



10 Day Savoury Reset

Detox your body & get back on track! Less sugar, more energy, better digestion & clear skin here you come!

by Caroline Deisler

So glad you are here!



Yay, we are finally doing it! A SAVOURY meal plan that will teach you how to eat HEALTHY & get into your best SHAPE at the same time. The best part, it doesn't feel like a diet or anything like that! Okay, let's start here: My name is Caroline, I am a certified holistic nutritionist and have been loving the plant-based lifestyle for almost 8 years now. There is no quick fix for anything but this 10 day reset will help you to get back on track and SET YOU UP FOR SUCCESS. I want you to eat healthy, be active and feel the best you have in your life and this reset will get you started!! It's time to RE-NOURISH your body and remind yourself of how GOOD you can actually feel.

Most of us want to eat healthy and work out to LOOK GOOD and I get it. However, the mental aspect is just as important. Once you start eating vibrant foods, you feel more energised, clear headed, fulfilled and aligned. You'll sleep better and more! It starts with food but the benefits down the line are far greater than just having your dream body. Keep that in mind in case you ever lack motivation.

Caroline Geisler

NUTRITIONIST | FITNESS ADVOCATE



www.carolineschoice.com

10 DAY SAVOURY RESET

@CarolineDeisler

*time to feel
your best*



Fresh Start!

Whether you are doing this reset to lose weight, lose body fat, get fit, or you simply want to eat more nourishing foods. Right now, right here is the PERFECT time to start! I know we like to wait until that perfect day like the next Monday or the first day of the month. Sure that can be motivating but trust me, just start now! Sure you can keep doing what you've been doing already but that didn't make you feel AMAZING right? Look at it as a bonus. If you start now and don't wait for the next **perfect** day to arrive, by the time it actually comes around you've already gotten a couple of extra healthy days in! YAY! Think about HOW GOOD you'll feel in just 10 days. A personal guide from me to you to help you FEEL YOUR BEST FOREVER!



The Morning Ritual

@CarolineDeisler

A few daily basics....

1

The first few hours when you wake up are perfect to hydrate your body. Have 1-1,5 litres of my Aloe Vera, lemon, and ginger detox water. This will get your digestion going in no time. Take it slow when you wake up, do a 5 min morning stretch and don't rush into anything.

2

It usually takes me max 30 min after rising until I go to the bathroom, after that I like to have my probiotics, followed by a morning walk and 500ml of fresh Celery Juice. I have another bowel movement after that or if I don't, it will come after having my first meal which is fresh fruit. I am sharing all this because good digestion is the game changer and this reset routine will get you there.

3

Even though it's a savoury reset, have some fresh fruits as your first meal. This can be right after the celery juice and before your green smoothie or after your smoothie. A mono meal of ripe watermelon or papaya is my favourite but all others fruits are just as amazing.

4

Now is the perfect time to move your body and do one of my workouts. YAY!! This is just the best routine. Next, non-negotiable: GREEN SMOOTHIE hehehe! It's the most powerful thing you can drink and will transform your health, skin, digestion, energy and glow! **Then after that** comes your first savoury meal.



Day on a plate



This 10 Day Savoury Reset has 3 recipes for each day, **33 healthy vegan recipes** in total. All following my personal lifestyle beliefs which means vegan, no refined sugar, no processed oils and no gluten.



Even if you practice intermittent fasting, have the celery juice in the morning and your green smoothie and fruits prior to lunch. I will say though that this reset works almost better with no fasting as your body has more time to digest the smoothie and fruit before having a savoury meal. It's better to have your morning fruits to satisfy your sugar needs than to snack on fruits in the afternoon after a cooked savoury lunch.



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 leafy greens for salads and smoothies as they don't last too long.



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



Each recipe makes one serving except for a few things like my Healthy Bread which you'll be spreading out over the course of 3 days. It was important to me to include these because I want you to enjoy a healthy bread, feel satisfied and not feel restricted. Otherwise you end up bingeing at some point and this is the perfect way to learn how to eat intuitively.



If one or two recipes become your favourite, feel free to make those on repeat. The most important thing is to make it **EASY** and enjoyable for **YOU**.



Lunches are all suitable to take to work and more focused on raw recipes whereas dinners are more hearty and comforting. Eating light to heavy always works best for optimal digestion.

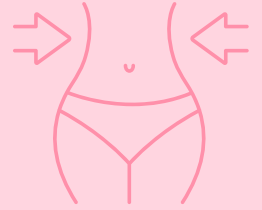


If you can, have dinner between 5:30 and 7 pm. That will give your body enough time to digest and you feel naturally tired and ready for an early good nights sleep by 9/10pm.

WEIGHT LOSS TIPS

If you are doing this reset to lose weight, the good news is IT WILL GIVE YOU AMAZING RESULTS, especially if you keep eating this way and follow up with my other reset meal plans and recipe ebooks afterwards. Most likely you won't want anything else anymore after those 10 days anyways hehe. Here are a few extra tips how to lose that extra weight or body fat.

WEIGHT LOSS TIPS



01

To lose weight you have to be in a calorie deficit but the key is to not feel like you are in one. This is why we focus on foods that are high in volume and naturally lower in calories. The chart on the right gives you an idea of foods that have the highest and lowest calorie density. Vegetables, fruits and potatoes are the top foods with the lowest calorie density (Yesss hello healthy potato fries every day!!!) and we are focusing on exactly these in this Reset Meal Plan. YAY!

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

02

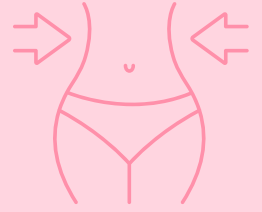
If you feel like you need a snack before lunch, eat more fruit! All fruits are amazing but I especially love ripe melons or papaya in the morning on an empty stomach and then a few dates before lunch. If you are trying to lose weight, try to stick to watery fruits like melons (only on an empty stomach), berries, apples, pineapple, oranges, kiwis and you can go crazy on dates. It's better to eat more potatoes in the main meals so you don't need any extra snacks. Dates are great to maintain your weight once you lost it and they keep your sugar cravings away. I would still have some but not 10-15 a day during your weight loss phase.

www.carolineschoice.com

03

Don't snack on nuts or nut butters. They are considered super healthy but we could easily eat a whole bag of nuts right? and they are one of the highest calorie foods. I find it much better to include some nuts and seeds in my recipes instead of snacking on them alone. That way you eat the right amount to get healthy fats in your diet but you don't overeat and feel lethargic afterwards

WEIGHT LOSS TIPS



04

4. It's better to snack on a few dates than nuts, they are super easy to digest, have zero fat and are way less calorie dense but my first option is always fresh fruit when trying to lose weight or even fresh vegetables like carrots, bell pepper or celery sticks.

05

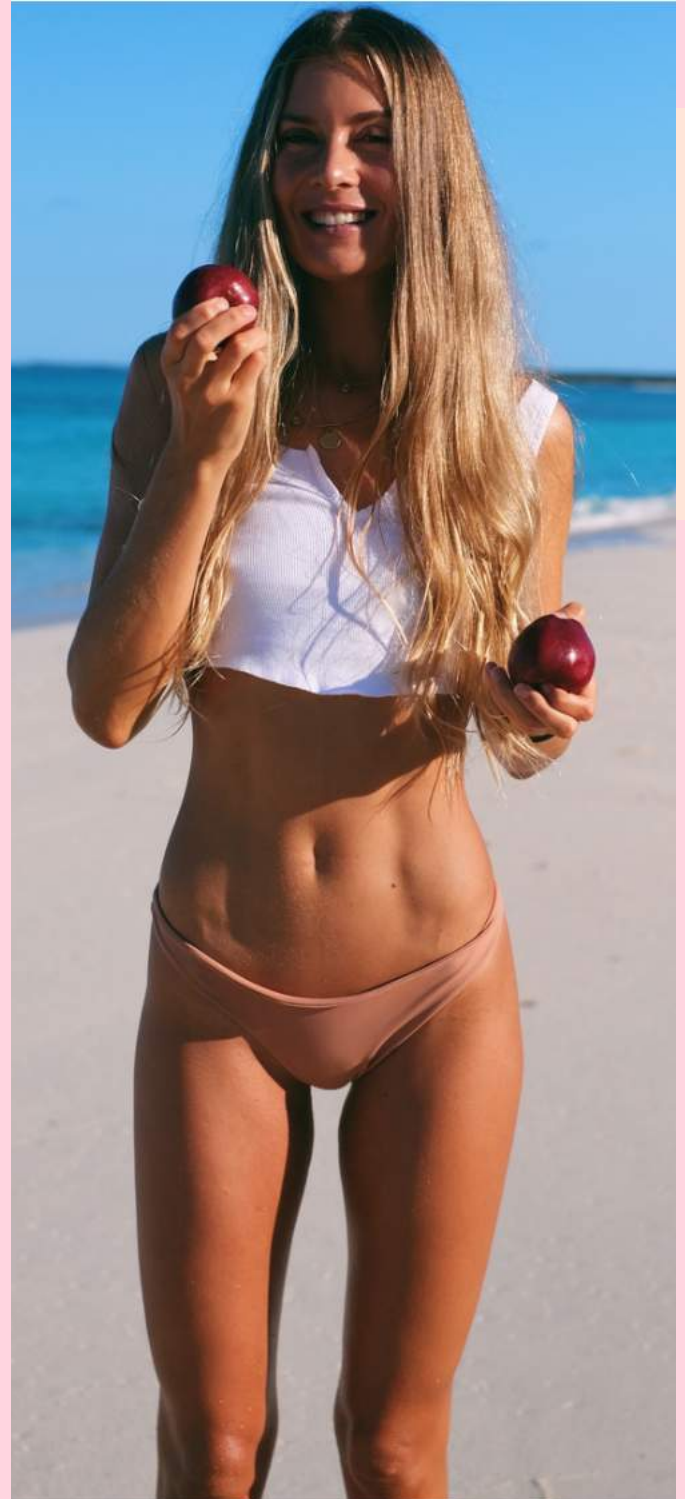
5. Drink a lot of water during the day, just not 30 min pre or post your meal. This will help with digestion.

06

Walk about an hour every day and follow one of my workout plans.

07

7. Have an early dinner between 5:30 and 7pm and be asleep by 10 pm.



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

Move your body daily

@CarolineDeisler



Moving your body daily will not only make you feel so much better mentally, but it will also get you results much quicker, especially if you are trying to lose weight. I'm not saying go kill yourself at the gym and do intense HIIT classes. Follow my workout plans or do your own mix of my workouts which are all low impact, cardio pilates based to get you super toned. All that with zero added stress. The key is to keep your cortisol levels (= stress hormone) low, so your body can focus on burning fat instead of feeling tight and holding on to water weight. Make it a habit to really enjoy that time of the day for YOU, check in with yourself and have positive thoughts about it. All my workouts are free and easy to do anywhere anytime. :-)

My body completely changed while only doing my own workouts. Staying in shape never felt more effortless. YOU GOT THIS!





Fitness & Reset Results

@CarolineDeisler

Und auf einmal stellt man fest, man hat seine Fitness goals erreicht 😍
danke Caro! Jetzt heißt es nur dran bleiben! 🔥😊



Hi Caroline. I just wanted to thank you so much for your workouts. They have changed my life. I have always eaten healthy but your recipes are a game changer. I've never seen results in my life until following you. Thank you from the bottom of my heart 💜



Here is my before and after doing your workouts 🥰

**CARO SAID
YOU CAN DO IT**



Only 1.5 months difference thanks to you ❤️❤️❤️ I love you sooo much, nobody believes in me that Mom of 2. Thanks to your videos I like workout so much, thank you so much from Turkey 🥰❤️❤️🌸💪💪

I just wanted to share with you the incredible change I've got from doing your 45min workouts consistently. I never knew my body could be toned shaped and have such a healthy understanding of food and nutrition. Thank you for all you work 🌸🦋



thank you for your workouts!!! they are sooooo effective! and easy to start because i just know i'll love it!!! ❤️



Veronika Petrovic
veronikapetrovic



That's what you did to me! Thank you from the bottom of my heart!



Results are in...!

10 days doesn't seem long but it's long enough to give you results and who knows, maybe you feel so good by the end of it that you keep eating the same way and follow up with my other reset meal plans. 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! DM me [@carolinedeisler](https://www.instagram.com/carolinedeisler) and send me your transformation post!

Before

Take a
pic

After

Take a
pic

Daily Checklist

- Click on each day to get directly to the right page.
- Screenshot me and post to your story .
- Print me and put on your fridge for a daily check off! :)



day_1

day_6

day_2

day_7

day_3

day_8

day_4

day_9

day_5

day_10

RECIPE INDEX

[17 MEAL PREP](#)

[19 SHOPPING LIST 1](#)

[20 MORNING HYDRATION](#)

[22 GREEN SMOOTHIE](#)

[23 FRUIT MEAL](#)

[24 KALE SALAD](#)

[25 MULTI SEED CRACKERS](#)

[26 BURRITO SWEET POTATOES](#)

[28 GREEN SMOOTHIE 2](#)

[29 HONEY MELON MONO MEAL](#)

[30 HEALTHY VEGGIE SUSHI](#)

[31 POTATO WEDGES + BBQ KETCHUP](#)

[33 GREEN SMOOTHIE 3](#)

[34 PAPAYA](#)

[35 CRUDITÉ + SWEET POTATO DIP](#)

[36 PEANUT + SWEET POTATO BOWL](#)

[38 GREEN SMOOTHIE 4](#)

[39 WATERMELON](#)

[40 CAROS MULTI GRAIN BREAD](#)

[42 PICKLED ONIONS](#)

[43 TOMATO BUTTER BEAN
AVOCADO SALAD](#)

[44 SPINACH TOMATO QUICHE](#)

[46 GREEN SMOOTHIE 5](#)

[47 FRUIT MEAL](#)

[48 POTATO + GREEN BEAN SALAD](#)

[49 VEGGIE CREPES 1](#)

[50 VEGGIE CREPES 2](#)

[52 GREEN SMOOTHIE 6](#)

[53 MELON MONO MEAL](#)

[54 AVOCADO TOAST](#)

[55 GREEN SALAD + BEST DRESSING](#)

[56 LOW FAT SUMMER PESTO](#)

[57 LOW FAT POTATO GRATIN](#)

[59 GREEN SMOOTHIE 7](#)

[60 FRUIT MEAL](#)

[61 MEXICAN SALAD](#)

[62 BUCKWHEAT CRACKERS](#)

[63 LEEK POTATO SOUP](#)

[65 GREEN SMOOTHIE 8](#)

[66 FRUIT MEAL](#)

[67 HEALTHY VEGGIE SUSHI](#)

[68 INDIAN CAULIFLOWER CURRY](#)

[70 GREEN SMOOTHIE 9](#)

[71 MELON MONOMEAL](#)

[72 COLLARD WRAPS](#)

[73 MAC N CHEESE PASTA](#)

[74 HEALTHY CHEESE TOASTIES](#)

[76 GREEN SMOOTHIE 10](#)

[77 FRUIT MEAL](#)

[78 SUMMER SALAD](#)

[79 CREAM CHEESE BAGELS](#)

*Tap on each recipe to
get directly to the page*



[@CarolineDeisler](#)

Let's Meal Prep ✓

YAY!! You are ready to start the RESET and before we go, let's meal prep so all meals are super quick to make!! I highly recommend not skipping this step. :-)

Day 0

- 2 large sweet potatoes, baked (for day 1)
- 2 large sweet potatoes, baked (for day 2)
- 1 large sweet potato, baked (for day 3)
- 1,5 cups cooked brown rice (for day 1)
- 4-5 medium size potatoes, steamed (for day 2)
- Multi Seed Crackers (for day 1 and 3)



Day 3

- Caro's healthy bread (for day 4)
- Pickled onions (day 4 + other days)
- 1 large sweet potato, baked (for day 5)



Day 6

- Buckwheat crackers (for day 7)
- 2 large sweet potatoes, steamed or baked (fries day 7)
- 1 large sweet potato, baked (for day 9 - dinner 1)
- 2-3 large sweet potatoes, steamed or baked (lunch day 9)
- 1 sweet potato, baked (for day 10)
- 2 medium-sized potatoes, steamed (for day 9 - dinner 2)
- 1.5 cups cooked white or brown rice (for sushi day 8)
- 1 cup cooked brown or white rice (for curry day 8)



10 DAY SAVOURY RESET

@CarolineDeisler



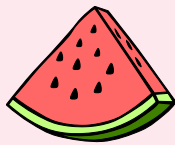
Shopping List



HEALTHY
LIFESTYLE

@CarolineDeisler

13 heads celery
3 bunches parsley
7 leaves Swiss chard
5 leaves rainbow chard
9 handfuls spinach
1 bunch collard greens
4 bunches curly kale
1 fennel head
8 cups mixed salad greens
1 large romaine head
4 handfuls arugula
3 bunches coriander
2 bunches dill
1.5 bunches basil
1 bunch chives
1 chicory
3 large cucumber
4 mini cucumbers (Persian)
3 small pieces ginger
9 bananas
4 papaya
5 cups frozen mango
3 cups frozen pineapple
2 honey melon
2 big watermelons
14 medjool dates



3 cups oats
1.5 cups buckwheat flour
1.5 cups buckwheat groats
2 cups golden flax seeds
1 1/2 cup sunflower seeds
1 cup pumpkin seeds
1 cup sesame seeds
2 tbsp black sesame seeds
5 tbsp chia seeds
3 tbsp psyllium husk powder
1 tsp baking powder
3/4 cup cashews
1 tbsp pinenuts



14 large sweet potatoes
9 large potatoes
9 small potatoes
11 medium potatoes

1 bunch green asparagus
1 cauliflower
2 handfuls green beans
2 red bell pepper
1 jalapeno
13 lemons
4 limes
12 large avocados
6 small zucchinis
3 large red onions
9 carrots
bunch of radishes
5 cups cherry tomatoes
10 large ripe tomatoes
10 portabello mushrooms
4 small mushrooms
1 large leek

1 cup frozen peas
2 cob of corn, cooked
2 cans black beans
2 cans chickpeas
2 cans butter beans
5 cups brown rice

300g brown rice pasta
(or any gf pasta)
6 nori sheets
5 sundried tomatoes
2 tbsp tomato paste
1 cup tomato passata / 1 can
tomatoes

optional: olives

3 tbsp almond butter
2 tbsp peanut butter
1/4 cup peanuts
8 tbsp tahini

1 cup almond milk

10 tsp pink Himalayan salt
5 tbsp Italian seasoning
2 tsp ground cumin
1 tsp mild curry powder
2 tbsp dijon mustard
1 tsp mustard
12 tbsp apple cider vinegar
2 tbsp maple syrup
300ml organic brown rice
vinegar



Day 1-10 Morning Hydration



Aloe Vera Water

The first thing we drink in the morning is about 1-1,5 litres of Aloe Vera Water. Here is how you make it:

- 1 litre filtered water
- 2 tbsp 100% aloe vera juice

Optional:

- Juice of 1 lemon
- Freshly grated ginger

@CarolineDeisler



Celery Juice

Ingredients

1 head celery

Steps

Juice one head of celery to get about 500ml fresh celery juice. I like to drink almost a litre. It's so high in electrolytes and cleanses your whole system. You can juice a lot of celery on a Sunday, fill it in glass bottles and freeze them for the week. Take one bottle out every night and let it defrost in the fridge overnight.

Day 1 - Overview



Day 1 -

Green Smoothie



Ingredients

- 1 handful celery stalks
- 1 bunch parsley
- 2 leaves Swiss chard
- 2 frozen banana
- 2 cups water

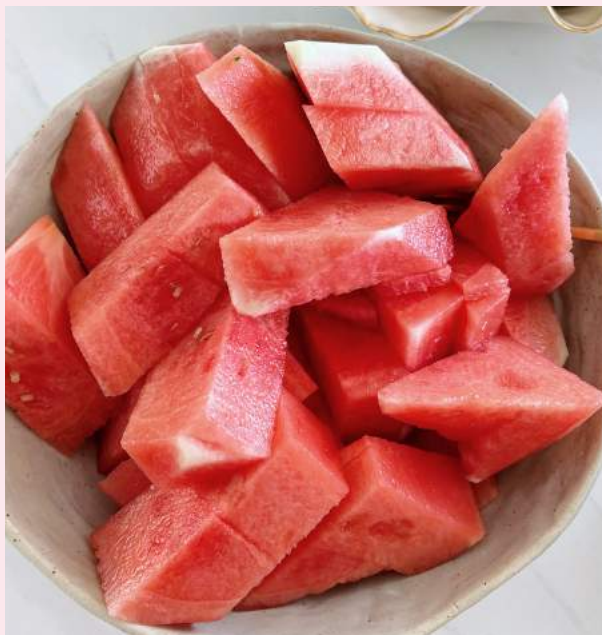
Steps

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

Notes

Doing this reset, I got into the routine of having fruit first thing in the morning (after my celery juice) and making the green smoothie around 11 am as a pre-lunch drink. Both, the green smoothie and fruit are really quickly digested and either order works amazing, just make sure you leave about an hour between the smoothie and fruit or fruit and smoothie. It's also more a matter of what you feel like having in the morning. Some mornings I can't wait for my smoothie when I get back from my celery juice walk and some days I prefer having my melon first.

Day 1 - Breakfast



FRUIT MEAL

Papaya or Melon

Ingredients

A big juicy Papaya or a plate of watermelon (or any other ripe fruits you have available).

Notes

You are probably thinking whyyy fruit? This is a savoury reset! Well, I want you to be glowing, healthy and nourished and your body needs fresh hydrating fruits that are high in vitamins, fibre, water and minerals. If I would have you skip fruits altogether you would end up having sweet cravings in the afternoon. I want you to have the best digestion, that's why we start easy on our system and have fruit as our first meal. It's not as much fruit as in the other reset meal plans, just a big bowl of watermelon or papaya, a few ripe bananas, some dates or any juicy fruits in season, Eat until you are satisfied and that's it. Lunch is following soon after. Use these days to be as mindful as possible, No overeating and no restriction, It will get you the best results. ,

Day 1 - Lunch



KALESALAD

Ingredients

1-2 bunches curly kale, de-stemmed
6 large portobello mushrooms
2 tbsp Italian seasoning
1 ripe avocado, chopped
+ 1/2 of Caro's Crackers (recipe next page)

DRESSING

1 small raw zucchini
1/4 cup sunflower seeds
1 tbsp dijon mustard
Juice of 1 lemon
1 tbsp apple cider vinegar
1 medjool date
1/4 cup water

Steps

- 1 Wash and de-stem the kale, and chop into small pieces. This makes it easier to digest.
- 2 Wash and de-stem mushrooms, add to a non-stick pan with Italian herbs and let them simmer on medium heat for 10 minutes. Let them cool down and then cut into strips.
- 3 In the meantime, add all dressing ingredients into a high-speed blender, blend until smooth and massage into the kale for 1-2 minutes.
- 4 In a bowl, add kale, baked mushrooms, avocado and 1/2 of our Multi Seed Crackers. I LOVE LOVE LOVE this salad!!!

Multi Seed **CRACKERS**

for Day 2 and 3

Ingredients

- 1 cup golden flax seeds (blend to get flax meal)
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 1/2 cup sesame seeds
- 1/2 cup water
- 1 tsp pink Himalayan salt
- 1 tbsp almond butter

Steps

1. Start by adding 1 cup of golden flaxseeds to your blender and blend until you get flour.
2. Add flaxseed meal, sunflower seeds, pumpkin seeds sesame seeds, water & salt to a bowl and let it soak for 15-30min.
3. Preheat the oven to 170 degrees Celsius.
4. Transfer mixture to a blender, add almond butter and pulse roughly.
5. Spread the seed mixture on a baking tray lined with parchment paper and use another sheet of parchment paper on top to fully press the dough flat without having it stick to your hands. (important) The thinner you press it, the crispier your crackers.
6. Bake crackers for 30min, then flip it over (again using the 2nd sheet of parchment paper so the dough isn't breaking yet.)
7. Bake for another 20 min and let them cool down completely. I love to prep these the night before, so lunch takes max 10 min to put together the next day.
8. Once they cooled down, break crackers into pieces, add half to the Kale Salad and keep half for the next day's lunch. I LOVE these so much and make them on repeat!! Who doesn't love an extra crunch riiiiight? Such a simple way to pimp your salad! A great source of omega 3 and so much cheaper than store-bought ones + with no nasty ingredients. YAY!



Day 1 - Dinner

Burrito SWEET POTATOES



Ingredients

2-3 large sweet potatoes
1 red bell pepper
4 ripe tomatoes
1 cup black beans, cooked
2 ripe avocados
1 jalapeno (optional)
Juice of 1 lime
Handful Coriander
1 cob of corn, cooked
or 1/2 cup canned corn

Directions

1. If you don't have your sweet potatoes ready yet, preheat the oven to 200 degrees and bake sweet potatoes for 50 mins, let them cool down afterwards. For those who meal prepped I love to eat these cold and don't heat them up again. Also great for weight loss as the starch in potatoes and sweet potatoes turns into resistant starch once they've cooled down.
2. Chop up all the veggies: red bell pepper, tomatoes, coriander, avocado and mix well together with beans, corn and lime juice. If you like it spicy feel free to add some jalapenos or chilli flakes.
3. Add the mixture to your baked sweet potatoes and ENJOY!! Tastes like the most delicious burrito without the energy crash you get from a real burrito! YAY!! WIN WIN WIN. Such a delicious dinner and it takes 10 min max to put together if you have your sweet potatoes pre baked in the fridge! They're totally boyfriend approved as well. :) Peer LOVED these.

Day 2 - Overview



Day 2

Green Smoothie



Ingredients

- 1 handful celery stalks
- 2 handfuls spinach
- 1 cup frozen mango
- 1 frozen banana
- 2 cups water

Steps

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

Notes

Doing this reset, I got into the routine of having fruit first thing in the morning (after my celery juice) and making the green smoothie around 11 am as a pre-lunch drink. Both, the green smoothie and fruit are really quickly digested and either order works amazing, just make sure you leave about an hour between the smoothie and fruit or fruit and smoothie. It's also more a matter of what you feel like having in the morning. Some mornings I can't wait for my smoothie when I get back from my celery juice walk and some days I prefer having my melon first.

Day 2 - Breakfast



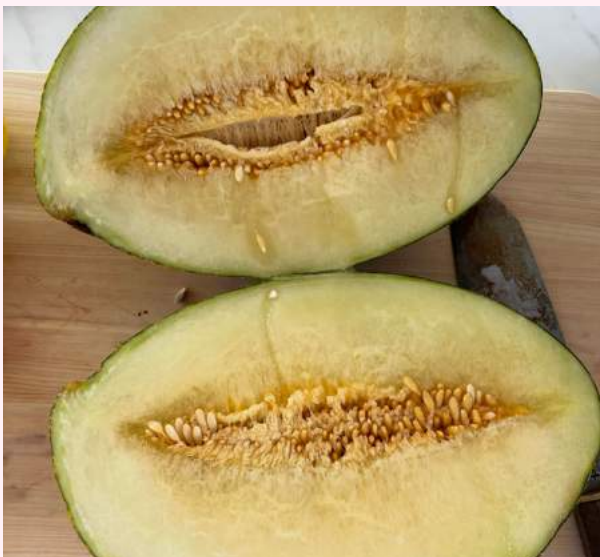
Honey melon mono meal

Ingredients

1 big ripe honey melon

Notes

I would have about 1 juicy ripe honey melon. Melons are so healing, satisfying and the perfect fruit to start the day with. Have a mono meal of juicy melon on an empty stomach and you'll have the best digestion. .



Day 2 - Lunch

Healthy Veggie Sushi



makes 3 rolls

Ingredients

1 large sweet potato, baked
1,5 cups cooked brown rice
1,5 avocados or 1 very large one
2-3 tbsps sesame seeds
3 nori sheets

Directions

1. Start by cooking the brown rice according to the package instructions, I used brown risotto rice as it gets super sticky but any rice works well. I like to cook a whole bag of rice and lots of sweet potatoes on the weekend so I have them ready in the fridge whenever I need them.
2. If you didn't meal prep, bake the sweet potato at 200 degrees for 50 min and let it cool down completely.
3. Get your nori sheets, add 1/3 of the rice, 1/3 of the peeled sweet potato, 1/2 an avocado and some sesame seeds. Roll it together and repeat for the other two rolls.
4. Get a sharp knife and cut each roll in 5-6 pieces. It helps to wash the knife in between to prevent it from sticking to the roll too much.
5. Such a simple DELICIOUS LUNCH, SO EASY to take to work and so so satisfying!! If you feel like you want more than 3 rolls, totally go for it. Eat until you are fully satisfied.

Day 2 - Dinner



POTATO WEDGES & BBQ KETCHUP

Ingredients

4-5 large potatoes, steamed

BBQ ketchup

1 large sweet potato, baked and peeled

1 medjool date

1 heaping tbsp tahini

5 sundried tomatoes, soaked

2 tbsp tomato paste

1 tbsp apple cider vinegar

1/4 cup water

Steps

1. If you didn't meal prep and steamed the potatoes in advance, go ahead and do that now. Let them cool down afterwards, cut in wedges and air fry for 15 min or bake at 200 degrees for 20-30 mins.
2. Soak sun-dried tomatoes for 10 mins while potatoes are getting crispy in the air fryer.
3. Add all Ketchup ingredients into a food processor and blend until creamy. You probably noticed by now how time efficient it is to bake and steam a bunch of potatoes and sweet potatoes in advance so you can throw these meals together in 10-15 mins max, It really sets you up for success. Fail to prepare, you prepare to fail. I just ate these while typing this and OMG THEY ARE DELICIOUS!!

Day 3 - Overview



Day 3

Green Smoothie



Ingredients

2 handfuls of spinach
2 leaves kale, de-stemmed
1 cup juicy ripe pineapple
1 frozen banana
Small piece ginger
2 cups water

Steps

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

Notes

Doing this reset, I got into the routine of having fruit first thing in the morning (after my celery juice) and making the green smoothie around 11 am as a pre-lunch drink. Both, the green smoothie and fruit are really quickly digested and both ways work amazing, just make sure you leave about an hour between smoothie and fruit or fruit and smoothie. It's also more a matter of what you feel like having in the morning. Some mornings I can't wait for my smoothie when I get back from my celery juice walk and some days I prefer having my melon first.

Day 3 - Breakfast



Papaya

Ingredients

1 large ripe papaya or a plate with any ripe fruits you have

Notes

Ripe Papaya is AMAZING for your digestion and really helps to clean out your colon the natural way. Have a big plate of ripe papaya or any other good quality juicy fruit you have available. If you feel like you need a little more to hold you over until lunch time, grab a few medjool dates!

Day 3 - Lunch

CRUDITÉ & SWEET

POTATO DIP



Ingredients

3-4 Persian (small) cucumbers
2-3 carrots
radishes, chicory and any other
veggies of your choice

1/2 of the [Multi Seed Cracker recipe](#)

SWEET POTATO DIP

1 large sweet potato, baked & peeled
1 medjool date
1 heaping tbsp tahini
1 tbsp apple cider vinegar
1/4 cup water

Directions

1. Add all dip ingredients to a food processor and pulse until creamy. This is hands down my favourite dip EVER!! 10/10!!
2. Assort raw veggies, crackers and dip on a plate and enjoy!! Such a delicious, healthy nourishing lunch which is also perfect to take to work.



Day 3 - Dinner

10 DAY SAVOURY RESET

Peanut & Sweet Potato Bowl

@CarolineDeisler



Ingredients

- 1 cup cooked brown or white rice (about 1/2 cup uncooked)
- 2 large sweet potatoes or 3 smaller ones
- 1 carrot
- 2 tbsp freshly grated ginger
- 2 cups water (0.5ml)
- 1 tsp ground cumin
- 1 cup tomato passata or 1 can tinned tomatoes
- 1 cup chickpeas, cooked (1 can is 1.5 cups (use the leftover half cup for the next days recipes)
- 2 tbsp peanut butter

TOPPINGS:

- 1/4 cup dry roasted peanuts, chopped
- Fresh coriander or parsley, chopped

Steps

1. If you don't have your rice pre cooked in the fridge, cook the rice according to the package instructions.
2. Peel sweet potatoes, cut into cubes, slice the carrot and add to a pot with grated ginger, ground cumin and 2 cups of water. Bring to boil and let it simmer for 30 MINS.
3. For the last 10 mins, add 1 cup tomato passata or 1 can tinned cherry tomatoes and 1 cup cooked chickpeas. (1x 400ml can is 1.5 cups. Keep leftovers for the next days)
4. Add 1/4 of the mixture to a blender and blend until smooth. Pour back into the pot and mix well. Stir in 2 tbsp peanut butter. This is so creamy and deliicious and perfect to take to work the next day in case you want to make double. I love a warm and comforting dinner! Enjoy with a cup of rice and top with roasted peanuts for an extra crunch.

Day 4 - Overview



Day 4

Green Smoothie



Ingredients

3 leaves kale, de-stemmed
1/2 fennel head
2 stalks celery
Juice of 2 limes
2 frozen bananas
2 cups water

Steps

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

Notes

Doing this reset, I got into the routine of having fruit first thing in the morning (after my celery juice) and making the green smoothie around 11 am as a pre-lunch drink. Both, the green smoothie and fruit are really quickly digested and either order works amazing, just make sure you leave about an hour between the smoothie and fruit or fruit and smoothie. It's also more a matter of what you feel like having in the morning. Some mornings I can't wait for my smoothie when I get back from my celery juice walk and some days I prefer having my melon first.

Day 4 - Breakfast



Watermelon or any fruit of your choice!

Ingredients

A big plate of watermelon

Notes

It's watermelon season, let's make use of it!! If you feel like having another type of melon, honey melons are AMAZING as well. They're all so so delicious. I would only try to keep melons as a mono fruit meal for optimal digestion.:)



CARO'S *Multi Grain Bread*



Ingredients

- 2,5 cups oats
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/2 cup flax seeds
- 5 tbsp chia seeds
- 3 tbsp psyllium husk powder
- 1 tsp salt
- 1 tbsp maple syrup
- 2 cups water

Steps

1. Preheat the oven to 175 degrees Celsius.
2. Mix all dry ingredients together and stir well
3. Add in water and maple syrup and let it soak for 10 -20 minutes.
4. Pour mixture into your baking form lined with parchment paper and bake for 30 minutes. Carefully flip the bread over, place it on the parchment paper tray without the baking form and bake for another 30 minutes. Let it cool down and store for a couple of days.

Variety tips from my mom:

- Use grind flaxseeds
- Do half sunflower, half sesame seeds
- Add black olives, leave out maple syrup



A little note from me

I really wanted to include this delicious bread recipe in our reset because I know a lot of people LOVE bread but either won't eat it at all or binge and have a whole loaf of bread at once. My multi-grain bread is SO healthy and nutritious and the perfect alternative to store-bought bread which has a ton of added salt, yeast, sugar and other additives. The best part is you can enjoy a few slices of this bread every day and feel AMAZING!



PICKLED *Onions*

Love

Ingredients

3 large red onions
1 tbsp maple syrup
1 tsp pink Himalayan salt
300ml organic brown rice vinegar

Steps

- 1** Peel and slice your onions into very thin strips. Works amazing with a vegetable peeler. Add onions to a jar and set aside.
- 2** Add rice vinegar, maple syrup and salt to a small pot and let it simmer on medium heat for 5-7min. Warming it up will make your onions turn pink much quicker.
- 3** Pour the liquid over the onions and place the jar in the fridge. Perfect to meal prep every 2 weeks or so and they're such a nice add-on to all kinds of salads and toasts.

Tomato, Butter Bean, Avocado Salad



Ingredients

- 2 cups colourful tomatoes
- 1 ripe avocado
- 1/2 can butter beans
- 2 handfuls fresh arugula
- + 3 slices of Caro's Bread, toasted and cut in squares

Steps

1. Start by toasting the bread. I like to put it on Peer's sandwich grill and let it cool down afterwards so it gets really crunchy. Once cooled down, cut into squares to get healthy croutons.
2. Cut up all your tomatoes and avocado, and add to a bowl with arugula, butter beans and a handful of pickled onions.
3. If you didn't prepare the onions in our meal prep step, slice up a red onion, add rice vinegar, maple syrup and pink Himalayan salt to a pot, let it simmer for a few minutes on medium heat and pour into the jar with onions, cover it for 30 mins and you're good to go. This is the fast version.
4. I love it just like this, you really don't need any extra sauce as the ingredients are all so yum and tasty together and the bread stays crunchy without being drenched in dressing. LOVE THIS SALAD and could it eat legitimately every single day!! Enjoyyyyy!

Day 4 - Dinner

10 DAY SAVOURY RESET

SPINACH TOMATO

Quiche

@CarolineDeister



Ingredients

1/2 cup buckwheat flour (blend oats)
1/2 cup oat flour
1 tsp baking powder
1 tsp salt
1 cup water
1/2 bunch dill, chopped
Big handful of spinach, chopped
3 ripe tomatoes or 1 cup cherry tomatoes, sliced
4 portobello mushrooms
optional: handful leeks, sliced

Steps

- 1** Add oat flour, buckwheat flour, baking powder, salt and 1 cup of water to a blender and blend until smooth. Transfer dough to a bowl and preheat the oven to 200 degrees Celsius.
- 2** De-stem mushrooms and add to a non-stick pan with 2 tbsp Italian herbs and sauté for 10 min. Slice mushrooms afterwards and add to the dough. Optional add sliced leeks as well!
- 3** Add chopped dill, spinach and tomatoes to the dough and mix it well. I like to throw the dill and spinach into a food processor to get it chopped really finely but you can totally do it with a knife.
- 4** Transfer the dough to a 15cm baking form lined with parchment paper and bake for 35 minutes. Let it cool down and enjoyyyy!! I love it at room temperature and usually put it in the fridge for 15 min so it cools down quicker. I used to be addicted to spinach cheese quiche before going vegan and am so so happy we have this super healthy delicious alternative now! Also perfect to take to work and to prep the day before.-:-)

Day 5 - Overview



Day 5

Green Smoothie



Ingredients

1 bunch parsley
1/3 of a large cucumber
2 leaves Swiss chard
1 cup frozen mango
2 medjool dates
Juice of 1 lemon
2 cups water

Steps

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

Notes

Doing this reset, I got into the routine of having fruit first thing in the morning (after my celery juice) and making the green smoothie around 11 am as a pre-lunch drink. Both, the green smoothie and fruit are really quickly digested and either order works amazing, just make sure you leave about an hour between the smoothie and fruit or fruit and smoothie. It's also more a matter of what you feel like having in the morning. Some mornings I can't wait for my smoothie when I get back from my celery juice walk and some days I prefer having my melon first.

Day 5 - Breakfast



FRUIT MEAL

Ingredients

1 large papaya or ripe honeydew melon

Notes

Papaya and melons are both super high in enzymes and literally clean out your system. If you can't get ripe good quality papaya, stick to juicy honeydew or watermelon. If you are currently in a colder climate, ripe bananas are amazing too!!



Day 5 - Lunch



POTATO & GREEN BEAN SALAD

Ingredients

7-9 small potatoes
1 bunch of green asparagus
2 handfuls of green beans

DRESSING

1 heaping tbsp Dijon mustard
1 heaping tbsp tahini
Juice of 1 lemon
1 tbsp apple cider vinegar
1 medjool date
Handful celery
1/4 cup water

Steps

- 1 Peel potatoes and steam for 25min.
- 2 Add beans and asparagus to the pot for the last 10 minutes. You can totally pre-cook potatoes and veggies and have them ready in the fridge.
- 3 Set them aside to cool down and make the dressing in the meantime by adding all ingredients into a high-speed blender and blend until smooth.
- 4 Mix dressing into the salad and enjoyyyy!!! It looks prettier with the dressing on the side haha but OMG that sauce is just HEAVEN and perfect to take to work!!

Day 5 - Dinner

10 DAY SAVOURY RESET

@CarolineDeister



HEALTHY

VEGGIE CREPES

Ingredients

2/3 cup buckwheat flour
1 heaping tbsp ground flaxseeds
pinch of pink Himalayan salt
1 cup almond milk
-> dough makes 2 crepes

FILLING 1

Sweet potato hummus spread (feel free to double and make both crepes with the same filling)

1 large sweet potato, baked
1/2 cup butter beans, cooked
1/4 cup water
1 heaping tbsp tahini
2 tbsp apple cider vinegar
1 medjool date

1/3 cucumber, thinly sliced
1 tbsp black sesame seeds
1 handful arugula

Steps

- 1** Bake sweet potatoes for 50 min at 200 degrees and let them cool down. As previously mentioned haha I always bake lots of sweet potatoes at once and have them ready in the fridge so this takes 10 min to put together. Double up the FILLING quantities if you wish to make both crepes with the same filling. I just wanted to give you both options.
- 2** Let's make the dough: Add dry ingredients together, stir in almond milk and whisk well until you have a smoooooth dough.
- 3** Spoon half of the mixture onto a non-stick pan and fry for 2-3 minutes on each side. Set aside and make the dip.
- 4** Add peeled baked sweet potatoes, butter beans, water, tahini, apple cider and one medjool date to a food processor and pulse until creamy. Spread the mixture onto the crepe, add sliced cucumber, sesame seeds and fresh arugula and roll up the crepe. This is my faav filling!! TOTALLY OBSESSED!

10 DAY SAVOURY RESET

Day 5 - Dinner

@CarolineDeisler



HEALTHY

VEGGIE CREPES

Ingredients

2/3 cup buckwheat flour
1 heaping tbsp ground flaxseeds
pinch of pink Himalayan salt
1 cup almond milk
-> dough makes 2 crepes

FILLING 2 (feel free to double and make both crepes with the same filling)

4 mushrooms
A handful of cherry tomatoes
1 tbsp Italian herbs
1 avocado
Fresh baby spinach

Steps

- 1** Let's make the dough: Add dry ingredients together, stir in almond milk and whisk well until you have a smoooooth dough.
- 2** Spoon half of the mixture onto a non-stick pan and fry for 2-3 minutes on each side. Set aside and let's make the filling.
- 3** Sautee mushrooms, tomatoes and herbs for 10 minutes in a non-stick pan. Slice up mushrooms and add the mixture to one of the crepes with 1/2 avocado and some fresh baby spinach.
- 4** Roll up with firm pressure so nothing falls out and in case you are making it to go use some parchment paper when rolling them up and keep it wrapped in that until you eat it. Awww so excited about this recipe, I loooove it and it feels so satisfying although its so so healthy!! ENJOYYYY!

10 DAY SAVOURY RESET

Day 6 - Overview

@CarolineDeisler



OR



Day 6

Green Smoothie



Ingredients

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

Steps

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

Notes

Doing this reset, I got into the routine of having fruit first thing in the morning (after my celery juice) and making the green smoothie around 11 am as a pre-lunch drink. Both, the green smoothie and fruit are really quickly digested and either order works amazing, just make sure you leave about an hour between the smoothie and fruit or fruit and smoothie. It's also more a matter of what you feel like having in the morning. Some mornings I can't wait for my smoothie when I get back from my celery juice walk and some days I prefer having my melon first.

Day 6 - Breakfast



MELON MONO MEAL

Ingredients

1/2 big watermelon
Or a big honeydew melon

Notes

How are you liking your fruity breakfasts? Isn't it juuust the best?!! Amazing digestion heheh right? I hope you keep the habit after the reset as well. Never restrict yourself with the fruit meals and have as much as you need to be satisfied. This totally prevents sweet cravings in the afternoon. :-)



10 DAY SAVOURY RESET

Day 6 - Lunch - option 1

@CarolineDeisler

Healthy AVOCADO TOASTS

Ingredients

5 Slices of [Caro's Healthy Gluten Free Bread](#), toasted

2 avocados
Pickled onions
Optional: roasted sunflower and pumpkin seeds

Optional: Start with a simple green salad (recipe on the page below)

Directions

- 1 Slice the bread and toast until crunchy. Let it cool down (makes it even crunchier hehe)
- 2 Slice the avocado and add it to the toasts and top with a few pickled onions.
- 3 I also like an extra sprinkle of toasted sunflower and pumpkin seeds on top, very thin sliced cucumber or fresh arugula.



Day 6 - lunch

Green Salad + *The Best Dressing*

@CarolineDeisler



Ingredients

All kinds of greens, the more variety the better. I love to use a mix of crunchy greens like romaine hearts mixed with bitter greens like arugula, chicory or frisee.

CARO DRESSING

1 small zucchini, raw
A handful of celery
1/2 bunch basil
1/2 bunch chives or
1/2 bunch dill
Juice of 1 lemon
1 tbsp apple cider vinegar
1 medjool date (optional)
2 tbsp pumpkin seeds

Steps

1. Start by washing all greens. I loooove to wash a lot of salad greens and store them in the fridge. It's one thing I don't like to wash is salad greens ahah but if I prepare them in the morning, I know I will end up having a salad. The same goes for smoothie greens.
2. Next, add all dressing ingredients into a high-speed blender and blend until smooth. Hmmm SO YUM and isn't it crazy HOW HEALTHY this dressing is!! We are literally using greens to eat more greens, the best win-win there is!!
3. Mix it all well, add some salad herbs if you like (I am using an Italian herb mix) and enjoy!

Tip

This is the perfect salad you can add to any of the other meals or if one day you simply just want a big delicious crisp fresh green salad with a side of baked potatoes (yep it's just the best sometimes) this is the salad to go for!! It's so healthy and packed with nutrients and the dressing is called CARO'S DRESSING (that says it all ahaha)!! One thing to keep in mind for good digestion: We always want to eat LIGHT TO HEAVY - meaning when you add this salad to any of the lunches or dinner, have it before anything else. :-)

Day 6 - Lunch - option 2



Low Fat **SUMMER PESTO**

Ingredients

150g dry gluten free pasta (I love to use brown rice pasta)

PESTO

1/2 cup chickpeas or butter beans, cooked

1 bunch basil

1/2 bunch chives or dill

1 small raw zucchini

1 medjool date

1 heaping tbsp tahini

1 tbsp apple cider vinegar

Juice of 1 lemon

1/4 cup water

TOPPINGS (optional)

Cherry tomatoes

Fresh arugula

Directions

- 1** Cook pasta according to the package instructions.
- 2** In the meantime, add all pesto ingredients to a food processor and pulse until you have a creamy, but not completely smooth, pesto. Smells like heaven and isn't this the most nutritious pesto eveeeeer!? I love to add this cold to the pasta and not heat it up again because that way you keep all these amazing nutrients alive and it's such a refreshing summer pesto pasta salad which is also perfect to take to work or to picnics.
- 3** Feel free to add any veggies of your choice like green peas, arugula or cherry tomatoes. YUM! Let me know your feedback. :)))

Day 6- Dinner



Low Fat **Potato Gratin**

Ingredients

4-5 big baking potatoes, peeled and thinly sliced (best to use a vegetable slicer)

SAUCE

1/2 cup cashews, soaked
1 raw zucchini, peeled
1 tbsp apple cider vinegar
Juice of 1 lemon
1/2 cup water
1 tsp salt

Directions

- 1** Preheat the oven to 200 degrees.
- 2** Soak cashews in water.
- 3** Peel and slice your potatoes and layer them into a baking form lined with parchment paper.
- 4** Rinse cashews and add to a blender with all other sauce ingredients and blend until creamy. Pour the cream over the potatoes.
- 5** Bake for 50 minutes and let it cool down afterwards. This is one of my absolute FAVOURITE RECIPES!!! It's heavenly, delicious and so much lighter than a regular potato gratin.



Day 7 - Overview



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.

Notes

Doing this reset, I got into the routine of having fruit first thing in the morning (after my celery juice) and making the green smoothie around 11 am as a pre-lunch drink. Both, the green smoothie and fruit are really quickly digested and either order works amazing, just make sure you leave about an hour between the smoothie and fruit or fruit and smoothie. It's also more a matter of what you feel like having in the morning. Some mornings I can't wait for my smoothie when I get back from my celery juice walk and some days I prefer having my melon first.

Day 7 - Breakfast



FRUIT MEAL

Ingredients

1 large Papaya
+ fresh lemon or lime juice

Notes

Papaaaaya where to I start hehe!! One of the best fruits to start the day with as its so high in enzymes and a true powerhouse for your digestion. Have a biillg ripe papaya on an empty stomach, wait half an hour and see what happens hehe! The key is to buy lots of papayas at once and let them ripen up for a couple of days. If you can't get ripe papayas, go for juicy melons or any other fruits that are in season and available. Really make sure to eat enough fruit for breakfast, you don't have to feel overly stuffed but you also don't want to restrict fruit and then have sweet cravings later..:)



MEXICAN SALAD



Ingredients

- 1 large head romaine lettuce
- 1 ripe avocado
- 1/2 cup black beans, cooked
- 1 cup cherry tomatoes
- 1 corn cob (1/2 cup corn), cooked
- Pickled Onions

1/2 of the [Buckwheat Cracker recipe](#)

DRESSING:

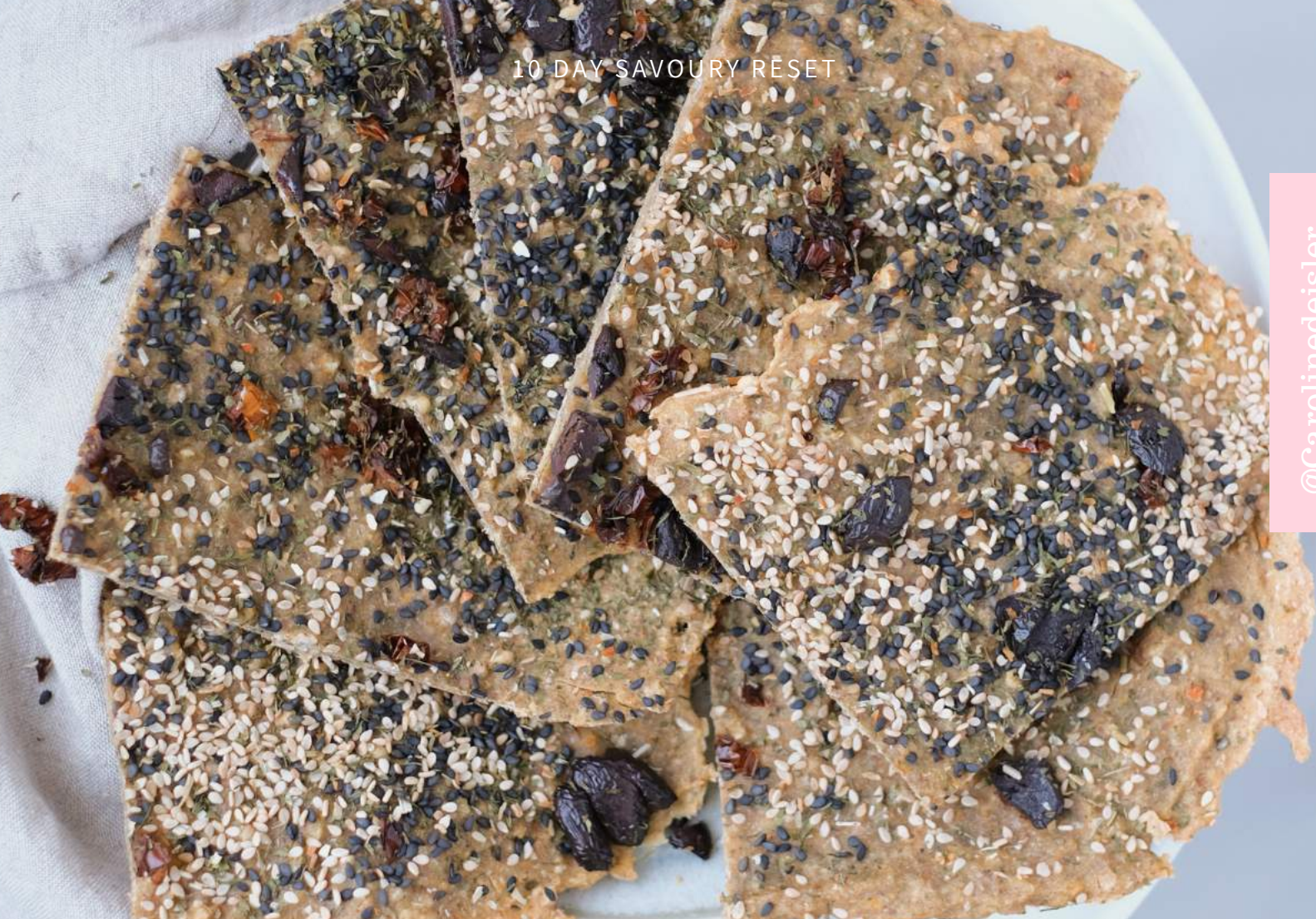
- 1 small raw zucchini
- A handful of coriander or parsley
- 1 medjool date
- 1 tbs apple cider vinegar
- Juice of 1 lime or lemon
- 1 tbsp tahini
- 1/4 cup water

Steps

1. Wash up salad greens. Cut up tomatoes and avocado and add together with all other salad ingredients into a bowl. I buy cooked corn cobs and throw them in the air fryer for another 15 minutes to get them a bit crunchy.
2. Add all dressing ingredients into a high-speed blender and blend until smooth. Mix the dressing into the salad bowl, add buckwheat crackers and ENJOYYYYY!!
3. If you still feel like you need something I would have some [baked potato fries](#) but I do find this salad is super satisfying on its own! YUMMM



HEALTHY FRIES



Low Fat BUCKWHEAT CRACKERS

Ingredients

1,5 cups soaked buckwheat groats
1 heaping tbsp almond butter
1 small carrot
1 tsp pink Himalayan Salt
1/4 cup water

TOPPINGS

1 tbsp black sesame seeds
1 tbsp white sesame seeds
optional: sun-dried tomatoes and olives, chopped (I love to add these as well for an extra boost of flavour).

Directions

- 1** Preheat the oven to 180 degrees Celsius.
- 2** Soak buckwheat groats overnight or for 2 hours, rinse well and add to a blender with 1 heaping tbsp almond butter, 1 small chopped carrot, 1 tsp salt and 1/4 cup water. Blend until smooth. This takes a few minutes.
- 3** Pour the dough on a tray with parchment paper and use a spatula to create a thin layer of buckwheat crackers.
- 4** Add all toppings and bake for 25 mins, flip it over using another sheet of parchment paper and bake again for 15 minutes. Let them cool down and store them in an air-tight container. YUM YUM YUM!! Love these crackers and love that it's a great low-fat alternative to seeded crackers.

Day 7 - Dinner

LEEK POTATO SOUP



Ingredients

- 1 large stem leek
- 5 medium potatoes
- 3 celery stalks
- 1 tsp pink Himalayan salt
- 2 tbsp Italian herbs

Optional: baked potatoes on the side

Directions

1. Start with peeling and chopping up your potatoes.
2. wash and chop celery and leek.
3. Add all ingredients into a pot with 3 cups of water, bring to a boil and let it simmer on medium heat for 25 mins. This is the perfect time to do one of my evening de-stress workouts in the meantime hehe,
4. Once potatoes are soft, add 1/2 of the mixture to a blender and blend until smooth. Top with black pepper.
5. I like to throw some of my pre-cooked potatoes in the air fryer for 15 mins for something extra on the side. You can leave that out but make sure you eat until you are fully satisfied. :)



Day 8 - Overview



Day 8

Green Smoothie



Ingredients

3 stalks celery
2 handfuls spinach
1 cup frozen mango
1 medjool date
Juice of 1 lemon
2 cups water

Steps

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

Notes

Doing this reset, I got into the routine of having fruit first thing in the morning (after my celery juice) and making the green smoothie around 11 am as a pre-lunch drink. Both, the green smoothie and fruit are really quickly digested and either order works amazing, just make sure you leave about an hour between the smoothie and fruit or fruit and smoothie. It's also more a matter of what you feel like having in the morning. Some mornings I can't wait for my smoothie when I get back from my celery juice walk and some days I prefer having my melon first.

Day 8 - Breakfast



FRUIT MEAL

Ingredients

A big plate of Watermelon or any ripe fruits that are in season

Notes

It's Fruiiiiit o'clock!! heheh there is nothing better to eat first thing than fresh, delicious, hydrating, sweet fruits and although this is a savoury reset and most of you probably don't have the biggest sweet tooth, don't leave these fruity breakfasts out. They are full of vitamins, minerals, enzymes and healthy fiber to support your digestion, immune system and give you quick energy!!





Healthy VEGGIE SUSHI

Ingredients

1,5 cups cooked white or brown rice
1 avocado
1/2 of a big cucumber
1 carrot
2 tbsp sesame seeds
3 nori sheets

Directions

- 1** Start by cooking the rice according to the package instructions, if you don't have it pre-cooked in the fridge yet (which I highly recommend you do). This works a lot better with cooled-down rice, straight from the fridge.
- 2** Slice up the avocado and all veggies, I like to use a julienne peeler for the carrots and either a potato peeler for the cucumber or cut it into thin strips.
- 3** Get your nori sheets, add 1/3 of the rice and spread the veggies however you like. I love to do 2 rolls with avocado, cucumber and sesame seeds and 1 roll with carrot, avocado and cucumber. Roll it together and repeat for the other two rolls.
- 4** Get a sharp knife and cut each roll into 5-6 pieces. It helps to wash the knife in between to prevent it from sticking to the roll too much.
- 5** Such a simple DELICIOUS LUNCH, SO EASY to take to work and so so satisfying!! If you feel like you want more than 3 rolls, totally go for it until you are fully satisfied.

www.carolineschoice.com

Day 8 - Dinner

Indian Cauliflower Curry



Ingredients

1 cup brown rice, cooked
4 medium-large size potatoes, peeled and cut into cubes
2 carrots, chopped
1 tbsp freshly grated ginger
1 tsp mild curry powder
1 tsp ground cumin
Juice of 1 lemon
3 cups water (0.75l)
1 head of cauliflower
1 cup frozen green peas
A handful fresh coriander

Steps

1. Cook rice according to the package instructions if you don't have it pre cooked in the fridge already.
2. Peel potatoes and cut into cubes, add to a pot together with chopped carrots and 3 cups water.
3. Add grated ginger, curry powder and ground cumin.
4. Bring to boil and let it simmer for 20-25 mins.
5. Add in cauliflower florets for the last 10 mins and stir in the green peas right at the end as they only need a minute. However, if you are in a rush you can totally throw in all ingredients at once and not worry about it.
6. Once done, blend 1/3 of the mixture and pour back into the pot.
7. Top with lots of fresh coriander and a sprinkle of lemon juice and enjoy with a bowl of rice. SO WARMING and comforting!! You can also replace green peas with chickpeas. Both so delicious!!

Day 9 - Overview



OR

Day 9

Green Smoothie



Ingredients

1/2 fennel
1 handful spinach
3 leaves Swiss Chard
1 cup fresh or frozen mango
1 frozen banana
Juice of 2 lemons
2 cups water

Steps

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

Notes

Doing this reset, I got into the routine of having fruit first thing in the morning (after my celery juice) and making the green smoothie around 11 am as a pre-lunch drink. Both, the green smoothie and fruit are really quickly digested and either order works amazing, just make sure you leave about an hour between the smoothie and fruit or fruit and smoothie. It's also more a matter of what you feel like having in the morning. Some mornings I can't wait for my smoothie when I get back from my celery juice walk and some days I prefer having my melon first.

Day 9 - Breakfast



MELON MONO MEAL

Ingredients

1/2 of a big watermelon

Notes

How is your digestion? Let me knooooow!! :):) Having fresh fruit as your first meal of the day is the best for your digestion and so hydrating for your body. Hope you are loving your fruity breakfasts :-))



Day 9 - Lunch

COLLARD WRAPS



Ingredients

2 large sweet potatoes (I used purple & orange)

1 bunch collard greens

FILLING:

1 red bell pepper

1/2 cucumber

1 carrot

1 avocado

2-3 tomatoes

HUMMUS

1 large sweet potato, baked & peeled

1 tbsp tahini

1 medjool date

1 tbsp apple cider vinegar

1/4 cup water

Optional: 1/2 cup chickpeas to add more protein

Steps

1. Peel sweet potatoes, cut into thin fries and air fry for 25 mins at 190 degrees OR alternatively prepare them your fave way!
2. Wash and de-stem collard greens. The trick is to carefully cut down the stem from the back side so the leaf still holds together and doesn't break apart.
3. To make the hummus, add all ingredients into a food processor and pulse until creamy. Set aside in the fridge and cut up all veggies.
4. To make the wraps, spread the hummus onto each leaf as a base, this makes it so yum and you don't need any extra sauce.
5. Add in your favourite cut-up veggies and roll it together starting from the shorter side and folding in the sides left and right. SO YUMMMM!! So fresh, crisp, healthy and delicious and perfect with healthy fries or baked potatoes afterwards, I always eat my potatoes last and cooled down.



Day 9 - Dinner - option 1



MAC N CHEESE PASTA

Ingredients

150gr dry gluten free pasta
(i like to use buckwheat or brown rice pasta)

SAUCE

1 large sweet potato, baked & peeled
1 tbsp tahini
1 medjool date
1 tbsp apple cider vinegar
1/2 cup water

TOPPINGS

1 cup cherry tomatoes
A handful fresh arugula
1 tbsp roasted pinenuts
(not in this picture)

Directions

- 1** If you don't have your sweet potato already baked and stored in the fridge this could seem like a bit of an effort for a pasta recipe, so definitely follow my meal plan tips heheh! Otherwise, go ahead and bake it for 50 min at 200 degrees and let it cool down afterwards, this makes the skin all wrinkly and so easy to remove.
- 2** Cook the pasta according to the package instructions. I love brown rice penne, buckwheat tagliatelle or red lentil fusilli with this sauce.
- 3** In the meantime, add all sauce ingredients into a food processor and pulse until creamyyyyyy!!! I am addicted to that sauce, it's just heaven!
- 4** Mix the sauce into the pasta once it's cooked, stir well and feel free to add any extra veggies of your choice as well! If you are making this to go, I would choose penne as they don't stick together as much as GF spaghetti.



Day 9 -Dinner - option 2



@CarolineDeisler

Healthy CHEESE TOASTIES

Ingredients

5 slices of [Caro's Healthy Gluten Free Bread](#), toasted

CHEESE

2 medium size potatoes, steamed & cooled down
1/4 cup cashews
1 tsp mustard
1 tbsp lemon juice
1/4 cup water
1/4 tsp salt

+ sliced tomatoes

Directions

- 1 This works amazing when you have the potatoes pre-steamed from the day before in the fridge. Otherwise, go ahead and steam your potatoes, let them cool down and peel off the skin. You can soak your cashews in water in the meantime and rinse well afterwards.
- 2 Add all cheese ingredients into a food processor and pulse until creamy. Set aside while you toast the bread. I love this one with thin slices of toasted bread to make little sandwiches/toasties.
- 3 Spread the cheese onto your toasts, add thin sliced tomatoes and ENJOYYYY!

Day 10 - Overview



Day 10

Green Smoothie



Ingredients

3 leaves kale
5 leaves rainbow chard
Juice of 1 lemon
3 stalks celery
1 cup frozen pineapple
1 fresh or frozen banana
2 cups water

Steps

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

Notes

Doing this reset, I got into the routine of having fruit first thing in the morning (after my celery juice) and making the green smoothie around 11 am as a pre-lunch drink. Both, the green smoothie and fruit are really quickly digested and either order works amazing, just make sure you leave about an hour between the smoothie and fruit or fruit and smoothie. It's also more a matter of what you feel like having in the morning. Some mornings I can't wait for my smoothie when I get back from my celery juice walk and some days I prefer having my melon first.

Day 10 - Breakfast



FRUIT MEAL

Ingredients

a big juicy honey melon or any ripe fruits that are in season

Notes

You made it to Day 10 and I probably don't need to point out the benefits of juicy delicious fruity breakfasts anymore heheh! Enjoy any ripe fruits you have in season and if you want to do your digestion an extra favor, keep it a mono meal. Mono meals (= eating only one type of fruit at a time and as much as you like from it) are the easiest to digest meals and a true healing power for your gut. I caaan't wait to hear your feedback from this reset routine and hopefully it made you FEEL YOUR BEST.



The Best **SUMMER SALAD**



Ingredients

Big bowl of salad greens
1/2 cup black beans
1 sweet potato, baked
1 avocado, chopped
1 mini cucumber, sliced
2 slices of the [Multi Grain Bread](#), toasted and cut in crouton cubes

Optional: pickled onions

DRESSING

2-3 tbsp of the sunflower seed cream cheese spread from the dinner recipe DAY 10 (next page). Perfect to prepare now and keep the rest in the fridge until dinner.

Steps

1. Mix the dressing into the greens, peel your baked sweet potato, cut in cubes and mix together with beans, sliced cucumber and avocado.
2. Toast the multi-grain bread, let it cool down, cut in cubes and add to the salad.
3. This Salad combo kind of happened by accident because I had all these leftovers in the fridge and wanted to use them!! I don't want you guys to waste food and its nice to have something super quick yet so delicious and satisfying.

Cream Cheese BAGELS



Ingredients

1/3 of [Caro's Bread Recipe](#) in bagel shape.
I used silicone donut moulds.

CREAM CHEESE SPREAD

1/4 cup sunflower seeds
1/2 cup butter beans
Juice of 1 lemon
1 tbsp almond butter
1 small zucchini peeled
1 medjool date

Optional: 1 bunch fresh chives or dill

1/2 of a big cucumber, thinly sliced

Steps

1. If you didn't make this in the meal prep step, jump to [Caro's Multigrain bread](#), only use 1/3 of the ingredients and add the mixture to silicone donut molds. Such a fun way to make little bagels but of course, you can also just make these open sandwiches with the regular toast shape of our bread.
2. I love to cut these in half (using a sharp knife) and toast them for that extra crispiness.
3. To make the cream cheese spread, add all ingredients into a food processor and pulse until creamy. Also great to prepare in the morning so it's nice and chilled at dinner time.
4. I love to add a big generous layer of cream cheese and some thinly sliced cucumber on top. Sprinkle some pink Himalayan salt and black pepper on top and ENJOYYYY!!

You did it! How do you feel?

Congratulations to all my beautiful balanced, happy and healthy people!! You absolutely smashed it and I am sooo excited to hear your feedback! Send me a message on Instagram and tag me in your stories/posts [@carolinedeisler](https://www.instagram.com/carolinedeisler). It always makes my day!





GET MY OTHER EBOOKS

LET'S KEEP GOING!! THIS WAS JUST THE START!
CLICK THE LINK BELOW TO GET MY OTHER RESET
MEAL PLANS AND ALL MY HEALTHY RECIPE EBOOKS.

CAROLINESCHOICE.COM



www.carolineschoice.com