sliced with a vegetable slicer
1 bunch dill
1 bunch chives
2-3 tbsp coconut yoghurt
Sprinkle of salt and pepper
OPTIONAL: 1/2 red onion

5-6 medium size potatoes

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Steps

Peel and steam potatoes for 25 mins. Let them fully cool down. Perfect to prep in the morning or the night before.

Slice cucumbers and set aside.

Add fresh herbs to a food processor and pulse until finely chopped or chop them up yourself with a knife.

Mix herbs with cucumbers, optionally add chopped onion and mix in the coconut yoghurt.

Combine well, top with a sprinkle of salt and pepper and enjoy together with your cooled-down potatoes. Suuuuch a good combo right?



Day 1 – Snack



CARO BALLS

Ingredients

6 large medjool dates
2 tbsp carob powder
1 tbsp almond butter

Steps

- 1** Pit dates and add to a food processor. Pulse until you have a date paste. Add in carob powder and almond butter and pulse again until all well combined.
- 2** Form balls with your hands and either enjoy right away or let them firm up in the freezer for 5-10 minutes.

I make these all the time and have also been bringing them to all my friends who have babies. Such a delicious and quick snack to keep you going!! You could also use cacao powder instead of carob powder but be aware it contains caffeine as well. :-)

Day 1 - Dinner

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make a double portion for next day

MOM SOUP

Ingredients

1 head cauliflower, florets
4 stalks celery
5 medium size potatoes
1 leek
1 zucchini

4 cups veggie broth
or water

Steps

- 1** Peel and slice potatoes and chop up all other veggies. Add everything to a pot with water or veggie broth, bring to a boil, reduce the heat and let it simmer for 20-25 minutes until potatoes are soft.
- 2** Add half of the soup to a blender, blend until smooth and pour it back into the pot. Makes the soup extra creamyyyy!

I make a different version of this soup all the time and find it so comforting postpartum + perfect to make a double portion so you have your dinner sorted for the next day. I want to keep things as easy as possible for you and a bit of meal prep makes a biiiig difference.

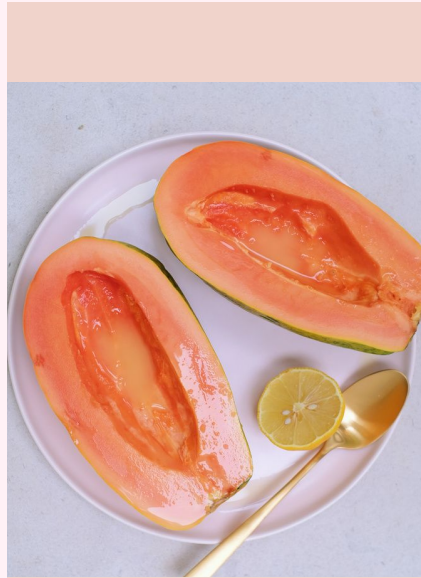
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Day 2

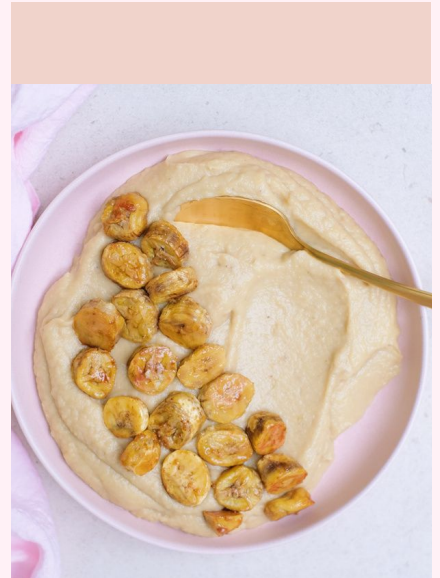
OVERVIEW OF ALL MEALS



Green Smoothie



Fresh Fruits



Banana Cream



Lentil Wraps



Milk Balls



MOM Soup

Day 2

Green Smoothie



Ingredients

DRINK IT ALL

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

Directions

Especially postpartum is the time to get your green smoothies in!! This is the first thing I made straight after waking up from the last feed of the "night" as I needed energy and sufficient calories to produce breast milk + it's soo refreshing after a restless night. I was always looking forward to feeling back to life again haha and hope it will do the same for you!

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Day 2 – Breakfast



Ingredients

LOTS OF FRESH FRUITS, depending on what you have in season right now:

IDEAS:

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

Notes

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Day 2 - Brunch



BANANA CREAM

Ingredients

600gr baked white sweet potatoes
peeled
2 large ripe bananas
1 tbsp white almond butter
1/2 cup almond milk

TOPPING

2 bananas, baked
Sprinkle of coconut sugar

Steps

- 1 Bake sweet potatoes for 60 minutes at 200 degrees at let them cool down. Perfect to bake the night before and have them ready to use in the fridge. White sweet potatoes (they are pink outside) work the best here but regular orange ones will be super delicious as well!!
- 2 Peel the sweet potatoes and add them to a food processor with the rest of the ingredients. Pulse until creamyyy.

Slice and pan-fry your bananas for a few minutes on each side in a nonstick pan with a sprinkle of coconut sugar. Add on top of your cream and OMG HEAVEN!!

Day 2 - Lunch



LENTIL WRAPS

Ingredients

1/2 cup red lentils, soaked for 3h
1 cup water
1/2 tsp salt

FILLING

Avocado, sliced
Tomatoes, sliced
Fresh arugula
Baked sweet potato

SAUCE

1/4 cup cashews
1/4 cup water
Pinch of pink Himalayan salt

Steps

- 1** Soak lentils overnight or for 3 hours and rinse well. Lentils are high in iron and protein and this is such a fun way to eat them!
- 2** Add soaked lentils, 1 cup water and a pinch of salt to a blender and blend until smooth. Pour the cream into a non-stick pan and cook on each side for 7 minutes or until golden on medium heat.
- 3** Make the sauce in the meantime by blending cashews, water and salt until creamy.

I love to add freshly sliced avocado, tomatoes, arugula and baked sweet potato with my wraps but feel free to add your favourite toppings here, you can't go wrong! SO YUM!!

Day 2 – Snack



MILK BALLS

Ingredients

3 large medjool dates
1/2 cup oats
1/2 cup ground almonds
2 tbsp chia seeds
2 tbsp peanut butter
3 tbsp maple syrup

Steps

- 1 Add pitted dates to a food processor and pulse until you have a date paste. Add in oats, ground almonds, chia seeds, peanut butter and maple syrup and give it another quick pulse.
- 2 Form balls with your hands and place them in the freezer for a few minutes to get firm. You can also dip these delicious balls into cacao nibs. I called them milk balls because all the ingredients are supporting your body in making breast milk and are so nourishing!!

Day 2 - Dinner



MOM SOUP

Ingredients

- 1 head cauliflower, florets
- 4 stalks celery
- 5 medium size potatoes
- 1 leek
- 1 zucchini

- 4 cups veggie broth or water

Steps

- 1 Peel and slice potatoes and chop up all other veggies. Add everything to a pot with water or veggie broth, bring to boil, reduce the heat and let it simmer for 20-25 minutes until potatoes are soft.
- 2 Add half of the soup to a blender, blend until smooth and pour it back into the pot. Makes the soup extra creamyyyy!

If you didn't make a double portion on DAY 1 and are having leftovers tonight, feel free to make a double portion TODAY so you have your dinner for tomorrow sorted. :-)

Day 3

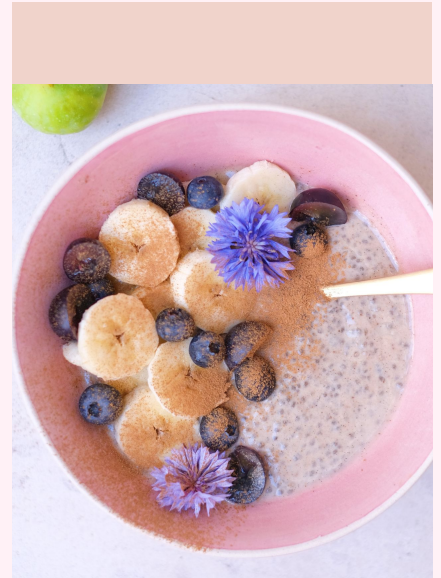
OVERVIEW OF ALL MEALS



Green Smoothie



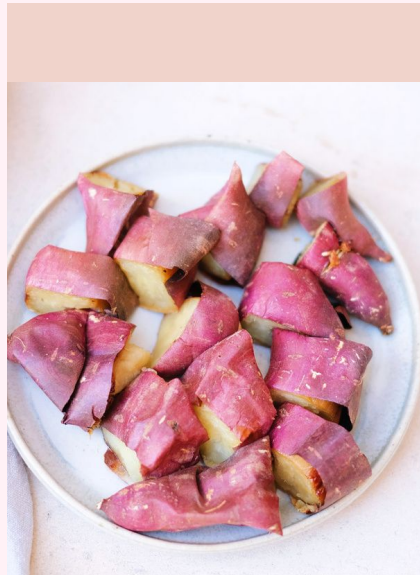
Fresh Fruit



Chia Pudding



CARO salad



Sweet Potatoes



Detox Soup

Day 3

Green Smoothie



Ingredients

DRINK IT ALL

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

Directions

Especially postpartum is the time to get your green smoothies in!! This is the first thing I made straight after waking up from the last feed of the "night" as I needed energy and sufficient calories to produce breast milk + it's soo refreshing after a restless night. I was always looking forward to feeling back to life again haha and hope it will do the same for you!

Green smoothies are such a powerhouse and liquid gold for your body, baby, cravings, digestion, skin and overall well-being.

You are getting soo many good greens (great for iron) and lots of potassium, magnesium and Vitamin B6 from the bananas! YAY to feeling goood post baby!

Day 2 - Breakfast



Ingredients

LOTS OF FRESH FRUITS, depending on what you have in season right now:

IDEAS:

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

Notes

Breakfast is alwaaaayyyys fresh fruits. Since postpartum is already a tough time by nature we want to make sure that we help your body as much as possible to FEEL GOOD!

Having fruits as your first proper meal of the day is the absolute best for your digestion and is so quick to put together. Make sure you opt for RIPE fruits.

I found mornings the busiest time, so having a QUICK breakfast was the key and as soon as Hailey was napping again I prepped the rest of my meals for the day.

Day 3 - Brunch



CHIA PUDDING

Ingredients

1/4 cup chia seeds
1 cup water

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

TOPPINGS

Berries
Banana
Cinnamon

Steps

- 1 Soak chia seeds in water overnight or for at least 30 minutes.
- 2 Add bananas, dates, almond butter and water to a high-speed blender and blend until creamyyy. Add all your favourite toppings and ENJOY!!

Chia seeds are an amazing Omega-3 source!

Day 3 - Lunch

CARO SALAD



Ingredients

Biiiiig bowl of greens (the more bitter greens the better)

1 avocado
3-4 mini cucumbers
Lots of tomatoes

DRESSING

1 small raw zucchini
2 stalks celery
1 bunch chives
1 bunch dill (or basil)
1 tbsp apple cider vinegar
2 tbsp pumpkin seeds
¼ - ¼ cup water

+ 2-3 sweet potatoes
OR 4-5 medium size potatoes

Bake sweet potatoes for 60 minutes at 200 degrees Celsius if you don't have them pre-cooked in the fridge.

Wash and chop up your salad ingredients and place them in a bowl.

Add all dressing ingredients into a high-speed blender and blend until smoooooth. I have this salad almost everyyy day!! It's so nourishing and makes me feel 10/10. You can also always replace any of the lunch recipes with this salad if you feel like having them again. The dressing is also still fresh the next day when you store it in a glass jar in the fridge. I love to have my salad first and the potatoes later!



Day 3 - Dinner



DETOX SOUP

Ingredients

4 stalks celery
4 medium size potatoes
1 zucchini
2 leeks
1 cup green peas, fresh or frozen
Italian herbs
4 cups of water or veggie broth

1 bunch fresh basil
A handful fresh spinach or baby kale

Steps

- 1 Peel and chop potatoes and add to a pot with chopped celery, zucchini, leeks, green peas water and Italian herbs. Let it all simmer for 20 minutes until soft.
- 2 Take out 2 cups of the cooking water (so nourishing to sip on) and blend the entire soup together with fresh basil and spinach or kale. Sooo healthy and comforting. ENJOY!

Day 4

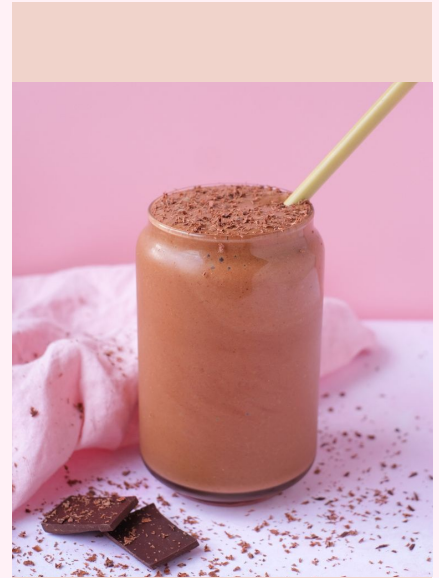
OVERVIEW OF ALL MEALS



Green Smoothie



Fresh Fruit



Choco Shake



Cheese Toastie



Lactation Balls



Glow Soup

Day 4

Green Smoothie



Ingredients

DRINK IT ALL

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

Directions

Especially postpartum is the time to get your green smoothies in!! This is the first thing I made straight after waking up from the last feed of the "night" as I needed energy and sufficient calories to produce breast milk + it's soo refreshing after a restless night. I was always looking forward to feeling back to life again haha and hope it will do the same for you!

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Day 4 – Breakfast



Ingredients

LOTS OF FRESH FRUITS, depending on what you have in season right now:

IDEAS:

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

Notes

Breakfast is alwaaaayyyys fresh fruits. Since postpartum is already a tough time by nature we want to make sure that we help your body as much as possible to FEEL GOOD!

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Day 4 - Brunch

CHOCO SHAKE



Ingredients

3-4 frozen bananas
1 heaping tbsp raw cacao powder
3 medjool dates
1-2 cups water

Directions

Add all ingredients into a high speed blender and blend until creamyyy. SO GOOD, I could have this every day and love the little energy kick from the cacao powder! .

Day 4 - Lunch

CHEESE TOASTIE

@CarolineDeisler



Ingredients

4-6 slices of fresh Sourdough bread

CHEESE

2 medium size potatoes

1/4 cup cashews, soaked & rinsed

1 tsp mustard

1 tbsp lemon juice

1/4 cup water

1/4 tsp salt

+ sliced ripe tomatoes

Steps

- 1** Steam potatoes, let them cool down and peel off the skin. Ideally from the day before so they can cool down in the fridge overnight.
- 2** Add all cheese ingredients into a food processor and pulse until creamy. Set aside while you toast the bread.
- 3** Spread the cheese onto your toast, add thinly sliced tomatoes and OMG HEAVEN RIGHT HERE! Isn't amazing how this tasted like a real cheese toastie but is so so healthy for you?

Day 4 – Snack



BOOBIE BALLS

Ingredients

6 medjool dates
1/2 cup blanched almonds
1/2 cup raisins

Blanched almonds, chopped

Steps

1 Add pitted dates to a food processor and pulse until you have a paste. Add in almonds and raisins and pulse again until well combined.

2 Form balls with your hands and roll them into more chopped blanched almond pieces.

I love how simple and delicious these are!! The perfect quick breastfeeding snack. YUM!

Day 4 - Dinner

GLOW SOUP

@CarolineDeisler



make a
double
portion for
next day

Ingredients

- 1 whole head cauliflower florets
- 1/2 kabocha squash
- 2 small sweet potatoes
- 3 stalks celery
- 2 small carrots
- 1 leek
- 2 tbsp Italian herbs
- 5 cups water

Steps

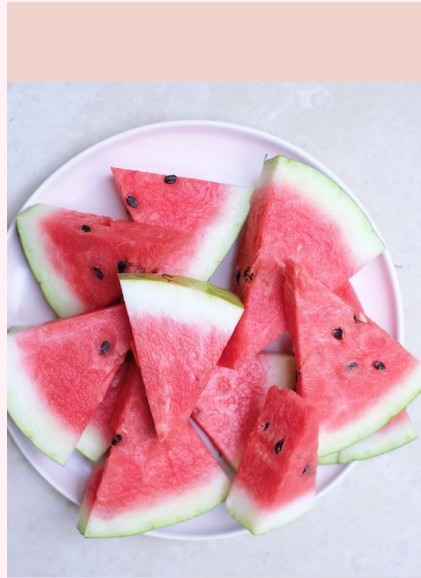
- 1 Peel and slice kabocha squash and potatoes. Chop celery, leek and carrots and add all to a pot together with cauliflower florets, 5 cups of water and Italian herbs.
- 2 Bring to a boil, reduce heat and let it simmer for 20 minutes.
- 3 Take out about 1 cup of the soup cooking water, then blend half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

Day 5

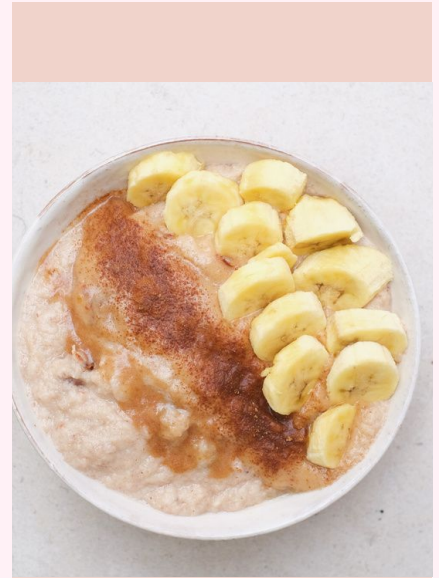
OVERVIEW OF ALL MEALS



Green Smoothie



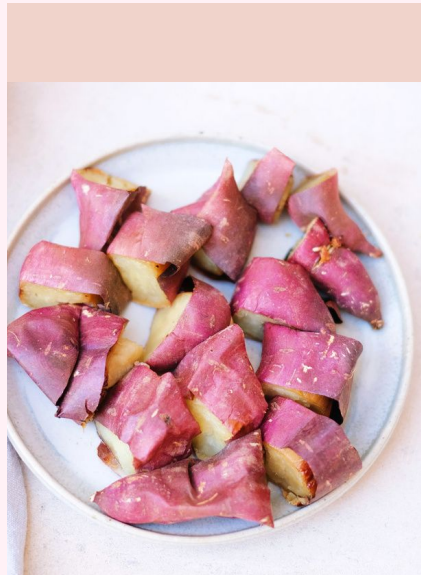
Fresh Fruit



Millet Porridge



CARO Salad



Sweet Potatoes



Glow Soup

Day 5

Green Smoothie



Ingredients

DRINK IT ALL

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

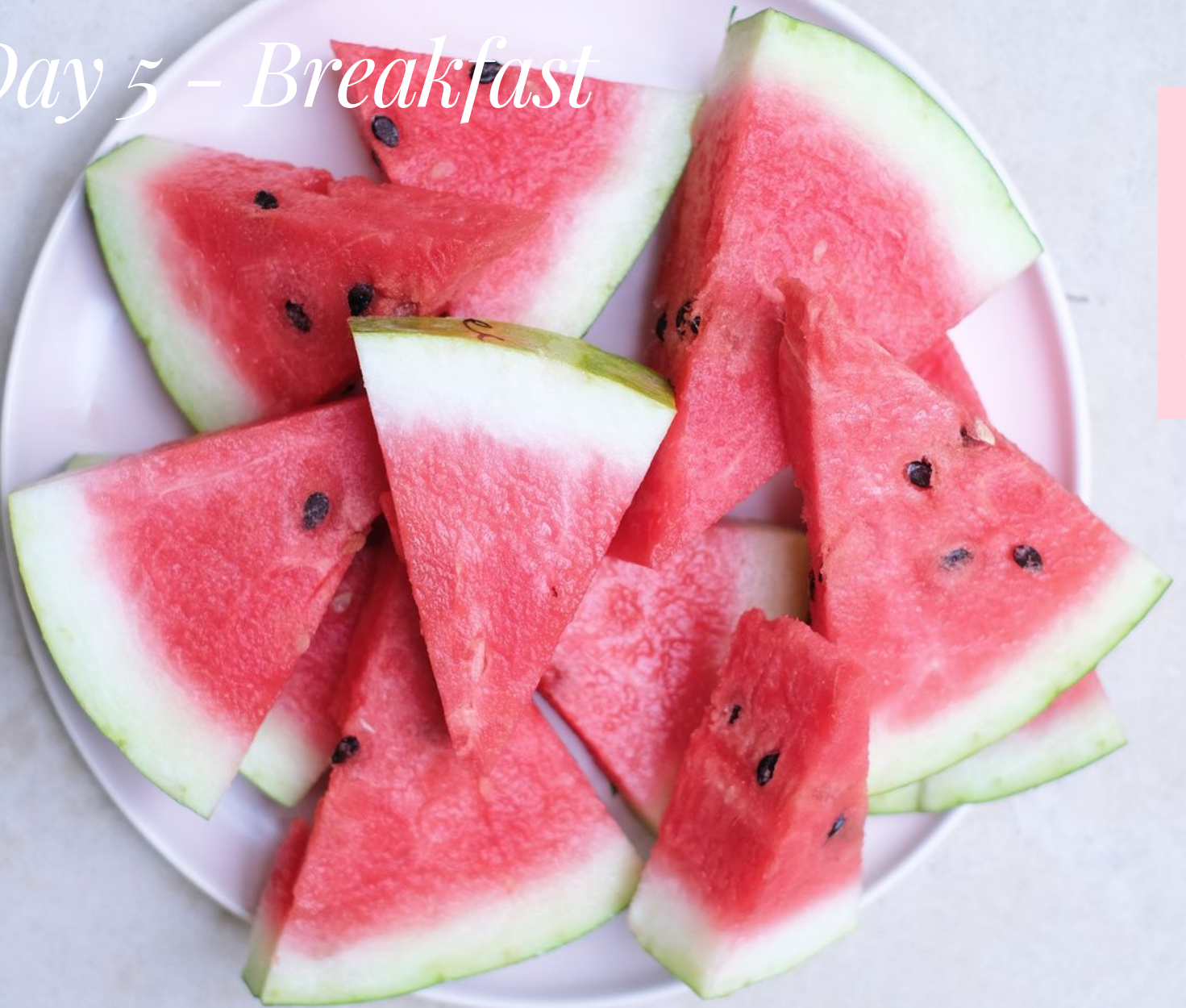
Directions

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Day 5 - Breakfast



Ingredients

LOTS OF FRESH FRUITS, depending on what you have in season right now:

IDEAS:

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

Notes

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Day 5 - Brunch



MILLET PORRIDGE

Ingredients

- 1 cup millet flakes
- 2 cups water or almond milk
- 3 medjool dates, chopped
- 1 tbsp almond butter
- 1 tsp cinnamon
- 1 tsp vanilla extract

TOPPINGS

- 2 bananas, sliced
- More cinnamon

Steps

- 1 Add all ingredients to a pot and let it simmer on low heat for a couple of minutes. I love millet flakes, such a great source of protein and a lovely alternative to oats.
- 2 Add all your favourite toppings and ENJOY!

Day 5 - Lunch

CARO SALAD



Ingredients

Biiiiig bowl of greens (the more bitter greens the better)

1 avocado
3-4 mini cucumbers
lots of tomatoes

DRESSING

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

+ Nori paper to make salad wraps

+ 2-3 sweet potatoes
OR 4-5 medium size potatoes

Bake sweet potatoes for 60 minutes at 200 degrees Celsius if you don't have them pre-baked in the fridge.

Wash and chop up your salad ingredients and place them in a bowl.

Add all dressing ingredients into a high-speed blender and blend until smoooooth. I have this salad almost everyyy day!! It's so nourishing and makes me feel 10/10. You can also always replace any of the lunch recipes with this salad if you feel like having it again. The dressing is also still fresh the next day when you store it in a glass jar in the fridge. I love to wrap my salad in nori paper + gives you some extra iodine! I have my salad first and the potatoes later!



Day 5 - Dinner

GLOW SOUP

@CarolineDeisler



Ingredients

- 1 whole head cauliflower florets
- 1/2 kabocha squash
- 2 small sweet potatoes
- 3 stalks celery
- 2 small carrots
- 1 leek
- 2 tbsp Italian herbs
- 5 cups water

Steps

- 1** Peel and slice kabocha squash and potatoes. Chop celery, leek and carrots and add all to a pot together with cauliflower florets, 5 cups of water and Italian herbs.
- 2** Bring to boil, reduce heat and let it simmer for 20 minutes.
- 3** Take out about 1 cup of the soup cooking water, then blend half of the soup to make it extra creamy. The easiest most delicious soup that I make all the time! So comforting and nourishing!!! If you didn't make a double portion yesterday and are having leftovers tonight, make one TODAY so your dinner tomorrow is sorted.

Day 6

OVERVIEW OF ALL MEALS



Green Smoothie



Fresh Fruit



Berry Granola



CARO salad



Date Bars



Easy Curry

Day 6

Green Smoothie



Ingredients

DRINK IT ALL

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

Directions

Especially postpartum is the time to get your green smoothies in!! This is the first thing I made straight after waking up from the last feed of the "night" as I needed energy and sufficient calories to produce breast milk + it's soo refreshing after a restless night. I was always looking forward to feeling back to life again haha and hope it will do the same for you!

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Day 5 – Breakfast



Ingredients

LOTS OF FRESH FRUITS, depending on what you have in season right now:

IDEAS:

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

Notes

Breakfast is alwaaaayyyys fresh fruits. Since postpartum is already a tough time by nature we want to make sure that we help your body as much as possible to FEEL GOOD!

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Day 6 - Brunch

BERRY GRANOLA



Ingredients

2 cups berries (I used frozen)
1 cup almond milk (or water)
1/2 tsp vanilla powder extract
1 tsp cinnamon

RAW NOLA

1/2 cup desiccated coconut
1/2 cup puffed buckwheat
1/4 cup sprouted buckwheat
groats
4 medjool dates, pitted
2 tbsp pistachios

Steps

Make the raw granola by adding all ingredients to a food processor and pulse quickly.

Add frozen berries, almond milk, cinnamon and vanilla to a bowl and mix well. You can also add 1/2 cup of oats to make it more like an oatmeal consistency and let it soak for a bit.

Add RAW NOLA ingredients to a food processor and pulse a few times. Sprinkle it on top of your berry bowl and enjoyyyy! You can alternatively also use the granola recipe from [DAY 8](#). I love how quick this is to put together and feels so refreshing too!



Day 6 - Lunch

CARO SALAD



Ingredients

Biiiiig bowl of greens (the more bitter greens the better)

1 avocado
3-4 mini cucumbers
Lots of tomatoes

DRESSING

1 small raw zucchini
2 stalks celery
1 bunch chives
1 bunch dill (or basil)
1 tbsp apple cider vinegar
2 tbsp pumpkin seeds
¼ - ¼ cup water

+ Nori paper to make salad wraps

+ 1/2 Kabocha Squash, cut in wedges & baked

Bake squash for 60 minutes at 200 degrees Celsius if you don't have it pre-baked in the fridge.

Wash and chop up your salad ingredients and place them in a bowl.

Add all dressing ingredients into a high-speed blender and blend until smoooooth. I have this salad almost everyyy day!! It's so nourishing and makes me feel 10/10. You can also always replace any of the lunch recipes with this salad if you feel like having it again.

The dressing is also still fresh the next day when you store it in a glass jar in the fridge. I love to wrap my salad in nori paper + gives you some extra iodine! I have my salad first and the pumpkin later!



Day 6 – Snack

DATE BARS



Ingredients

9 medjool dates
2 tbsp almond butter
1/2 vegan chocolate bar
chopped roasted hazelnuts

Directions

Add dates to a food processor and pulse until you have a date paste.

Add the paste on a tray lined with parchment paper and form a 1cm thick base layer with slightly wet hands.

Spread almond butter on top evenly.

Melt the vegan chocolate, pour over the nut butter layer and top with chopped roasted hazelnuts.

Leave it in the freezer for minimum 30 mins to firm up. SOOOO YUM!!

Day 6 – Dinner

EASY CURRY

make a double portion for next day

Ingredients

1 kabocha squash
5 medium size potatoes
4 cups vegetable stock
1 small head cauliflower
1-2 tbsp curry powder
Juice of 1 lemon
1 tbsp coconut aminos (optional)

TOPPINGS

1 cucumber, peeled with a potato peeler
2 scoops coconut yoghurt
Fresh Coriander or dill
Roasted cashews or coconut chips

Steps

- 1** Preheat the oven to 180 degrees Celsius.
Peel and chop 1/2 kabocha squash and potatoes and add to a pot together cauliflower florets, vegetable stock and curry powder.
- 2** Bring to a boil, reduce to medium heat and let it simmer for 20 minutes until soft. You can also add one cup of coconut milk and use less vegetable stock for a more traditional curry.
- 3** Get a baking tray lined with parchment paper. Cut the other 1/2 of the kabocha squash into wedges and bake for 40 minutes. A perfect add-on to the curry or also great to have for the next day!
Blend half of the curry mixture together with lemon juice and coconut aminos, this makes it extra creamyyy. Add a .scoop of chilled coconut yoghurt, sliced cucumber and roasted cashews or coconut chips. SO YUMM!!

Day 7

OVERVIEW OF ALL MEALS



Green Smoothie



Fresh Fruit



Choco Crepes



Green Pea Toast



Banana Muffins



Easy Curry

Day 7

Green Smoothie



Ingredients

DRINK IT ALL

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

Directions

Especially postpartum is the time to get your green smoothies in!! This is the first thing I made straight after waking up from the last feed of the "night" as I needed energy and sufficient calories to produce breast milk + it's soo refreshing after a restless night. I was always looking forward to feeling back to life again haha and hope it will do the same for you!

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Day 7 - Breakfast



Ingredients

LOTS OF FRESH FRUITS, depending on what you have in season right now:

IDEAS:

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

Notes

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Day 7 - Brunch

CHOCO CREPES



Ingredients

2/3 cup buckwheat flour
1 cup water
2 tsp maple syrup

FILLING

2 ripe bananas
1 tsp cacao powder

TOPPINGS

1 banana, sliced
Cinnamon
Chopped roasted almonds
Drizzle of nut butter

make a
double
portion for
a snack

Directions

1. Mix the buckwheat flour with water and maple syrup.
2. Add half of the mixture to a non-stick pan and bake a few minutes from both sides until slightly brown.
3. Repeat for the second crêpe.
4. Mash your bananas with a fork and stir in 1 tbsp cacao powder. Spread this easy banana choco paste on the Crêpes and roll them up.
5. Add your favourite toppings. I looove sliced banana, cinnamon, chopped roasted almonds or a drizzle of nut butter.

This looks a lot more fancy than it actually is riiight? So easyyy to make, a great source of protein and are also super delicious cold as a snack if you feel like making a double or triple portion!

Day 7 - Lunch

GREEN PEAS ON TOAST



Ingredients

1 cup green peas, defrosted
1/2 cup chickpeas
1 tbsp tahini
1/2 bunch fresh parsley (dill or chives work well too)
Juice of 1 lemon
1/2 tsp pink Himalayan salt
1/2 cup water

OPTIONAL: sauteed mushrooms as a topping

+ toasted sourdough bread

Directions

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

Toast Sourdough bread and add a generous layer of your pea spread.

I also love sautéed mushrooms as a topping here + if you want to get some extra iron in, add 1/2 cup of chickpeas to your dip ingredients.

Sprinkle some chilli flakes, salt and pepper on top and enjoyyy!

make double portion to use as a salad dressing

Day 7 - Snack

BANANA MUFFINS



Ingredients

800g baked & peeled white sweet potatoes
2 large bananas (250g)
1 cup almond milk
2 tbsp cashew butter
2 tsp baking powder

TOPPINGS

2-3 bananas, sliced
Sprinkle of coconut sugar



Steps

Bake sweet potatoes for 60 minutes at 200 degrees Celsius and let them fully cool down. I always bake a bunch of sweet potatoes at once and have them ready in the fridge for whenever I need them! So convenient! White sweet potatoes work the best here as their consistency is firmer and gives such a great color too!!

Preheat the oven to 180 degrees Celsius.

Peel baked sweet potatoes and add to a food processor together with bananas, almond milk, cashew butter and baking powder. Pulse until you have a creamy dough and spoon the mixture into your muffin forms. I used paper cups and placed those into my muffin tray so they would hold the shape together.

Add 2 banana slices onto each muffin, lightly press into the dough and top with a sprinkle of coconut sugar.

Bake for 45 minutes at 180 degrees and let them fully cool down otherwise they're too sticky.

I LOVE LOVE LOVE this recipe because they're sweet but not too sweet, so healthy and not very high in fat which makes them easy to digest!

Day 7 – Dinner

EASY CURRY

Leftovers from yesterday. YAY!!

Ingredients

- 1 kabocha squash
- 5 medium size potatoes
- 4 cups vegetable stock
- 1 small head cauliflower
- 1-2 tbsp curry powder
- Juice of 1 lemon
- 1 tbsp coconut aminos (optional)

TOPPINGS

- 1 cucumber, peeled with a potato peeler
- 2 scoops coconut yoghurt
- Fresh Coriander or dill
- Roasted cashews or coconut chips

Steps

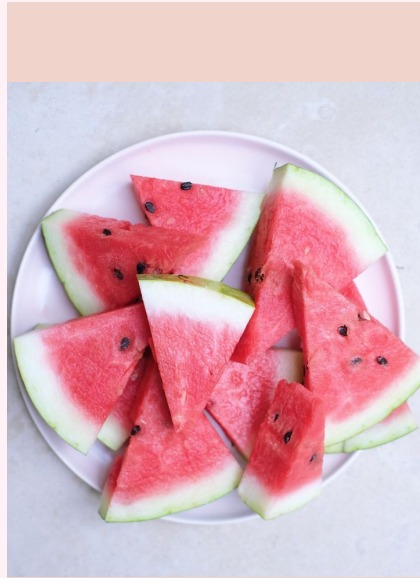
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- 2 Bring to a boil, reduce to medium heat and let it simmer for 20 minutes until soft. You can also add one cup of coconut milk and use less vegetable stock for a more traditional curry.
- 3 Get a baking tray lined with parchment paper. Cut the other 1/2 of the kabocha squash into wedges and bake for 40 minutes. A perfect add-on to the curry or also great to have for the next day!
Blend half of the curry mixture together with lemon juice and coconut aminos, this makes it extra creamyyy. Add a .scoop of chilled coconut yoghurt, sliced cucumber and roasted cashews or coconut chips. SO YUMM!!

Day 8

OVERVIEW OF ALL MEALS



Green Smoothie



Fresh Fruit



Yoghurt + Granola



Granola



Choco Buns



Green Pea Pasta

Day 8

Green Smoothie



Ingredients

DRINK IT ALL

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

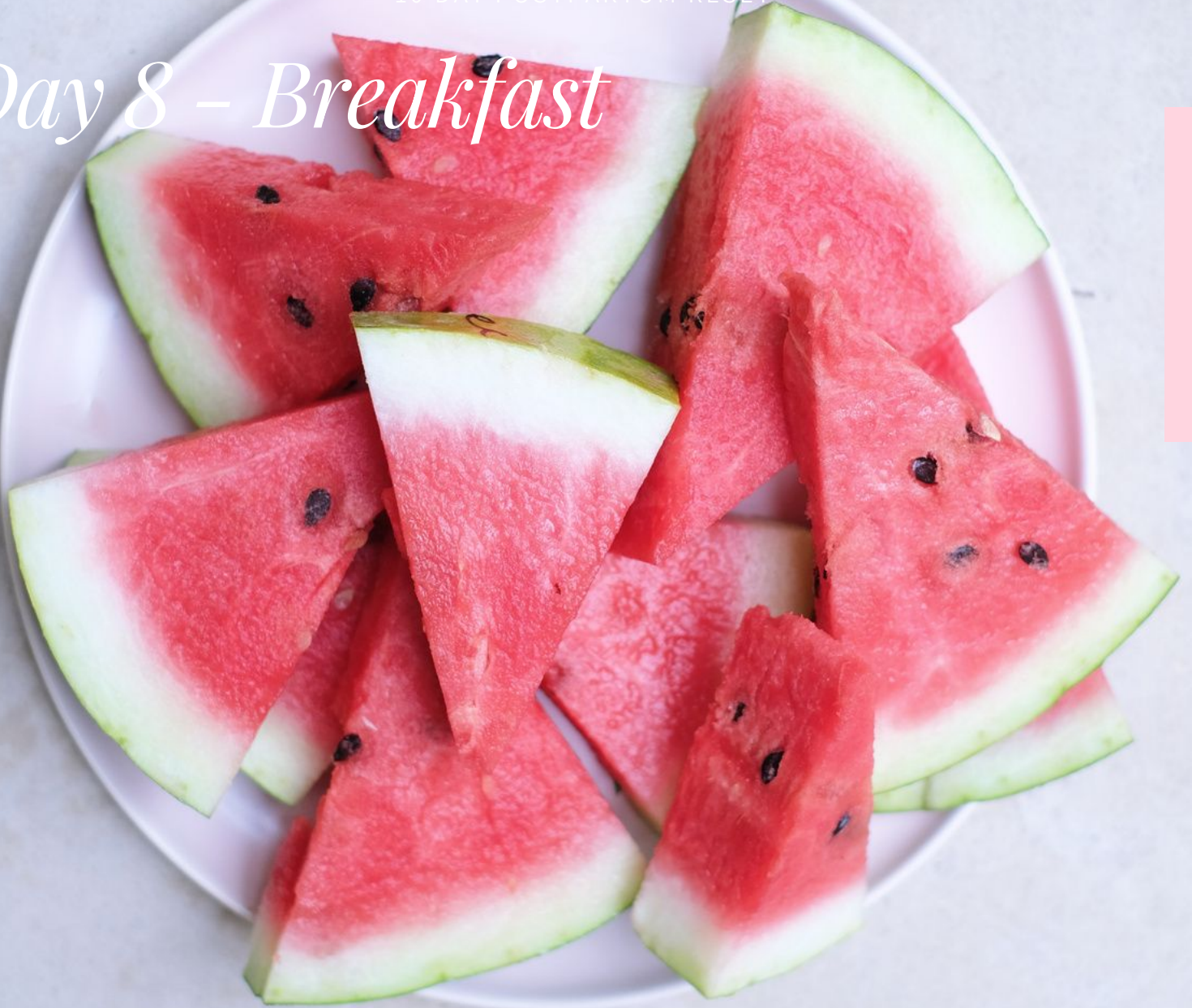
Directions

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You are getting soo many good greens (great for iron) and lots of potassium, magnesium and Vitamin B6 from the bananas! YAY to feeling goood post baby!

Day 8 - Breakfast



Ingredients

LOTS OF FRESH FRUITS, depending on what you have in season right now:

IDEAS:

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

Notes

Breakfast is alwaaaayyyys fresh fruits. Since postpartum is already a tough time by nature we want to make sure that we help your body as much as possible to FEEL GOOD!

Having fruits as your first proper meal of the day is the absolute best for your digestion and is so quick to put together. Make sure you opt for RIPE fruits.

I found mornings the busiest time, so having a QUICK breakfast was the key and as soon as Hailey was napping again I prepped the rest of my meals for the day.

Day 8 - Brunch

YOGHURT & GRANOLA



Ingredients

2/3 cup dry buckwheat groats,
soak in water overnight
2 ripe bananas
1 cup blueberries
1 tbsp freeze-dried blueberry
powder (optional)
½ teaspoon vanilla powder
extract
½ cup water

TOPPINGS

Caro's Granola (next page)
1 cup blueberries
1 banana, sliced



Steps

Soak the buckwheat groats in water overnight and rinse well.

Buckwheat is a complete protein source and is naturally gluten-free.

Add all ingredients to a blender and blend until creamyyyy.

Transfer to a bowl, add granola, blueberries, banana or any other toppings you like. Such a delicious, creamy, crunchy brunch or lunch.

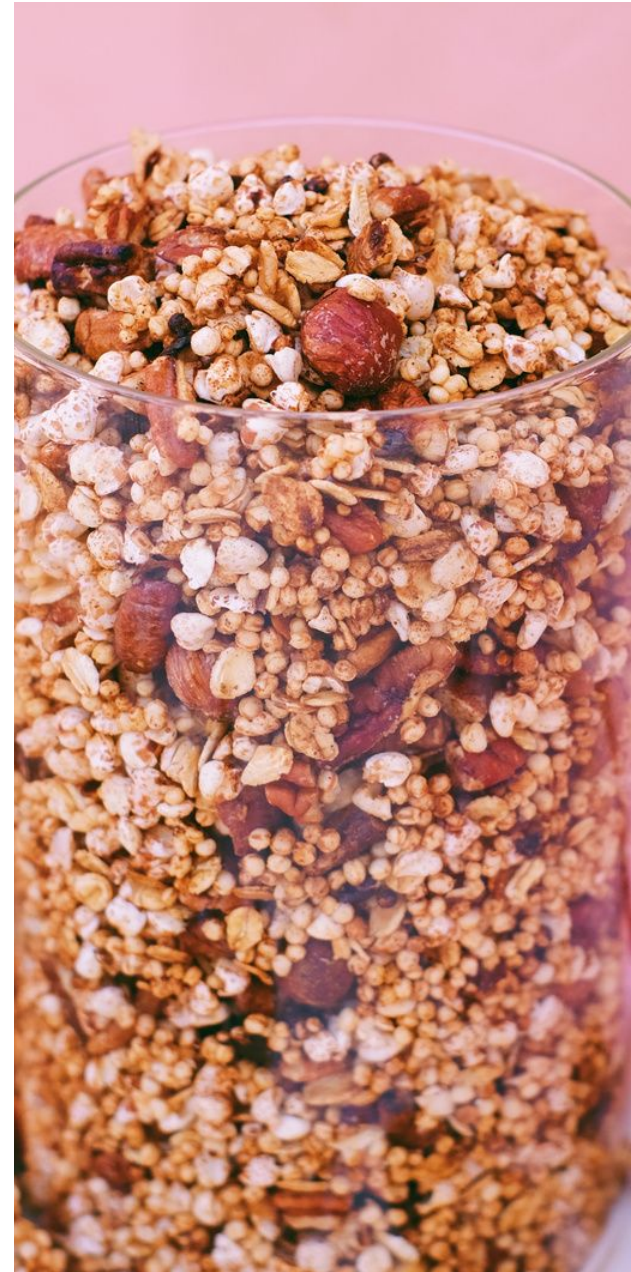
Day 8 - Brunch

CARO'S GRANOLA



Ingredients

- 2 cups puffed buckwheat
- 2 cups puffed quinoa
- 1/2 cup hazelnuts
- 1/2 cup pecans
- 1/2 cup maple syrup
- Pinch of pink Himalayan salt
- 1 tbsp cinnamon



Steps

Preheat the oven to 180 degrees Celsius.

Mix all dry ingredients together, add in maple syrup and combine well.

Transfer the mixture to a tray lined with parchment paper and bake for 15 mins until golden and crisp. Let it fully cool down, add to your delicious blueberry yoghurt and store the leftovers in a glass jar.

Day 8 - Snack

CHOCO DATE BUNS



Ingredients

1 tbsp chia seeds
+ 3 tbsp water
1,5 cups oat flour (blend
oats)
1 cup ground almonds
2 tbsp coconut sugar
1 tsp baking powder
1/2 cup cacao nibs
2-3 medjool dates, chopped
1 tsp cinnamon
Sprinkle of salt
1/2 cup + 2 tbsp almond
milk
1 vegan chocolate bar (70g),
chopped into pieces

Directions

Add chia seeds and water into a small bowl and set aside for a few minutes until it turns into a sticky paste.

Preheat the oven to 180 degrees Celsius.

Add all ingredients into a bowl and mix well using your hands.

Form little buns and place them on a tray lined with parchment paper.

Bake for 30 minutes and let them cool down afterwards. The chocolate pieces in there are absolute heaven, your family will probably want some too! :-). The perfect breakfast, brunch, lunch or snack.

Day 8 - Dinner

CREAMY PEA PASTA

Ingredients

130g buckwheat tagliatelle

SAUCE

1 cup green peas, 3/4 for blending

1/2 cup cashews, soaked & rinsed

1/2 cup veggie broth

Pinch of salt

2 carrots, julienne peeled

1 zucchini, julienne peeled

Steps

- 1** Cook pasta according to the package instructions. Add in julienned peeled carrots and zucchini for the last 2 minutes.
- 2** Add all sauce ingredients into a blender and blend until smooth.
- 3** Mix the sauce into the cooked pasta and veggies and add the remaining peas and more if you like. Such a delicious, high in protein and iron pasta recipe! YUM

Day 9

OVERVIEW OF ALL MEALS



Green Smoothie



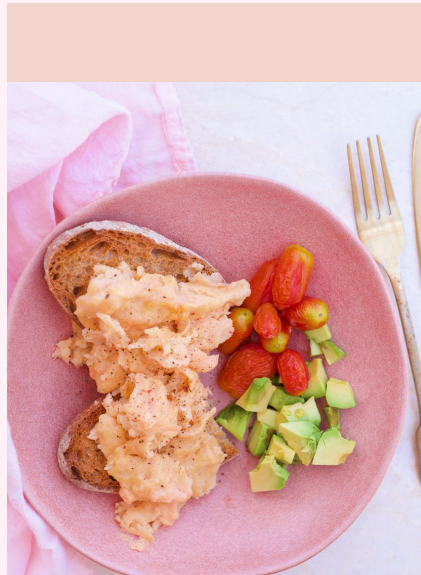
Fresh Fruit



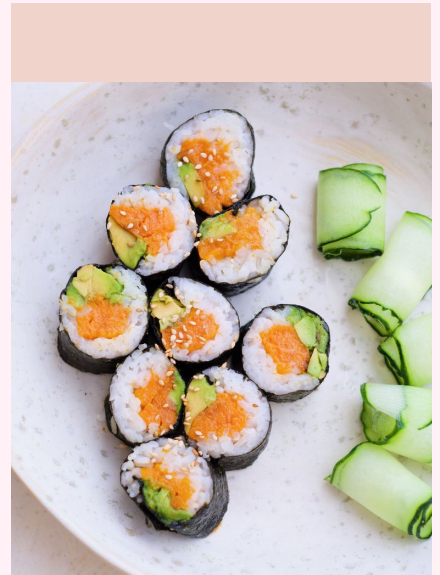
Raffaello Oats



Choco Buns



Lentil Scramble



Avo Sushi

Day 9

Green Smoothie



Ingredients

DRINK IT ALL

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

Directions

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Day 9 - Brunch

RAFFAELLO OATS

Ingredients

1 cup oats
1 cup coconut yoghurt
1/4 cup water
1 tbsp date syrup
1/2 cup desiccated coconut

TOPPINGS

More desiccated coconut
Blanched almonds, chopped
1 tbsp date syrup

Steps

- 1 Add oats, coconut yoghurt, water and date syrup to a jar and mix well. Leave it in the fridge for 30 minutes (or overnight) so it gets thick and creamyyyy.
- 2 Sprinkle another layer of desiccated coconut on top, chopped blanched almonds and a drizzle of date syrup. Raffaello oats are readyyy!
- 3 Such a delicious breakfast, brunch, snack or dessert and you feel like you are on a tropical island surrounded by palm trees eating it hahaha. PS: I created this recipe at 4am when I couldn't fall back asleep after breastfeeding and was hungryyy. In case you're having a restless night... you are not alone!! ;)

Day 9 – Snack

CHOCO DATE BUNS

Leftovers
from
yesterday



Ingredients

1 tbsp chia seeds
+ 3 tbsp water
1,5 cups oat flour (blend
oats)
1 cup ground almonds
2 tbsp coconut sugar
1 tsp baking powder
1/2 cup cacao nibs
1 tsp cinnamon
Sprinkle of salt
1/2 cup + 2 tbsp almond
milk
1 vegan chocolate bar (70g),
chopped into pieces

Directions

Add chia seeds and water into a small bowl and set aside for a few minutes until it turns into a sticky paste.

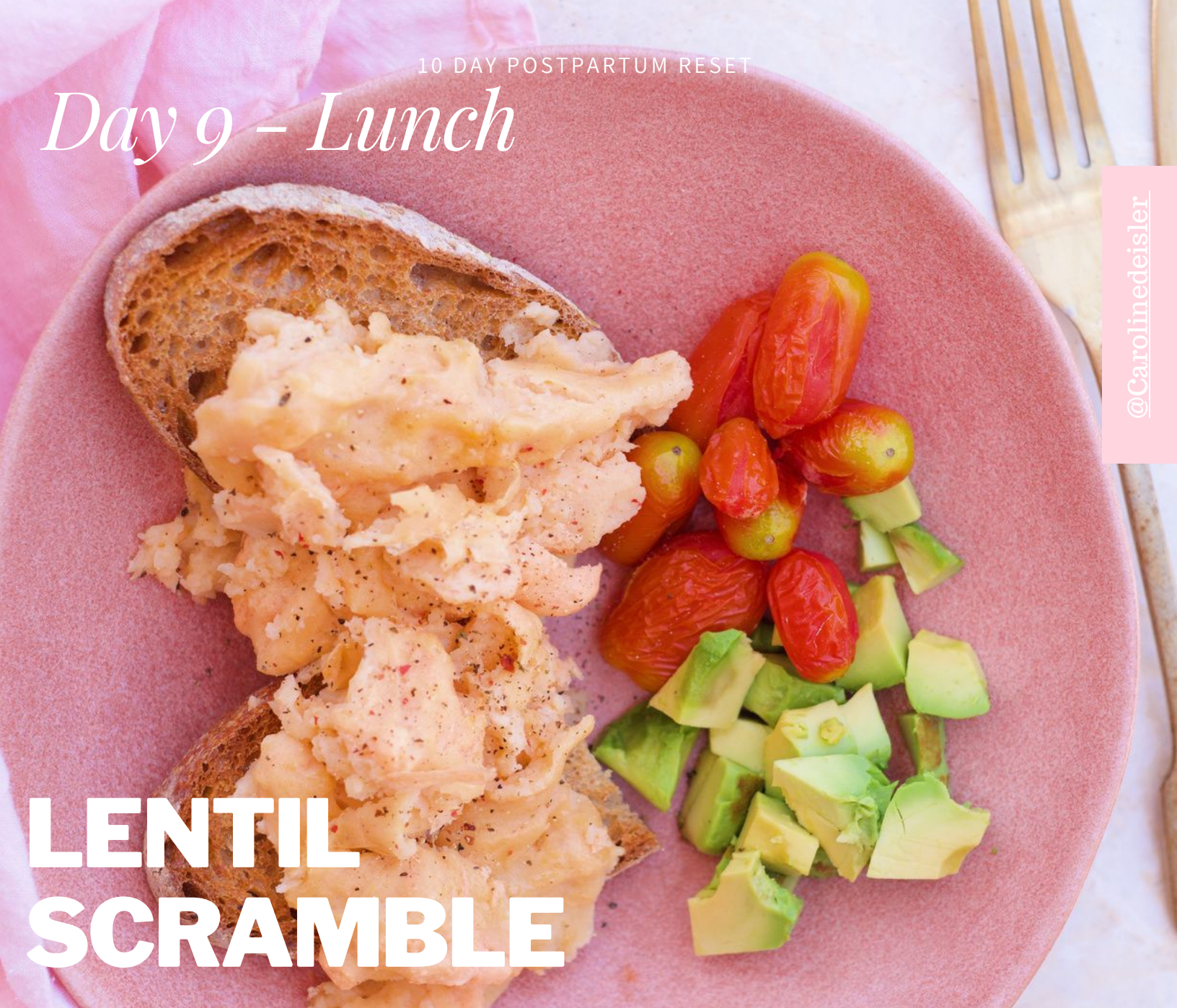
Preheat the oven to 180 degrees Celsius.

Add all ingredients into a bowl and mix well using your hands.

Form little buns and place them on a tray lined with parchment paper.

Bake for 30 minutes and let them cool down afterwards. The chocolate pieces in there are absolute heaven, your family will probably want some too! :-). The perfect breakfast, brunch, lunch or snack.

Day 9 - Lunch



LENTIL SCRAMBLE

Ingredients

1/2 cup red lentils, soaked for 3h
1 cup water
1/2 tsp salt

2 slices of toasted sourdough bread
1 avocado, sliced
Roasted tomatoes

Steps

- 1 Add soaked lentils, 1 cup water and a pinch of salt to a blender and blend until smooth. Pour the cream into a non-stick pan and saute on medium heat for about 5 minutes, give it a little stir halfway through.
- 2 Toast your bread in the meantime and once your scramble is done, serve on toast with fresh avocado, chopped herbs, black pepper and either fresh or baked tomatoes. I love the texture of that scramble, it's high in iron and protein and so similar to scrambled eggs but doesn't come with a cholesterol spike hehe + It is ready in 10 minutes if you pre-soak your lentils! YAY to Busy Mom Life!

Day 9 - Dinner

AVOCADO SUSHI



Ingredients

100gr dry white or brown rice
2 avocados, sliced
Sesame seeds, toasted
Nori paper

Optional: add baked sweet potatoes

Directions

Cook rice according to the package instructions.

I like to cut my nori paper in 4 squares to make them smaller, add a bit of rice, sliced avocado, sesame seeds and YUM! So easy, so good. I have this at least once every week.



Day 10

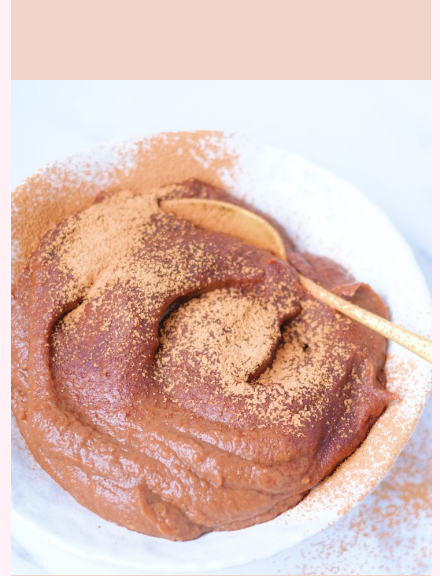
OVERVIEW OF ALL MEALS



Green Smoothie



Fresh Fruit



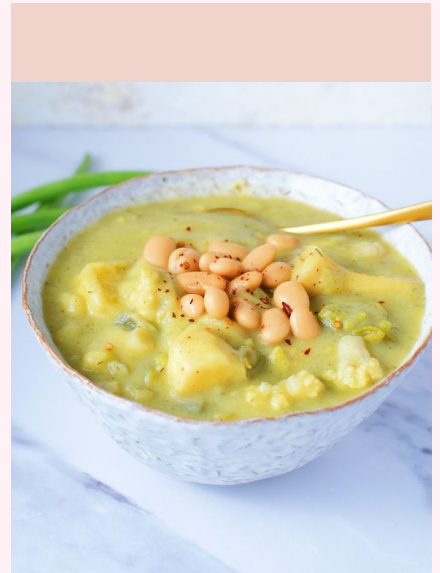
Choco Pudding



CARO Salad



Caramel Squares



Butter Bean Soup

Day 10

Green Smoothie



Ingredients

DRINK IT ALL

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

Directions

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Day 10 - Brunch

CHOCO PUDDING

Ingredients

600gr baked white sweet potatoes
peeled
2 large ripe bananas
3 tbsp carob powder
1 tbsp cacao powder
1 cup almond milk

Steps

- 1** Bake sweet potatoes for 60 minutes at 200 degrees and let them cool down. Perfect to bake the night before and have them ready to use in the fridge. White sweet potatoes (they are pink outside) work the best here but regular orange ones will be super delicious as well!!
- 2** Peel the sweet potatoes and add them to a food processor with the rest of the ingredients. Pulse until creamyyy, add a sprinkle of carob or cacao powder and enjoyyyy!! SO SO YUMMM!!!

Day 10 - Lunch

CARO SALAD



Ingredients

Biiiiig bowl of greens (the more bitter greens the better)

1 avocado
3-4 mini cucumbers
lots of tomatoes

DRESSING

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

+ Nori paper to make salad wraps

+ 2-3 sweet potatoes
OR 4-5 medium size potatoes

Bake sweet potatoes for 60 minutes at 200 degrees Celsius if you don't have them pre-baked in the fridge.

Wash and chop up your salad ingredients and place them in a bowl.

Add all dressing ingredients into a high-speed blender and blend until smoooooth. I have this salad almost everyyy day!! It's so nourishing and makes me feel 10/10. You can also always replace any of the lunch recipes with this salad if you feel like having it again. The dressing is also still fresh the next day when you store it in a glass jar in the fridge. I love to wrap my salad in nori paper + gives you some extra iodine! I have my salad first and the potatoes later!



Day 8 - Snack

CARAMEL SQUARES



Ingredients

7 large medjool dates
(or 9 smaller ones)
1 heaping tbsp almond butter
1/2 chocolate bar, melted

Steps

Add dates to a food processor and pulse until you have a sticky date paste.

Add in almond butter and pulse again until well combined.

Form squares with slightly wet hands and melt your chocolate.

Dip each square into the chocolate and place them in the freezer for 10-20 minutes until the chocolate got firm. These are my FAAAAV!! Have been making them whenever I needed a pick-me-up snack.

make a
double
portion for
a snack

Day 10 – Dinner



BUTTER BEAN SOUP

make a double portion for tomorrow

Ingredients

- 5-6 medium size potatoes
- 1 zucchini
- A handful of fresh green beans
- 1 head romanesco (green cauliflower)
- 1 leek
- 4 stalks celery
- 2 tbsp Italian herbs
- 4 cups veggie stock

- 1/2 cup butter beans

Steps

- 1 Peel and slice potatoes and add together with all other ingredients into a pot. Bring to a boil, reduce heat and let it simmer for 20 minutes until soft.
- 2 Take out 2 cups of the cooking water, perfect to sip on before having dinner and blend half of the soup together with 1/2 cup butter beans. Makes it extra creamyyy and adds more iron and protein to this soup! YAY! SO GOOD!

You did it!
How do you feel?





Thank you

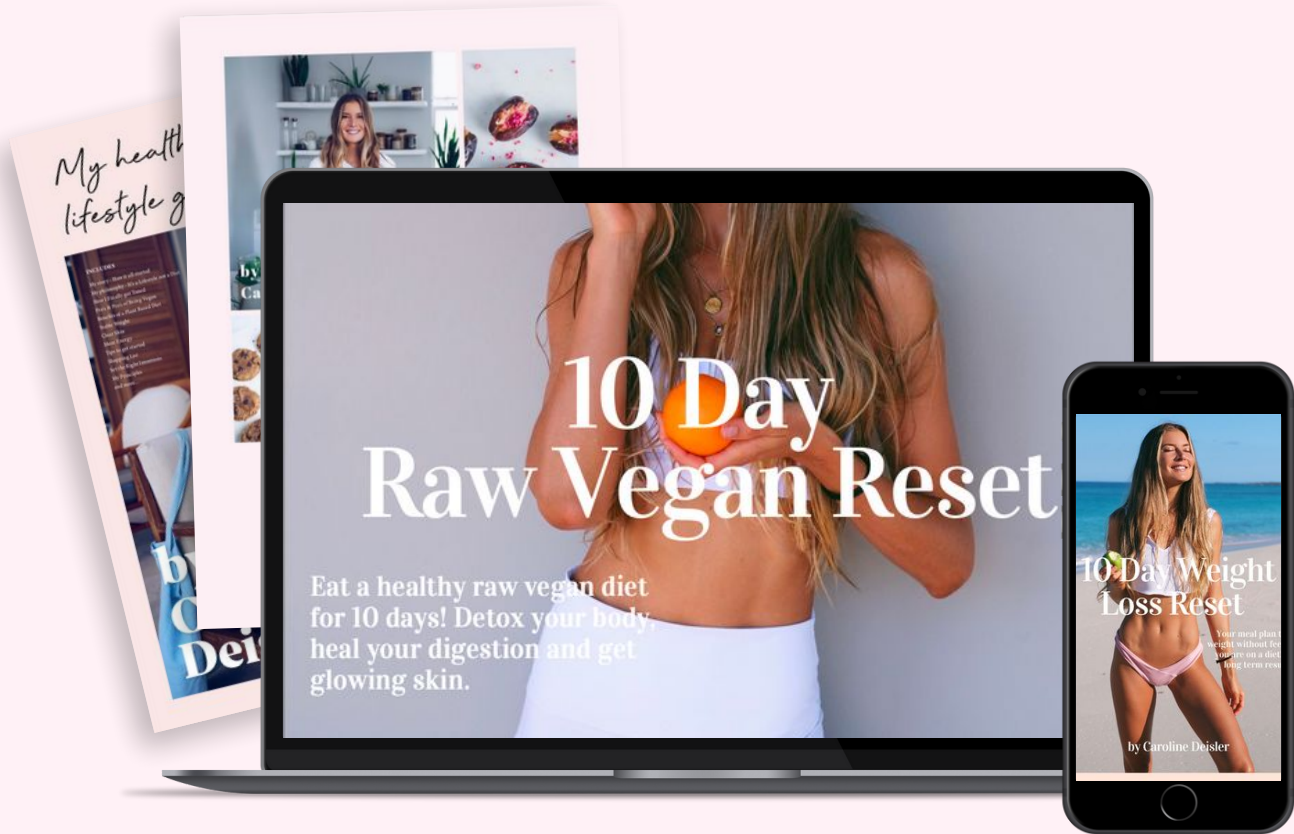
FOR BEING PART OF OUR COMMUNITY

You can be so proud of yourself for nourishing your body and baby with all these delicious meals during this busy and often emotionally challenging season. You are such an inspiration to me and everyone around you and I can't wait to read your feedback!

Sending you so much love!

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

