

Your RESET meal plan to
get back on track after the
holidays and kick-start the
new year!!

10 Day January Reset

by Caroline Deisler

Hi, I'm Caroline



I am a Certified Holistic Nutritionist and have been eating a healthy vegan diet for more than 10 years now. I ate this way to prepare my body for a healthy pregnancy, throughout my entire pregnancy, postpartum and breastfeeding journey. It really brings out the best in you in every stage of life and I can't wait for you to kick-start the new year feeling AMAZING!

This RESET in particular is designed to help you detox a little from the holidays and get back on track with your healthy routines. I love this time of year as everyone is super motivated which is the perfect opportunity to step up your health!!

The cold crisp winter air, early cozy evenings and seasonal fruits and veggies are all here for us to be used in our favour. I'll show you HOW with the easiest, quickest and most satisfying recipes to make you FEEL YOUR BEST!! The best part: ALL that without feeling deprived or like you are on a diet!

Caroline Deisler

NUTRITIONIST | FITNESS ADVOCATE



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



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Fresh Start!

We ALL want a quick fix right? Buuuut let me tell you, the slow and steady way is so much better because you'll fall in love with the journey and want to keep going forever! This is the KEY to long-term results! It's not about a crash diet that makes you lose x amount of weight and then you fall back into old eating habits.

I am here to teach you how to make healthy eating so delicious AND easy that you'll just want to keep going and eventually won't even think about it. You'll notice that our **RESET ROUTINE** doesn't require any more effort and that by the end of the day you'll end up saving money, and time AND you'll feel SO MUCH BETTER!

It's totally okay to have days where you have other commitments like work lunches or family gatherings. Simply come back to this routine the next day OR try to inspire those around you and cook for the whole family, bring some of my healthy desserts with you and show people how delicious health can be hehe!! You'll be surprised how many people would actually love to eat healthier and will thank you for it!! Having people joining you on your journey is still to date the #1 best motivation. That's why having this beautiful community here is the absolute BEST!!



Results are in!



22 years old before changing my diet



32 years old and a baby later :)

Daily Checklist

day 1

day 6

day 2

day 7

day 3

day 8

day 4

day 9

day 5

day 10

10 DAY JANUARY RESET

Green Smoothies

Green Smoothies are an essential part of my RESET ROUTINE. They are like liquid gold for your body!! Pure health in a glass. No matter what season we are in, I make it a priority to drink green smoothies daily. You'll look younger, have better digestion, more energy, less cravings and feel mentally fit and clear-headed!

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5 INGREDIENTS OR LESS

TO KEEP THINGS AS EASY AS POSSIBLE

I know a long ingredient list can feel a bit “uggggh not gonna do that” haha and I get it. Life is BUSY (especially being a mom) and we want to make healthy eating as easyyy as possible.

That’s why I kept the ingredients for most of these recipes at a maximum of 5 ingredients or less. A few recipes have more than 5 but those are optional and some of those ingredients are staples you bought when shopping for this reset, so you already have them at home anywayys! So I thought, better use them up hehe!

I’m really curious to hear your feedback on this and if you find it makes life easier?

As always we are also only using simple whole food ingredients and no crazy superfoods!

If one or two recipes become your favourite, feel free to stick to them and make them on repeat or replace them with any of the other recipes! This is all about finding YOUR favourite way to long-term results!!

With all of these recipes, you can make a double portion and have leftovers for the next day! That way you save even more time and you can do the RESET multiple times :-)

Other useful tips

AND GUIDELINES



INTERMITTENT FASTING

Option 1: *Intermittent fasting*

Celery juice in the morning

Green smoothie + sweet or savoury lunch

Option 2: *No intermittent fasting*

Celery juice, green smoothie and fruit during the first half of the day + sweet or savoury lunch

Option 3: *Solid breakfast*

Celery juice, green smoothie + sweet (lunch) recipe for breakfast + savoury lunch later



SWEET OR SAVOURY LUNCH

You have the option to have a sweet OR savoury lunch depending on your preference. Both work just as well and it's all about what makes you more satisfied! You can also have the sweet lunch option for breakfast and the savoury option for lunch if one day you don't feel like having fruits or a smoothie in the morning but I would stick to the routine on most days. :-)



MEDJOOOL DATES AS A SNACK

If I wasn't breastfeeding right now I wouldn't be snacking a looot and I would recommend having sit-down meals, eating until you are fully satisfied, giving your digestion a break and then having your next meal. However, if you ever need an extra snack grab some medjool dates or make one of my healthy snack recipes in this reset like the caramel apples or carob balls! Quick, deliciious and satisfying!



COMPLETE PROTEIN SOURCES

we are focusing on!

The proteiiiiin question hehe!! Yess, we do need a sufficient amount of protein but it's easy to get from whole foods and I personally have never used any protein powders.

We have so many great protein sources on a plant-based diet which are included in these recipes so you don't have to think about it and can fullyyyy relax and simply enjoy every meal.

There are 8 essential amino acids we need for protein. Some protein sources are called *complete proteins* because they contain all 8 essential amino acids.

COMPLETE PROTEIN SOURCES

Buckwheat
Quinoa
Chia Seeds
Hemp Seeds



OTHER PROTEIN SOURCES

With all the other great plant protein sources, it's all about **combining them** in a way that they together form a **complete protein** (like rice with beans)! Here is a list of all protein sources:

GREENS

Spinach
Kale
Parsley
Arugula
Swiss chard
Collard greens

VEGETABLES

Broccoli
Asparagus
Mushrooms
Sweet potatoes
Green beans
Cauliflower

FRUITS

Avocado
Oranges
Bananas
Kiwis
Berries
Medjool dates

NUTS & SEEDS

Hemp seeds
Chia seeds
Pumpkin seeds
Flax seeds
Sunflower seeds
Sesame seeds
Almonds
Cashews
Hazelnuts
Peanuts

GRAINS

Buckwheat
Quinoa
Oats
Millet
Wild rice

LEGUMES

Black beans
Kidney beans
Chickpeas
Butter beans
Edamame
Lentils
Green peas



WINTER HAS SO MUCH TO OFFER

You can see the glass half full or half empty. It's the same glass but it's all about how you perceive it. :-)

The winter months can make you feel unmotivated and sluggish OR you can fall in love with the fresh cold crisp morning air, the cozy early evenings, the delicious vegetables and potatoes we have in season and the introverted energy that's all about checking in with yourself to plant the seeds for a blooming spring that's to come. It's all about how we look at things!!

I personally LOVE winter just as much as summer really!! The cold morning showers are even colder, the coziness and since we can all workout

together from home, I feel so fit and healthy during this time now!

Potatoes and sweet potatoes are so satisfying, low in calories, and high in fiber, (fat-free) that they make it really easy for us to feel full and satiated!!

Annnnd it's all about the way we prepare them and combine them with other foods to form a well-rounded balanced meal. Potatoes are our beeeest friend and not the enemy that most people were made to think. I have been eating potatoes and sweet potatoes DAILY for more than 10 years now. They made me fall in love with this lifestyle because I finally didn't feel like I was restricting myself anymore yet looked and felt better than ever.

SEASONAL INGREDIENTS

I looove to shop at farmers markets. This is my Saturday morning routine with Hailey and love filling my kitchen with all the delicious fruits and vegetables the season has to offer. Eating in tune with the seasons just feels so aligned and is also the best for your health (and the planet, yay!)

Small local fruits and veggie stores are my go-to apart from markets and I always look for good (organic) quality where produce has been sustainably sourced with minimum interventions. Once you buy really great quality ingredients, you really don't need to add much to make it taste good and you'll immerse yourself in all the flavours winter has to offer!!

VEGETABLES

Potatoes
Sweet potatoes
Pumpkin.
Kabocha squash
Kale
Spinach
Celery
Celeriac
Parsnips
Beetroot
Cauliflower
Broccoli
Carrots
Leeks

FRUITS

Apples
Pears
Persimmons
Kakis
Bananas
Oranges
Grapefruits
Kiwis
Papaya
Medjool dates
Pomegranate
Cranberries
Lemons

10 DAY JANUARY RESET

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The Workout Plan

10 DAY JANUARY PROGRAM

YAY!! We have a matching **10 DAY WORKOUT PROGRAM** that I specifically created to do along with our **10 DAY JANUARY RESET**.

The New Year's energy is just the BEST!! Everyone is so motivated and unlike some, I LOVE New Year's resolutions! Every opportunity where you feel driven to feel better, to get into healthy routines and to improve your health and fitness, is a great one to jump on board.

You can only benefit from it and even if you skip a day here or there you did SOMETHING and that's what matters in the end. Every effort counts and adds up to big results.

You'll find our 10 DAY WORKOUT PROGRAM on our **RESET PLATFORM** where you can also find the 10 DAY JANUARY RESET and can easily follow both programs in one place!!

Combining my meal plans and workouts is the ultimate recipe for success and gives you neeeeext level results. Food and Fitness go hand in hand, the right fuel forms the base for physical results and the right workouts help to avoid overeating. We keep the stress low which means you won't feel irritated or hungry all day.

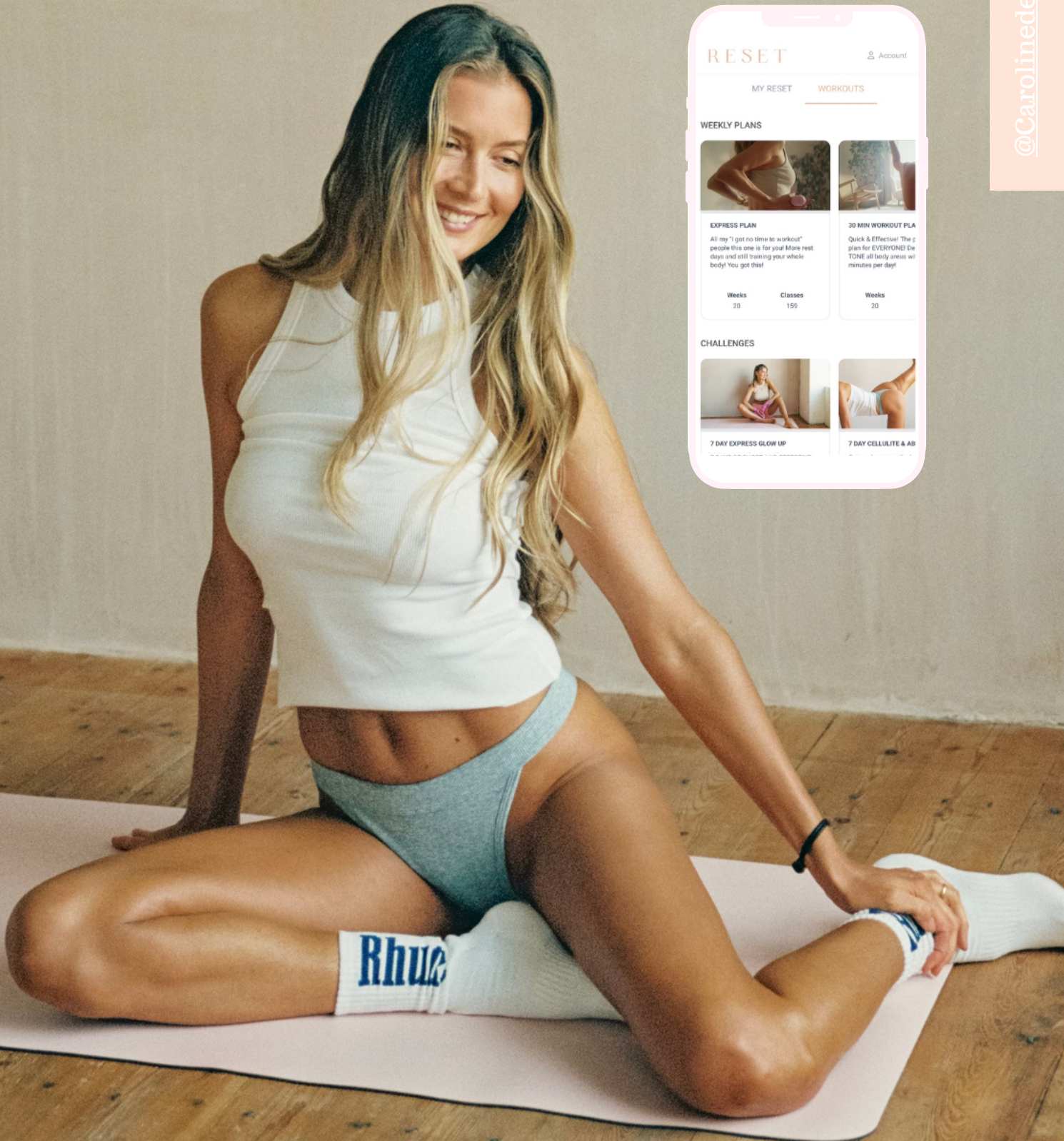
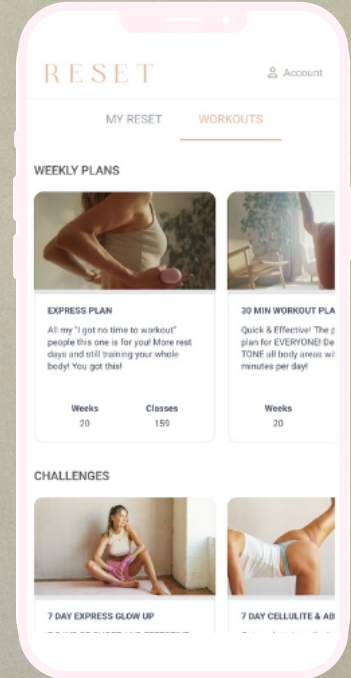
It's really all so connected and I can't wait to see you all crushing our workout program alongside our reset meal plan.

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10 DAY JANUARY RESET

RESET

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Self-Care Tips

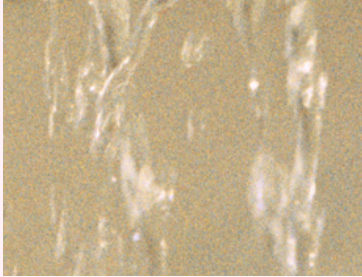
FOR EVEN BETTER RESULTS



I LOVE EVERYTHING SELF-CARE!!! It's all about the tiny things we can squeeze into our busy days that make us feel better!! The more you care for YOURSELF the more love you show your body the more love and care you have to give to the rest of the world. It all starts with showing up for yourself. Try to do three of the things below daily in addition to our healthy meals and workouts. :-)

Top 10 Daily Self-care tools

THAT WILL MAKE YOU FEEL BETTER



ICE COLD SHOWER

I start everyyy day with an ice-cold shower, in fact, I only shower cold whenever I don't wash my hair. It tightens your skin, wakes you up, boosts your metabolism and makes you more resilient!! MY FAVOURITE!



DRY BRUSH

Just 2 minutes of dry brushing before your shower makes a huge difference!! You gently exfoliate your skin and boost your lymphatic system which then carries the toxins out of your body!



MEDITATION

Meditation can be wayyy easier than you think! The 30 seconds you wait for the water to boil - those are the tiny moments we can use to breathe deeeeply and feel a sense of EASE. All my stretches feel like meditation to me as well!!



EPSOM SALT BATHS

An Epsom salt bath can almost have the same effect as a sauna session where you sweat it all out!! I put a lot of Epsom salts or magnesium flakes in my bath and make it pretty hot too! I usually stay in for 20 minutes (that's all I get with Hailey).



LEGS UP THE WALL

Putting your legs up the wall goes hand in hand with meditation as well! There is a short one on RESET which combines them both! You instantly feel relaxed and the water from your legs can drain which helps to look less puffy and boost circulation.



3 DEEP BREATHS

Breathing deeply is the quickest way to feel more relaxed. Our digestion works the best when we feel relaxed that's why taking 3 deep breaths before each meal is so powerful and a habit I try to do daily!



MORNING WALKS

You are getting three things in one: fresh air, sunlight and movement. I loove morning walks and it's the one thing I always look forward to when waking up (but any time of the day is just as good)! Walking is the perfect addition to our workouts, easy to do anywhere and keeps your cortisol low!



GRATITUDE JOURNAL

Feeling grateful for what you have right now will instantly make you feel better. Write down three things you are grateful for each night before going to sleep. Try to think of new things as much as you can even if it takes some practice.



AFFIRMATIONS

Affirmations are so so powerful and programs your unconscious mind to believe whatever you want it to. You are closest to your unconsciousness right after waking up which is the perfect time to choose your affirmation for the day.



INFRARED SAUNA

If you have the luxury access to an infrared sauna, I highly recommend using it. Our skin is the largest organ and sweating is the easiest way to remove toxins from our body. A deep sweat and an iced cold shower afterwards feels like heaven!

10 DAY JANUARY RESET

For self-care tutorials, guided meditations and motivational videos, check out the Self-care tab on RESET

RESET

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Shopping List

GREENS

Loooots of different greens (the more bitter greens the better)
3 bunches parsley
1 head broccoli
8 leaves Swiss Chard
4 bunches chives
4 bunches dill
Lots of tomatoes
Lots of red radicchio
3 handfuls arugula
4 heads chicory
Fresh spinach
Kale

FRUITS

Loooots of Melons, fresh figs, papayas, mangoes, oranges, persimmons or kakis for breakfast
30 frozen bananas
17 large ripe bananas
20 lemons
6 large super ripe persimmons
Berries
7-8 apples
½ cup dried mulberries
2-3 oranges
1-2 cups frozen mango

VEGGIES

8 heads celery, 5 celery stalks
10-12 medium size sweet potatoes
5 large white sweet potatoes
1 kabocha squash
14 carrots
3 small potatoes, 13 medium potatoes, 4-5 big baking potatoes
3-4 heads cauliflower
2 raw beetroot bulbs, grated
6 small zucchinis
5 ripe avocados
7 small cucumbers
2 large celeriac
1 ½ cans butter beans
3 fennel bulb
250g mushrooms
400g portobello mushrooms
4-5 dried porcini mushrooms
1 parsnips
3 large stems leek
2 eggplants
1 cup green peas
1 tin diced tomatoes or tomato passata
1 ½ cup pre-cooked chestnuts
2 cups green or black lentils
¼ cup red lentils (optional)

42 medjool dates
5 tbsp cacao powder
2 tbsp carob powder
1 tbsp cinnamon
1 cup cacao nibs
Maple syrup
4 tbsp almond butter
1 tbsp hazelnut butter
½ cup almond milk
Coconut sugar
3 tbsp vanilla extract
¼ cup raisins

6-7 walnuts
Roasted hazelnuts
Almonds
Cashews

3 tbsp nutritional yeast
10 tbsp pumpkin seeds
½ cup chia seeds
1 cup dry buckwheat
2 tbsp flax seeds
1½ cups oats

Salt & pepper
Pink himalayan salt
Dijon mustard
Apple cider vinegar
Garlic powder
Onion powder
1 tsp olive oil (opt)
Italian herbs
1 teaspoon coco aminos or tamari
2 tbsp white miso paste
Vegetable stock or broth
Nori paper

Let's go!

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DAY 1 -10 MORNING ROUTINE

Staying hydrated is soooo important, especially in the morning as that's when our body gets rid of all toxins that have built up over night. We start each morning with my ginger water, celery juice and green smoothie and ideally drink my ginger water ALL DAY LONG. :-)

GINGER WATER
CELERY JUICE
GREEN SMOOTHIE



DAILY GINGER WATER

HYDRATION STATION

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

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

STEPS

Grate the ginger (no need to peel it if it's organic), add water and let it sit for a few minutes or overnight. Optionally, add the juice of one lemon and 2 tbsp pure aloe vera juice or freshly sliced cucumber.

ENJOYYY!!! This is the first thing we drink every day (or all day)!

DAILY CELERY JUICE

HYDRATION STATION

1 big head of celery to make
500ml juice

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

STEPS

Add celery stalks to your juicer to make celery juice.

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

GREEN SMOOTHIE

HEALTH IN A GLASS

Post Celery Juice is time for our GREEN SMOOTHIE!! The nutrition, skin, digestion and energy powerhouse!! I make the same green smoothie recipe every day but I gave you some variety and you find a slightly different combination for each day!

It's the best to drink your green smoothies slowly, almost try to chew it a bit as digestion starts in your mouth and that way you produce more enzymes.

I would also have the smoothie at least 30 minutes before your fresh fruits, breakfast or lunch (when doing intermittent fasting) or 60-90 minutes afterwards for optimal digestion.

Day 1

OVERVIEW OF ALL MEALS



Green Smoothie



Breakfast



Sweet Lunch



Savoury Lunch



Dinner



Dinner

Day 1

Green Smoothie



Ingredients

DRINK IT ALL

- 1 whole head celery
- 1 bunch parsley
- 3 frozen bananas
- Juice of 2 lemons
- 2-3 cups water

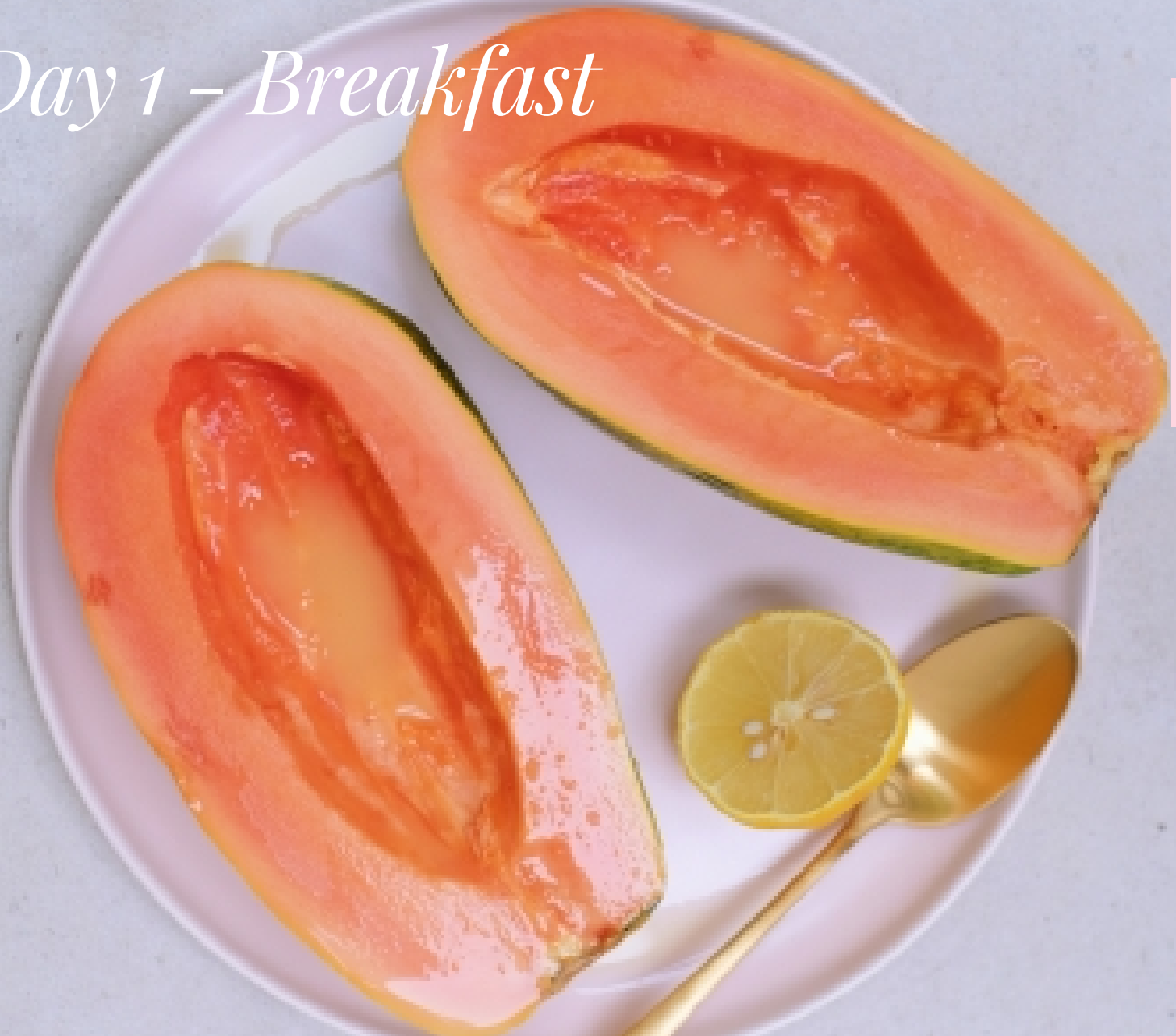
Directions

Add all ingredients to a blender and blend until smooth. Especially during the winter months, drinking our green smoothies is going to set us set up for SUCCESS!! It's the time of year where our body needs that extra BOOST and green smoothies are going to make us feel SO GOOD that we don't catch a cold or feel the winter blues.

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

Once you get into the habit of having your greens pre-washed in the fridge it feels SO EASY to make green smoothies daily. The key is to not even think about it hahah buuut really they are SO DELICIOUS that it actually feels like a treat!!

Day 1 – Breakfast



Ingredients

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

IDEAS:

- Oranges
- Mandarines
- Apples
- Pears
- Persimmons
- Bananas
- Papaya
- Kiwis

Notes

I knooow it's cold outside and some of you might not feel like having fresh fruits in the morning buuut it really is the BEST for your digestion to eat in this order: celery juice, green smoothie, fresh fruit. OR you could have fruit first and your green smoothie a bit later, that doesn't make a huge difference.

However, if you one day wake up craving a warming nourishing breakfast right away, make one of the sweet lunch recipes for breakfast and then have the savoury lunch recipe for lunch later.

Day 1 - Sweet Lunch



CHOCO PUDDING

Ingredients

6 large super ripe persimmons
2 tbsp cacao powder

Steps

- 1** Gently wash the persimmons, they should be veryyy soft and delicate to the touch. Persimmons are different from kakis which are more firm, like apples.
- 2** Remove the persimmon stem, add persimmons to a blender together with cacao powder and blend until smooth. Your deliicious pudding is readdddy!! This reminds me of those Monte yogurts when I was younger buuut our version is so so so healthy hehehe! ENJOYYY!

Day 1 - Sweet Lunch - opt 2

BUENO OATS

Ingredients

1/2 cup oats
1 - 1.5 cups water
1 tsp vanilla extract

CARAMEL LAYER

5 medjool dates
1/2 cup water

CHOCO LAYER

5 medjool dates
1/2 cup water
1 heaping tbsp cacao powder
1 heaping tbsp hazelnut butter

TOPPING

Roasted hazelnuts, chopped

Steps

- 1 Add oats, water and vanilla to a pot and let it simmer on medium heat for 5-6 minutes. Place oats in the freezer for 10 minutes to cool down.
- 2 Add 10 pitted dates, 1 cup of water and 1 heaping tbsp hazelnut butter to a blender and blend until smooth. Take out the caramel layer and add cacao powder to your blender for the chocolate layer.
- 3 Get a jar and layer your delicious Bueno Oats: Creamy oatmeal, caramel, oats, chocolate layer and top with roasted chopped hazelnuts. HEAVEEEEN!!

Day 1 – Savoury Lunch



CHEESY POTATOES

Ingredients

- 2 large baked potatoes
- ½ - 1 head broccoli
- 1 large carrot, chopped
- 3 small potatoes, peeled
- 1 tbsp nutritional yeast
- ¼ cup water

Steps

- 1 Bake potatoes for 60 mins at 200 degrees Celsius. I love to roast mine the day before and have these cooled down in the fridge.
- 2 Steam broccoli florets, carrot and small potatoes for 20 minutes until soft.
- 3 Set the broccoli aside and add carrot, steamed potatoes, nutritional yeast and water to a blender and blend until creamy! Ahh, this sauce is too good, right? So, so healthy, easy to digest and good for you!
- 4 Arrange potatoes stuffed with broccoli florets and add all the delicious “cheese” sauce on top. ENJOYYYY!

Day 1 - Dinner

CAULIFLOWER PUMPKIN SOUP



Ingredients

1 head cauliflower, florets
2 medium size sweet potatoes, peeled and chopped
½ kabocha squash, peeled and chopped
4 cups veggie broth or water

TOPPING

⅓ kabocha squash, cut in wedges (skin on or off as you prefer)

Steps

Preheat the oven to 200 degrees Celsius and bake ½ of the kabocha squash for 45 min until slightly brown.

Prepare all veggies for the soup.

Add the veggies to a pot with 4 cups water or veggie broth, bring to a boil and let it simmer on medium heat for 20 min until soft.

Take 2 cups of cooking water out. I love to sip on it or keep it in the fridge to use as a veggie stock for my next soup.

Blend the remaining soup until creamyyy, add roasted kabocha squash on top and enjoyyyy!



Day 2

OVERVIEW OF ALL MEALS



Green Smoothie



Fresh Fruits



Sweet Lunch



Savoury Lunch



Snack



Dinner

Day 2

Green Smoothie

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Ingredients

DRINK IT ALL

1 whole head celery
1 handful fresh spinach
3 frozen bananas
Juice of 2 lemons
2-3 cups water

Directions

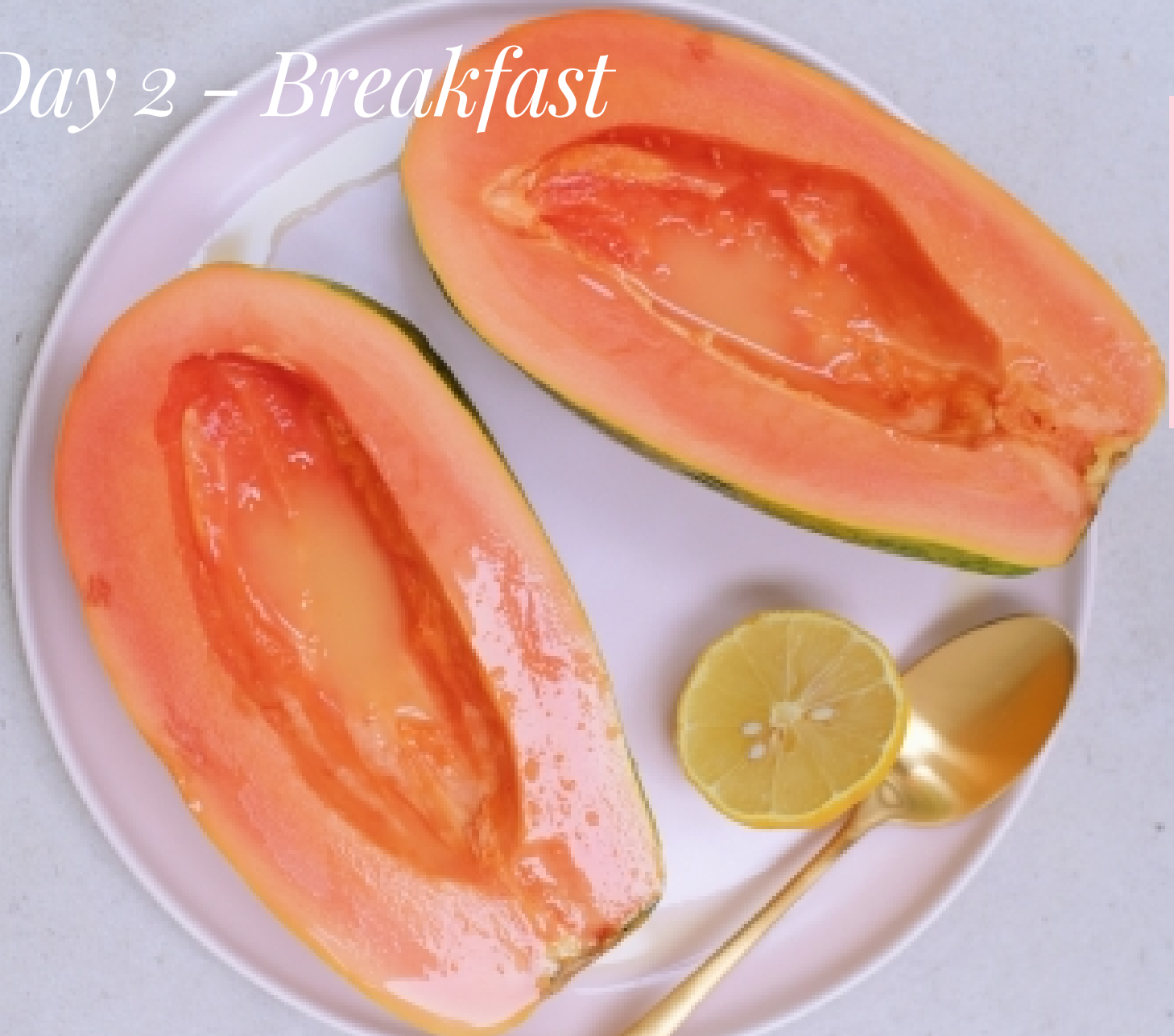
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Day 2 - Breakfast



Ingredients

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

IDEAS:

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

Notes

I know it's cold outside and some of you might not feel like having fresh fruits in the morning buut it really is the BEST for your digestion to eat in this order: celery juice, green smoothie, fresh fruit. OR you could have fruit first and your green smoothie a bit later, that doesn't make a huge difference.

However, if you one day wake up craving a warming nourishing breakfast right away, make one of the sweet lunch recipes for breakfast and then have the savoury lunch recipe for lunch later.

Day 2 - Sweet Lunch

CREAMY CHIA PUDDING

Ingredients

1/4 cup chia seeds
1 cup water

CREAM

2 large ripe bananas
3 medjool dates, pitted
1 tbsp almond butter

TOPPINGS

Berries
Papaya
or any fruits of your choice :)

Steps

- 1 Add chia seeds and water to a bowl and let it thicken overnight or for about 20 minutes.
- 2 Add all cream ingredients into a blender and blend until smooth. SO YUMMM!
- 3 Mix the cream into the chia seed mixture, top with your favourite fruits and ENJOYYYY!! LOVE these chia puddings!! Great for your digestion and perfect for meal prep + also an amazing protein source!

Day 2 – Savoury Lunch



WINTER SALAD

Ingredients

2 raw beetroots, grated
2 apples, grated
2-3 carrots, grated
4-5 walnut halves
Juice of 1 lemon

OPTIONAL

CARO dressing
1 small zucchini
Handful celery
Handful fresh dill or chives
1 tbsp apple cider vinegar
Juice of 1 lemon
2 tbsp pumpkin seeds

Steps

- 1** Grate apples, beetroots and carrots and add to a bowl with a sprinkle of lemon juice and raw walnuts.
- 2** I LOVE this salad just like it is and it's great for meal prepping too! However, feel free to make my CARO dressing by blending all dressing ingredients until smooth and add that to the salad for some extra creaminess.
- 3** This salad isn't as filling as the other recipes but so nutritious and so great for winter so I didn't want to skip it. Have a few medjool dates or dried figs a little later to be fully satisfied until dinner.

Day 2 - Snack



CAROB BALLS

Ingredients

- 7 medjool dates, pitted
- 1 tbsp almond butter
- 2 tbsp carob powder

Steps

- 1 Add all ingredients into a food processor and blend until well combined.
- 2 Form little balls and they're readyyyyy! HOW GOOD ARE THESE? Carob is a great, caffeine-free cacao alternative and these are also amazing for kids too!

Day 2 - Dinner



SWEET POTATO SANDWICHES

Ingredients

- 2-3 large sweet potatoes
- 1 large ripe avocado
- 2 small cucumbers

Steps

- 1** Peel sweet potatoes, cut them into 1-2 cm thick slices and bake on a tray lined with parchment paper for 45 minutes at 200 degrees Celsius. This step is perfect to prep the day before as we eat our sweet potatoes cold anyways :-) and when they have time to cool down in the fridge overnight, they taste even better!! I love using purple ones but all sweet potatoes work just as well here!
- 2** Add avocado and cucumbers and enjoyyyy! You can also add bigger 2-3cm cucumber pieces if you want to keep this lower in fat and skip the avocado buuut avo and sweet potato are the most delicious combo ever!! SO SO SO YUM!!

Day 3

OVERVIEW OF ALL MEALS



Green Smoothie



Breakfast



Sweet Lunch



Savoury Lunch



Dinner



Dinner

Day 3

Green Smoothie

@CarolineDeisler

Ingredients

DRINK IT ALL

1 whole head celery
3 leaves Swiss chard
3 frozen bananas
Juice of 2 lemons
2-3 cups water

Directions

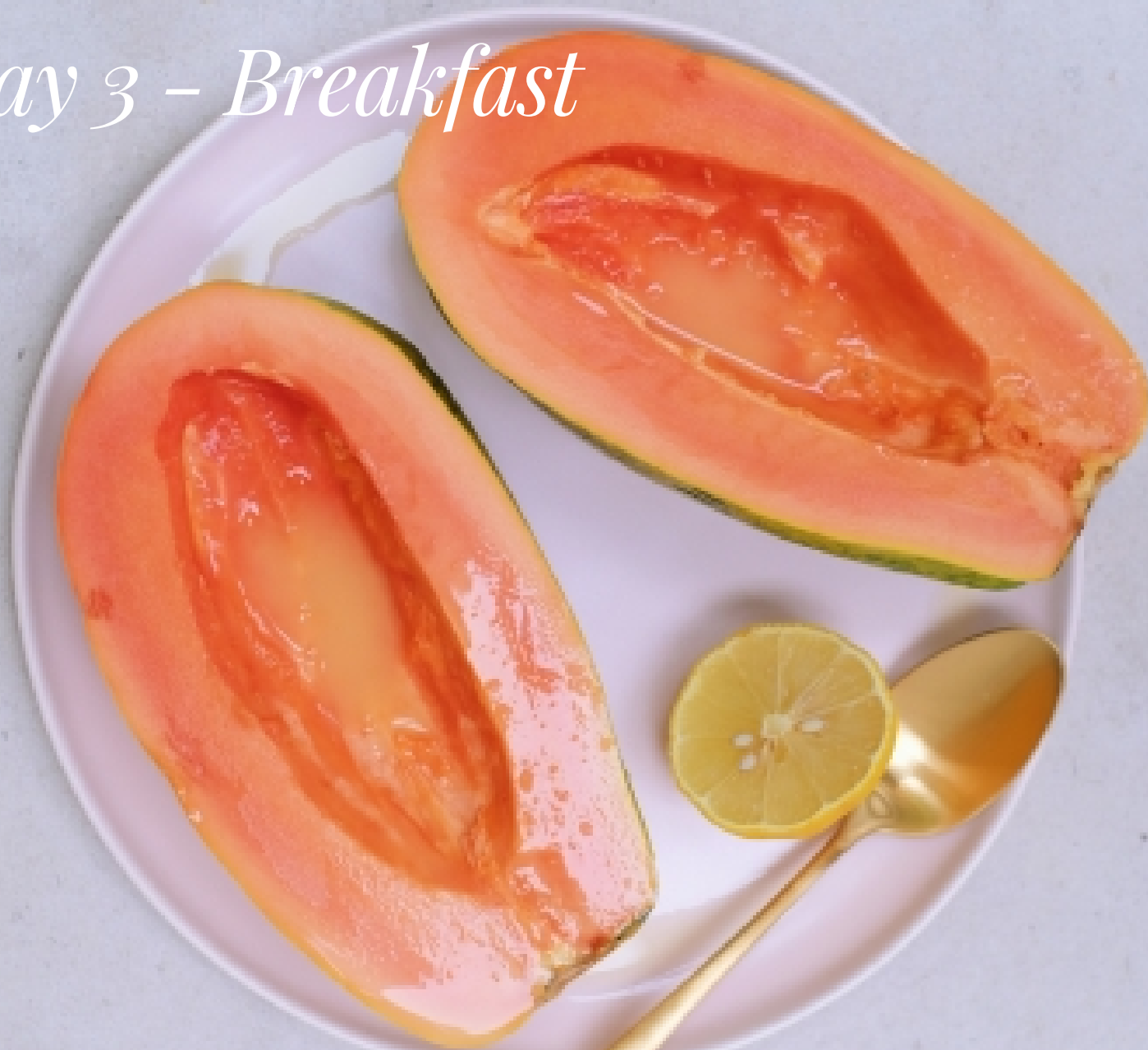
Add all ingredients to a blender and blend until smooth. Especially during the winter months, drinking our green smoothies is going to set us set up for SUCCESS!! It's the time of year where our body needs that extra BOOST and green smoothies are going to make us feel SO GOOD that we don't catch a cold or feel the winter blues.

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Day 3 - Breakfast



Ingredients

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

IDEAS:

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

Notes

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However, if you one day wake up craving a warming nourishing breakfast right away, make one of the sweet lunch recipes for breakfast and then have the savoury lunch recipe for lunch later.

Day 3 - Sweet Lunch

@CarolineDeisler

BUCKWHEAT PORRIDGE

Ingredients

½ cup dry buckwheat groats
2 apples, peeled and chopped
2 dates, pitted and chopped
1 tsp cinnamon
1 tsp vanilla extract
2 cups water

TOPPINGS

1-2 kakis
4-5 walnut halves (opt)
Caramel sauce (blend 3 dates and 1/4 cup water)

Steps

- 1 Add all ingredients into a pot, bring to a boil and let it simmer for 8-10 min.
- 2 I love to use a potato masher to turn the apples into more of a compote but that's totally optional.
- 3 Add another sprinkle of cinnamon, freshly chopped kaki, walnut pieces and for the ultimate creaminess add my caramel sauce!! YUM!

Day 3 - Savoury Lunch



BUCKWHEAT SALAD

Ingredients

½ cup dry buckwheat
1 ½ cups water
2-3 medjool dates, chopped
¼ cup raisins

1 head cauliflower, (steamed & air fried)
Handful of sliced almonds

OPTIONAL
CARO dressing

Steps

- 1** Add buckwheat, water, dates and raisins to a pot and let it simmer on medium heat for 10 minutes until the buckwheat is soft.
- 2** In the meantime air fry cauliflower or steam first for 10 minutes and then air fry for another 10 minutes until slightly brown.
- 3** Add buckwheat mixture, cauliflower and sliced almonds to a bowl and enjoyyyy. If you need an extra dressing, I would go for my CARO dressing. Yummm, I love the sweet note from the raisins!

Day 3 - Dinner

CARO SALAD



Ingredients

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

1 avocado
3-4 mini cucumbers
Lots of tomatoes

DRESSING

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

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

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

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

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



Day 4

OVERVIEW OF ALL MEALS



Green Smoothie



Fresh Fruit



Sweet Lunch



Savoury Lunch



Snack



Dinner

Day 4

Green Smoothie



Ingredients

DRINK IT ALL

1 whole head celery
3 leaves kale, de-stemmed
3 frozen bananas
Juice of 2 lemons
2-3 cups water

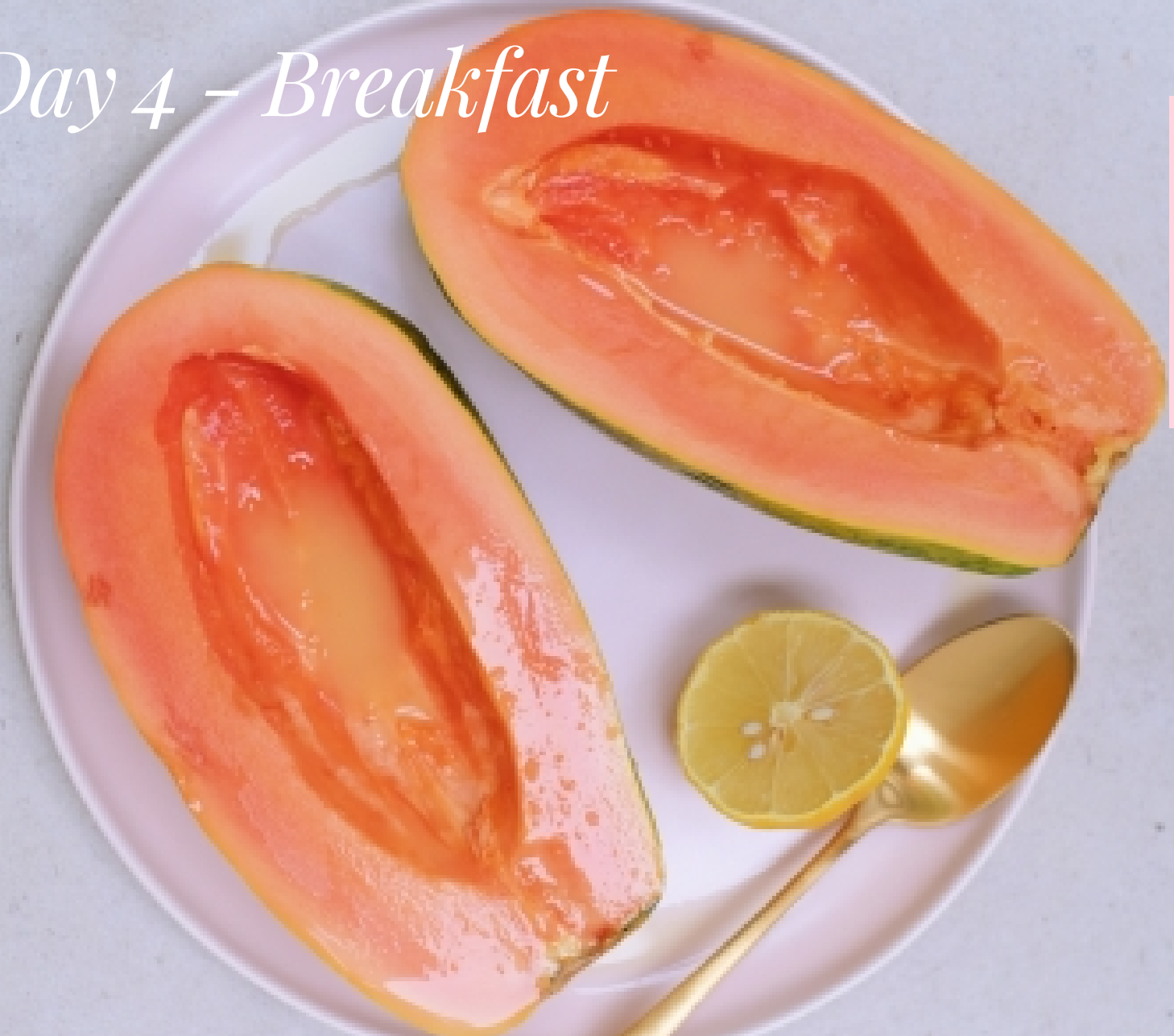
Directions

Add all ingredients to a blender and blend until smooth. Especially during the winter months, drinking our green smoothies is going to set us set up for SUCCESS!! It's the time of year where our body needs that extra BOOST and green smoothies are going to make us feel SO GOOD that we don't catch a cold or feel the winter blues.

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Day 4 - Breakfast



Ingredients

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

IDEAS:

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

Notes

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However, if you one day wake up craving a warming nourishing breakfast right away, make one of the sweet lunch recipes for breakfast and then have the savoury lunch recipe for lunch later.

Day 4 - Sweet Lunch



CHOCO CHIA PUDDING

Ingredients

2 tbsp chia seeds
1 cup water

CHOCO CREAM

2 ripe bananas
4 medjool dates, pitted
1 tbsp almond or hazelnut butter
½ cup water
1-2 tbsp cacao powder

Steps

- 1 Add chia seeds and water to a bowl and let it soak overnight or for 15-30 mins (while you do your morning workout, yay!!)
- 2 Add all choco cream ingredients into a bowl and blend until smooth. Combine the cream with your chia seed mixture and add your favourite toppings!! I love banana slices, chopped roasted hazelnuts and a sprinkle of cacao powder on top. ENJOYYYY!

10 DAY JANUARY RESET

Day 4 – Savoury Lunch

@CarolineDeisler

PINK RADICCHIO SALAD

Ingredients

Lots of red radicchio
½ kabocha squash, roasted
1 avocado

DRESSING

Handful celery
¼ cup water
2 tbsp pumpkin seeds
Optional: nori paper to make wraps

Steps

- 1** Cut kabocha squash into wedges and roast for 45 minutes at 190 degrees Celsius.
- 2** Blend all dressing ingredients until creamy, feel free to add fresh lemon juice as well!
- 3** Arrange pink radicchio and avocado in a bowl, add roasted pumpkin and mix in the dressing. I loove how creamy and delicious it is!! My favourite way to eat this salad is wrapped in nori paper! YUM!

10 DAY JANUARY RESET

Day 4 – Snack

@CarolineDeisler



CARAMEL APPLES

Ingredients

- 2-3 apples
- 5 medjool dates
- ½ cup of water
- 1 tsp vanilla extract

TOPPING

- ½ cup dried mulberries (kept in the freezer)

Steps

- 1 Add dates, water and vanilla into a blender and blend until you have a creamy caramel sauce.
- 2 Cut apples into thin slices, add a layer of the caramel, and sprinkle with chopped dried mulberries. Keeping those in the freezer makes them super crunchy and deliicious! Such a quick and fun way to eat more apples!!

10 DAY JANUARY RESET

Day 4 - Dinner

CELERIAC STEAKS

@CarolineDeisler

Ingredients

1 large celeriac, peeled and cut into steaks

1 tbsp white miso paste

Juice of 1 lemon

PUREE

1 medium sized sweet potato

2 small carrots (optional)

½ cup cooking water

TOPPING

1 avocado, chopped

Steps

- 1 Preheat the oven to 200 degrees Celsius.
- 2 Peel the celeriac with potato peeler, trim off the ends and slice the celeriac into 2 cm rounds. Score shallow lines on both sides of each 'steak' in a cross-hatch.
- 3 In a small bowl mix miso and lemon juice and add some hot water if needed. Brush each piece of celeriac on both sides with the marinade place on the baking tray with parchment paper and bake for 25 minutes.
- 4 Remove the steaks from the oven, flip over, brush with the remaining marinade and bake for another 15-20 minutes until golden.
- 5 In the meantime, steam the sweet potato and carrots until soft. Add to a blender with ½ cup of the cooking water and blend until smooth.
- 6 Place sweet potato puree on a plate with roasted celeriac steaks and top with fresh avocado or for a pop of colour, green peas would go really well too!

Day 4 - Dinner - opt 2

POTATO GRATIN

@CarolineDeisler



Ingredients

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

CREAM

½ cup cashews, soaked
1 raw zucchini, peeled
1 tbsp apple cider vinegar
½ cup water
1 tsp salt

Steps

- 1** Preheat the oven to 200 degrees and soak the cashews in water.
- 2** Peel and slice your potatoes and layer them into a baking form lined with parchment paper. Rinse cashews and add to a blender with all other sauce ingredients and blend until creamy. Pour the cream over the potatoes and bake for 60 minutes.
- 3** it tastes even better once it cooled down to room temperature. One of my absolute favourite recipes so we had to have it in here!!

Day 5

OVERVIEW OF ALL MEALS



Green Smoothie



Breakfast



Sweet Lunch



Savoury Lunch



Snack



Dinner

Day 5

Green Smoothie

@CarolineDeisler

Ingredients

DRINK IT ALL

1 whole head celery
1 bunch parsley
2 frozen bananas
Juice of 2 lemons
2-3 cups water

Directions

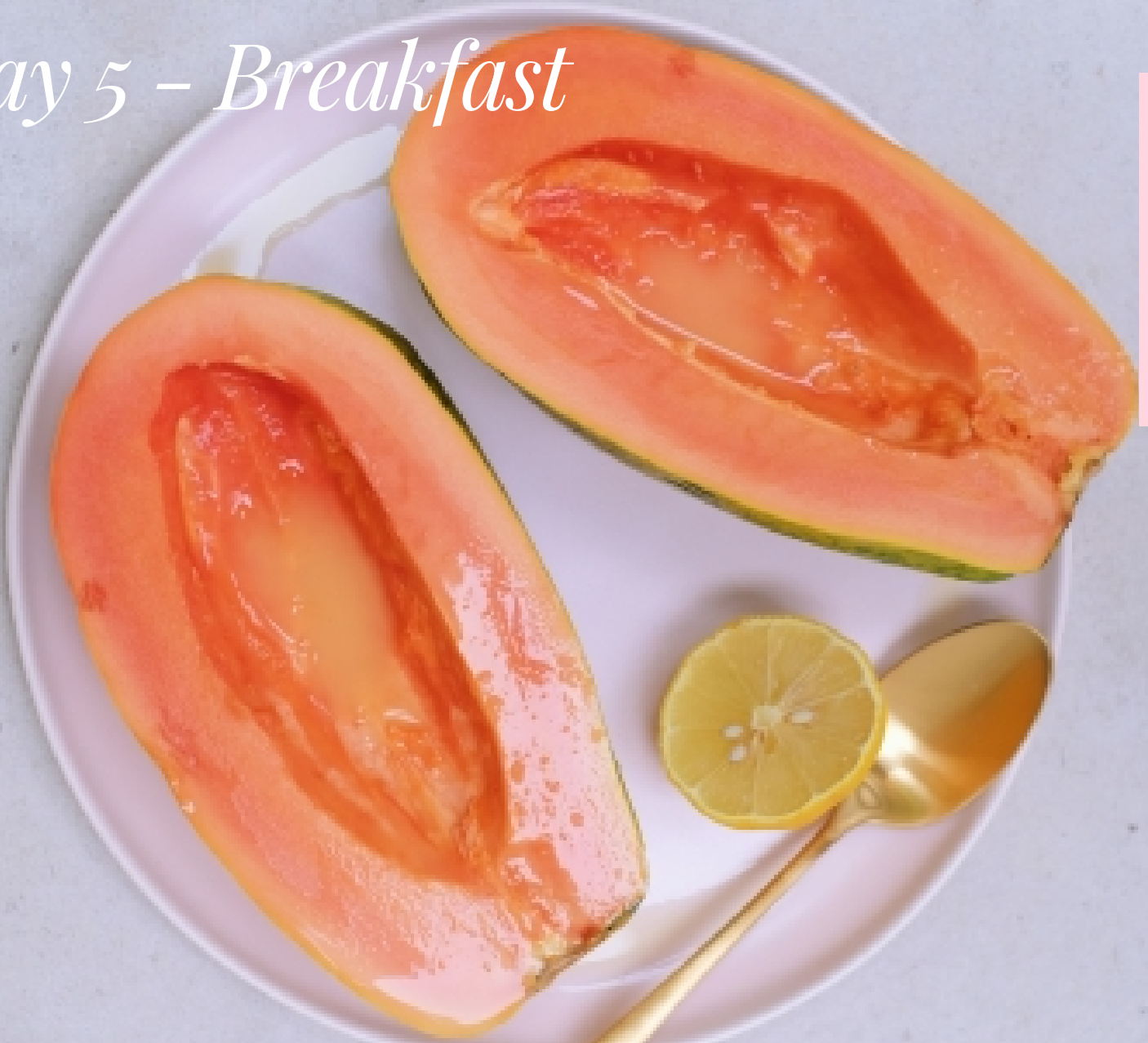
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Day 5 - Breakfast



Ingredients

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

IDEAS:

Melons
Fresh figs
Papayas
Mangoes
Oranges
Persimmons
Peaches

Notes

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Day 5 - Sweet Lunch



3 INGREDIENT BROWNIES

Ingredients

- 3 ripe bananas
- 5 medjool dates, pitted
- 1 heaping tbsp cacao powder

Steps

- 1 Preheat the oven to 180 degrees Celsius, add all ingredients to a blender or food processor and blend until smooth.

- 2 Pour the mixture into a baking form lined with parchment paper, I like to use square silicone moulds as they are easy to remove later.

- 3 Bake for 30 mins (workout time hehe) and let them cool down afterwards. I loooove how fudgy they are and love adding another sprinkle of cacao powder on top.

Day 5 – Savoury Lunch

SWEET POTATO SANDWICHES

Ingredients

2-3 large sweet potatoes
1 large ripe avocado
2 small cucumbers

Steps

- 1** Peel sweet potatoes, cut them into 1-2 cm thick slices and bake on a tray lined with parchment paper for 45 minutes at 200 degrees Celsius. This step is perfect to prep the day before as we eat our sweet potatoes cold anyways :-) and when they have time to cool down in the fridge overnight, they taste even better!! I love using purple ones but all sweet potatoes work just as well here!
- 2** Add avocado and cucumbers and enjoyyyy! You can also add bigger 2-3cm cucumber pieces if you want to keep this lower in fat and skip the avocado buuut avo and sweet potato is the most delicious combo ever!! SO SO SO YUM!!

Day 5 - Dinner



Lentil Carrot Soup

Ingredients

4 large carrots (buy organic), chopped
1 sweet potato, peeled and chopped
¼ cup red lentils (or ½ cup dry lentils)
4 cups veggie stock or water

TOPPINGS

½ can butter beans, rinsed
Roasted cauliflower (optional)

Steps

- 1 Cut all veggies and bring 4 cups of water or veggie stock to boil.
- 2 Add in carrots, sweet potato and lentils and let it simmer on medium heat for 20 minutes until soft.
- 3 Take out 2 cups of the cooking water. Blend the remaining soup until creamyyy, pour into your soup bowl and top with butter beans and black pepper.

Day 6

OVERVIEW OF ALL MEALS



Green Smoothie



Fresh Fruit



Sweet Lunch



Savoury Lunch



Snack



Dinner

Day 6

Green Smoothie



Ingredients

DRINK IT ALL

- 1 whole head celery
- 1 handful fresh spinach
- 3 frozen bananas
- Juice of 2 lemons
- 2-3 cups water

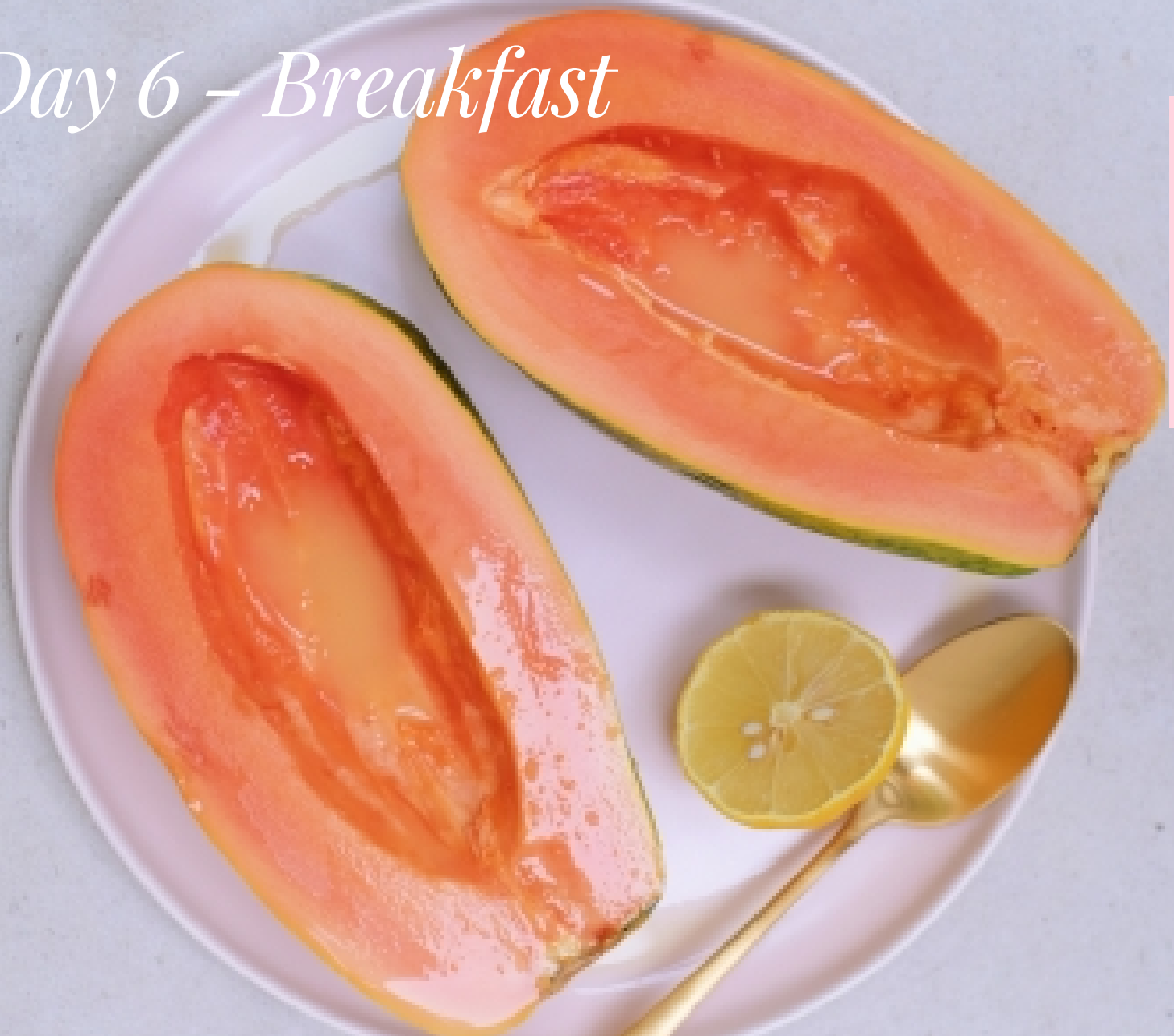
Directions

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Day 6 – Breakfast



Ingredients

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

IDEAS:

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

Notes

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Day 6 – Sweet Lunch

@CarolineDeisler

VANILLA PUDDING

Ingredients

6 large super ripe persimmons
1 heaping tsp vanilla extract

Steps

- 1** Gently wash the persimmons, they should be veryyy soft and delicate to touch. Persimmons are different from kakis which are more firm, like apples.
- 2** Remove the persimmon stem, add persimmons to a blender together with vanilla and blend until smooth. Your deliicious pudding is readdy!! It literally tastes like vanilla custard, right? (You can also use 3 persimmons but to make this a meal I always ended up making two portions)

Day 6 – Sweet Lunch – opt 2



SNICKERS OATS

Ingredients

1/2 cup oats
1 - 1.5 cups water
1 tsp vanilla extract

CARAMEL LAYER

5 medjool dates
1/2 cup water

CHOCO LAYER

5 medjool dates
1/2 cup water
1 heaping tbsp cacao powder
1 heaping tbsp peanut butter

TOPPING

Roasted peanuts, chopped

Steps

- 1** Add oats, water and vanilla to a pot and let it simmer on medium heat for 5-6 minutes. Place oats in the freezer for 10 minutes to cool down.
- 2** Add 10 pitted dates, 1 cup of water and 1 heaping tbsp peanut butter to a blender and blend until smooth. Take out the caramel layer and add cacao powder to your blender for the chocolate layer.
- 3** Get a jar and layer your delicious Snickers Oats: Creamy oatmeal, caramel, oats, chocolate layer and top with roasted chopped peanuts. OBSESSED!!

10 DAY JANUARY RESET

Day 6 – Savoury Lunch

FENNEL ORANGE SALAD

@CarolineDeisler



Ingredients

1 fennel bulb, shaved with a veggie slicer (this makes the fennel really easy to digest)
3 handfuls arugula
1 apple, finely sliced (optional)
1-2 oranges, sliced
2 carrots, sliced using a potato peeler
4-5 walnut halves, crumbled on top

OPTIONAL:
CARO Dressing

Steps

- 1 Wash and slice all veggies.
- 2 Add together to a bowl, mix well and optionally make my CARO dressing or enjoy as it as the juicy oranges and the mixture itself is already super tastyyyy. Love how fresh this tastes!!

Day 6 - Dinner

MUSHROOM KALE SOUP



Ingredients

250g mushrooms
3-4 cups water or veggie stock
½ cup dry buckwheat groats
1 parsnip or 3 potatoes, peeled and chopped
1 tsp white miso paste
Handful of fresh kale (no stems)

OPTIONAL:

4-5 dried porcini mushrooms, soaked
1 tbsp nutritional yeast
½ tsp garlic powder
½ tsp onion powder

TOPPING

Handful cooked chestnuts crumbled on top

Steps

- 1** Sauté mushrooms in a non-stick pan with a bit of water until slightly soft. Optionally add onion and garlic powder.
- 2** Add in 3-4 cups water or veggie stock, miso paste, nutritional yeast (optional), buckwheat and parsnips or potatoes. Let it simmer on medium heat for 15-20 minutes.
- 3** Add in chopped kale and let it simmer for another few minutes.
- 4** Blend ¼ of the soup to make it extra creamy. I love adding a handful of cooked chestnuts and a few soaked dried mushrooms for extra flavour before blending but it's totally optional and will still be delicious without.
- 5** Pour the cream back into the soup, mix well and enjoy with a few more chestnuts crumbled on top.

Day 7

OVERVIEW OF ALL MEALS



Green Smoothie



Breakfast



Sweet Lunch



Savoury Lunch



Snack



Dinner

Day 7

Green Smoothie



Ingredients

DRINK IT ALL

- 1 whole head celery
- 2 leaves Swiss chard
- 2 leaves kale, de-stemmed
- 3 frozen bananas
- 1 small orange, peeled
- Juice of 2 lemons
- 2-3 cups water

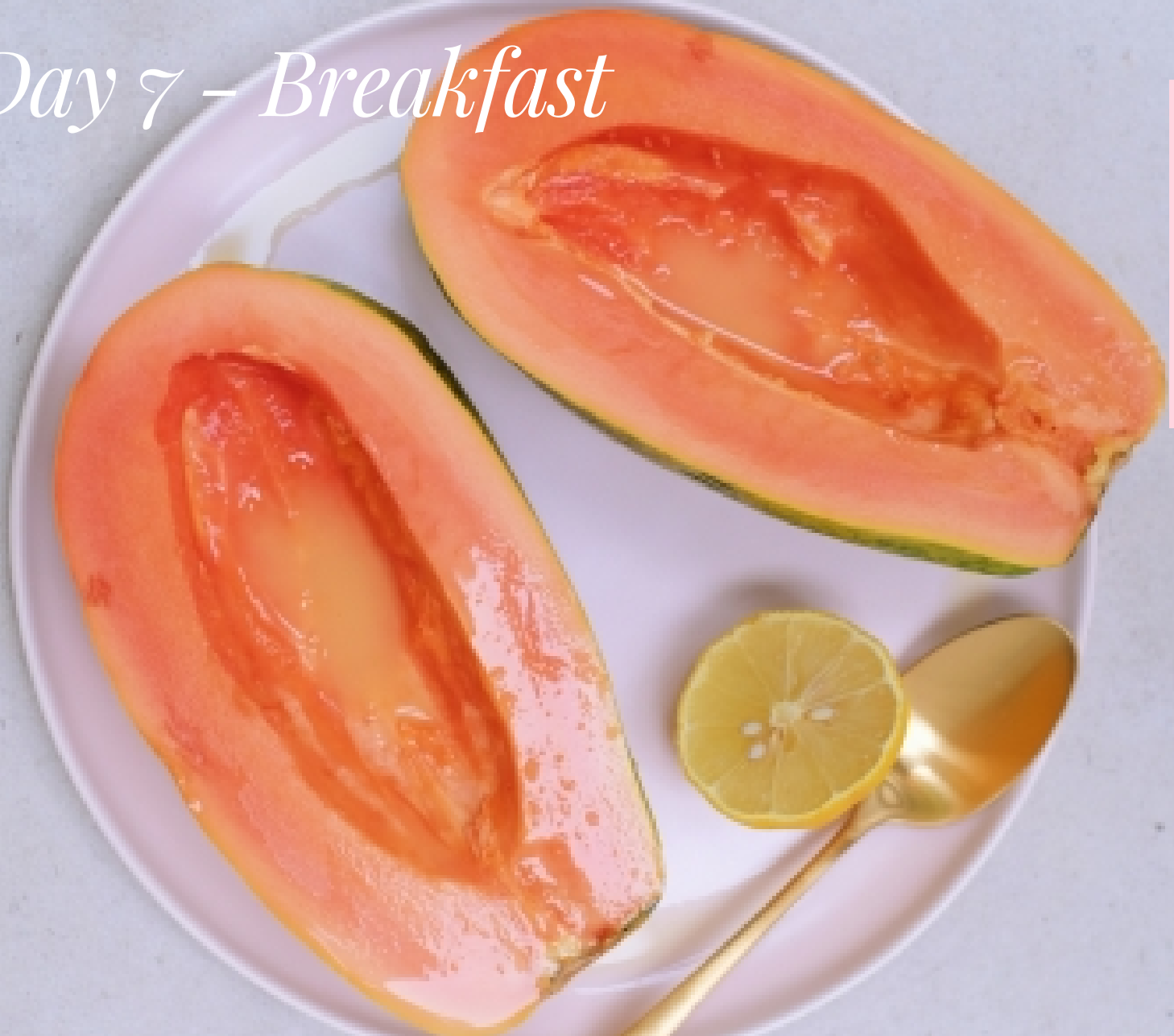
Directions

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Day 7 - Breakfast



Ingredients

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

IDEAS:

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

Notes

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10 DAY JANUARY RESET

Day 7 - Sweet Lunch

@CarolineDeisler

SWEET POTATOES

Ingredients

2 large (white) sweet potatoes, baked
2-3 bananas
Sprinkle of coconut sugar

Steps

1 Bake sweet potatoes for 50-60 minutes at 200 degrees Celsius and let them fully cool down. I always roast A LOT of them all at once and have them ready in the fridge!!

Having your sweet potatoes cold turns their starch into resistant starch which means your body will metabolize it differently and it won't be turned into fat. A great little weight loss tip and I personally love eating them cold anyways!!

- 2** Slice bananas and cook them in a non-stick pan for a few minutes on each side. Adding a sprinkle of coconut sugar makes it extraaa delicious.
- 3** Stuff sweet potatoes with the banana slices and ENJOY!! I know, this can be a weird combo at first but it's amazing for everyone wanting a cooked yet sweet lunch!

Day 7 - Savoury Lunch

LEEK SOUP



Ingredients

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

Optional: baked potatoes on the side

Steps

- 1** Start with peeling and chopping up your potatoes. Wash and chop celery and leeks.
- 2** Add all ingredients into a pot with 3 cups of water, bring to a boil and let it simmer on medium heat for 25 mins. This is the perfect time to do one of my evening de-stress workouts in the meantime hehe.
- 3** Once potatoes are soft, add 1/2 of the mixture to a blender and blend until smooth. Top with black pepper.

I like to throw some of my pre-cooked potatoes in the air fryer for 15 mins for something extra on the side. You can leave them out but make sure you eat until you are fully satisfied. :)

Day 7 - Dinner

LENTIL SOUP



Ingredients

- 1/2 cup green or black lentils
- 4-5 medium-sized potatoes, peeled and chopped
- 2 carrots, chopped
- 3 stalks celery, chopped
- 2 tbsp Italian herbs
- 4 cups veggie broth or water

Steps

- 1 Cut all veggies.
- 2 Bring water or veggie stock to a boil.
- 3 Add in all veggies and lentils and let it simmer on medium heat for 20-25 minutes until soft.
- 4 Take out 2 cups of the remaining cooking water (perfect to sip on) and blend ¼ of the soup for extra creaminess. I loove the nutty flavour of green lentils and this is such an easy one-pot recipe that has become a new favourite!! Hailey loves it too hehe! YAY!

Day 8

OVERVIEW OF ALL MEALS



Green Smoothie



Fresh Fruit



Sweet Lunch



Savoury Lunch



Dinner



Dinner

Day 8

Green Smoothie

@CarolineDeisler

Ingredients

DRINK IT ALL

- 1 whole head celery
- 1 bunch parsley
- 3 frozen bananas
- Juice of 2 lemons
- 2-3 cups water

Directions

Add all ingredients to a blender and blend until smooth. Especially during the winter months, drinking our green smoothies is going to set us set up for SUCCESS!! It's the time of year where our body needs that extra BOOST and green smoothies are going to make us feel SO GOOD that we don't catch a cold or feel the winter blues.

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Day 8 – Breakfast



Ingredients

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

IDEAS:

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

Notes

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However, if you one day wake up craving a warming nourishing breakfast right away, make one of the sweet lunch recipes for breakfast and then have the savoury lunch recipe for lunch later.

Day 8 - Sweet Lunch



BUCKWHEAT PORRIDGE

Ingredients

½ cup buckwheat
1 ¼ cup water

CREAM

2 large ripe bananas
2 medjool dates
1/4 cup water

TOPPINGS

2 tbsp flax seeds, freshly ground
Blueberries
Bananas

Steps

- 1** Add buckwheat and water to a pot and let it cook on medium heat for 10 minutes.
- 2** Blend bananas, dates and water to make your milk alternative. Yummm! The riper your bananas the better.
- 3** Add cooked buckwheat to your bowl, stir in ground flax seeds and your banana date cream and top with blueberries and cinnamon. Enjoyyyy!!

Day 8 - Savoury Lunch

LENTIL SALAD



Ingredients

4 heads chicory
500g baby potatoes, air fried or roasted
1 cup cooked green lentils

DRESSING

1 zucchini, peeled
1 medjool date
¼ cup water
1 tbsp dijon mustard

Steps

- 1** Air fry potatoes for 25 min or bake them for 45 min until golden. I have found the keey to the best crisp potatoes is to steam them the day before, let them cool down in the fridge overnight and then air fry them for 15 minutes. Definitely recommend that :). You can leave the skin on if they're organic but I find potato skin difficult to digest.
- 2** Chop up chicory (yay for bitter greens to enhance your gut health) and rinse cooked lentils.
- 3** Add all dressing ingredients to a blender and blend until smooth. Mix everything well and enjoyyyy!

Day 8 - Dinner

ROASTED FENNEL SOUP

Ingredients

- 2 heads of fennel, roughly chopped
- 1 leek, chopped
- 3 medium-sized potatoes, peeled and chopped
- 4 cups water or veggie stock
- 2 tbsp Italian herbs
- 1 cup green peas, defrosted

Steps

- 1 Prepare all veggies. Add 4 cups of water to a pot and bring to a boil.
- 2 Add in fennel, leek, potatoes and herbs and let it simmer on medium heat for 20 minutes until soft.
- 3 Take out 2 cups of the cooking water. I loooove to sip on it or keep it in the fridge to use as a veggie stock for my next soup.
- 4 Blend the remaining soup until creamyyy, mix in green peas and ENJOYYYY!! So delicious & satisfying! YUMM!

Day 9

OVERVIEW OF ALL MEALS



Green Smoothie



Breakfast



Sweet Lunch



Savoury Lunch



Dinner



Dinner

Day 9

Green Smoothie

@CarolineDeisler

Ingredients

DRINK IT ALL

1 whole head celery
3 leaves kale, de-stemmed
1-2 cups frozen mango
Juice of 2 lemons
2-3 cups water

Directions

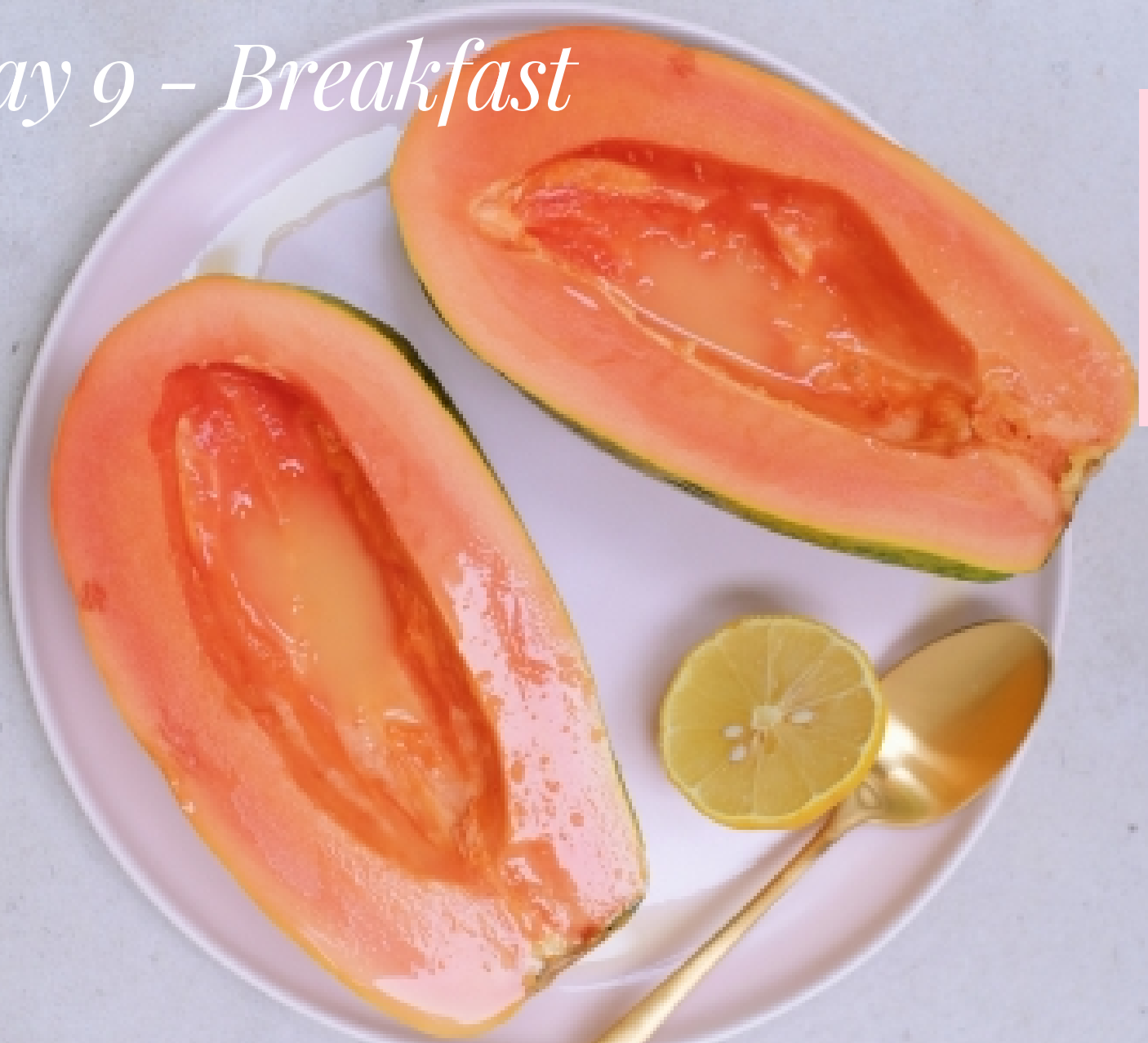
Add all ingredients to a blender and blend until smooth. Especially during the winter months, drinking our green smoothies is going to set us set up for SUCCESS!! It's the time of year where our body needs that extra BOOST and green smoothies are going to make us feel SO GOOD that we don't catch a cold or feel the winter blues.

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

Once you get into the habit of having your greens pre-washed in the fridge it feels SO EASY to make green smoothies daily. The key is to not even think about it hahah buuut really they are SO DELICIOUS that it actually feels like a real treat!!



Day 9 - Breakfast



Ingredients

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

IDEAS:

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

Notes

I knooow it's cold outside and some of you might not feel like having fresh fruits in the morning buuut it really is the BEST for your digestion to eat in this order: celery juice, green smoothie, fresh fruit. OR you could have fruit first and your green smoothie a bit later, that doesn't make a huge difference.

However, if you one day wake up craving a warming nourishing breakfast right away, make one of the sweet lunch recipes for breakfast and then have the savoury lunch recipe for lunch later.

10 DAY JANUARY RESET

Day 9 - Sweet Lunch

@CarolineDeisler



BAKED OATMEAL BARS

Ingredients

½ cup oats
½ cup water
1 ripe banana
3 medjool dates, pitted

TOPPING
1 banana

Steps

- 1 Preheat the oven to 180 degrees Celsius.
- 2 Add oats, water, banana and dates to a blender and blend until smooth.
- 3 Pour the mixture into your baking form, I like to use square silicone moulds as it's so easy to remove them later.
- 4 Top with banana slices and optionally (makes it really yum!) a sprinkle of coconut sugar. Bake for 18 minutes at 180 degrees Celsius and let them fully cool down before removing from the baking form. Perfect to squeeze in one of our quick 20-minute workouts hehe!!

www.carolineschoice.com

10 DAY JANUARY RESET

Day 9 – Savoury Lunch

CELERIAC STEAKS

@CarolineDeisler

Ingredients

1 celeriac root
1 teaspoon mustard Dijon
1 teaspoon maple syrup
1 teaspoon coco aminos or tamari
Optional: ½ tsp garlic and ½ tsp onion powder, 1 tsp olive oil

1 head cauliflower, steamed
2 small potatoes
½ cup cooking water
¼ cup cooked chestnuts (optional)
3 soaked dried porcini mushrooms (optional)
1 tbsp nutritional yeast

TOPPING

Roasted portobello mushrooms

Steps

- 1 Peel, trim off the ends and slice the celeriac into 2 cm rounds. Score shallow lines on both sides of each 'steak' in a cross-hatch.
- 2 Mix mustard, maple syrup, tamari or coco aminos, and optionally a bit of garlic and onion powder in a small bowl. Add some hot water if needed.
- 3 Brush each piece of celeriac generously on both sides with the marinade and place on the baking tray with parchment paper and bake for 25 minutes.

Remove the steaks from the oven, flip over, brush with the remaining marinade and bake for another 15-20 minutes until golden. In the meantime, steam cauliflower and peeled potatoes.

Cook portobello mushroom in a non-stick pan. I like to cook the mushrooms whole and then slice them once soft. Keeps them more moist and spongy.

Once the cauliflower and potatoes are soft, add to a blender with ½ cup of the cooking water (more if needed), and optionally ¼ cup cooked chestnuts, 3 soaked dried porcini mushrooms and nutritional yeast. You can totally leave out the chestnuts and porcini mushrooms and it will still be deliicious!!

Add the puree to your plate, place the celeriac steaks on top and finish with chopped mushrooms. YUMMM! This is one of the best things I ever had and it's so so healthy!! 10/10!!

Day 9 – Dinner



CAULIFLOWER MUSHROOM BOWL

Ingredients

- 250 g portobello mushrooms
- 1 tbsp Italian herbs
- 1 small head cauliflower, florets
- 1 can butter beans, rinsed
- 1 1/4 cup veggie stock
- 5 small-medium sized potatoes

Steps

- 1 Steam potatoes and cauliflower for 20-25 min until soft. De-stem mushrooms and add to a non-stick pan with Italian herbs. Let it cook on medium heat for 10-15 min until soft. Once done, slice mushrooms and set aside.
- 2 Add cauliflower, 1/2 can butter beans, and veggie stock to a blender and blend until smooth.
- 3 Pour the puree onto your plate, top with mushrooms, the remaining butter beans, a sprinkle of black pepper, and some fresh herbs like chives. Looks so fancy but it's such an easy cozy winter dinner!! Love love love!!

Day 10

OVERVIEW OF ALL MEALS



Green Smoothie



Breakfast



Sweet Lunch



Savoury Lunch



Dinner



Dinner

Day 10

Green Smoothie

@CarolineDeisler

Ingredients

DRINK IT ALL

1 whole head celery
3 leaves Swiss chard
3 frozen bananas
Juice of 2 lemons
2-3 cups water

Directions

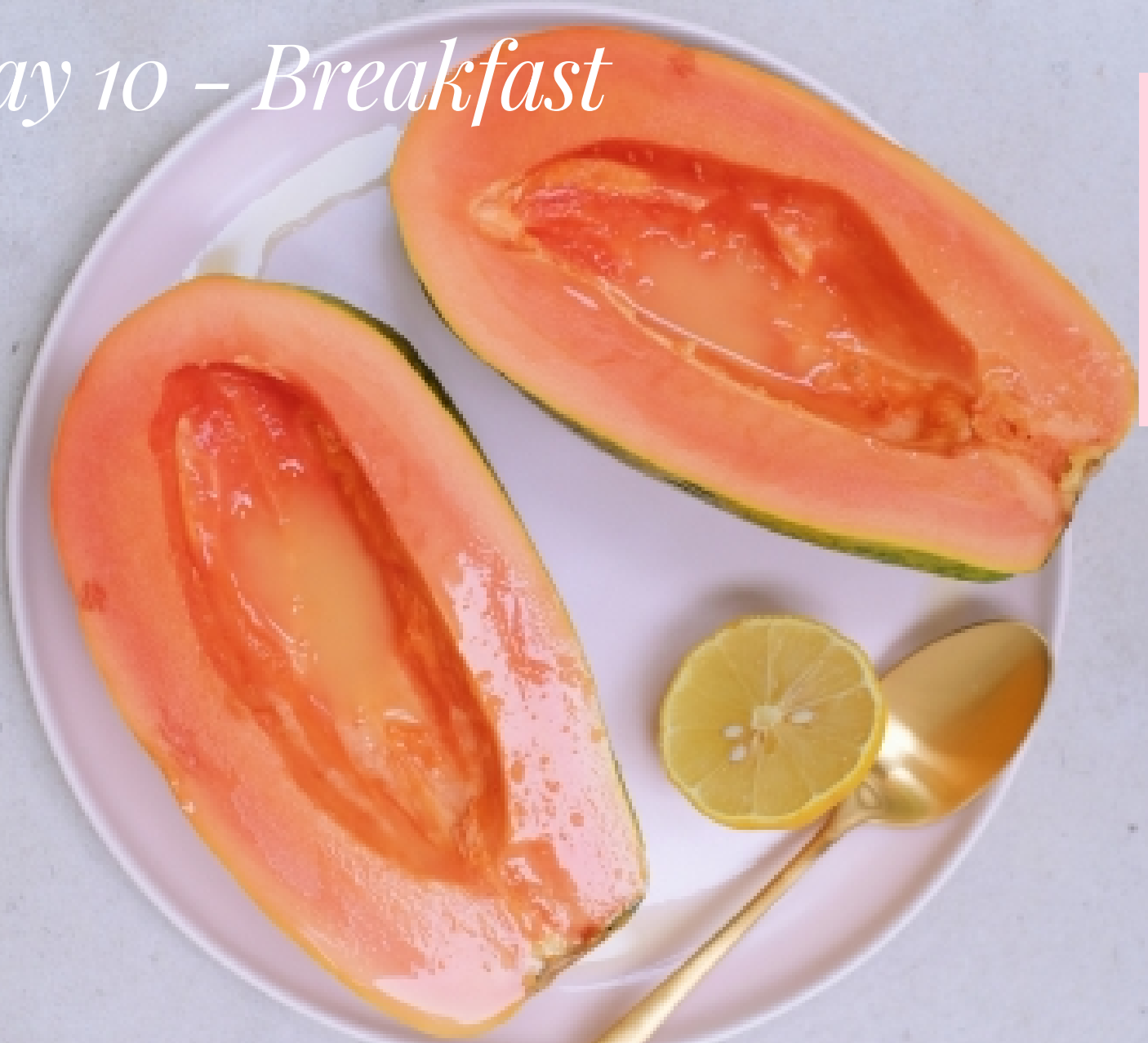
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Day 10 – Breakfast



Ingredients

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Day 10 – Sweet Lunch



BANANA CREAM

Ingredients

600g baked white sweet potatoes peeled
2 large ripe bananas
1 tbsp white almond butter
1/2 cup almond milk (or water)

TOPPING

2 bananas, baked
Sprinkle of coconut sugar

Steps

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

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

Day 10 - Savoury Lunch

MISO EGGPLANTS

Ingredients

2 eggplants
1 heaping tbsp white miso paste
1 tsp apple cider vinegar (optional)
1 tsp maple syrup (optional)
Juice of 1/2 lemon
1-2 tbsp hot water

PUREE

3 medium size potatoes, peeled
1/2 head cauliflower OR 1 large
parsnip, peeled
1/2 cup cooking water

Steps

- 1** Cut eggplants into halves and score lines in a cross-hatch. Add miso paste, hot water, lemon juice and optionally maple syrup and apple cider vinegar to a bowl and mix well.
- 2** Brush the marinade onto your eggplant halves and let it marinate for 30 minutes if you can. In the meantime, steam peeled potatoes, cauliflower or parsnip until soft and add to a blender with 1/2 cup of the cooking water until smooth.
- 3** Bake miso eggplants for 45-50 minutes at 180 degrees Celsius and let them cool down afterwards. This dish is prepared in 20 mins and you can focus on other things (like a quick workout heheh) until it's readyyyyy!!

Day 10 – Dinner

MUSHROOM LENTIL STEW

Ingredients

2 carrots, chopped
1 celery stalk, chopped
1 tin diced tomatoes or tomato passata
½ cup dry lentils (brown or green)
1-2 cups vegetable stock or water
½ cup pre-cooked chestnuts, sliced
Handful fresh spinach

Steps

- 1** Finely dice celery, chop carrots, and add to a non-stick pot with a bit of water.
- 2** Once slightly soft, add in tomato passata, veggie stock, and rinsed lentils and let it simmer for 20 minutes until lentils and carrots are cooked through.
- 3** Stir in sliced chestnuts and fresh spinach and enjoy. So warming and delicious.

You did it!
How do you feel?





Thank you

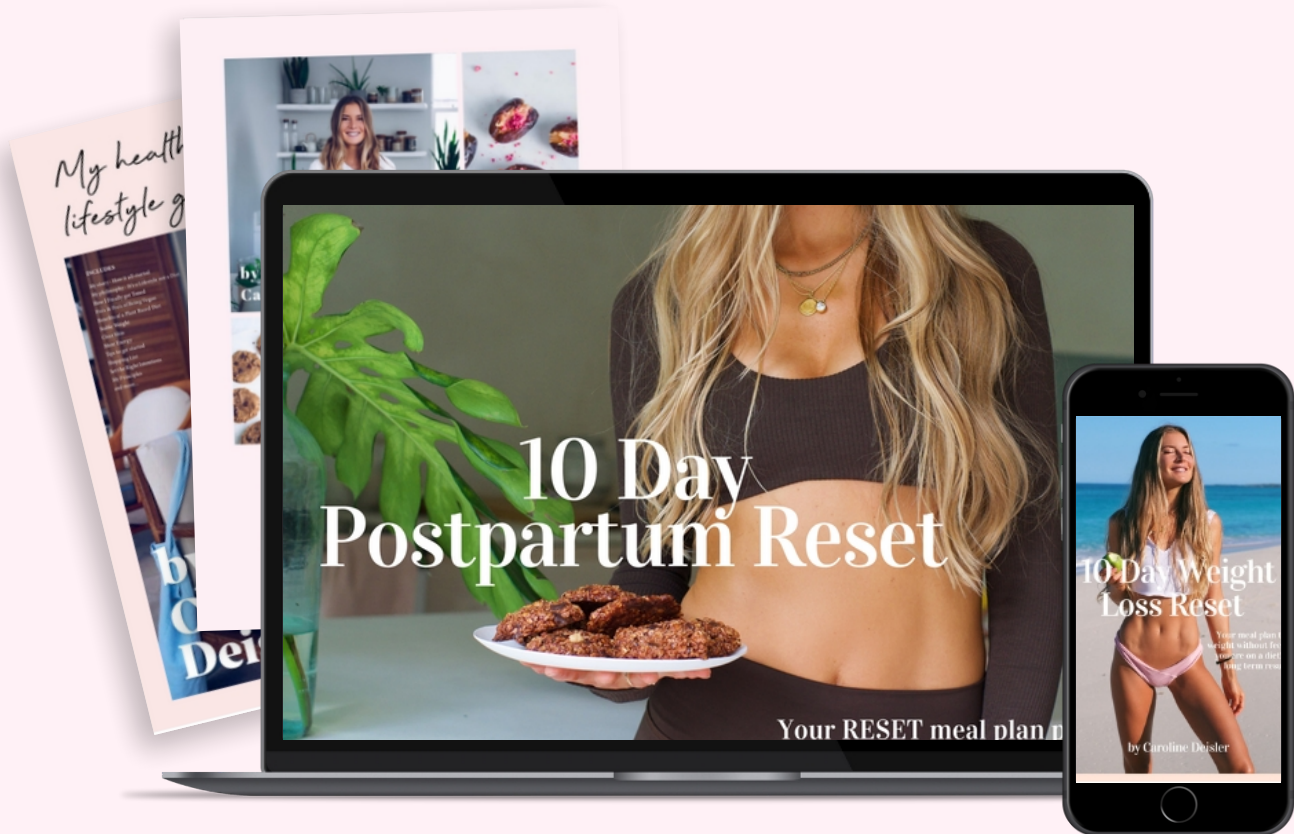
FOR BEING PART OF OUR COMMUNITY

You can be so proud of yourself for nourishing your body and with all these delicious meals during this time of the year.

You are such an inspiration to me and everyone around you and I can't wait to read your feedback! Sending you so much love!

xx Caroline

MY OTHER RESETS



Get my other E-books

Click the link below to get my other vegan reset plans & healthy recipe cookbooks! The perfect way to follow up and keep feeling your best!

CAROLINESCHOICE.COM

