

A woman with long blonde hair, wearing a white bikini, is walking through shallow turquoise water on a beach. She is smiling and looking back over her shoulder. The background shows a sandy beach, palm trees, and a blue sky with light clouds.

10 Day Body Reset

An advanced cleanse of my 21 day reset. Get back on track, tone your body and start feeling your best!

by Caroline Deisler

So glad you are here!

@CarolineDeisler



My name is Caroline, I am a certified holistic nutritionist and have been loving the plant-based lifestyle for more than 7 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. Eating healthy and being active are both long term lifestyle approaches, but we can all benefit from a little reset sometimes to RE-NOURISH our bodies and remind ourselves to how GOOD we can actually feel.

Most of us want to eat healthy and workout 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 automatically feel more energised, clear headed, make smarter lifestyle choices and you feel more fulfilled and aligned, which 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



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10 DAY BODY RESET

@CarolineDeisler

*time to feel
your best*

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.

Fresh Start!

Right now, right here is the PERFECT time to start, just think about HOW GOOD you'll feel in a weeks time. Every time I bite into a juicy crisp fresh watermelon I feel so happy and at ease with both myself, and nature. We don't have to over complicate things. If on any day you would prefer to just have an abundant meal of fresh fruit for lunch instead of any of these recipes, go for it, just make sure you really eat enough as fruits are high in water and naturally lower in calories than most other foods. My favourite summer fruits are melons, mangoes, pineapple, peaches, strawberries, medjool dates and figs!! If you happen to do this reset in winter time, I mainly eat medjool dates, persimmons, bananas & oranges. All of them are great and a simple filling fruit meal is SO convenient when you are on the go.



The Morning Ritual

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A few daily basics....

1

The first few hours when you wake up are perfect to hydrate your body. Have 1-1,5 liters of water. Add freshly squeezed lemon juice for an extra boost and if you have a juicer, make fresh pure ginger juice and add a little as well.

2

Next you want to have about 500ml of fresh Celery Juice. I have mine any time between 10am and 1pm. There is no specific time schedule you should stick to, whatever fits in with your work/ life schedule, just make sure you have the celery juice before anything else. This way your body absorbs its best and you'll see the most benefits.

3

Alright it's time to get some movement in. This is not mandatory but doing some kind of workout even if its just 20min will definitely get you MUCH better results, both mentally & physically.

4

Post Workout means it's green smoothie and lunch time. Have the green smoothie first and then prepare lunch, that way your body has time to quickly digest the smoothie before you eat your first solid meal.



Day on a plate



what i eat in a day post



This 10 Day Body Reset has 3 recipes for each day, **30 healthy vegan recipes** in total. All following my personal lifestyle beliefs which means vegan, no refined sugar, no processed oils and no gluten.



You have the option to practice **intermittent fasting** like I personally do and only have the celery juice in the morning + then later pair the green smoothie with lunch or have the green smoothie as breakfast, followed by lunch as soon as you get hungry again. I typically fast from 8pm at night until 12 noon the next day. Celery juice technically breaks the fast but this is my favourite way to do it & works GREAT!



Shopping list! 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 as they don't last that 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.

what i eat in a day post



Each recipe makes one serving and is based on how much I 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.



Dinners are more savoury and veggie loaded while lunch is sweeter and more focused on raw vegan recipes and lots of fresh fruit. Eating light to heavy works best for optimal digestion + satisfying your sweet tooth during the day prevents you from craving sugar / desserts at night.



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



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.

NUTRIENT CHECK



1

CARBS

HEALTHY

This reset focuses on whole plant-based foods that are naturally lower in calories than processed foods. Fruits, dates, starches, potatoes and rice are all great carbs which contain lots of fiber to keep you full and satisfied.



2

PROTEIN

You will get plenty of protein from the green smoothies, salads, salad dressings, nuts, seeds and even foods like nori, rice, avocado and mushrooms are great protein sources.



3

FATS

I like to get my healthy fats from whole foods rather than oils as that way you get the fiber and you save yourself a lot of extra calories too. Avocados, olives, nuts and seeds are my favourite healthy fat sources.



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WEIGHT LOSS TIPS

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

1

Limit the number of dates you are eating. You know me, I absolutely love medjool dates and think they are the best snack ever and I would still recommend having some to keep your sweet tooth satisfied but since they are quite calorie dense I would stick to 3-5 dates per day. Many of the OPTION 2 lunch recipes have dates in them, which will most likely be enough to feel satisfied. If you still feel like you need a snack, instead go for less calorie dense foods like apples, pears, oranges, peaches or raw veggies likes carrots & celery.



2

I would recommend going for LUNCH OPTION 1 for weight loss, HOWEVER (and this is important) if you are one of those people who just can't be satisfied eating a big mono meal of juicy melons, go for LUNCH OPTION 2 if that makes you feel more satiated. There is no one way that works for every body but generally speaking the goal is to be as satisfied as possible, eating a big volume of food without consuming that many calories. Here is a food chart that shows you the best weight loss foods. Most recipes are nut free to keep it lighter and only the salad dressings contain some seeds which are great for healthy fats and still very little considering how tasty they will make a bowl of greens for you. You could always eat less avocado too but especially us women need healthy fats for balanced hormones so I wouldn't skip that. The key here is to have something that works long term and is sustainable and enjoyable. :-)

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

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The Workout Plans

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Those who don't know yet, I create weekly workout plans (30min, 45min, 60min, Beginner & Busy People) on Instagram which I post every Sunday for the following week. They are all saved in my story highlights and you find each workout posted on my feed.


Access Instagram from your laptop to have it full screen. Working out and eating healthy go hand in hand and following my workouts plans are the perfect compliment to the 10 day reset.





Our Workout Community








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BEST FEEDBACK 





Thank you for sharing your amazing workouts!! Now I am addicted (in a good way ahahah) 



Hey caro ! Just wanted to say a big thank you for all that you do  Been doing your 20 min workouts one a day for just 3 weeks and already noticed an amazing difference! Thank you 

OMG. Love from Montreal, Canada. I have been doing your workouts daily. You have changed my life. For 25 years I have been doing heavy weights, CrossFit etc. I have never felt so strong.
THANK YOU. I am passing you along to all my friends


 sunnyside_of_thestreet Thank you for always uploading new great workouts !!! I always fell so good after one of them !!! feeling happy all day    !!! totally getting your positive vibe

DON'T MISS OUT

Always thought your workouts look easy  Well, I did the first one yesterday and I'm soo sore...   

I just want to say that your workouts have helped me achieve what I always dreamed to have looked like on my wedding day. I'm getting married July 9th and I'm so grateful your workouts and healthy recipes have helped me reach my goals   thank you!

 sasha_willow_vyle Thank you  so much for all the hard work and time you put into the workouts and plans  you motivate me so much and I'm seeing major results. Your smile and encouragement gets me through especially w/ I'm not motivated. So much love and appreciation   

Let's do it!!!! Day 1 done! I feel so stronger than 2 months ago....and so in love with my body like never in my life! Thank you     beautiful woman !

**CARO SAID
YOU CAN DO IT**

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 do it again. For your own motivation, take a picture of yourself on day 1 and write down how you feel. Let's see how that shifts by Day 10! Be as detailed as possible e.g. note sleep, digestion, mood, stress, happiness level, energy, fitness etc.! I can't wait to hear about it! Tag me @carolinedeisler in your transformation post!

@Carolinedeisler

Before

After

Daily Checklist

BE CONSISTENT

day 1

day 6

day 2

day 7

day 3

day 8

day 4

day 9

day 5

day 10

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



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How to create the perfect smoothie bowl

1

FRUIT

Choose your favourite fresh or frozen fruits as a base for any smoothie bowls and nice cream bowls, my go to are:

- Frozen bananas
- Frozen mango
- Frozen berries
- Medjool dates

2

LIQUID

Next you want to add liquid so it blends easily. For nice cream bowls you really don't need a lot as it should be a thick and creamy consistency.

- Water
- Coconut water
- Plant milks

3

TOPPINGS

Now it's time to get creative and make your bowl beautiful! My favourite toppings are:

- Berries, bananas, dates
- Dried & frozen mulberries
- Dessicated coconut
- My caramel cream
- Cacao nibs



How to create the perfect salad bowl

1

GREENS

Try to get as much variety in as possible, the more the better:

- Arugula / Rocket
- Escarole
- Chicory
- Batavia
- Frisee
- Romaine
- Baby spinach, kale, ...



2

VEGGIES

Add your favourite veggies & non sweet fruits, mine are:

- Cucumber
- Tomatoes
- Celery
- Red bell pepper
- Julienne peeled carrots
- Grated raw beetroot
- Finely sliced radish



3

FAT / PROTEIN

Healthy fats are perfect combined with greens, I love:

- Avocado
- Olives
- Pumpkin seeds
- Sunflower seeds
- Brazil nuts
- Walnuts
- Almonds



3

STARCHES

Having a bowl of baked potatoes after or with your salad makes it more filling and a lot more satisfying:

- Potatoes, steamed, baked or air fried
- Sweet potatoes, baked
- Carrots, baked
- Pumpkin, baked



How to create the perfect salad dressing

1

BASE

These veggies are great for adding volume to your dressing without adding many calories. My favourites are :

- Celery
- Zucchini
- Fennel



2

STAPLES

Add on ingredients that boost any dressing are:

- Lemon Juice
- Apple Cider Vinegar
- Medjool dates
- Fresh basil, chives & dill



3

PROTEIN

Adding a protein & healthy fat source makes it CREAMY!

- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Walnuts
- Almonds
- Cashews



Caroline's favourite way to eat potatoes



REGULAR POTATOES

1. Steam or boil for 20 minutes, let them cool down, bake in an air fryer for 20min at 200 degrees. Let them cool down completely.
2. Steam or boil for 20 minutes, cut in wedges, add mixed Italian herbs and bake on parchment paper for 30min at 200 degrees.
3. Steam or boil for 25 minutes, let them cool down, peel and eat with a sprinkle of pink Himalayan salt or dried herbs.



SWEET POTATOES

1. Steam or boil for 20 minutes, let them cool down, peel off the skin, cut in 2cm thick pieces and bake in an air fryer for 20min at 200 degrees celsius. Let them cool down completely.
2. Peel sweet potatoes, cut in pieces, place on a tray with parchment paper and baked for 40min at 200 degrees, let cool down completely.



Save time! Meal prep tips ✓

You are so much more likely to eat healthy when you plan ahead and can quickly throw your meals together. You want to avoid coming home hungry, grabbing something unhealthy because it seems easier instead of making a healthy whole foods based dinner. Nothing to worry about though, a few easy tips and you are good to go!



★★★★★

Potatoes, sweet potatoes

You can literally buy all potatoes and sweet potatoes you need for the 10 days at once and store them in a cool dry place. My best tip is to steam your potatoes / sweet potatoes, let them cool down and store in the fridge for 4-5 days. That way you can quickly throw them in your air fryer or oven while you are preparing your salad bowl. Saving these 30min every day does make a big difference and feels less of a hassle.



★★★★★

Salad and smoothie greens

Washing greens is the only part about dinner which I don't enjoy haha! (It also always makes the kitchen dirty) I LOVE to wash all the greens I bought for the week at once and then store them in airtight containers so I have them ready to use whenever! This way my green smoothie, salad and salad dressing literally takes 5min to make.



★★★★★

Salad dressing

As mentioned in the previous tip, washing your greens is the first step to saving time. I also like to make a double portion of the salad dressing. I store it in a glass jar in the fridge and have it ready for the next day. I won't do it for 3-4 days but for 2 days it works perfectly. It will lose a tiny amount of the nutrients due to oxidation but it just makes life EASIER. :-)

Tips when eating out ✓

Have you ever been nervous about eating out in restaurants? I totally feel you and thought I would share some easy ways to stay healthy while eating out! It really is quite simple and you don't have to sacrifice your social life on a healthy plant based diet.



Italian restaurants

Peer loves Italian food and we eat out A LOT at Italian restaurants.

A few healthy things you're able to find most of the time:

- Green salad + avocado on the side to mix into the greens as a dressing
- Tomato salad (you can ask for no oil, it still tastes amazing)
- Steamed green beans, steamed spinach, steamed potatoes
- Simple tomato pasta with no cheese



Japanese restaurants

Peer and I love to go to Japanese restaurants on our date nights as we both have great options to eat, my go to order is:

- Seaweed salad (say vegan sauce)
- Green salad, edamame
- 3x avocado inside out roll, I ask for avocado inside and on top + a bowl of sesame seeds to dip the sushi in. I don't eat soy sauce as I find it too salty and my face looks puffy the next day.



Asian restaurants

Asian restaurants are perfect for a healthy night out.

My favourite dishes to order are:

- Vegetable curry (you can ask to use less oil and salt)
- Green papaya salad
- Pad thai (rice noodles) with vegetables and cashews



Steak Houses

You would usually not think steakhouses can be healthy right haha? Yesss I feel you!! I have actually found that they are great to eat out with non vegan friends as they always have amazing baked potatoes! I usually order 2 green salads, avocado on the side to mix into the salad as a dressing, a plate of sliced tomatoes and 2 orders of baked potatoes. The potatoes usually come with no salt, no oil but in case they do you can always ask to leave it out.

10 DAY BODY RESET

SO
GOOD

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LET'S GO!!

Shopping List



IT'S DATE O'CLOCK



- 15 heads celery
- 1x 5kg box medjool dates (saves money and you'll have some for afterwards)
- 5 handfuls of spinach
- 12 leaves Swiss chard
- 5 leaves rainbow chard
- 10 leaves kale
- Handful ginger
- 7 x big bowl of leafy greens (about 14 salad heads like romaine, butter lettuce, escarole, frisee, chicory, arugula...)
- 7 x avocados
- 1 package broccoli sprouts
- Handful dried seaweed (optional)
- 14 carrots
- 1 tbsp black sesame seeds
- 1 cup white sesame seeds
- 4 large ripe tomatoes
- 2kg cherry tomatoes
- 13 tbsp pumpkin seeds
- 7 tbsp sunflower seeds
- 18 nori sheets to make salad wraps
- 500g champignon mushrooms
- 2 tbsp mixed Italian dried herbs
- 6 zucchinis
- 2 fennel
- 3 bunches fresh basil
- 3 bunches parsley
- 4 bunches fresh chives
- 2 bunches fresh dill
- 25 lemons
- 2 limes
- 1 bottle organic apple cider vinegar
- 1 tbsp almonds
- 1 tbsp coco aminos (optional)
- 1 cup chickpeas, cooked
- 1 cup dry white or brown rice
- 2 tbsp rice vinegar (optional)
- 1/2 bunch asparagus
- 1/2 leek

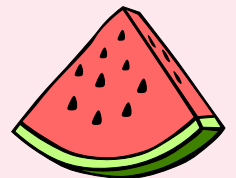
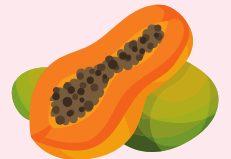
- 2 cups green peas, frozen
- 1 head broccoli
- 1 cup olives
- 1/4 cup radishes
- 1/2 cup artichoke hearts
- 1 eggplant (aubergine)
- 3 large cucumbers
- 1 beetroot
- 8 walnut halves
- 3 tbsp raisins
- 2 cups fresh or frozen mango
- 2 cups fresh or frozen pineapple
- 2 cups frozen strawberries
- 6 bananas
- 1 orange
- 1 ripe pear
- 1 large apple



- 30 medium size organic potatoes
- 5 large white, orange or purple sweet potatoes

Lunch option 1

- 2 big 12-15kg watermelon
- 2 big ripe honey melons
- 5 ripe bananas
- 1kg strawberries
- 1 ripe papaya
- 1 ripe pineapple
- 2-3 mangoes
- 6 ripe honeydew melons
- 1 large papaya

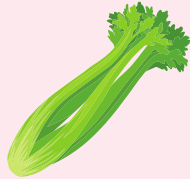


Shopping List



IT'S DATE O'CLOCK

- 15 heads celery
- 1x 5kg box medjool dates (saves money and you'll have some for afterwards)
- 5 handful spinach
- 12 leaves Swiss chard
- 5 leaves rainbow chard
- 10 leaves kale
- Handful ginger
- 7 x big bowl of leafy greens (about 14 salad heads like romaine, butter lettuce, escarole, frisee, chicory, arugula...)
- 7 x avocados
- 1 package broccoli sprouts
- Handful dried seaweed (optional)
- 14 carrots
- 1 tbsp black sesame seeds
- 1 cup white sesame seeds
- 4 large ripe tomatoes
- 2kg cherry tomatoes
- 13 tbsp pumpkin seeds
- 7 tbsp sunflower seeds
- 18 nori sheets to make salad wraps
- 500gr champion mushrooms
- 2 tbsp mixed Italian dried herbs
- 6 zucchinis
- 2 fennel
- 3 bunches fresh basil
- 3 bunches parsley
- 4 bunches fresh chives
- 2 bunches fresh dill
- 25 lemons
- 2 limes
- 1 bottle organic apple cider vinegar
- 1 tbsp almonds
- 1 tbsp coco aminos (optional)
- 1 cup chickpeas, cooked
- 1 cup dry white or brown rice
- 2 tbsp rice vinegar (optional)
- 1/2 bunch asparagus
- 1/2 leek
- 2 cups green peas, frozen
- 1 head broccoli



- 1 cup olives
- 1/4 cup radishes
- 1/2 cup artichoke hearts
- 1 eggplant (aubergine)
- 3 large cucumbers
- 1 beetroot
- 8 walnut halves
- 3 tbsp raisins
- 2 cups fresh or frozen mango
- 2 cups fresh or frozen pineapple
- 2 cups frozen strawberries
- 6 bananas
- 1 orange
- 1 ripe pear
- 1 large apple
- 30 medium size organic potatoes
- 5 large white, orange or purple sweet potatoes

Lunch option 2

- 4 tbsp cacao powder
- 2 tbsp roasted hazelnuts
- 2 tbsp chia seeds
- 11 tbsp cacao nibs
- 1/2 cup oats
- 5 tsp vanilla powder extract
- 2 tbsp puffed buckwheat
- 2 tbsp puffed quinoa
- 6 tbsp desiccated coconut
- 8 tbsp dried mulberries
- 2 tbsp hemp seeds (optional)
- 1 tbsp peanut butter
- 2 tbsp roasted peanuts
- 2 pieces dark chocolate
- 2 tsp cinnamon
- 1 tbsp raisins
- 6 walnut halves
- 3 cups frozen mango (500g)
- Small piece aloe vera gel (optional)
- 2 peaches
- 5 mangoes (substitute with bananas otherwise)
- 3 apples
- 1 lemon
- 2 cups frozen strawberries
- 1 cup fresh strawberries
- 22 frozen bananas
- 5 ripe bananas
- 4 cups frozen blueberries (1kg)
- 2 cups fresh blueberries



Day 1-10 Morning Hydration



Detox Water

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

- Sliced cucumber
- 100% pure Aloe Vera Juice
- Fresh pressed ginger juice (just ginger)
- Lime
- Mint



Celery Juice

Ingredients

1 head celery

Steps

Juicer: Juice one head of celery.
Blender: chop celery, add to blender with 1 cup of water and blend until creamy. Use a nut milk bag and pour the blended celery through the bag using your hands to squeeze. Voila, celery juice is ready. :)

Day 1 - Overview



OR



SNACK



Day 1

Green Smoothie



Ingredients

- 1 handful celery stalks
- 1 bunch parsley
- 2 leaves Swiss chard
- 1 frozen banana
- Handful frozen or fresh pineapple
- 1 cup water

Steps

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

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie **right before** eating your meal.

I love intermittent fasting and drink my smoothie after my workout at around 12/1pm. You can totally have it in the morning though. Whatever fits better into your schedule. :)

Day 1 - Lunch - option 1



Watermelon mono meal

Ingredients

1/2 of a big 12-15kg watermelon
OR as much as you crave :)

Notes

The big watermelons I buy weigh around 15kg. I would have about 1/2 of it for lunch. Watermelon is one of the most alkalising fruits, so hydrating and really beneficial for your gut. You can eat A LOT of it without consuming many calories and it also visually looks like a lot which stimulates your brain into thinking you ate a lot. You will feel quite full afterwards but that feeling passes within 30-60 min and you'll see your bowel movement will be fantastic. Melons digest so quickly which is why it's very important to not mix them with any other fruit. If you feel hungry 2-3 hours after your watermelon meal, I would have a couple of dates to keep me satisfied until dinner.



Day 1 - Lunch - option 2

Raw Banana Oatmeal

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Ingredients

1/2 cup oats
2 ripe bananas
3 medjool dates
1/2 teaspoon vanilla powder extract

TOPPINGS

Cacao powder
Puffed buckwheat
Puffed quinoa
Banana, sliced
Blueberries

Steps

1. Mix oats with 1/2 cup water, set aside.
2. Blend bananas, dates, vanilla and 1/4 cup water until smooth.
3. Transfer the mixture to the oats and mix well. Add your favourite toppings.

Notes

If you also want to eat juicy fruits for lunch, eat them about 30min prior to this bowl. Medjool dates are also fine to eat afterwards. They're not as juicy and won't make you feel bloated.

Day 1 - Dinner

MUSHROOM, TOMATO & AVOCADO SALAD



Ingredients

SALAD

large bowl of fresh greens, washed
2 cups champignon mushrooms
2 cups cherry tomatoes
2 tbsp mixed Italian dried herbs
Handful broccoli sprouts
Handful celery, chopped
1/2 ripe avocado
8 medium size potatoes

HEALTHIEST DRESSING

1 raw zucchini
1/2 head fennel
1/2 bunch fresh basil
1/2 bunch fresh chives
2 tbsp pumpkin seeds
juice of 1 lemon
1 medjool date
2 tbsp apple cider vinegar
1/4 cup water

Directions

1. Start by steaming or boiling your potatoes for 25min. Once done, set them aside to cool down.
2. Add cherry tomatoes, mushrooms & herbs to a non stick pan and saute on medium heat for 10min.
3. Place all dressing ingredients into a high speed blender and blend until creamy. It's going to be quite a lot of dressing, I like my salads very creamy and the dressing is SO healthy!
4. Add celery sprouts, avocado, mushroom and tomatoes to your salad bowl and ENJOY :)

Notes

I like to eat my salad first and then have the potatoes afterwards for optimal digestion.

Day 2 - Overview



OR



SNACK



Day 2

Green Smoothie



Ingredients

- 1 handful celery stalks
- 1 handful spinach
- 2 leaves Swiss chard
- 1 cup frozen or fresh pineapple
- 1 medjool date
- 2 cups water

Steps

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

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie right before eating your meal.

I love intermittent fasting and drink my smoothie after my workout at around 12/1pm. You can totally have it in the morning though. Whatever fits better into your schedule. :)

Day 2 - Lunch - option 1



Honey melon mono meal

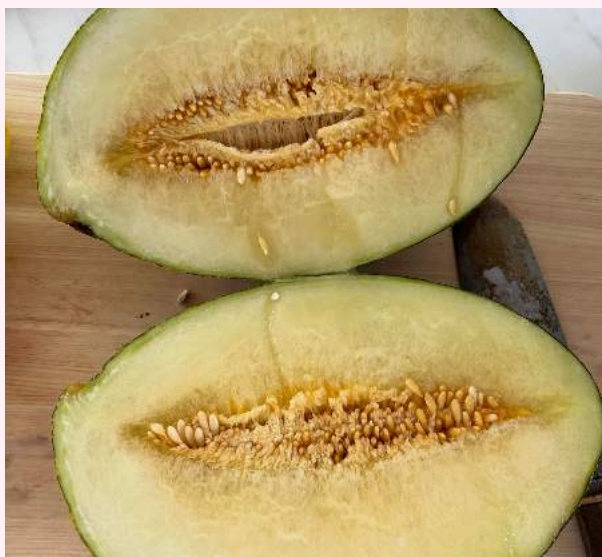
Ingredients

2 big ripe honey melons OR
as much as you crave :)

Notes

I would have about 2 big honey melons for lunch. It's really important to have enough of it and eat until you are fully satisfied. Don't treat it just like eating an apple for example.

Honey melons are so powerful for your digestive system and literally clean everything out. Make sure to not mix with other fruits as honey melon digests much quicker than most other fruits. If you feel hungry 2-3 hours after your melon meal, go for a couple of medjool dates to keep you satisfied until dinner.



Day 2 - Lunch - option 2

Bueno Bowl

@CarolineDeisler



Ingredients

- 4 frozen bananas
- 3 medjool dates
- 2 tbsp cacao powder
- 1/2 cup water
- 1 tbsp vanilla extract powder

TOPPINGS

- 2 tbsp roasted hazelnuts
- 1-2 dates, chopped
- 2 tbsp cacao nibs

Steps

- 1 Place all base ingredients into a high speed blender and blend until creamy.
- 2 Add toppings and ENJOY!

Notes

If you are still hungry afterwards, have a couple of medjool dates. I wouldn't go for juicy fruits since the bowl included roasted hazelnuts and that won't digest well together. :)

Day 2 - Dinner



NORI WRAPS & SWEET POTATOES

Ingredients

Big bowl of leafy greens
4 large ripe tomatoes
1/2 ripe avocado
1 tbsp pumpkin seeds
1 tbsp sunflower seeds
5 nori sheets to make salad wraps

2-3 large white, orange or purple sweet potatoes

SUN PROTECTION DRESSING

2 carrots
Handful celery
1/2 orange
1 tbsp almonds
Juice of 1 lemon
1 tbsp coco aminos (optional)
2 tbsp apple cider vinegar
1 medjool date

Steps

1. Start by prepping the sweet potatoes. Two options here: a) steam or boil for 20 minutes, let them cool down, peel off the skin and bake in an air fryer for 20min at 200 degrees. Let cool down completely. b) Peel sweet potatoes, cut in pieces, place on a tray with parchment paper and baked for 40min at 200 degrees, let cool down completely.
2. Place all dressing ingredients into a high speed blender and blend until smooth. Mix together with all other salad ingredients.
3. I like to use the nori sheets to make salad wraps, it's so easy and gives you a different experience plus you get extra nutrients from the seaweed. Just make sure to use a sharp knife when cutting the wrap in half as that could get messy otherwise:
4. I have all the nori wraps first and eat my potatoes afterwards, once they've cooled down. This works best for my digestion.



Day 3 - Overview



OR



SNACK



Day 3

Green Smoothie



Ingredients

2 handfuls of spinach
2 leaves kale, de-stemmed
1 ripe pear
2 cups water
Small piece ginger

Steps

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

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie **right before** eating your meal.

I love intermittent fasting and drink my smoothie after my workout at around 12/1pm. You can totally have it in the morning though. Whatever fits better into your schedule. :)

Day 3 - Lunch - option 1



Bananas & Strawberries

Ingredients

5 ripe bananas (make sure they are yellow and spotty)
As many strawberries as you like

Notes

Ripe bananas are one of the absolute BEST fitness foods, they are high in potassium which transport water into your cells and makes you look lean. When potassium is too low your sodium levels will automatically be too high which makes you look puffy. Bananas also have a lot of fibre which feeds your healthy gut bacteria and improves your digestion. You see me talking about digestion a lot but that is because to feel your best and to get into your best shape you need to help your body to get rid of things and that works through your bowel movements, deep breathing and through sweating. Strawberries are sweet, juicy, low in calories and have a lot of antioxidants.



Day 3 - Lunch - option 2

Strawberry Bowl

@CarolineDeisler



Ingredients

2 cups frozen strawberries
4 frozen bananas
1/2 cup water
1 tsp vanilla

TOPPINGS

Strawberries
Desiccated coconut

Steps

- 1 Place all base ingredients into a high speed blender and blend until creamy.
- 2 Add toppings and ENJOY!

Day 3 - Dinner

Roasted Carrot & Avocado Salad



Ingredients

SALAD

- Big bowl of leafy greens
- 1/2 cucumber
- 1 avocado
- Handful broccoli sprouts
- Handful dried seaweed (optional)
- 3-5 carrots
- 1 tbsp sunflower seeds
- 1 tbsp black sesame seeds

HUMMUS DRESSING

- 1 cup chickpeas, cooked
- Handful of celery
- 1 bunch fresh dill
- 2 tbsp sesame seeds
- Juice of 2 lemons
- 2 tbsp apple cider vinegar
- 1/2 cup water
- Pinch of pink himalayan salt

Directions

1. Preheat the oven to 200 degrees celsius. In the meantime, steam or boil your carrots for 5-7min. (you could do this step on a meal prep day also)
2. Place the carrots on parchment paper and bake for 30min Let them cool down completely.
3. Soak the dried seaweed in 1/2 cup water for about 10min, rinse well and voila seaweed is ready.
4. Place all dressing ingredients into a high speed blender and blend until creamy.
5. Put your salad bowl together and enjoyyy :) The combination of baked carrots and chilled ripe avocado is heaven!! Plus the vitamin E in carrots is better absorbed when eating it with a healthy fat source.



Day 4 - Overview



OR



SNACK



Day 4

Green Smoothie



Ingredients

3 leaves kale
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.

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie **right before** eating your meal.

I love intermittent fasting and drink my smoothie after my workout at around 12/1pm. You can totally have it in the morning though. Whatever fits better into your schedule. :)

Day 4 - Lunch - option 1



Watermelon or any fruit of your choice!

Ingredients

1/2 of a big 12-15kg watermelon
OR as much as you crave :)

Notes

It's watermelon season, let's make use of it!! If you feel like having another type of fruit, totally go for it. Mangoes, peaches, pineapple, they're all so so delicious. If you feel like mixing fruits, just make sure to eat the watermelon first, then wait at least 30min before eating any other fruit. :)



Day 4 - Lunch - option 2



Mango Chia Seed Pudding

Ingredients

2 tbsp cup chia seeds
2 ripe bananas
3 medjool dates
1 tsp vanilla powder extract
1 cup mango

TOPPINGS

1 medjool date, chopped
Handful blueberries
2 tbsp desiccated coconut
2 tbsp dried mulberries (keep in freezer for an extra crunch)

Steps

1. Start by soaking the chia seeds in 1/2 cup water. Stir well, it will turn into a jelly consistency after 10min.
2. Add bananas, dates and vanilla to a blender and blend until smooth. In a bowl or jar mix the banana vanilla cream with the chia seeds.
3. Now add mango and about 1/4 of water to a blender and blend until smooth. Pour the mango cream on top of the chia seed mixture.
4. Add toppings and enjoy!:-)

Notes

If you are still hungry afterwards, have a couple of medjool dates to keep you satisfied until dinner. :-)

Day 4 - Dinner



NORI WRAPS & POTATOES

Ingredients

SALAD

Big bowl of leafy greens
1 cup cherry tomatoes
1/2 ripe avocado
1 tbsp pumpkin seeds
1 tbsp sunflower seeds
5 nori sheets to make wraps

10 small / medium potatoes

DETOX DRESSING

1 zucchini, raw
Handful of celery
Juice of one lemon
1 medjool date
2 tbsp pumpkin seeds
2 tbsp apple cider vinegar
1/2 bunch fresh basil
1/2 bunch fresh chives

Steps

1. Start by prepping the potatoes. Steam or boil for 20 minutes, then bake in an air fryer for 20min at 200 degrees OR baked on parchment paper for 30min at 200 degrees. Let them cool down,
2. Place all dressing ingredients into a high speed blender and blend until smooth. Mix together with all other salad ingredients.
3. Fill nori sheets with the creamy salad mixture, wrap together and enjoy.
4. I like to eat the salad / nori wraps first and then have my potatoes. Feel free to peel the potatoes, the skin can be hard to digest for some people. :)

Day 5 - Overview



OR



OR



SNACK



Day 5

Green Smoothie



Ingredients

- 1 bunch parsley
- 1/3 of a large cucumber
- 2 leaves swiss chard
- 2 medjool dates
- 2 cups water
- Juice of 1 lemon

Steps

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

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie right before eating your meal.

I love intermittent fasting and drink my smoothie after my workout at around 12/1pm. You can totally have it in the morning though. Whatever fits better into your schedule. :)

Day 5 - Lunch - option 1



FRUIT MEAL

Ingredients

- 1 ripe papaya
- 1 ripe pineapple
- 2-3 mangoes

Notes

Papaya and pineapple are both super high in enzymes and antioxidants. I would eat the papaya first, then pineapple, then mango. Make sure you eat until you are completely satisfied. If you still feel hungry a little later, grab a few medjool dates.

You can also always go for a mono meal of juicy watermelon or honey melon. Just make sure you really eat enough of it and don't treat it like you're just eating an apple. :)

Day 5 - Lunch - option 2

Blueberry Nice Cream



Ingredients

BASE

3 frozen bananas
2 medjool dates
2 cups frozen
blueberries
1/2 cup water

TOPPINGS

1 cup blueberries
3 tbsp cacao nibs
3 tbsp desiccated
coconut

Steps

1. Place all base ingredients into a high speed blender and blend until creamy.
2. Add blueberries to a bowl or jar, add the nice cream mixture on top, top with more blueberries, cacao nibs and coconut. SO YUM!

Day 5 - Lunch - option 3



MANGO BLUEBERRY BOWL

Ingredients

BASE

3 frozen bananas
1 cup frozen mango
2 medjool dates
1/2 cup water

1 cup frozen blueberries

TOPPINGS

2 tbsp dried mulberries
2 tbsp cacao nibs

Directions

- 1** Add all base ingredients except for the blueberries to a high speed blender and blend until smooth.
- 2** Transfer half of your nice cream mixture to a bowl.
- 3** Add frozen blueberries to the rest that's left in the blender and blend until smooth. Add the blueberry nice cream to your bowl and top with frozen dried mulberries, cacao nibs and any other toppings you fancy. I used some freeze dried raspberries here as well which adds a nice crunch but it's definitely not a must as they can be hard to find.

Day 5 - Dinner



Antioxidant Salad

Ingredients

SALAD

Big bowl of bitter greens (escarole, frisée, chicory, arugula)
3 stalks celery, chopped
1 beetroot, grated
2 carrots, grated or julienne peeled
1 large apple, chopped
8 walnut halves
3 tbsp raisins

GARDEN DRESSING

1 raw zucchini
Handful celery
2 tbsp sunflower seeds
1/2 bunch fresh chives
1/2 bunch fresh dill
Juice of 1 lemon
1 medjool date
2 tbsp apple cider vinegar
1/2 cup water

Steps

1. Mix all salad ingredients well together.
2. Place dressing ingredients into a high speed blender and blend until creamy. Pour the dressing over your salad, stir well and enjoy!:)

It looks like a big salad but you aren't eating that many calories. This is such a great combination of flavours and I find the apple, raisins, beetroot, carrot and walnut go so so well together. It's also a great option to share with friends who aren't vegan. Let me know how you like it!

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.

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie right before eating your meal.

I love intermittent fasting and drink my smoothie after my workout at around 12/1pm. You can totally have it in the morning though. Whatever fits better into your schedule. :)

Day 6 - Lunch - option 1



MELON MONO MEAL

Ingredients

1/2 big watermelon
Or 2 honey melons
Or any fruits of your choice:)

Notes

How are you liking your melon mono meals? :-). Keep in mind this is a 10 day RESET meaning we want your body to detox as much as possible. Melons are so healing for the body. They help clean out your colon and are also high in beta carotene which is a natural sun protection. Having ripe sweets / fruit for lunch really shows how easy eating healthy can be on days where we don't have much time right? I always believe that the easier things are, the more likely we are going to do them long term.

If you feel hungry an hour after having the melons, grab a few medjool dates. Just make sure to leave an hour in between so the melons can digest properly.



Day 6 - Lunch - option 2



MANGO NICE CREAM BOWL

Ingredients

2 cups frozen mango (500g)
1 frozen banana
Small piece aloe vera gel (optional)
1/2 cup water

TOPPINGS

Sliced peaches
Mango
Berries
Hemp seeds (optional)

Steps

1. Place all base ingredients into a high speed blender and blend until creamy. It will take a couple of minutes until it's creamy. :)
2. Transfer your nice cream to a bowl, add your favourite toppings & ENJOY! So simple and easy, the perfect summer lunch.

Day 6 - Dinner



Avocado Sushi

Ingredients

- 1,5 cups cooked white or brown rice (it's about 1/2 cup of dry rice)
- 2 tbsp rice vinegar (optional)
- 2 avocados
- 1 large cucumber
- 1/2 cup sesame seeds
- 3 nori sheets

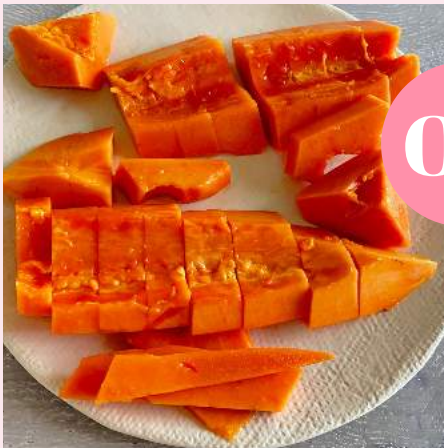
HEALTHY

Today would be the perfect night to go out for dinner!! I love sushi date nights, just skip the soy sauce as it's very high in sodium and not ideal while doing a detox.

Steps

- 1** Start by cooking the rice according to the package instructions. Once the rice is cooked and has cooled down, add 2 tbsp rice vinegar to add a bit of extra flavour. You can also do that the day before. Having cooked rice in the fridge is so convenient to quickly throw together different meals.
- 2** Slice your cucumber in long strips or use a julienne peeler and slice the avocado. Those trying to lose weight, I would use just one avocado and more cucumber.
- 3** Take a nori sheet, add 1/2 cup of the rice, spread it out evenly, add cucumber and avocado. Use wet hands to roll the sheet up and press the shape firmly with your hands. Let it sit while you do the other 2 rolls. Then use a sharp knife to cut the roll into pieces.
- 4** I love to dip each piece in sesame seeds & don't use any soy sauce. ENJOY!! I loooooove these rolls!! So yum and satisfying.

Day 7 - Overview



OR



SNACK



Day 7

Green Smoothie

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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

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie right before eating your meal.

I love intermittent fasting and drink my smoothie after my workout at around 12/1pm. You can totally have it in the morning though. Whatever fits better into your schedule. :)

Day 7 - Lunch - option 1



FRUIT MEAL

Ingredients

1 large Papaya
OR any fruit of your choice

30min later: 10 medjool dates

Notes

You can 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 down the road. :-)

Day 7 - Lunch - option 2

Snickers Bowl



Ingredients

BASE

3 frozen bananas
1tbp peanut butter
1/2 cup water

TOPPINGS

2 tbsp roasted peanuts
2 pieces dark chocolate
2 tbsp caramel sauce (6 medjool dates,
1/2 cup water, 1/2 tsp vanilla)
1 tbsp cacao powder
2 tbsp cacao nibs

Steps

1. Start by making the caramel sauce. Add dates, water and vanilla to a high speed blender and blend until creamy Set aside.
2. Add frozen bananas, peanut butter and water to your blender to make the creamy base of the bowl. Blend until smooth.
3. Transfer the mixture to a bowl, add all toppings & ENJOY! This one is SO DELICIOUS, totally feels like a treat although its 100% healthy and good for you.:)

SNACK



Day 7 - Dinner

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GARDEN SOUP

Ingredients

- 1/2 bunch asparagus
- 1/2 leek
- 1 zucchini
- 1 cup green peas, frozen
- 1 head broccoli
- 1 handful celery
- 2 tbsp sunflower seeds
- 6 small-medium potatoes (optional)

Directions

- 1 Steam or boil the potatoes for 25min and put aside to cool down.
- 2 Steam all vegetables for 10min. Put a few vegetables aside for garnishing later, place the rest of the vegetables in a blender with 1/2 cup of the steaming water and blend until creamy,
- 3 Transfer the soup to a bowl, add vegetables, sunflower seeds and some salt and pepper. ENJOYYYY:)
- 4 I like to eat the soup first and have the potatoes afterwards but you could also mix them in OR leave them out if you're not so hungry.



Day 8 - Overview



OR



SNACK



Day 8

Green Smoothie



Ingredients

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

Steps

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

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie right before eating your meal.

I love intermittent fasting and drink my smoothie after my workout at around 12/1pm. You can totally have it in the morning though. Whatever fits better into your schedule. :)

Day 8 - Lunch - option 1



FRUIT MEAL

Ingredients

Big plate of Watermelon
30-45min later:
20 Figs OR 10 medjool dates

Notes

Whenever I am on the go or don't have time to prepare anything I love to have sweet ripe fruit for lunch. I really think this shows how simply and delicious healthy eating can be. We don't need to over complicate 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 as who has time to prepare meals all the time.

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



Day 8 - Lunch - option 2



RAW APPLE PORRIDGE

Ingredients

BASE

2-3 apples
2 medjool dates
juice of 1 lemon
1 tsp vanilla extract
powder
1 tsp cinnamon

TOPPINGS

1 tbsp raisins
1 tsp cinnamon
6 walnut halves
1/2 cup blueberries

Directions

- 1 Add all base ingredients to a blender and blend roughly.
- 2 Transfer mixture to a bowl, add toppings and ENJOY! Ready in 2 minutes and so yummy!



SNACK

Day 8 - Dinner

Protein Salad



Ingredients

Big bowl of leafy salad greens
1 cup green peas, defrosted
2 tbsp sunflower seeds
1/2 cup olives
1/4 cup radishes, finely sliced
5 nori sheets

6-small - medium potatoes

DRESSING

1 large cucumber
1 bunch fresh dill
1 bunch fresh chives
1 medjool date
1 tsp organic lemon zest
Juice of 1 lemon
2 tbsp pumpkin seeds

Steps

1. Start by prepping the potatoes. Steam or boil for 20 minutes, then bake in an air fryer for 20min at 200 degrees OR baked on parchment paper for 30min at 200 degrees. Let them cool down,
2. Place all dressing ingredients into a high speed blender and blend until smooth. Mix together with all other salad ingredients.
3. Fill nori sheets with the salad mixture, wrap together and enjoy.
4. I like to eat the salad / nori wraps first and then have my potatoes. Feel free to peel the potatoes, the skin can be hard to digest for some people. :)

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POTATOES

Day 9 - Overview



OR



SNACK



Day 9

Green Smoothie



Ingredients

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

Steps

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

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie right before eating your meal.

I love intermittent fasting and drink my smoothie after my workout at around 12/1pm. You can totally have it in the morning though. Whatever fits better into your schedule. :)

Day 9 - Lunch - option 1



MELON MONO MEAL

Ingredients

1/2 large watermelon (the ones I buy weigh around 12kg in total)
Or 2 juicy Honey Melons

Notes

If you feel hungry an hour after having the melons, grab a few medjool dates. Just make sure to leave an hour in between so the melons can digest properly.



10 DAY BODY RESET

Day 9 - Lunch - option 2



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BANANA CARAMEL BOWL

Ingredients

BASE

4 frozen bananas
1stp vanilla powder extract
1/2 cup water

TOPPINGS

Date caramel sauce
(6 medjool dates, 1/2 cup
water 1/2 tsp vanilla extract)
Dried mulberries, store in the
freezer to make them extra
crunchy
2 tbspcacao nibs

Directions

- 1 Start by making the caramel sauce. Add dates, 1/2 cup water and vanilla to a high speed blender and blend until smooth. Transfer to a bowl and set aside.
- 2 Add all base ingredients to the blender and blend until creamy. Pour your nice cream into a bowl, add caramel sauce, mulberries and cacao nibs. ENJOYYYY!! So so delicious and refreshing.

Day 9 - Dinner



Ingredients

Big bowl of leafy greens (arugula goes really well here)
1-2 cups cherry tomatoes
1 ripe avocado
1/2 cup olives
1/2 cup artichoke hearts
1 eggplant (aubergine)

2 large white, orange or purple sweet potatoes

HEALTHIEST DRESSING

1 raw zucchini
1/2 bunch basil
1/2 bunch chives
2 tbsp pumpkin seeds
1 handful celery
Juice of 1 lemon
2 tbsp apple cider vinegar
1 medjool date
1/4 cup water

Steps

1. Start by prepping the sweet potatoes. Two options here: a) steam or boil for 20 minutes, let them cool down, peel off the skin and bake in an air fryer for 20min at 200 degrees. Let cool down completely. b) Peel sweet potatoes, cut in pieces, place on a tray with parchment paper and baked for 40min at 200 degrees, let cool down completely.
2. Steam the eggplant for 10 minutes, let it cool down and then bake for 10 minutes in your air fryer at 200 degrees or in a regular oven (on parchment paper) for 20 minutes at 200 degrees celsius.
3. Place all dressing ingredients into a high speed blender and blend until smooth.
4. Mix the dressing into the greens and add all other salad ingredients. I love to eat the salad first and then have the sweet potatoes once they cooled down. This works best for my digestion but you can obviously also mix it all together :-). ENJOY!!

Day 10 - Overview



OR



SNACK



Day 10

Green Smoothie

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Ingredients

- 3 leaves kale
- 5 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.

Notes

After you drink your green smoothie wait at least 30 minutes before you have the 2nd part of your lunch. You would probably have done this naturally as your body will feel full after drinking the smoothie but I just wanted to point it out as your digestion will be much better when you don't drink the smoothie **right before** eating your meal.

I love intermittent fasting and drink my smoothie after my workout at around 12/1pm. You can totally have it in the morning though. Whatever fits better into your schedule. :)

Day 10 - Lunch - option 1



FRUIT MEAL

Ingredients

2 Juicy Honey melons
OR 20 figs

Notes

With melon mono meals really make sure you eat enough. It's totally normal to feel quite full afterwards and it will pass quickly. Your bowel movements will be AMAZING which is exactly what you want on a reset. Detoxing the body means getting rid of as many toxins as possible and eating a simple melon mono meal definitely helps with that. If you are hungry 1-2 hours later, grab a few dates to hold you over until dinner.

If it happens to be fig season wherever you are, definitely make use of that and have a delicious mono meal of sweet ripe figs. Figs are one of my top three favourite fruits, next to dates and melons. :-)
We have two fig trees here in Ibiza and I am so so excited to eat my own soon haha.



Day 10 - Lunch - option 2

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BANANA BLUEBERRY BOWL

Ingredients

BASE

3 frozen bananas
2 medjool dates
2 cups frozen blueberries (or
2 sachets frozen dragon fruit)
1/2 cup water

TOPPINGS

1 banana, sliced
2 tbsp dried mulberries
2 tbsp cacao nibs
1/2 cup mango

Directions

- 1 Add all base ingredients to a high speed blender and blend until smooth.
- 2 Transfer the nice cream mixture to a bowl, add all toppings & ENJOY!

PS: I keep the dried mulberries in the freezer. That way they are super crunchy and it's like a quick ready to use granola substitute.

Day 10 - Dinner



Ingredients

Big bowl of leafy greens
1 cup cherry tomatoes
1 ripe avocado
1 tbsp pumpkin seeds
1 tbsp sunflower seeds
5 carrots

HEALTHIEST DRESSING

1 raw zucchini
Handful celery
1/2 bunch fresh basil
1/2 bunch fresh chives
juice of 1 lemon
1 medjool date
2 tbsp pumpkin seeds
2 tbsp apple cider vinegar

Steps

1. Steam carrots for 10 minutes, then air fry them for 20 minutes at 200 degrees or bake on parchment paper for 30 minutes at 200 degrees celsius. Let them cool down completely. You can also prep the carrots the day before and make a double portion, they taste even better once they have fully cooled down and easily stay fresh in the fridge for 3-4 days.
2. Place all dressing ingredients into a high speed blender and blend until smooth. Mix dressing into the greens and add rest of the salad ingredients.
3. I LOVE the combination of roasted carrots and chilled ripe avocado. HEAVEN!!!

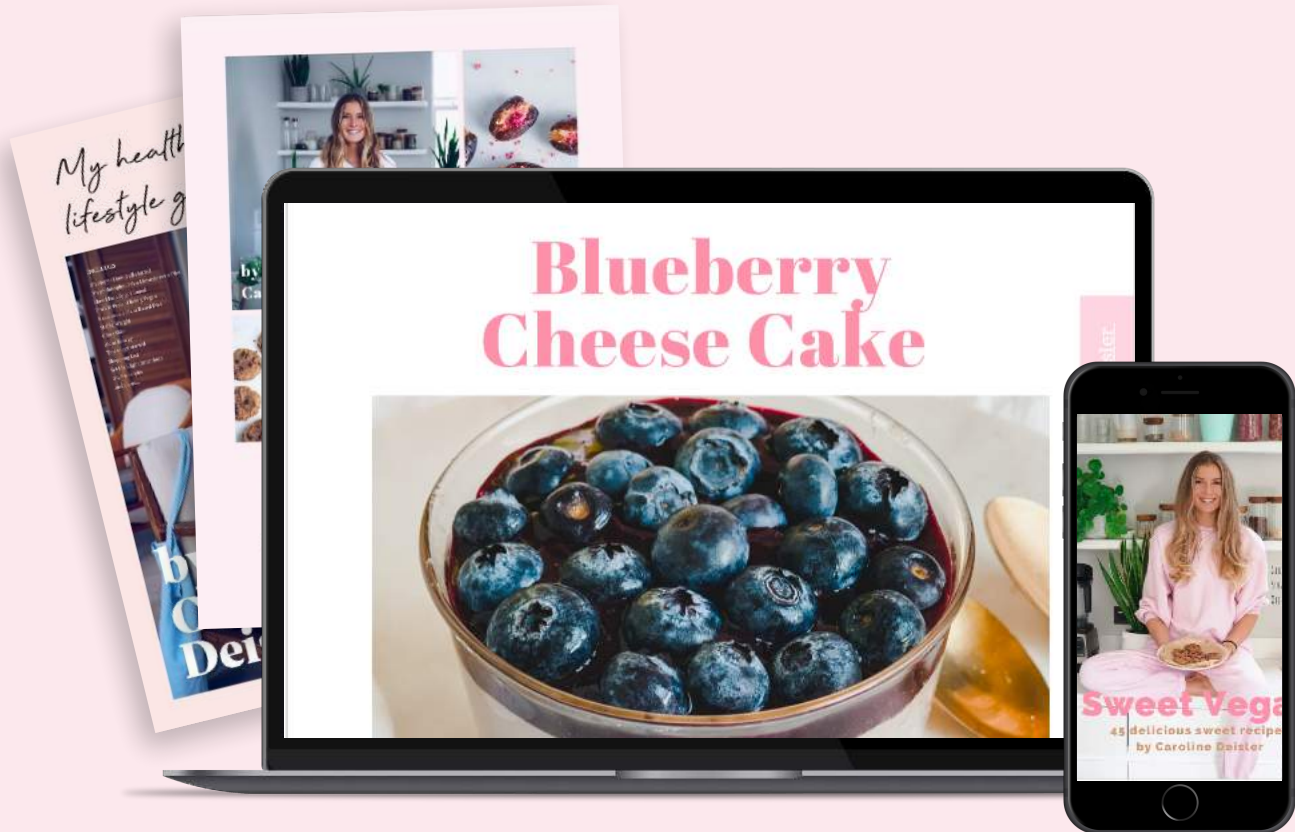


You did it! How do you feel?

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. It always brightens up my day!

@Carolinedeisler





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