

SPRING 7 - DAY

RADIANT reset

WITH MICHELLE ROBINSON



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Welcome to the Spring

RADIANT reset



Hi, I'm Michelle. Yoga Teacher, Ayurveda Health Advisor, wellness guide, and fellow human navigating the ebb and flow of energy, seasons, and self-care.

I created this **Radiant Reset as a gentle invitation to come back to yourself**, specifically at this moment, when the season is shifting from winter to spring and your body is quietly asking for something different than it needed three months ago.

If you've been **feeling a little slow lately, a little heavy, a little reluctant to get moving even when part of you knows you want to**, you're not imagining it. That's not a personal failing. **That's kapha**, the earth and water energy of late winter and early spring, doing exactly what it does. It settled in, kept you warm, kept you grounded. And now it's time to begin, gently and without forcing, to let some of that go.

Whether you follow this plan step by step or simply take what serves you, my hope is that it **gives you a week of feeling a little more like yourself**. Not a new self. Just yourself, with a little more room to breathe.

You deserve to feel radiant. Let's move through this together.

Michelle Robinson

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How to use this workbook

Think of this guide as your companion for the next 7 days. Not a rulebook, but insight to learn from and opportunities that help support you.

This reset is rooted in the wisdom of Ayurveda and Yoga, and it's designed specifically for this moment in the season, when the body is ready to shed a little of what winter asked it to carry. We're not overhauling anything. We're creating the conditions for your energy and digestion to do what they already know how to do.

These practices aren't about doing more. They're about doing less, more intentionally, and with a little more awareness of what your body is actually asking for today.

Key things to consider before you begin

This reset is adaptable. If something doesn't work for your lifestyle or your family, change it. Add a protein, adjust a spice, use what's already in your fridge.

The focus is digestion, not deprivation. Each meal is intentionally simple, warm, and easy to digest. We're giving your *agni*, your digestive fire, a chance to wake up and grow stronger after a long winter of hibernation. You don't have to be perfect, just practice being present to what you are noticing.

Gentle Daily Guidelines, Inspired by Ayurveda & Spring

Avoid snacking between meals. In spring especially, giving your digestion complete rest between meals helps *agni*, your digestive fire, build the steady strength it potentially lost over winter.

Avoid eating 2 hours before bed. Your body does its best repair work overnight. Give it space to do that without an unfinished digestion job on its hands.

Wake before 6:00am and aim for sleep by 10:00pm. The hours between 6:00am and 10:00am carry *kapha's* heaviness. Rising before 6:00am means you're up and moving before the day's sluggishness has a chance to settle in. This one is worth trying even if it feels hard at first.

Limit caffeine, especially after noon. Consider replacing your morning coffee with warm lemon water or CCF tea, cumin, coriander, and fennel in equal parts, which is one of Ayurveda's gentlest and most effective spring digestive tonics.

Skip iced or cold drinks entirely this week. Choose warm or room temperature water, herbal teas, or broths. Cold dampens *agni* at exactly the moment we're trying to kindle it.

Choose movement that generates a little warmth. Gentle walks, yoga, breathwork. Spring is the one season where Ayurveda actually encourages you to work up a light sweat. Movement that feels slightly more vigorous than your winter practice(s) are welcome here.

Add some bitterness and pungency to your meals. Bitter greens like arugula, dandelion, or spinach, and pungent spices like ginger, black pepper, and mustard seed are *kapha's* natural antidote. They stimulate digestion, cut through heaviness, and wake the system up.

Pause before meals. Eat in a calm, quiet environment. Take time to breathe. This is not small. How you eat matters as much as what you eat.

Chew your food well. One of the most underrated digestive tools there is, and a genuine practice in mindfulness, is consciously chewing each bite.

Be kind to yourself. This is a practice, not a performance. Don't expect yourself to get it all right. These 7 days are for you and you only. So move through it with an extra dose of kindness toward yourself, your efforts and what you are noticing

Questions?

Feel free to reach out. I'm here to help support you.

aumbienceyoga@gmail.com or **www.aumathome.ca**

Clearing space is part of resetting.

During the Radiant Reset, we're simplifying. Not just what's on your plate, but how much your body is being asked to process all at once.

In spring, your digestive system is coming out of its winter mode, where heavier, richer foods were appropriate and welcome. Now the body is ready to lighten its load, but it needs your help to do that. These suggestions are here to reduce the burden on your digestion, support the natural movement of energy that comes with the season, and give your system a genuine chance to clear.

Think of it less as giving things up and more as making room.

Gently move away from

Caffeine, especially coffee. If cutting it entirely feels too abrupt, taper gradually rather than going cold turkey. Replacing it with warm lemon water or ginger tea in the morning is a surprisingly satisfying swap after the first day or two.

Alcohol. Just notice what comes up when you set it aside for a week. That noticing is information.

Red meat and heavy proteins like beef, pork, or poultry. These require significant digestive effort at exactly the moment we're asking the system to lighten.

Hard cheeses and cold dairy. Both are heavy and dampening, two qualities *kapha* already has in abundance right now.

Processed and packaged foods.

Fried or oily foods.

Sugary snacks and drinks. Sugar feeds the sluggishness rather than clearing it.

Cold or iced beverages. Non-negotiable this week.

Instead, focus on

Light proteins like eggs, fish, mung beans, and lentils.

Cooked seasonal vegetables, especially bitter greens like spinach, arugula, kale, and dandelion if you can find it. Bitter is *kapha's* best medicine.

Warm whole grains like rice, quinoa, and oats.

Modest amounts of healthy fats like ghee, olive oil, or a little avocado. We're reducing heaviness, not eliminating nourishment.

Herbal teas, especially CCF tea, sipped throughout the day.

Pungent, warming spices like ginger, cumin, coriander, turmeric, fennel, mustard seed, and black pepper. These are your best friends this week.

Warm or room temperature water, sipped consistently rather than gulped in large amounts.

Prep tips to make it easier

Soak your lentils, mung beans, nuts, and oats overnight. It cuts cooking time and makes them easier to digest.

Wash and chop your vegetables the night before.

Batch your spice blends so you're not reaching for individual jars every time you cook. A small jar of equal parts cumin, coriander, and fennel on the counter will get used every single day.

Set your table the night before if you can. Even placing your bowl and spoon out is a small act of intention that changes how the meal feels.

This isn't about cutting everything out. It's about gently clearing a path so your body can do what spring is already asking it to do.



Radiant Reset | 7-Day Spring Meal Plan

Seven days of simple, nourishing meals designed to support digestion, gently clear accumulated winter heaviness, and help you feel lighter and more energized, without overcomplicating your kitchen.

DAY	BREAKFAST	LUNCH	SUPPER
Day 1	Spiced Oats with Ginger, Dates & Almonds	Kitchari with Steamed Zucchini & Cilantro	Sweet Potato & Red Lentil Soup with Bitter Greens
Day 2	Soft Scrambled Eggs with Ghee, Sautéed Greens & Sourdough	Quinoa Bowl with Roasted Veg & Tahini Lemon Dressing	Light Veggie Stew with Mung Dal & Quinoa
Day 3	Savory Oat Porridge with Ginger, Turmeric & Spinach	Simple Stir Fried Rice with Egg & Wilted Greens	Kitchari with Spinach, Carrot & Mustard Seed
Day 4	Stewed Pears with Ginger, Cinnamon & Black Pepper	Kitchari with Kale, Asparagus & Lemon	Creamy Carrot & Ginger Soup with Toasted Seeds
Day 5	Vegetable Frittata with Spring Herbs & Sourdough	Lentil Soup with Dandelion Greens & Flatbread	Roasted Vegetable Soup with Fresh Herbs & Quinoa
Day 6	Warm Spiced Quinoa with Ginger, Lemon & Seeds	Baked Fish with Roasted Asparagus & Quinoa	Brothy Ginger Soup with Greens & Rice Noodles
Day 7	Eggs with Sautéed Spring Greens & Toast	Warm Grain Bowl with Egg, Arugula & Ghee	Lentils with Zucchini, Asparagus & Carrot



BREAKFAST RECIPES

Day 1 – Spiced Oats with Ginger, Dates & Almonds

Bring 1 cup of water and 1/2 cup rolled oats to a simmer. Add a generous pinch of cinnamon, a good amount of freshly grated ginger, and a chopped date or two. Once thickened, stir in a small spoonful of ghee. Top with chopped almonds and a sprinkle of sea salt. *The ginger is doing important work here so don't be shy with it.*

Day 2 – Soft Scrambled Eggs with Ghee, Sautéed Greens & Sourdough

Melt ghee in a pan over low heat. Whisk 2 eggs with a splash of water and pour into the pan. Stir gently and cook slowly until just set. While the eggs rest, wilt a handful of spinach or arugula in the same pan with a pinch of salt and a squeeze of lemon. Serve together with a slice of toasted sourdough or whole grain bread.

Day 3 – Savory Oat Porridge with Ginger, Turmeric & Spinach

In a small pot, combine 1/2 cup rolled oats with 1 cup water, a pinch of salt, freshly grated ginger, and a generous pinch of turmeric. Cook until soft. Stir in a handful of baby spinach until wilted and finish with a spoonful of ghee and a squeeze of lemon. *Optional toasted seeds on top add a little texture and warmth.*

Day 4 – Stewed Pears with Ginger, Cinnamon & Black Pepper

Peel and chop 1 ripe pear. Place in a small saucepan with a splash of water, a generous pinch of cinnamon, freshly grated ginger, and a good crack of black pepper. Cover and simmer on low for 8 to 10 minutes until soft and fragrant. Serve warm. *The black pepper is intentional and important. It cuts the sweetness and keeps this breakfast on the lighter, more stimulating side.*

Day 5 – Vegetable Frittata with Spring Herbs & Sourdough

Whisk 2 to 3 eggs and season with salt and pepper. Sauté finely chopped spring vegetables, zucchini, asparagus, spinach, and green onion, in ghee until just tender. Pour in the eggs and cook over medium low heat until mostly set. Finish under a broiler for a minute or two. Serve with a handful of fresh herbs on top and a slice of sourdough or whole grain toast if desired.

Day 6 – Warm Spiced Quinoa with Ginger, Lemon & Seeds

Rinse 1/3 cup quinoa and cook in 2/3 cup water until light and fluffy. While warm, stir in a spoonful of ghee, freshly grated ginger, a squeeze of lemon, and a pinch of turmeric. Top with toasted pumpkin or sunflower seeds and a pinch of sea salt. *This is a simple, clean breakfast that gives you sustained energy without any heaviness.*

Day 7 – Eggs with Sautéed Spring Greens & Toast

Warm ghee in a pan and sauté a generous handful of spring greens, arugula, spinach, or whatever looks good, with a pinch of salt, a little grated ginger, and a squeeze of lemon until just wilted. Cook your eggs alongside however you like them best. Serve together with a slice of toast and a crack of black pepper. Simple, nourishing, and exactly right for the last morning of your reset.

LUNCH RECIPES



Day 1 – Kitchari with Steamed Zucchini & Cilantro

Rinse 1/4 cup split mung dal and 1/4 cup white basmati rice. In a pot, warm ghee and sauté 1 tsp each cumin, coriander, and fennel seeds with a pinch of turmeric and a little freshly grated ginger. Add the rice and dal, stir to coat, then pour in 2 to 3 cups of water. Add chopped zucchini and simmer covered until soft, about 30 to 40 minutes. Top with fresh cilantro, a squeeze of lime, and a crack of black pepper. *Kitchari is Ayurveda's great reset meal. Simple, complete, and deeply easy on the digestive system.*

Day 2 – Quinoa Bowl with Roasted Veg & Tahini Lemon Dressing

Cook 1/2 cup quinoa. Roast chopped asparagus, zucchini, and carrots with olive oil, cumin, and a pinch of turmeric until tender and lightly golden. Arrange in a bowl with quinoa and a small scoop of cooked lentils or chickpeas. Drizzle with tahini whisked together with lemon juice, warm water, grated ginger, and a pinch of salt. Finish with fresh herbs and a crack of black pepper.

Day 3 – Simple Stir Fried Rice with Egg & Wilted Greens

Heat ghee in a pan and scramble 1 egg. Add 1 cup cooked rice, a generous handful of chopped spinach or arugula, freshly grated ginger, a pinch of turmeric, and a splash of tamari or coconut aminos. Stir until warm and greens are wilted. Finish with a squeeze of lemon and a sprinkle of sesame seeds. *Arugula is worth using here if you have it. Its bitterness works beautifully against the warmth of the ginger and rice.*

Day 4 – Kitchari with Kale, Asparagus & Lemon

Make kitchari as in Day 1, adding chopped kale and asparagus cut into small pieces during the last 10 minutes of cooking. Both vegetables are classic spring foods and they bring a natural lightness and slight bitterness to the kitchari that makes this version feel genuinely seasonal. Finish with a generous squeeze of lemon and black pepper rather than lime.

Day 5 – Lentil Soup with Dandelion Greens & Flatbread

Sauté freshly grated ginger, a little garlic, cumin, coriander, and mustard seed in ghee until fragrant. Add 1/2 cup red lentils and 2 to 3 cups water or light vegetable broth. Add diced carrots and cook until soft, about 20 to 25 minutes. Stir in a handful of roughly chopped dandelion greens in the last few minutes of cooking and let them just wilt. Season with salt, black pepper, and a squeeze of lemon. Serve with a spoonful of ghee and optional flatbread. *If dandelion greens aren't available, arugula or watercress work beautifully as substitutes. Don't skip the bitter green entirely though. It's doing important spring work.*

Day 6 – Baked Fish with Roasted Asparagus & Quinoa

Roast a generous bunch of asparagus with olive oil, lemon zest, salt, and black pepper until tender. Bake white fish, cod or haddock work well, with a drizzle of olive oil, lemon juice, fresh herbs, and a pinch of cumin until just flaky. Toss cooked quinoa with a little olive oil, lemon juice, and fresh parsley. Serve everything together. *For a plant based option, tempeh marinated in tamari, ginger, and lemon works beautifully in place of the fish.*

Day 7 – Warm Grain Bowl with Egg, Arugula & Ghee

In a bowl, layer warmed cooked millet or brown rice, a generous handful of fresh arugula, and a soft boiled or fried egg. Add grated carrot, thinly sliced cucumber, and a generous drizzle of melted ghee or olive oil. Squeeze lemon over everything. Sprinkle with sesame seeds, fresh herbs, and black pepper. The arugula wilts slightly under the warm grain and ghee, which softens its bitterness just enough while keeping its digestive benefits intact.



SUPPER RECIPES

Day 1 – Sweet Potato & Red Lentil Soup with Bitter Greens

In a pot, sauté freshly grated ginger, cumin, mustard seed, and turmeric in ghee until fragrant. Add 1/2 cup red lentils, diced carrots, and cubed sweet potato. Pour in 3 to 4 cups of water or light vegetable broth. Simmer until everything is soft, about 20 to 25 minutes, then blend or mash gently for a thicker texture. Stir in a generous handful of chopped spinach, arugula, or dandelion greens in the last few minutes and let them just wilt. Finish with salt, black pepper, a squeeze of lemon, and a small swirl of ghee. *The bitter greens added at the end are doing real work here. They balance the natural sweetness of the sweet potato and support digestion in a way that makes this soup genuinely cleansing rather than just comforting.*

Day 2 – Light Veggie Stew with Mung Dal & Quinoa

Rinse 1/3 cup split mung dal and simmer in water with chopped zucchini, asparagus, and spinach. Add cumin, coriander, fennel seeds, a pinch of turmeric, and freshly grated ginger. Season with salt and a squeeze of lemon. Serve with a small scoop of warm quinoa and fresh cilantro or parsley on top. *Mung dal is one of Ayurveda's most beloved cleansing foods. It's light, easy to digest, and deeply nourishing without adding any heaviness. If you only make one thing from this reset, make this.*

Day 3 – Kitchari with Spinach, Carrot & Mustard Seed

Prepare a simple kitchari base, mung dal and basmati rice with cumin, coriander, fennel, and turmeric, adding a generous pinch of mustard seed to the ghee at the very beginning before the other spices go in. Let the mustard seeds pop for a moment before continuing. Add chopped spinach and shredded carrot during the last 10 minutes of cooking. Finish with a spoonful of ghee, a squeeze of lemon, and cracked black pepper. *The mustard seed gives this version of kitchari a distinctly spring quality, a little more heat and pungency than the lunch version, which feels exactly right for the evening.*

Day 4 – Creamy Carrot & Ginger Soup with Toasted Seeds

Simmer chopped carrots and a small sweet potato in water or light broth with generous slices of fresh ginger, a pinch of turmeric, and a pinch of cinnamon until completely soft. Blend until smooth. Taste and adjust salt. Add a small splash of coconut milk if you want a little richness, but keep it modest. This is meant to be light. Top with toasted pumpkin or sunflower seeds, a drizzle of ghee, and a crack of black pepper. Serve with a squeeze of lemon on the side. *This is one of the most satisfying suppers of the week precisely because it feels indulgent without being heavy. Let yourself enjoy it.*

Day 5 – Roasted Vegetable Soup with Fresh Herbs & Quinoa

Roast a generous tray of chopped zucchini, asparagus, carrot, and a little fennel if you have it, with olive oil, cumin, and salt until tender and lightly golden. Blend with warm vegetable broth until smooth. Season with salt, black pepper, and a pinch of turmeric. Serve with a small scoop of warm quinoa stirred in or spooned alongside, and finish with a generous handful of freshly chopped parsley or basil. *The fennel in this soup is worth seeking out if you can find it. It's one of the most supportive digestive vegetables available and its natural sweetness pairs beautifully with the roasted asparagus.*

Day 6 – Brothy Ginger Soup with Greens & Rice Noodles

In a pot, simmer good quality vegetable broth with generous slices of fresh ginger, a little garlic, cumin, and a pinch of turmeric until fragrant, about 10 minutes. Add cooked rice noodles and chopped greens, bok choy, spinach, or arugula, and simmer just until the greens wilt. Finish with a small drizzle of

sesame oil, a squeeze of lime, and optional fresh cilantro. *This is the lightest supper of the week and it comes at exactly the right time. By day six your digestion is working well and a brothy, clean soup lets it continue that good work without interruption.*

Day 7 – Lentils with Zucchini, Asparagus & Carrot

Cook red or green lentils with freshly grated ginger, turmeric, mustard seed, and a bay leaf until completely soft. Steam zucchini, asparagus, and carrot slices separately until just tender. Spoon the lentils into a bowl, top with the steamed vegetables, a generous drizzle of ghee, a squeeze of lemon, and a pinch of mineral salt. Simple, grounding, and complete. *This is a good last supper for the reset, honest and nourishing without any fuss. It asks nothing of your digestion that your digestion can't handle easily by now.*

A note before you shop.

This meal plan is a guide, not a contract. Think of it as a suggested rhythm for the week rather than a rigid schedule to follow perfectly. If you open the fridge on Day 3 and the kitchari sounds like too much, make the soup instead. If you find dandelion greens at the market and want to add them somewhere they aren't listed, do it. If you try something and don't love it, that's useful information too. Learning what your body responds to, and what it doesn't, is part of the practice.

Ayurveda has always been a living tradition, one that asks you to pay attention and respond thoughtfully rather than follow rules blindly. This reset is an invitation into that kind of relationship with your food and your body. Curious, flexible, and kind.

And if at any point this week you open the fridge and feel a wave of overwhelm, close it. Step away from the kitchen for a moment. Take three slow breaths, in through the nose, out through the nose, and let your nervous system settle before you decide anything. You don't have to figure it all out at once. You just have to figure out the next meal.

That's always enough.



Grocery List

Pantry & Dry Goods

- Rolled oats
- Basmati rice
- Quinoa
- Mung dal
- Split mung beans
- Red lentils
- Chickpeas, cooked or canned
- Millet or brown rice
- Sourdough bread
- Rice noodles
- Almonds
- Medjool dates
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Tahini
- Ghee
- Olive oil
- Sesame oil
- Tamari or coconut aminos Vegetable broth or bouillon Apple cider vinegar
- Coconut milk, small can
- CCF tea or loose cumin, coriander, and fennel for blending your own Herbal teas

Refrigerated & Protein

- Eggs
- White fish, cod or haddock
- Tofu or tempeh
- Plain yogurt, small amount if desired
- Milk, dairy or plant based, small amount for oats

Spices & Seasonings

- Sea salt
- Black pepper
- Cumin
- Coriander
- Fennel
- Turmeric
- Mustard seed
- Ginger, fresh
- Cinnamon
- Garlic
- Fresh herbs: parsley, cilantro, basil

Produce

- Asparagus
- Zucchini
- Carrots
- Spinach or mixed greens Arugula
- Kale
- Dandelion greens
- Fennel bulb
- Bok choy
- Fresh ginger root
- Garlic
- Lemons
- Limes
- Green onion
- Cucumber
- Avocado
- Sweet potatoes
- Fresh parsley and cilantro
- Fresh fruit, pears preferred over apples this time of year

Two ingredients you'll reach for every single day: fresh ginger and lemon.

MOVEMENT, BREATH & REFLECTION

*This reset isn't just about food.
It's about coming home to yourself.*

What you eat is one part of the picture. How you move, how you breathe, and how honestly you pay attention to what's happening inside you, these are the practices that make the food mean something.

In Ayurveda, spring is the one season where a little more intention in your movement practice is genuinely encouraged. Kapha responds to warmth, to circulation, to gentle but purposeful movement that says to the body, it's time to wake up now. You don't need to push hard. You just need to show up consistently.

Practices worth weaving into your reset week

A **gentle yoga** flow, even 20 minutes, to support digestion and the movement of energy through the body.

A **simple pranayama** practice to bring a little more heat and clarity to your mornings. *Kapalabhati*, a rhythmic breathing technique that generates warmth and clears stagnation, is particularly well suited to spring.

A **short daily meditation** to help you settle and listen. Even five minutes of stillness creates space that nothing else can.

Dance or sing. Put on your favourite song and move in the kitchen, or sing while you chop your vegetables. Loudly, if you feel like it. Joy is not a distraction from the practice. It is the practice.

Make something with your hands. Bake, draw, plant a seed, arrange some flowers, cook something you've never tried before. Let yourself be creative without needing it to turn out perfectly. The making is the point.

Get outside. Walk somewhere with trees. Sit on the ground if you can. Watch the birds or the clouds or the way the light is changing. Spring is happening whether we pay attention or not. This week, pay attention.

Rest. A few moments in *savasana*, or simply lying down with nothing to do, is not laziness in Ayurveda. It is integration. Give yourself at least one moment of genuine stillness each day this week.

You don't need to do all of these every day. Choose what feels right. Even five minutes of conscious breath or movement will support everything else you're doing this week.

Reflection & Journaling

Sometimes the biggest shifts happen when we pause long enough to really listen. You don't need a special journal or a perfect quiet morning to do this. A few honest minutes with yourself, a cup of tea, and something to write with is enough.

There is no right or wrong way to reflect. Just honesty, curiosity, and kindness toward whatever surfaces. Here are a few prompts to sit with this week:

What is one thing my body has been trying to tell me that I haven't slowed down enough to hear?

Where am I holding on to something, a habit, a belief, a season, that no longer serves where I'm going?

What does feeling light actually mean to me? Not just physically, but in my energy, my relationships, my daily life?

What is one small thing I could do today that would feel genuinely nourishing, not productive, not impressive, just nourishing?

What am I noticing as this week unfolds? What's shifting, even quietly?



A light green curved background with ten horizontal white lines for journaling.

Your Radiance Deserves to Continue

This reset may come to an end, but your journey back to yourself is just beginning.

If you've felt even a small shift this week, more clarity, more ease, more connection with your body and the season you're living in, I want you to know that this is available to you every day. Not just for seven days in spring. Every day.

You don't have to do this work alone. There are ways to continue with care, curiosity, and the kind of community that genuinely supports you rather than overwhelms you.

If you're craving consistent, grounded practice, come and find us at AUM@home, a membership community for women who want to practice yoga and Ayurveda in a way that actually fits their real life. We practice together every week, we learn together, and we show up for each other in the small and ordinary moments that turn out to matter most.

Wherever you go from here, please remember this:

**Your health is not a luxury.
Your energy is not expendable.
And your worth is never up for debate.
Keep nourishing yourself.
Keep choosing presence over perfection.
Keep coming home to the radiant light that you already are.
Again and again.**

With deep care and gratitude, *Michelle*

