



10 Day Raw Vegan Reset

Eat a healthy raw vegan diet for 10 days! Detox your body, heal your digestion and get glowing skin.

by Caroline Deisler

So glad you are here!



My name is Caroline, I am a Certified Holistic Nutritionist and have been eating a healthy vegan diet for more than 8 years now. It can seem quite challenging to change your diet overnight and to fully commit to eating plant-based. This is why I create my 10 day reset meal plans! An easy way to start or to get back on track - because everyone can manage to do 10 days!! You can lose a few kilos, improve your digestion, clear up your skin and SET YOU UP FOR long-term SUCCESS. Eating healthy, getting into your best shape and working out are all life-long approaches. But we can all benefit from a reset sometimes, to RE-NOURISH our bodies and remind ourselves of how GOOD we can actually feel!

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

Caroline Geisler

NUTRITIONIST | FITNESS ADVOCATE



www.carolineschoice.com



[@CarolineDeisler](#)

Disclaimer

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

Recipe Index

[Detox Water](#) [Morning Hydration](#)

Day 1

[Green Smoothie](#)
[Ripe Bananas & Dried Figs](#)
[Banoffee Pudding](#)
[Greek Salad](#)

Day 2

[Green Smoothie](#)
[Crispy Apples & Medjool Dates](#)
[Caramell Chia Pudding](#)
[Detox Salad](#)
[Pad Thai](#)

Day 3

[Green Smoothie](#)
[Melons & Ripe Bananas](#)
[Apple Pie Jar](#)
[Tomato Zoodles](#)

Day 4

[Green Smoothie](#)
[Papaya & Golden Kiwis](#)
[Cinnamon Banana Overnight Oats](#)
[Broccoli Salad](#)

Day 5

[Green Smoothie](#)
[Fresh Figs & Medjool Dates](#)
[Tiramisu Pudding](#)
[Crunchy Peanut Salad](#)

Day 6

[Green Smoothie](#)
[Oranges & Fresh Figs](#)
[Banana Boats](#)
[Zucchini Tomato Lasagna](#)

Day 7

[Green Smoothie](#)
[Honey Melons & Medjool Dates](#)
[Bircher Muesli](#)
[Green Mustard Salad](#)

Day 8

[Green Smoothie](#)
[Golden Kiwis & Fresh Figs](#)
[Healthy Quark](#)
[Beetroot Salad](#)

Day 9

[Green Smoothie](#)
[Peaches & Medjool Dates](#)
[Raw Brownie Bites](#)
[Happy Tummy Salad](#)

Day 10

[Green Smoothie](#)
[Bananas & Medjool Dates](#)
[Mango Chia Pudding](#)
[Strawberry Smoothie](#)
[Tomato Mushroom Chili](#)

REMINDER
Recipes in
pink need
overnight
prep :)

Fresh Start!

Whether you're already eating a super healthy diet or feel like you want to get back on track, this is the perfect RESET for your body and mind. I have been eating about 80% raw for more than 8 years now and it felt like the perfect time to create a 100% raw vegan reset for you guys. Thousands of you have seen incredible results from my other reset plans and I felt like you guys are ready for 10 raw days. The best tip I have for you is to focus on eating enough sweet fruits and medjool dates during the day so that you don't feel super hungry at night. Dinners are lighter than in my other reset plans so make sure you don't limit your fruit intake. You might need a few days to get into the groove of not having any cooked food but you can totally do it and will feel so refreshed and energized. You know me, I love my potatoes and eat them daily and this reset is by no means a guide for you on how you should eat forever, it's more of a detox for your body which is great to do in between doing my other resets. LET'S DO IT!!



The Morning Ritual

A few daily basics....

1

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

2

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

3

After your water and celery juice, your body should have its natural bowel movement. Don't panic if it doesn't happen haha you'll get there in no time!! Now would be the perfect time to move your body which also helps to get everything moving in your colon. Even just one of my [20 min workouts](#) will get you great results, both mentally & physically.

4

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

What we are eating



The 10 Day Raw Vegan Reset has at least 3 recipes each day, 31 **healthy vegan recipes** in total. They all follow my personal lifestyle beliefs which means vegan, no refined sugar, no processed oils and no gluten.



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



You have the option to practice **intermittent fasting when only** having the celery juice in the morning, then later pairing the green smoothie with lunch. However, you can totally have a fruit meal in the morning after your celery juice and then later have the green smoothie with more fresh fruits/dates for lunch or try the 2nd lunch option recipe. You'll get amazing results either way.



Dinners are more savoury and veggie-loaded while lunch is sweeter and more focused on lots of fresh fruit. Eating light to heavy works BEST for your digestion. Also, satisfying your sweet tooth during the day is the key to not having any sugar cravings at night. YAY!



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



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



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



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

INTERMITTENT FASTING?



If you aren't really a breakfast person, usually have later dinners or just don't feel super hungry in the morning, you can totally use my reset meal plans to practice intermittent fasting. I wouldn't recommend intermittent fasting for anyone trying to get their period back, being pregnant, trying to conceive or having any sort of hormonal imbalance. Also right before your period, your body is often craving more calories which isn't a great time to fast. I personally love intermittent fasting but am not dogmatic about it and always go by how I feel that day. There can be a lot of confusion around whether intermittent fasting has benefits or not and although I believe it does and feels amazing giving my digestion a little longer break in the morning, it's definitely not for every day and shouldn't be something that stresses you out.

In my 10 day detox plans, you start the day by hydrating your body which should ALWAYS come first no matter if you are doing intermittent fasting or not.

If you wake up feeling hungry or already got an early morning workout in, still have your celery juice first and then go for a (mono) fruit meal next. Fruits on an empty stomach are incredible to help move things through your digestive tract. You can follow up with the green smoothie a little later and have more fresh fruits throughout the day or make one of the yummy sweet lunch recipes. This reset is all about finding YOUR routine while giving you maximum guidance. I want you to get in the groove of what works best and makes YOU the happiest.

On any day, if you get an afternoon craving, go for a few medjool dates or dried figs to keep you satisfied. For all my pregnant ladies, add any of my sweet recipes from my [other ebooks](#) for an extra snack.

10 DAY RAW VEGAN RESET

[@CarolineDeisler](#)

**HELPFUL
TIPS**



WHY RAW?

Eating a raw vegan diet means we eat everything uncooked, in its natural form, how nature intended it. You will automatically consume a lot more fiber which helps to clean out your colon and you stay full for longer. A lot of vitamins and enzymes are heat sensitive and destroyed in the cooking process. Eating raw is basically a vitamin, mineral, enzyme and antioxidant boost and gives your digestive system a little break. Digesting food takes up about 80% of our bodies' energy. Therefore, eating easy-to-digest foods is the key to maximizing your vitality. You'll have a lot more energy and won't need that post-lunch nap haha!! I always loved eating raw during the day and that has been the focus of my other reset meal plans. However, dinners were usually a mix of salads, potatoes, sweet potatoes, soups, stews and comforting, warming foods but I just recently had a few weeks of eating fully raw (which ironically was my pregnancy craving) and I felt AMAZING. That's why I created this 10 Day Reset plan for us, perfect for whenever you feel like you need a RESET. The most natural way to detox your body.

@Carolinedeistler

Pregnancy adjustments

Congratulations to all my pregnant ladies who want to nourish their body and baby with the healthiest foods. I have been following my meal plans while I was trying to conceive and still follow the same diet with a few changes here and there, now.



I start my day with water, green juice and a big plate of fresh fruits. This is what I crave most days and it has been working so well for my digestion. Don't worry if you feel nauseous about celery juice, just leave it out. I was feeling quite nauseous the first 12 weeks and wasn't craving too many greens which is why the green smoothies made it a lot easier to get some greens in and fresh fruits were always making me feel my best.



You don't need to eat for two but we do need more calories during pregnancy and I have been eating more healthy fats as well. The easiest way is to add one of my sweet recipes from my other recipe ebooks to your reset day. Prepare a few over the weekend and have something ready in the fridge for whenever you need it. I would also recommend to have some steamed potatoes, sweet potatoes or any other dinner recipe from my other ebooks in addition to the dinners on this reset if you still feel hungry.

CAN I COMBINE ALL FRUITS EXCEPT FOR MELONS?

Yes! Melons are best eaten on an empty stomach and not combined with other fruits. Here are some basic food combining tips to follow.

Generally speaking, melons are best eaten on an empty stomach. However, a juice or green smoothie beforehand won't matter much - as a smoothie is basically pre-digested through the blending process. A good rule of thumb is to have all watery fruits like apples, oranges, pears, mangoes, grapes, and bananas first. Followed by medjool dates or dried figs and anything veggie or salad based comes last. However, you don't have to follow that to a tee. You can totally eat apples a few hours after having dates, just not right after. You'll see the longer you're eating this way and following these simple food combining guidelines, the more you get in tune with your body and find out what works best for your digestion and what doesn't.



10 DAY RAW VEGAN RESET

CAN I EAT THIS WAY IN COLDER CLIMATES?

Yes, 100%! You won't have lots of watery summer fruits like watermelon, and melons. You will instead focus on fruits that are in season. The weather change usually makes people feel a lot more tired but that's not because it's getting colder. In fact, the cold crisp fresh air is amazing for your health. It's what people DO in the COLD (= they don't move their bodies, only eat comfort foods, packaged processed snacks, don't get enough day light etc. ...) This reset is the perfect example of how to feel good all year round. Remember, it's only 10 days. You're not eating raw forever, it's more so to give your health and body a real BOOST.

@CarolineDeisler

www.carolineschoice.com

HOW TO FEEL SATISFIED AT NIGHT

The most common mistake people make is not to eat enough ripe sweet fruits and dates during the day which leaves them hangry at night. As a result, your body wants more calorie-dense foods instead of a yummy crunchy salad. Following this reset, you won't be "starving" by dinner time and will feel super satisfied. However, before you think about quitting, try adding some steamed potatoes or baked pumpkin to any dinner recipe. you'll still eat 90% raw - and still give your body a great cleanse and get amazing results.



FIND YOUR ROUTINE

FRUIT OR SMOOTHIE FIRST?

There is no right or wrong here. :) This reset works amazing while practising intermittent fasting. But also works just as great having a fruity breakfast, then green smoothie paired with more fruit, dates or a sweet recipe for lunch. Since we are already eating fully raw (which is such a good detox), I wouldn't worry too much about meal times and just eat when you get hungry. Now that I'm pregnant I crave fruits first thing in the morning and got into the routine of having breakfast at around 8/9am. Melons or papaya first thing (about an hour after my morning detox water) are incredible for your digestion but so is having any other ripe fruit or a green smoothie. It's really more about what works better for YOU personally.

CAN I ALSO HAVE A SAVOURY LUNCH?

The days are structured with fresh fruit and sweet recipes during the day where you need most of your calories (= energy) and savoury veggie-loaded dinners. This is the most beneficial for your energy, sleep and cravings. If you want to switch lunch and dinner one day, totally go for it. But generally, I have seen over the years that sweet during the day and savoury at night works the best, especially when eating raw. You replenish all those minerals at night and have a more sound sleep. I really want you guys to get amazing results which means please get that healthy sugar in during the day to fuel your body and to feel 100%!! :) Imagine having a low carb high fat lunch - you'd still be hungry and have cravings later in the day.

Snacking?

I am personally not the biggest snacker and prefer to have sit down meals. However, especially during pregnancy, I prefer to have smaller meals and eat more frequently. You can totally adapt this reset to your preferences and always remember it's a lot more important what you eat than when you eat. If you still feel hungry between lunch and dinner have more fruit, medjool dates, dried figs or fresh vegetables like carrot sticks with tahini for example.

My best tip is to always be prepared and have something pre-washed in the fridge or packed with you wherever you go. Luckily there are also lots of great organic supermarkets in most cities where you can hop in and buy fruits and dates.

For everyone who is making lunch option 2 for lunch, you can and should still eat some dates afterwards or fresh fruit beforehand.

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

Lunch Option 1 or 2?



I love to give you the option to have a fruit meal for lunch because it's literally the easiest way to eat healthy during a busy day, on the go or when you just want something very simple. You can adapt it to any season, and make use of all the fresh fruits available. You just have to make sure that you are eating enough. Isn't that great? :-)) Most meal plans tell you to watch your calories and keep an eye on portion sizes which isn't any fun nor does it do your mindset a favour. This diet is the complete opposite. It's all about abundance and eating until you are fully satisfied. AND because we are focusing on the most natural low calories foods, you can eat as much as you desire and still get into your best shape.

The recipes from lunch option 2 are about the same calories as having a fruit meal. It's more about what is more appealing to you, makes you more satisfied and fits easier into your day. It's also great to switch it up, one day you go for a fruit meal and the next you have some fruit + the recipe. I like to give you options depending on what works for you. This way you could also do this reset multiple times! :) If you are trying to get your period back, have fresh fruit **and** the lunch recipe **every day** as you need more healthy fats and you'll get those from the different lunch recipes.








HOW TO LOSE MAX WEIGHT ON THIS RESET

1

To lose weight you have to be in a calorie deficit no matter what diet you are eating. The good news is that eating this way makes it much easier for you to be in a calorie deficit as you are eating foods that are highest in volume and lowest in calories which will keep you full and happy. The ideal sweet spot is to be a slight calorie deficit over a long period of time so it doesn't feel like you are depriving yourself. I would recommend doing this reset a couple of times or following up with my other reset meal plans to get the best results. You will be able to lose weight in 10 days but you want to keep going to keep it off. The number one reason why people fail at weight loss is because they feel so deprived that they end up bingeing and gaining even more weight. This won't be the case here as you are giving your body exactly what it needs just leaving out all the junk which will automatically help you to get into a calorie deficit without counting calories or really thinking much about it at all.

2

I would definitely recommend focusing more on watery fruit like melons, oranges, peaches, apples, kiwis, mangoes, persimmons, any fruits in season really!! Those fruits have less calories and higher volume than for example medjool dates which makes you feel full while consuming less. I would still eat dates as a snack when you have a sweet craving or for lunch on colder days where it feels more comforting. Lunch option 1 or 2 are both great for weight loss but I would say most people still dont consider fruits to be a full meal and are better off making the lunch option 2 recipe. I feel so good eating 1-2 honey melons, 5-6 bananas and some dates a little later but totally understand how you could feel more satisfied preparing a meal. In any case always sit down and be fully present at your meals. Enjoy every bite of doing your body a favour and dont eat in a rush. This makes a huge difference. :-)


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

My Workouts

My reset meal plans and workouts work hand in hand and is the best recipe for success. You will feel so well nourished and happy that you automatically want to move your body. My workouts are a mix of cardio, pilates and strength training to get you long, lean and toned muscles without ever feeling stressed. It's all about working WITH your body and not against it. I always say real treats makes you FEEL good and this is what this lifestyle feels to me!! A real every day treat to myself. You can find hundreds of workouts and weekly workout plans on my Instagram. :)

 paulinelatchoumanin

**NO MORE SUGAR
CRAVINGS** 🥰

 aethrawellness


**The only ebooks I buy!!!
The best!!!**

@CarolineDeisler


WHAT YOU'RE SAYING ABOUT MY RESET MEAL PLANS

 cyrillemariegrd


**they're game changer.
forever thankful** 🍉❤️

 jenamato067

Changed my life ❤️

 karenhelgaskak

**Eye opener for me! Get
loads of energy by
following your recipes!** 😊
and glowing skin!

 jenniesvensson

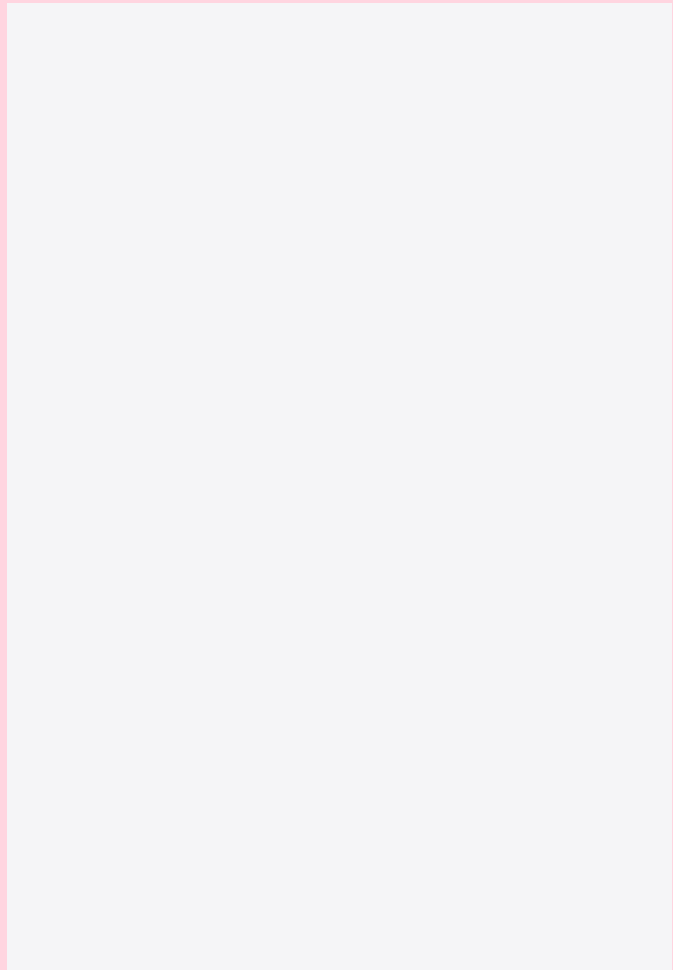
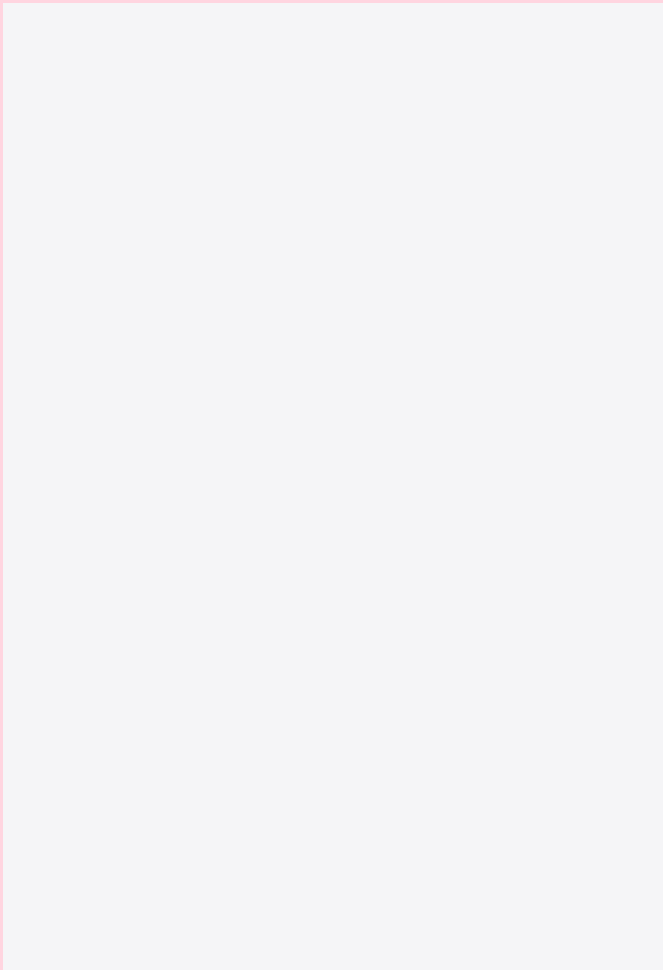
Amazing 😊❤️ **Simple and
delicious. Has totally
changed my diet.
THANKYOU** ❤️

Results are in...!

10 raw vegan days is definitely long enough to see results and who knows, maybe you'll feel so good by the end of it that you end up doing it again. For your own motivation, take a picture of yourself on day 1 and write down how you feel. Let's see how that shifts by day 10! Be as detailed as possible e.g. note sleep, digestion, mood, stress, happiness level, energy, fitness etc.! I can't wait to hear about it! Tag me [@carolinedeisler](https://www.instagram.com/carolinedeisler) in your transformation stories!

Before

After



Daily Checklist ✓

day 1

day 6

day 2

day 7

day 3

day 8

day 4

day 9

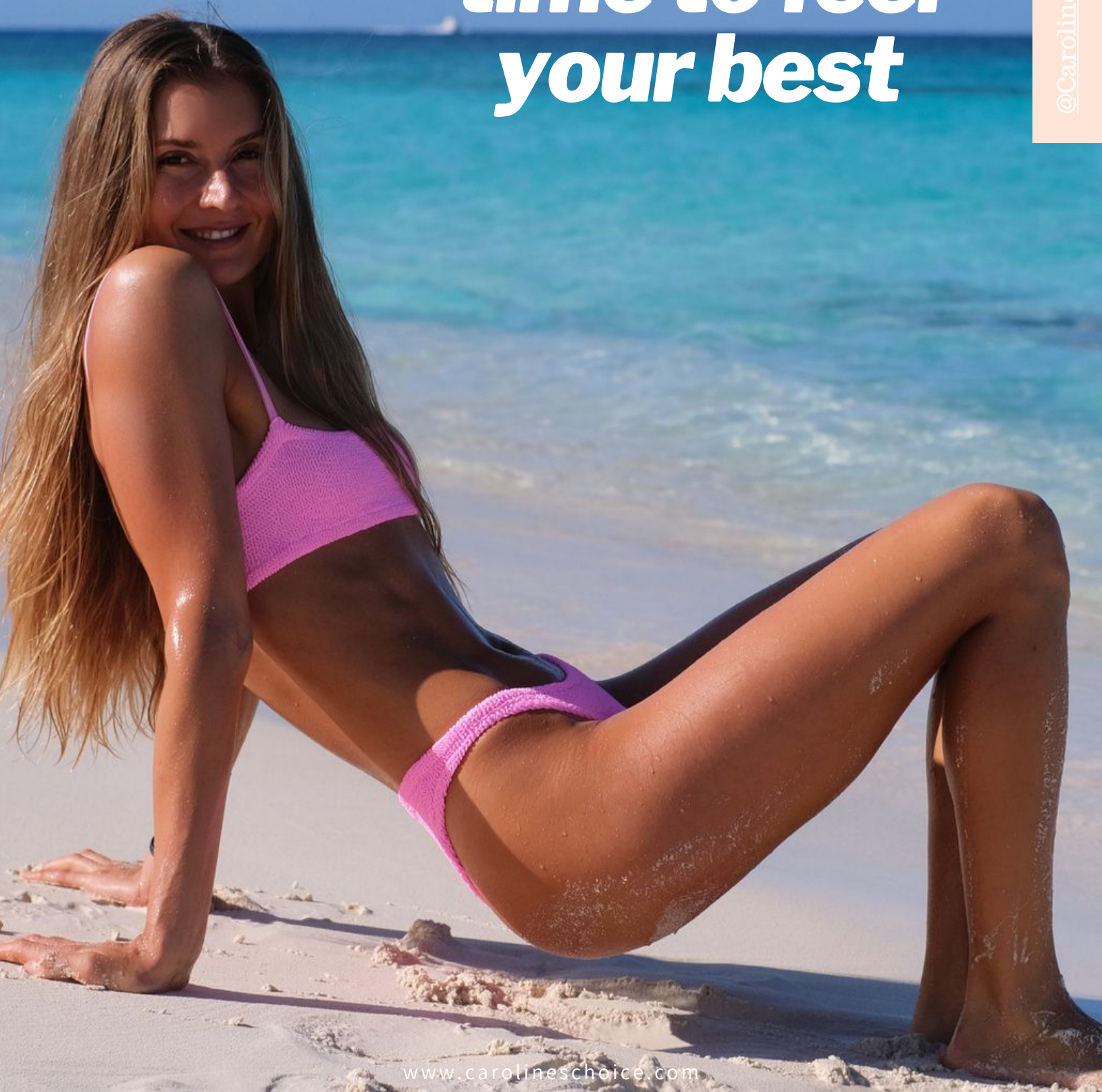
day 5

day 10

10 DAY RAW VEGAN RESET

***time to feel
your best***

@CarolineDeisler



www.carolineschoice.com

10 DAY RAW VEGAN RESET

Hello Healthy Me

[@CarolineDeisler](#)



www.carolineschoice.com

SHOPPING LIST

CELERY JUICE

10 celery heads

GREEN SMOOTHIES & DINNER

13 celery stalks

3 handful spinach leaves

1 fennel

8 leaves Swiss chard

4 leaves rainbow chard

3 Big Bowls different green salads

2 leaves collard greens

11 leaves kale

1 handful alfalfa & broccoli sprouts

1 head Iceberg lettuce

2 handfuls lettuce

1,5 cup black olives

8 cups cherry tomatoes

16 sun dried tomatoes

4 large cucumber

1 broccoli

5 carrots

11 avocados

2,5 red bell pepper

12 zucchini

3 small beetroots

1 cup mushrooms

1 handful red cabbage

1/2 cup raw sauerkraut

handful radish

4 bunch parsley

5 bunch fresh basil

handful fresh dill

2 bunch chives

1 bunch cilantro

5 frozen bananas

11 medjool dates

1 cup frozen berries

3 cup mango, fresh or frozen

2 cups frozen or fresh pineapple

1,5 cup frozen strawberries

3 small piece ginger

1 mango

1,5 cups red grapes

13 lemons

2 limes

1/2 cup almonds

1 cup cashews

1/2 cup walnuts

pumpkin seeds

1/4 cup sunflower seeds

1 Brazil nut

1/4 dried cranberries or raisins

Mixed Italian herbs

3 tbsp apple cider vinegar

Peanut butter

Tahini

2 tsp coco aminos

Himalayan Salt

Black pepper

ground cumin

2 tbsp organic mustard

Optional:

Kelp noodles

Nori sheets

WATER

10 Lemons

10 medium-sized

Ginger pieces

Mint

Aloe vera juice

Limes

Cucumber

Lunch option 1

50 medjool dates

14 ripe bananas

7 dried figs

60 fresh figs

3 apples

4 honey melons

2 papaya

14 golden kiwis

5 oranges

7 peaches

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

SHOPPING LIST

CELERY JUICE

10 celery heads

GREEN SMOOTHIES & DINNER

13 celery stalks

3 handful spinach leaves

1 fennel

8 leaves Swiss chard

4 leaves rainbow chard

3 Big bowls different green salads

2 leaves collard greens

11 leaves kale

1 handful alfalfa & broccoli sprouts

1 head iceberg lettuce

2 handfuls lettuce

1,5 cup black olives

8 cups cherry tomatoes

16 sun dried tomatoes

4 large cucumber

1 broccoli head

5 carrots

11 avocados

3 red bell peppers

12 zucchinis

3 small beetroots

1 cup mushrooms

1 handful red cabbage

1/2 cup raw Sauerkraut

Handful radish

4 bunch parsley

5 bunch fresh basil

handful fresh dill

2 bunch chives

1 bunch cilantro

5 frozen bananas

11 medjool dates

1 cup frozen berries

3 cup mango, fresh or frozen

2 cups frozen or fresh pineapple

1,5 cup frozen strawberries

3 small piece ginger

1 mango

1,5 cups red grapes

13 lemons

2 limes

1/2 cup almonds

1 cup cashews

1/2 cup walnuts

Pumpkin seeds

1/4 cup sunflower seeds

1 Brazil nut

1/4 dried cranberries or raisins

Mixed Italian herbs

3 tbsp apple cider vinegar

Peanut butter

Tahini

2 tsp coco aminos

Himalayan Salt

Black pepper

Ground cumin

2 tbsp organic mustard

Optional:

Kelp noodles

Nori sheets

WATER

10 Lemons

10 medium-sized

Ginger pieces

Mint

Aloe vera juice

Limes

Cucumber

Lunch option 2

60 medjool dates

26 ripe bananas

9 apples

1 cup grapes

1 cup blueberries

1 cup mixed berries

2 cup frozen or fresh mango

3 cups frozen strawberries

10 tsp vanilla powder extract

1,5 tsp cinnamon

2 tbsp peanut butter

2 tbsp almond butter

dry roasted peanuts

3/4 cup cashews

Desiccated coconut

Cacao nibs

2 tbsp raisins

1/2 cup buckwheat groats

1 cup oats

3/4 cup chia seeds

2 tbsp ground flaxseeds

1/2 cup almonds

1/2 cup walnuts

1/2 cup pecan nuts

Raw cacao powder

Carob powder

Optional: hemp seeds

DAILY DETOX WATER

HYDRATION STATION

A medium-sized ginger piece
1 lemon
Pure aloe vera juice
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. Add the juice of one lemon and about 2 tbsp pure aloe vera juice. ENJOYYY!!! This is the first thing we drink every day (or all day)!

Day 1-10 Morning Hydration



Detox Water

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

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



Celery Juice

Ingredients

1 head celery

Steps

Juicer: Juice one head of celery.

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

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

Day 1 Overview



OR



Day 1

Green Smoothie



Ingredients

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

Steps

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

Notes

Green smoothies!!! The most nutritious powerhouse ever! :-)) You know how much I love them and they will truly transform your health. This portion makes about 2 full glasses (definitely have both). I love to pre-wash my greens and store them in an air tight container in the fridge. That way it only takes me about 5 mins to make my green smoothie.

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

Day 1 - Lunch - option 1



FRUIT MEAL

Ingredients

4-5 ripe Bananas
6-7 dried figs

OR any fruits in season

Notes

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



Day 1 - Lunch

BANOFFEE PUDDING

Ingredients

BASE

5 medjool dates
1/2 cup - 1 cup water
1/2 tsp vanilla powder extract

MIDDLE LAYER

5 medjool dates
2 bananas
1 tbsp peanut butter
1/2 cup water

NEXT LAYER

1 banana, sliced

TOP LAYER

Dry roasted peanuts, chopped

Directions

1. For the base: Place dates, vanilla powder and water into a blender and pulse until smooth and creamy. Add the mixture into a jar and set aside. If your dates are quite small better use 1/2 cup of water.
2. Make the middle layer by adding 5 dates, 2 bananas, 1 tbsp peanut butter and 1/2 cup water into your high speed blender and blend until creamy. Add half of that mixture on top of your base.
3. Slice up a banana and add as your third layer into the jar :-) looove it!
4. Add the other half of the creamy date-banana, peanut mixture on top.
5. Decorate with some chopped dry roasted peanuts and mmm ENJOOOY! Isn't this absolute HEAVEN? Tastes like the best dessert ever to me and it's so healthy!! Win win win!!



Day 1 - Dinner



FAVE

GREEK SALAD

Ingredients

1 head Iceberg lettuce, chopped finely
1/2 cup black olives, cut in halves
1-2 cups tomatoes, chopped
1/2 large cucumber, chopped
1 bunch parsley, finely chopped
Optional: 1 avocado, chopped

DRESSING

1/2 of large cucumber
1 avocado
1 tsp salt
Juice of 1 lemon

Steps

- 1 Chop up all your yummy healthy Greek salad ingredients.
- 2 For the dressing, blend cucumber, avocado, juice of 1 lemon and a pinch of salt.
- 3 Mix it all together & place in a bowl. Such a creamy and light dressing yet so refreshing and totally got me addicted to this salad!!

Day 2 Overview



OR



SNACK



OR



Day 2

Green Smoothie



Ingredients

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

Steps

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

Notes

Green Smoothies!!! The most nutritious powerhouse ever! :-)) You know how much I love them and they will truly transform your health. This portion makes about 2 full glasses (definitely have both). I love to pre wash my greens and store them in an air tight container in the fridge. That way it only takes me about 5 mins to make my green smoothie.

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

Day 2 - Lunch - option 1



FRUIT MEAL

Ingredients

3 crispy, juicy, organic apples
10 medjool dates

OR any fruits that are in season

Notes

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

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



Day 2 - Lunch - option 2



CARAMEL CHIA PUDDING

Ingredients

BASE

- 1/4 cup chia seeds
- 1 cup water
- Almond milk:*
- 1/4 cup raw almonds
- 1 cup water
- 1 tsp vanilla powder extract

CARAMEL

- 6 medjool dates
- 2 ripe bananas
- 1/2 tsp vanilla powder extract
- 1/2 cup water
- optional: 1 tbsp almond butter

TOPPINGS

- 1 banana, sliced
- desiccated coconut

FAVE



Steps

1. Start by soaking the chia seeds in water and then let it sit in the fridge overnight. Alternatively only use 2/3 cup water and soak for just 15 mins in case you forgot.
2. Add almonds, water and vanilla to your blender and blend until you have a smooth milk!! Now your homemade almond drink is ready! :-))
3. Combine the chia seed mixture with your almond milk, stir well and add to a jar or bowl.
4. For the caramel, add all ingredients into a high-speed blender and blend until smooth. Pour the caramel over your chia seed mixture. Add a sliced banana and optionally some almond butter or roasted almonds.
5. This is my current favourite chia seed pudding!! SO DELICIOUS that it feels more like having dessert and so nutritious. It really has it all: healthy fats, protein, and healthy carbs AND keeps you satisfied!

Day 2 - Dinner



DETOX SALAD

Ingredients

A big bowl of mixed salad greens
1-2 avocados, chopped
1 handful alfalfa and broccoli sprouts
1 tbsp mixed salad herbs
Black pepper

CARO DRESSING

2 tbsp pumpkin seeds
1 Brazil nut
Handful fresh dill or basil
Handful fresh chives
1 small raw zucchini
1 medjool date
Juice of 1 lemon
1 tbsp apple cider
1/2 cup water

Steps

- 1 Wash and chop up your salad greens.
- 2 Add all dressing ingredients of my well-known CARO DRESSING into a high-speed blender and blend until creamy. Still one of my favourites and literally a powerhouse itself! YUMMMM
- 3 Mix it all together well, add your sliced avocado, sprouts, black pepper, herbs and maybe a sprinkle of lemon juice which goes really nice here as well! ENJOYYYY!

Day 2 - Dinner - option 2



PAD THAI

Ingredients

2 zucchinis
2 carrots
1 bell pepper
Handful bean sprouts
1/4 of a red cabbage, finely sliced
Handful cilantro or parsley

SAUCE

Leftover zucchini stems
1 heaping tbsp tahini
1 heaping tbsp almond butter or peanut butter (I used almond butter)
Juice of 1 lemon
3/4 cup water
2 medjool dates

Steps

- 1 Cut all your veggies into fine stripes using a julienne peeler and chop up some cilantro or parsley.
- 2 Place all dressing ingredients into a high speed blender and blend until smooth.
- 3 Mix it all together & readyyy is your yummy Pad Thai!! LOVE this refreshing, creamy and nourishing meal. Also really nice to top with chopped peanuts.

Day 3 Overview



Day 3

Green Smoothie



Ingredients

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

Steps

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

Notes

Green smoothies!!! The most nutritious powerhouse ever! :-)) You know how much I love them and they will truly transform your health. This portion makes about 2 full glasses (definitely have both). I love to pre-wash my greens and store them in an air-tight container in the fridge. That way it only takes me about 5 mins to make my green smoothie.

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

Day 3 - Lunch - option 1



FRUIT MEAL

Ingredients

2 honey melons
5-6 ripe bananas

OR any fruits in season

Notes

Feel free to always replace any of the fruit meals with your favourite fruit. Just make sure the fruit is ripe and organic. I love eating lots of bananas currently and they are so easy to get anywhere. Bananas, pears, oranges and melons are all equally amazing. Just make sure you really eat enough. You want to get around 800 - 1000 calories in from your fruit lunch meal.



Day 3 - Lunch - option 2

APPLE PIE JAR



Ingredients

3-4 apples, chopped

CREAM

4 medjool dates

1/2 cup water

1 tsp cinnamon

1 tsp vanilla powder extract

1/2 cup buckwheat groats, soaked

Directions

1. Soak the buckwheat groats in water for at least 30 mins (or if you can, overnight is the best). Rinse well afterwards.
2. Add dates, water, cinnamon, vanilla and soaked buckwheat groats into a high-speed blender or food processor and blend until creamy.
3. Chop up your apples, add a big base layer to your jar or bowl, add half of the cream, another big layer of chopped apples and top with the rest of the cream. I love to finish it off with a sprinkle of cinnamon - and it's readyyy! Enjoy your apple tart! LOVE this one!!



Day 3 - Dinner



FAVE

TOMATO ZOODLES

Ingredients

3-4 zucchinis
5-6 sun-dried tomatoes, soaked
1 medjool date
1 bunch fresh basil
1/2 red bell pepper
Handful cherry tomatoes
Juice of 1 lemon
2-3 tbsp water
Optional 1/2 tsp salt

TOPPINGS

1/3 cup olives
Pumpkin seeds
1-2 cups cherry tomatoes
Fresh basil, chopped

Steps

- 1** Spiralize your zucchinis using a julienne peeler. I use a julienne peeler as that makes the zoodles thinner and easier to digest.
- 2** Add all your sauce ingredients into a high-speed blender and blend until creamy-ish but you still want a bit of a chunkyyy texture!
- 3** Mix the sauce into your zucchini noodles and top it with some olives, pumpkin seeds, cherry tomatoes and fresh basil. Sooo good & healthy! I LOVE THESE!!

Day 4 Overview



OR



SNACK



Day 4

Green Smoothie



Ingredients

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

Steps

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

Notes

Green smoothies!!! The most nutritious powerhouse ever! :-)) You know how much I love them and they will truly transform your health. This portion makes about 2 full glasses (definitely have both). I love to pre-wash my greens and store them in an air-tight container in the fridge. That way it only takes me about 5 mins to make my green smoothie.

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

Day 4 - Lunch - option 1



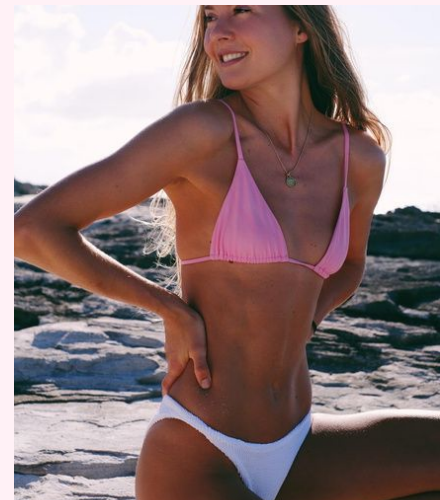
FRUIT MEAL

Ingredients

1-2 papaya
6-7 golden kiwis

Notes

Papaya is high in enzymes, low in calories and AMAZING for your digestion! The best combo is with blueberries and adding fresh lime juice. Golden kiwis are my other current favourite and I have about 10 per day. If you think now "waaaait they are so expensive". They are but think about how much goodness you're giving your body and you will totally save up money down the road. I haven't spent any money on medication in years. Fruits and veggies are our medicine and good quality should be our priority. Kiwis also have a lot of fibre and a slight laxative effect which improves your digestion. You see me talking about digestion a lot but that is because to feel your best and to get into your best shape you need to help your body get rid of things naturally and that works through regular bowel movements, deep breathing and sweating.



Day 4 - Lunch - option 2

@CarolineDeisler



CINNAMON BANANA OVERNIGHT OATS

Ingredients

BASE

- 1/2 cup oats
- 2 tbsp chia seeds
- 1,5 cups water

CREAM

- 2 ripe bananas
- 2 medjool dates
- 1/2 cup cashews
- 1 tsp vanilla extract powder
- 1/2 cup water

TOPPINGS

- 2 bananas, sliced
- Cinnamon

FAVE



Steps

1. Soak oats and chia seeds in 1,5 cups of water overnight or for at least for 30 mins.
2. Place bananas, dates, cashews, vanilla and water in a high-speed blender and blend until creamyyy.
3. Mix the cream into your overnight oats & chia seeds mixture and combine well.
4. Top with sliced bananas and a sprinkle of cinnamon (berries would also go really well) ENJOYYYY!! I love the satisfying texture and it's sooo delicious straight from the fridge which makes it perfect to prep the night before or in the morning and then take it to work.

Day 4 - Dinner



BROCCOLI SALAD

Ingredients

1 large broccoli crown (florets only),
finely chopped
1,5 cups red grapes, halved
1/4 cup almonds (optionally: dry roasted)
1/4 cup dried cranberries or raisins
Juice of 1/2 lemon

DRESSING

1/2 cup raw cashews, soaked
1/4 cup water
1 medjool date
1 tbsp apple cider vinegar
1/2 tsp salt

Steps

- 1** Soak cashews overnight or for 10 mins in case you forgot. This makes them easier to blend. Add all dressing ingredients into a blender and blend until completely smooth.
- 2** Chop your broccoli crowns very finely (you could use a food processor for this step too) and cut your red grapes in half.
- 3** Add all ingredients to your bowl, pour in the dressing and mix well. Enjoy your fresh, healthy salad! Don't worry about raw broccoli not being easy to digest. Since we're not mixing it with any cooked food + chopping it veryyy finely your digestion will be on point!!

Day 5 Overview



OR



SNACK



Day 5

Green Smoothie



Ingredients

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

Steps

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

Notes

Green smoothies!!! The most nutritious powerhouse ever! :-)) You know how much I love them and they will truly transform your health. This portion makes about 2 full glasses (definitely have both). I love to pre-wash my greens and store them in an air-tight container in the fridge. That way it only takes me about 5 mins to make my green smoothie.

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

Day 5 - Lunch - option 1



FRUIT MEAL

Ingredients

20 fresh figs
10 medjool dates

OR any fresh fruits in season

Notes

You are probably a pro by now with your fruit meals. Don't worry about the sugar in fruits. It's all natural sugar which your body NEEDS.



Dried figs and medjool dates are perfect to feel fully satisfied until dinner. You can also always substitute any of the fruit with your favourite ones. I wouldn't skip the dates though as they will really help you to not crave sweets. I eat about 10-15 medjool dates per day. Try to listen to your body on how many you need to feel fully satisfied and don't worry about the calories in dates, you will automatically have less cravings which saves you calories later in the day!

Day 5 - Lunch - option 2

TIRAMISU PUDDING

Ingredients

BASE

5 large ripe bananas
5 medjool dates
1 tsp vanilla powder extract
1/4 cup water

TOPPING

Raw cacao powder

Steps

1. Add all ingredients into a high speed blender or food processor and blend until you have a pudding texture. Quick, easy & omg soo good!
2. Top with raw cacao powder and ENJOYYYY!! Tastes even better when prepped in advanced and stored in the fridge for a couple of hours. :)



Day 5 - Dinner



CRUNCHY PEANUT SALAD

Ingredients

2 handful lettuce
 1 carrot
 1/2 of a big cucumber
 1 red bell pepper
 1 handful red cabbage
 1 mango
 1 large avocado
 1 bunch basil or cilantro
 Fresh lime juice to top
 Optional: 1 bag kelp noodles

DRESSING

2 tbsp peanut butter
 1 medjool date
 1 tbsp apple cider vinegar
 1 tbsp coco aminos (or tamari)
 1/4 cup water
 Pinch of pink Himalayan Salt

Directions

- 1** If you are using kelp noodles, place them into a bowl with warm water, add a pinch of salt and some fresh lemon juice. Rinse after 15 mins and you have super soft (very low calorie) kelp noodles.
- 2** Chop up all your salad ingredients and place in a bowl. For those adding kelp noodles, (I know they can be hard to find sometimes) I would slice all veggies in thin stripes using a julienne peeler. It makes it more of a noodle salad.
- 3** Add all dressing ingredients into a blender and blend until smooth and creamy. A small blender like a nutri bullet works really well here.
- 4** Mix the dressing into your salad & ENJOYYYY! Reminds me of delicious spring rolls, just in a salad version. :))

Day 6 Overview



OR



SNACK



Day 6

Green Smoothie



Ingredients

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

Steps

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

Notes

Green smoothies!!! The most nutritious powerhouse ever! :-)) You know how much I love them and they will truly transform your health. This portion makes about 2 full glasses (definitely have both). I love to pre-wash my greens and store them in an air-tight container in the fridge. That way it only takes me about 5 mins to make my green smoothie.

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

Day 6 - Lunch - option 1



FRUIT MEAL

Ingredients

4-5 oranges
20 fresh figs

OR any fruit in season

Notes

Oranges are incredibly beneficial for all digestive processes. They keep you hydrated, improve nutrient absorption and can also improve regularity.

Fresh figs are rich in nutrients while being relatively low in calories. Making them a great addition to your healthy diet!

Instead, a fruit meal of any fruit of your choice like mangoes and oranges would be fantastic as well. Keeping things easy and sustainable is the key to making this last long term. Often times people overcomplicate things..)



Day 6 - Lunch - option 2



BANANA BOATS

Ingredients

4-5 ripe bananas
1 tbsp almond butter
1 tbsp water

TOPPINGS

Desiccated coconut
Cacao nibs
Optional: hemp seeds

Directions

- 1** First slice the bananas down the center, lengthwise on the curve.
- 2** Mix almond butter and water to make it a little more smooth and easier to spread.
- 3** Using a knife, spread a thin layer of almond butter on your bananas.
- 4** Top with a sprinkle of desiccated coconut, cacao nibs or optional hemp seeds. Feel free to be creative here and mix it up with any of your favourite toppings like roasted nuts, raisins, dried and chopped mulberries - really whatever you fancy. I looove these yummy easy banana boats and have been enjoying them a lot lately!! High in potassium, fiber vitamins and all the good stuff.



Day 6 - Dinner

FAVE

ZUCCHINI TOMATO LASAGNA

Ingredients

3 large zucchinis

CREAM CHEESE LAYER

1/4 cup of soaked cashews
1/4 cup of soaked, blanched almonds
Juice of 1/2 lemon
1/4 cup water
Pinch of salt & black pepper

PESTO LAYER

1 (large) avocado
1 bunch of fresh basil
1 handful of zucchini stems leftover
Juice of 1/2 lemon
1/4 cup water
Pinch of salt & black pepper

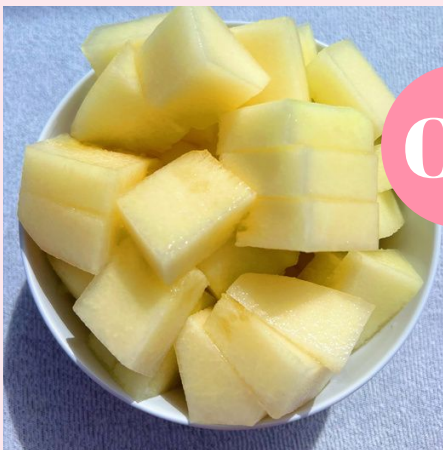
TOMATO SAUCE LAYER

1/2 cup of chopped sun-dried tomatoes
1 cup of halved cherry tomatoes
Pinch of salt & black pepper

Steps

- 1 Soak cashews and blanched almonds in water while you prepare your zucchini lasagna slices. Rinse well.
- 2 Slice your zucchinis into thin strips using a potato peeler or even better a veggie slicer. Set aside and use the leftover stems for the pesto. YAY no waste!!
- 3 Prepare the three tastyyy layers in different bowls by adding all ingredients into a blender or food processor and blend until you have a creamy texture.
- 4 Now all you do is add your different layers: zucchini layer, tomato sauce, zucchini, pesto, zucchini, cream cheese, zucchini, pesto.. until all finished. ENJOYYYY the whole thing!! Such a delicious, nutritious and fun way to eat your veggies.

Day 7 Overview



OR



SNACK



Day 7

Green Smoothie



Ingredients

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

Steps

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

Notes

Green smoothies!!! The most nutritious powerhouse ever! :-)) You know how much I love them and they will truly transform your health. This portion makes about 2 full glasses (definitely have both). I love to pre-wash my greens and store them in an air-tight container in the fridge. That way it only takes me about 5 mins to make my green smoothie.

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

Day 7 - Lunch - option 1



FRUIT MEAL

Ingredients

1-2 honey melons
30 min later: 10 medjool dates

OR any fruits in season like persimmons.

Notes

If you are lucky and melons are in season where you live, go for a delicious hydrating melon mono meal for lunch. Eating melons has sooo many health benefits! You have to make sure you eat enough though as melons are high in volume but super low in calories (great for weight loss). Melons are so healing for the body. They clean out your colon and are high in beta carotene which is a natural sun protectant. After enjoying your juicy melon meal, have some medjool dates. For the best digestion make sure you wait at least 30 minutes between these yummy fruits.



Day 7 - Lunch - option 2



BIRCHER MUESLI

Ingredients

1/2 cup oats
1 cup water
1 tsp vanilla extract powder
2 tbsp raisins
2 tbsp ground flaxseeds
1 cup grapes, cut in half
1 cup blueberries
2 apples
1 tbsp almond butter (optional)

Directions

- 1** Soak oats together with vanilla and raisins in 1 cup of water overnight.
- 2** The next morning, freshly grind 2 tbsp flaxseeds, cut grapes in half and chop up the apples.
- 3** Mix ground flaxseeds, grapes, blueberries, chopped apples and optionally 1 tbsp almond butter into your oat mixture and ENJOYYYY!! I preferred it with no almond butter but if you need an extra something, it's a great add-on! :-)

Day 7 - Dinner

LOVE

GREEN MUSTARD SALAD

Ingredients

All kinds of greens (a lot!!)
1 large cucumber (sliced with a potato peeler)
1-2 avocados
Handful radishes, finely sliced

DRESSING

1 tbsp tahini
2 tbsp organic mustard
Juice of 1 lemon
1/4 cup water
Pinch of pink salt

Directions

- 1 Arrange a big bowl with all kinds of salad greens. Butter lettuce and crunchy romaine go really well here!
- 2 Add your avocado and some finely sliced radishes.
- 3 For the dressing, add tahini, mustard, lemon juice, water and a pinch of salt into a blender & blend until smooth. You can alternatively also just use a fork and mix it all well together.
- 4 Mix the dressing into your salad and YUM!! Mustard Dressing Salad at its finest mmm!!



Day 8 Overview



OR



SNACK



Day 8

Green Smoothie



Ingredients

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

Steps

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

Notes

Green smoothies!!! The most nutritious powerhouse ever! :-)) You know how much I love them and they will truly transform your health. This portion makes about 2 full glasses (definitely have both). I love to pre-wash my greens and store them in an air-tight container in the fridge. That way it only takes me about 5 mins to make my green smoothie.

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

Day 8 - Lunch - option 1



FRUIT MEAL

Ingredients

6-7 golden kiwis
20 fresh figs

OR any fruits in season

Notes

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

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



Day 8 - Lunch - option 2



HEALTHY QUARK

Ingredients

4 ripe bananas
1 apple
4 medjool dates

Optional:

1/2 tsp vanilla powder extract
1/2 tsp cinnamon

TOPPINGS

1-2 apples
2-3 medjool dates

Directions

- 1** Chop up bananas, apples and dates and add to your food processor. Giving them a quick chop beforehand makes it easier to get a more even texture. Pulse until it gets creamy and has a quark-like texture.
- 2** For toppings, add chopped apples & dates and berries would go really well here too! Getting all that fruit in will keep you so satisfied and the fiber is giving your digestion a BOOST. Yummyyy & soo easy to make!

Day 8 - Dinner

BEETROOT SALAD



Ingredients

3-4 carrots
3 small beetroots
1 large zucchini
Handful of celery
1 avocado
Optional: 1-2 cups fresh blueberries

DRESSING

1/4 cup cashews, soaked
1/4 cup sunflower seeds, soaked
1 small zucchini (or a handful of celery)
1/2 cup water
Juice of 1 lemon
Pinch of pink Himalayan salt

OPTIONAL:

Wrap in nori sheets

Steps

1. Soak cashews and sunflower seeds while you prep your veggies.
2. I like to use a grater for the carrots, beetroot and zucchini. The Avocado and celery go really well chopped.
3. Add all dressing ingredients into a high-speed blender and blend until smooth.
4. Mix the dressing into your salad.
Optional: Wrap the salad in nori sheets! I absolutely loooove to do this!

Day 9 Overview



OR



SNACK



Day 9

Green Smoothie



Ingredients

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

Steps

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

Notes

Green smoothies!!! The most nutritious powerhouse ever! :-)) You know how much I love them and they will truly transform your health. This portion makes about 2 full glasses (definitely have both). I love to pre-wash my greens and store them in an air-tight container in the fridge. That way it only takes me about 5 mins to make my green smoothie.

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

Day 9 - Lunch - option 1



FRUIT MEAL

Ingredients

4-5 apples
10 medjool dates

OR any fruits in season

Notes

Apples are easy to get, so juicy and delicious and have lots of health benefits! They improve digestion and help maintain a healthy heart and a strong immune system. They are also a great source of vitamin C, magnesium and potassium as well as fiber which helps stabilize your blood sugar levels.

To be fully satisfied, have some medjool dates a little later.

Really make sure you eat enough with these fruit meals. :-) This lifestyle is all about abundance and fueling your body until you are fully satisfied. Bye deprivation!!



Day 9 - Lunch option 2

RAW BROWNIE BITES

Ingredients

8 large medjool dates
1/2 cup walnuts, almonds or pecans
(I used pecans)
3 tbsp raw cacao powder or carob powder
for a caffeine-free alternative

TOPPINGS

A scoop of caramel sauce:
5-6 medjool dates
1/2 cup of water
1 tsp vanilla powder extract

Steps

1. If your dates aren't suuuuper soft, let them soak in water for 10 mins.
2. Line a small baking form with parchment paper.
3. Add nuts into a food processor and pulse until the mixture is crumbly.
4. Add in dates and cocoa powder and pulse again until you have a soft dough.
5. Scoop out the mixture into your lined pan. Use a spoon to flatten the surface and place it in the freezer for 30 MINS. I knooooow sorryyyy for the wait haha. You could use this time to do one of my workouts, put your legs up the wall or meal prep for dinner. :)
6. For the caramel sauce, add dates, water and vanilla to a blender and blend until smooth. Keep in the fridge. (I love to always have a jar of my caramel sauce on hand, so nice to add to all kinds of bowls for that little extra something!!!)
7. Spread a scoop of caramel sauce on top of your brownies and ENJOYYYY!! OMG so heavenly and delicious!



Day 9 - Dinner

FAVE



HAPPY TUMMY SALAD

Ingredients

A big bowl of salad greens
1-2 avocados
6 sun-dried tomatoes
1/2 cup black olives
1/2 cup raw sauerkraut
Mixed Italian herbs
Black pepper

CARO DRESSING

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

Directions

- 1 Wash your salad greens and chop up your veggies.
- 2 Add all dressing ingredients into a blender and blend until smooth. Pour dressing into the salad and mix well.
- 3 Such a simple and satisfying salad!! I am eating right now as I am typing this and am in love with the simplicity!! Could have this every day, easily!! So nutritious, well balanced and delicious.

Day 10 Overview



OR



OR



SNACK



Day 10

Green Smoothie



Ingredients

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

Steps

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

Notes

Green smoothies!!! The most nutritious powerhouse ever! :-)) You know how much I love them and they will truly transform your health. This portion makes about 2 full glasses (definitely have both). I love to pre-wash my greens and store them in an air-tight container in the fridge. That way it only takes me about 5 mins to make my green smoothie.

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

Day 10 - Lunch - option 1



FRUIT MEAL

Ingredients

3 ripe bananas
10 medjool dates

Notes

You can always make it work according to what fruits you currently have available. Now that it's getting colder in London, I mostly eat bananas, dates, persimmons, figs, apples, plums and kiwis. During summer, I love all the fresh summer fruits like juicy melons (soo good for your digestion), peaches, nectarines, cherries etc. The beauty of this lifestyle is the it's literally so so easy!!



Day 10 - Lunch option 2

@CarolineDeisler

MANGO CHIA PUDDING

Ingredients

BASE

1/4 cup chia seeds
1 cup water

MILK

1/4 cup cashews
1 cup water
1/2 tsp vanilla powder extract

MANGO LAYER

1 cup frozen or fresh mango
1/2 cup water

TOPPINGS

1 banana, sliced
1 cup chopped mango
1 cup berries

Steps

1. Soak chia seeds in a cup of water overnight or for at least 20 mins.
2. Place cashews, vanilla powder extract and water into a high-speed blender and pulse until you get a milk texture.
3. Add the milk into the chia mixture and let it soak again for a little while- while you're making the mango cream.
4. For the mango layer, blend frozen mango with 1/2 cup of water until creamy. Alternatively, use fresh mango & add just a splash of water to blend :) Mangooo Heaven!
5. Pour the mango cream over the chia pudding mixture and ENJOYYYY!! This one isn't super sweet but I found it just sweet enough. You can also add 2 dates when you blend your milk for some extra sweetness.



Day 10 - Lunch option 3

STRAWBERRY SMOOTHIE

Ingredients

2-3 cup frozen strawberries
6 large medjool dates
1 tsp vanilla powder extract
2 cups water

TOPPINGS (optional)

Desiccated coconut
Sliced banana

Steps

Place all the ingredients into a high speed blender and blend until smooth. So refreshing, hydrating and just DELIIIIICIOUS!! How good does it feel to get all these fresh and nutritious foods in?!! :))



Day 10 - Dinner



TOMATO MUSHROOM CHILI

Ingredients

3 cups tomatoes, diced (I used cherry tomatoes)
1 small red bell pepper, chopped
1 large rib of celery, diced
1 small zucchini, finely diced
1/2 bunch cilantro, chopped
1 tbsp Italian herbs
Pinch of pink salt

MUSHROOM MEAT

1/2 cup walnuts
1 cup mushrooms (about 7 champignons)
1 tsp ground cumin
1 teaspoon coco aminos or salt

Directions

- 1 Prepare the veggies and combine all ingredients in a large size bowl.
- 2 Place 2/3 of the mixture into a food processor and pulse until pureed.
- 3 For the nut meat: Place the sliced mushrooms, walnuts, spices and coco aminos into your food processor and pulse until crumbly. You don't want to over-blend or it will turn into a paste.
- 4 Mix it all well and ENJOYYYY!! You'll be surprised how deliiiiicious this is!! Totally turned into a favourite!!

10 DAY RAW VEGAN RESET

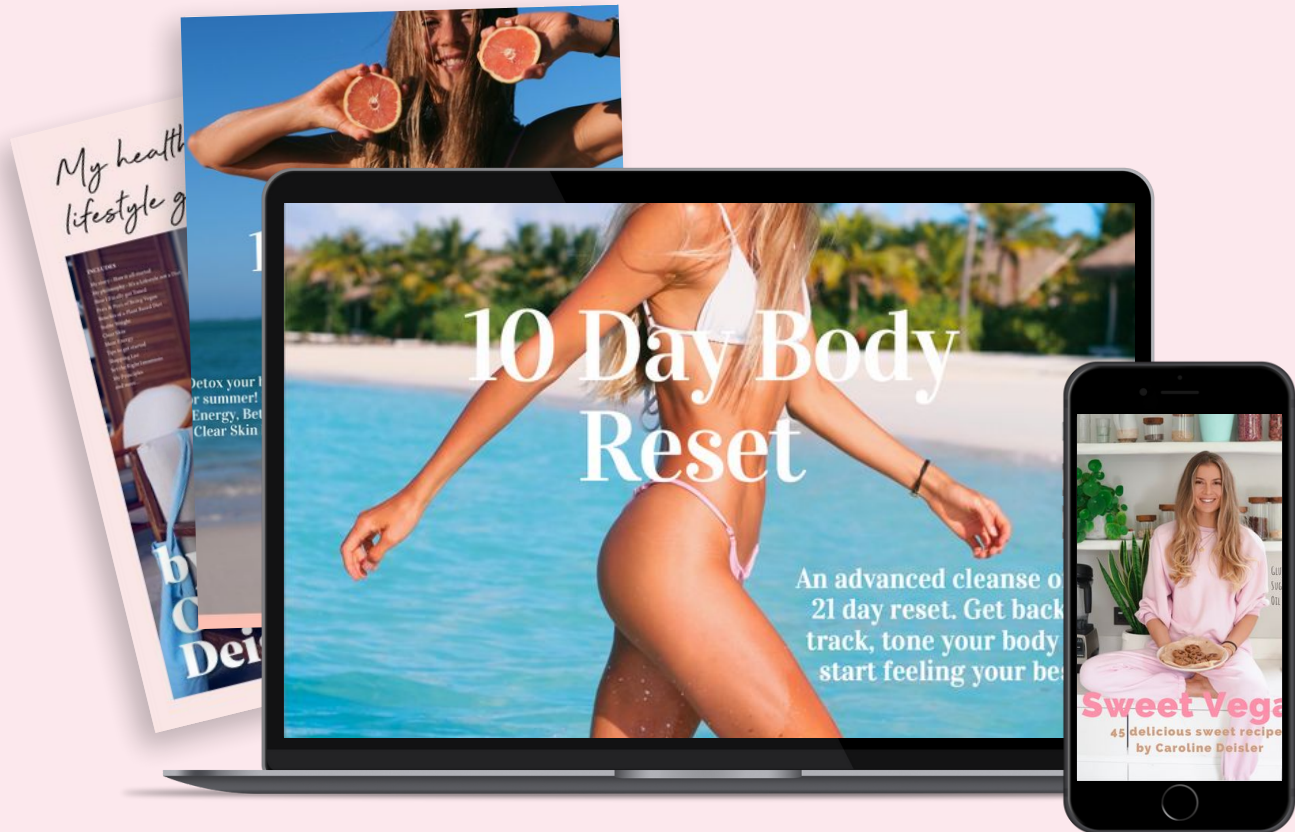
You did it! How do you feel?

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



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

www.carolineschoice.com



GET MY OTHER EBOOKS

CLICK THE LINK BELOW TO GET MY OTHER RESET MEAL PLANS, RECIPE EBOOKS & LIFESTYLE GUIDES

CAROLINESCHOICE.COM



www.carolineschoice.com