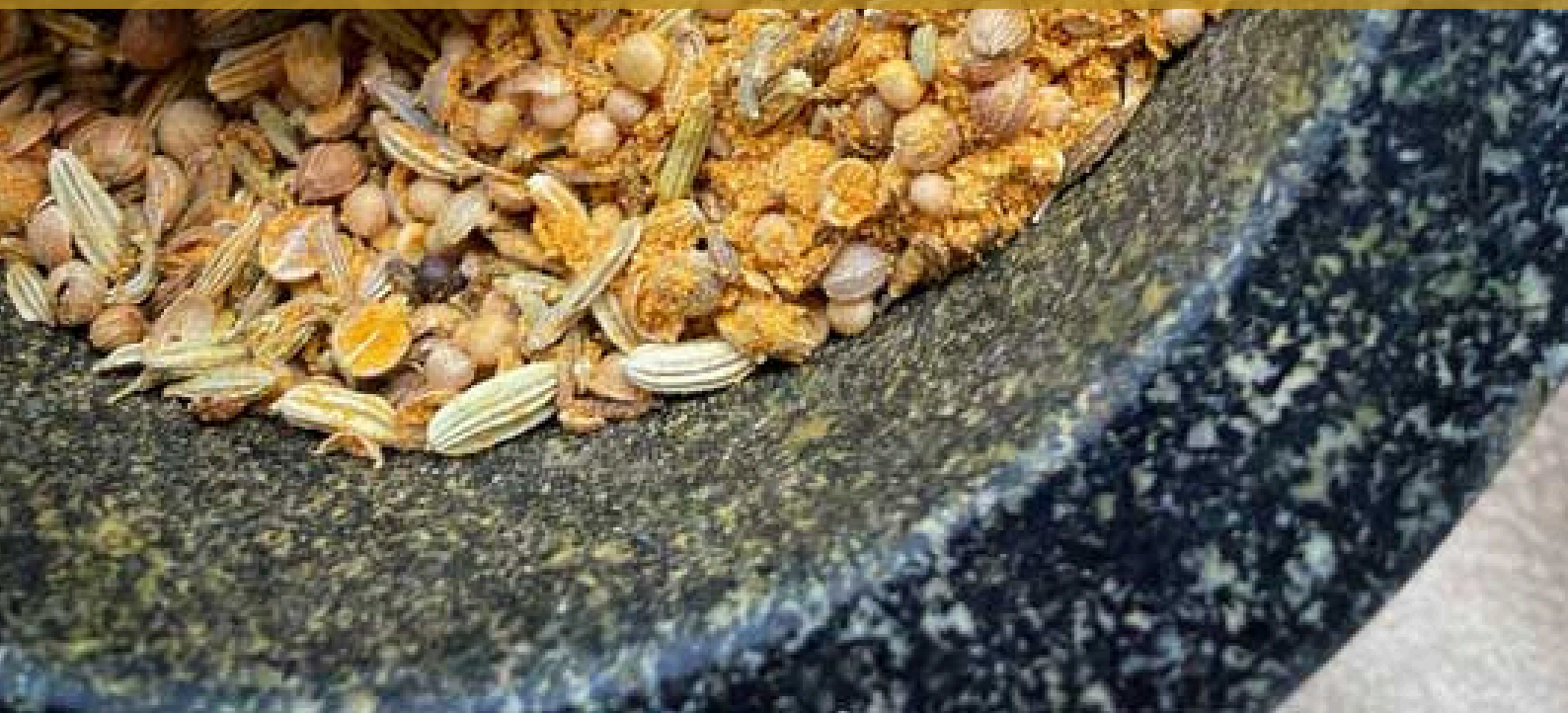




Mini Reset

Giving Your Body A Break





Welcome to your Mini Reset

What this will do for you

Two days of eating as simply as possible gives your digestion a proper rest. While your body is still being properly nourished, it also has space to clear up things that have been sitting there, because it is not spending all its energy figuring out what is coming next. The simpler the food, the more energy your body has to clean up, and the less you have to think about your meals.

The main tool is kitchari, a simple dish of rice, mung beans, vegetables and warming spices that has been used in Ayurveda for centuries for exactly this purpose. It is warm, nourishing and easy to digest. You will start each day with a light warm breakfast of cooked fruit with spices to kindle your digestive fire gently, or if you prefer something savoury in the morning, three meals of kitchari works just as well.

Two days of eating the same simple thing might feel a little boring, and honestly it probably will be. But the less your digestion has to figure out, the more energy it has to clean up.

What to expect

Some people feel lighter and clearer within the first day. Others feel a little worse before they feel better, a bit of a headache, some tiredness, a low mood. That is normal and it passes. You might also notice cravings, emotions that surface, or how often you reach for food out of habit rather than hunger. That noticing is part of the value.

How to use this workbook

Inside you will find the daily structure, the recipes, a shopping list, and reflection prompts for both evenings. You can also extend it to three days if the first two feel good and you want to go deeper.

Take it one meal at a time. There is no going wrong.

Disclaimer:

This workbook is for educational purposes and does not constitute medical advice. A digestive reset may not be appropriate for everyone. If you have a serious or complex health condition, please check with your medical provider before starting, and reach out to me directly and we can have a look at whether this is a good fit for you.

Your Daily Structure

On waking

Before anything else, scrape your tongue and brush your teeth. You might notice a coating and clearing it away is a small but real signal to your body that the day is beginning with intention: clean senses. Then drink a glass of warm water, ideally boiled and cooled slightly, to gently wake up your digestion before you ask anything of it.

Morning practice

Before breakfast, take five to ten minutes for a short body scan, a walk, or Nadi Shodhana, alternate nostril breathing. You will find links to the body scan and Nadi Shodhana in this workbook. These practices are about arriving in your body before the day gets busy.

If you already have a longer morning practice of movement and/or meditation feel free to keep that of course.

Breakfast

A light warm breakfast to kindle your digestion. Cooked fruit with warming spices, a warm porridge, or a bowl of kitchari if you prefer savoury.

Eat according to the hunger you feel.

Between meals

Drink cumin-coriander-fennel tea between meals to support your digestion, and sip warm or boiled water throughout the day. No snacking.

If you feel hungry between meals, ask yourself honestly: would I eat a bowl of kitchari right now? If yes, eat that as a proper meal. If what you are craving is something sweet or something specific, it is more likely a craving than real hunger, and it will pass.

Your Daily Structure

Lunch and dinner

Kitchari is your main food for both (or all) meals. You can make one pot in the morning and eat from it throughout the day, just reheat it before each meal or keep it warm in a slow cooker. For dinner, add a little extra water when reheating to make it more soupy if that is your preference. Try to eat dinner before 7pm if you can, so your body has time to digest before sleep.

Restorative practice

At some point during the afternoon or evening, do something restful for your nervous system. A yoga nidra practice is great, you will find a link in this workbook. If that amount of stillness makes you anxious than a meditative walk is more supportive.

Keep the evening quiet after dinner generally, no intense exercise, no heavy screen time if possible.

Evening reflection

Before bed, take ten minutes with the reflection prompts on the following pages. You do not need to write much, but you can if you want to. Just notice.

Shopping List

For one person, one day. Double for two days, triple for three.

Only use ingredients that you know you can digest!

Grains and legumes

- 150g white basmati rice, (or white quinoa if rice doesn't work for you)
- 150g split mung beans (hulled green soy beans) or red split lentils
- Oats, round rice or barley for breakfast porridge

Vegetables and fruit

- 1 onion
- 1 clove of garlic
- 300g of 2 types of fresh vegetables (carrot, celery, courgette, pumpkin, sweet potato, beetroot, fennel)
- Fresh fruit for breakfast (apple, pear, banana, berries. Choose 1)

Fats

- Ghee or olive oil

Spices

- Coriander seeds or powder
- Cumin seeds or powder
- Fennel seeds
- Turmeric powder
- Ginger powder
- Cinnamon powder
- Cardamom powder

If you already have these spices at home, you probably have enough. If not, one small jar of each will last you well beyond these two days.

Shopping List

For CCF tea

- Cumin, coriander and fennel seeds (check if you already have these from the spice list above)

Stock

- 750ml vegetable or chicken stock, or water

Optional

- Seeds or nuts for breakfast (pumpkin, sunflower, chia, almonds, walnuts. Choose 1)
- Raisins

Recipes

Do not consume ingredients that you know your body doesn't tolerate.

Boiled water

Boiling water changes its properties and makes it easier for your body to absorb. It also stimulates your digestion and helps to eliminate ama (waste products) and calm vata.

You can boil a whole pot of water in the morning, let it boil for a few minutes and drink it throughout the day.

Make a fresh batch every day!

CCF tea

Mix equal amounts of coriander, cumin and fennel seeds and use 0.5-1 teaspoon in your mug with boiled water (do not boil the seeds, as this will cause the beneficial oils to disappear).

Spice mixes

Savoury mix:

- 1 tablespoon coriander seeds/powder
- 1 tablespoon cumin seeds/powder
- 1 tablespoon fennel seeds
- 1 tablespoon turmeric powder
- 1 tablespoon ginger powder

This is your standard mix to add to your food when cooking.

Sweet mix:

- 2 tablespoons cinnamon powder
- 2 tablespoons ginger powder
- 1 tablespoon cardamom powder

This is a delicious mix for porridge or other sweet foods.

Kitchari

Kitchari is the famous meal from Ayurveda.

It is easily digestible, warm, nutritious and balancing. You can also adjust the ratio of rice and mung beans.

The basic Kitchari recipe for 3 meals:

Ingredients:

- 150 grams of white basmati rice or white quinoa
- 150 grams of split mung beans or red split lentils
- 750 ml of water or stock (vegetable or chicken)
- 1-2 tbsp olive oil or ghee
- 1 tbsp savoury spice mix
- 1 chopped onion
- 1 clove of chopped garlic
- 300 grams of 2 types of chopped vegetables



Recipe:

- Soak the rice and beans the night before (if you remember, this supports digestion. If you don't remember, rinse them until the water runs clear. Soaking and rinsing makes them easier to digest).
- Put the oil or ghee in a pan and heat it.
- Add half a tablespoon of spices and a bit of salt.
- Fry the spices over medium heat until they smell nice.
- Add the stock or water, rice, beans and vegetables.
- Cook until done (about 20 minutes); it should have the consistency of a stew, so add water if necessary.

In the evening, you can add a little more water and turn it into a soup.

Porridge

Not everyone loves oatmeal, but you can also make this with:

- Rice (round, porridge or risotto-style rice).
- Barley (this is a useful grain for (pre)diabetics).



Other optional ingredients:

- Seeds or nuts: pumpkin, sunflower, hemp, almonds, walnuts. Choose 1.
- Raisins
- Teaspoon of sweet spice mix
- Half a tablespoon of ghee
- Fresh fruit: banana, apple, berries. Choose one.
- Pinch of salt

Recipe:

- Soak the grain, seeds/nuts and raisins in water overnight.
- Add the spice mix, ghee, salt and fresh fruit and cook everything together until the grains are soft (rice and barley take longer). Make sure you have added enough water to keep it creamy.
- Serve with a little maple, agave or date syrup if desired.

Practices

Tongue scraping

This is a tongue scraper (you can use a metal, copper or silver one. Place it at the base of your tongue and scrape it a few times from base to tip, to clean your tongue. This removes the build-up and stimulates your digestion. You can also do this with a spoon.



Nadi Sodhana Breathing exercise

This is a video in which I demonstrate the practice of Nadi Sodhana. From an Ayurvedic perspective, this is the go-to breathing exercise for bringing balance to your body and mind.

Body Scan Practice

Here is the link to the body scan practice to become aware of and land in your body whenever you need it.

Yoga Nidra

Here you will find some meditative/yoga nidra practices that I have created, which you can practise during the reset. This allows you to build in beautiful moments of active rest, during which your body can recover.

30-minute Deep Rest Meditation

Better Sleep Deep Rest Meditation

Day 1 – Evening Reflection

Take a few minutes before bed to write down whatever comes. There are no right answers.

What did I notice in my body today?

What felt different from usual in my digestion, bowel movement, energy, mood or mind?

Was there a moment where I reached for food out of habit rather than hunger? What was going on at that moment?

What was harder than I expected, and what was easier?

Day 2 – Evening Reflection

Take a few minutes before bed to write down whatever comes. There are no right answers.

What do I notice today compared to yesterday?

What felt different from usual in my digestion, bowel movement, energy, mood or mind?

What has simplifying my food shown me about my relationship with food?

Is there one habit or pattern I want to carry forward from these two days?

What would I like to do differently to support my body going forward?

What did you notice?

Two days is a short time. But often it is enough to feel something shift, a little more clarity, a little less heaviness, a different relationship with hunger, or simply the quiet satisfaction of having given your body a break.

Whatever you noticed is useful information. Not just about your digestion, but about how your body responds when you simplify and slow down.

Now that you have experienced this, you know it is available to you anytime. When life gets busy, when you feel overwhelmed, when you are or have been travelling and your body needs to recalibrate. Two days of kitchari and a little space is always there as a tool you can come back to. And even just one kitchari meal can already be supportive when you need it.

If you want to go deeper, the seasonal Digestive Reset is the longer version of what you just did. Four weeks, in a group with live support and the time to let the changes compound. You can find more [here for Spring](#) and [here for Autumn](#).

And if what came up during these two days raised questions, or if you feel like your situation needs a more personal approach, you are welcome to reach out through [email](#). A free conversation is also a good place to start. You can book that [here](#).



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In my twenties, I suffered from anxiety attacks, and in my thirties, I was diagnosed with chronic kidney disease. My body was telling me something, and I had to start listening to stop the suffering.

When I learned to feel my body again the anxiety attacks disappeared and when I improved my digestion through adjusting my lifestyle and diet I was able to live with my kidney disease without suffering. I feel healthier, lighter and more in harmony with myself.

Now I support people who live with chronic pain and health problems. Together, we explore how small, feasible changes in diet, lifestyle and movement make you feel alive, strong and balanced again.