

YOGIC.BLOG

ANCIENT WISDOM. MODERN PROTOCOLS. DESIGNED FOR YOU.

THE YOGIC WELLNESS PROTOCOL



7-DAY GUT RESET & DETOX (SAMPLE)

SUPPORTING TEXT FOR THE COVER STORY GOES HERE

DATE:
JANUARY 2026

PREPARED FOR:
MARY JULES

CLIENT LOCATION:
NEW YORK, USA



INDEX



01 *The Ayurvedic Profile*

Understanding your unique Dosha and current imbalances.

02 *The Healing Strategy*

The "Why" behind this protocol and our goal for the next 7 days.

03 *Daily Nutrition Flow*

Your meal-by-meal roadmap: Breakfast, Lunch, and Dinner.

04 *Holistic Pillars*

Integrating Yoga, Herbs, and Breathwork into your routine.

05 *Pantry & Prep*

Your essential shopping list and final guidelines.



THE CLIENT PROFILE (THE "DIAGNOSIS")

Ayurvedic Profile

DOSHA TYPE:
VATA-PITTA (AIR & FIRE)

CURRENT IMBALANCE:
**VISHAMAGNI (IRREGULAR
DIGESTIVE FIRE)**

KEY SYMPTOMS:

- BLOATING AFTER MEALS
- OCCASIONAL ACIDITY
- AFTERNOON ENERGY DIPS

CONSTITUTION:
LEAN / MODERATE BUILD

THE HEALING STRATEGY (THE "PRESCRIPTION")

The 7-Day Strategy

The Goal: Agni Deepana

Our primary goal is "Kindling the Digestive Fire."
We need to stabilize your metabolism before we
can focus on weight loss or detox.

The Approach

We are temporarily eliminating raw, cold, and
heavy foods. Your focus this week is on warm,
cooked, predigested meals. This gives your gut
lining a break and allows it to repair itself.

Hydration Strategy

No cold water. Sip warm ginger water throughout
the day to flush lymphatic toxins (Ama).

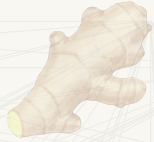
THE GOLDEN RULE: "Eat only when the previous
meal is fully digested. If you are not hungry, skip
the meal and sip warm water. True hunger is felt in
the stomach, not the mouth."

THE DAILY NUTRITION FLOW

THE WAKE-UP RITUAL

WARM LEMON & GINGER WATER

WHY: FLUSHES THE LIVER AND JUMPSTARTS 'AGNI' (DIGESTIVE FIRE) GENTLY WITHOUT A CAFFEINE SHOCK.



07:00 AM

08:30 AM

BREAKFAST

VEGETABLE POHA (FLATTENED RICE)

THE DETAIL: COOKED WITH MUSTARD SEEDS, TURMERIC, PEAS, AND CARROTS. WHY: WARM, LIGHT, AND SAVORY. PROVIDES SUSTAINED ENERGY FOR THE MORNING RUSH.



LUNCH

MOONG DAL KHICHDI + 1 TSP GHEE

THE DETAIL: A 2:1 RATIO OF RICE TO YELLOW MOONG DAL. SERVE WITH A SIDE OF COOKED BOTTLE GOURD (LAUKI). WHY: THE PERFECT PROTEIN-CARB BALANCE. IT IS "PRE-DIGESTED" BY THE COOKING PROCESS, REQUIRING ZERO EFFORT FROM YOUR GUT.



01:00 PM

05:00 PM

THE SUNSET SNACK

ROASTED MAKHANA (FOX NUTS) & CUMIN TEA

WHY: CRUCIAL FOR STABILIZING BLOOD SUGAR TO PREVENT LATE-NIGHT CRAVINGS.



DINNER

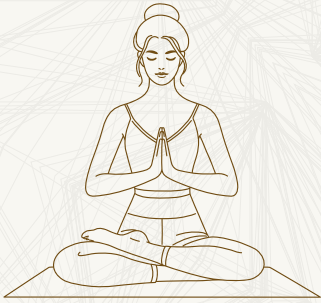
CLEAR BOTTLE GOURD SOUP

THE DETAIL: BLENDED WARM SOUP WITH BLACK PEPPER AND ROCK SALT. WHY: EXTREMELY HYDRATING AND LIGHT. ALLOWS YOUR BODY TO ENTER DEEP RESTORATIVE SLEEP FASTER.



07:30 PM

THE HOLISTIC SUPPORT SYSTEM



MOVEMENT

MORNING MOBILITY

1. SURYA NAMASKAR (SUN SALUTATION): 5 ROUNDS AT A SLOW PACE. FOCUS ON COORDINATING BREATH WITH MOVEMENT.
2. MALASANA (YOGI SQUAT): HOLD FOR 60 SECONDS TO OPEN THE HIPS AND AID ELIMINATION.
3. VAJRASANA (THUNDERBOLT POSE): SIT ON YOUR HEELS FOR 5-10 MINUTES IMMEDIATELY AFTER LUNCH TO BOOST DIGESTION.



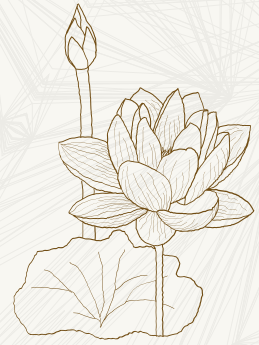
INTERNAL SUPPORT

HERBAL PROTOCOL

THE HERB: TRIPHALA CHURNA.

DOSAGE: 1/2 TEASPOON.
METHOD: MIX WITH WARM WATER AND DRINK 30 MINUTES BEFORE BED.

THE BENEFIT: A GENTLE BOWEL TONIC THAT SCRAPES TOXINS (AMA) FROM THE COLON LINING WITHOUT CAUSING DEPENDENCY.



STILLNESS

MIND & BREATH

TECHNIQUE: BOX BREATHING (SAMA VRITTI).

THE COUNT: INHALE (4S)
- HOLD (4S) - EXHALE (4S)
- HOLD (4S).

DURATION: 5 MINUTES BEFORE SLEEP.

THE BENEFIT: INSTANTLY SWITCHES YOUR NERVOUS SYSTEM FROM "FIGHT OR FLIGHT" TO "REST AND DIGEST."



THE KITCHEN LAB (RECIPES)

THE 3 STAPLE RECIPES:

	INGREDIENTS	METHOD
Morning Sunshine Poha (Breakfast) <i>Light, fluffy, and energizing</i>	• 1.5 cups Poha (Thick/Medium flakes) • 1/2 cup Mixed Veg (Peas, Carrots - finely chopped) • 1/2 tsp Mustard Seeds & Curry Leaves • Pinch of Turmeric	1. Rinse Poha in a strainer under tap water for 30 seconds. Set aside to soften. 2. Heat oil. Splutter mustard seeds and curry leaves. 3. Add veggies and turmeric. Sauté until soft (add a splash of water if needed). 4. Gently mix in the Poha and salt. Cover and steam on low heat for 2 minutes. 5. Finish with a squeeze of lemon.
The Healing Khichdi (Lunch) <i>The perfect protein-carb balance. Easy to digest.</i>	• 1/2 cup Yellow Moong Dal (soaked 20 mins) • 1 cup White Rice (soaked 20 mins) • 1 tsp Ghee • 1/2 tsp Cumin Seeds & Turmeric • 4 cups Water	1. Heat ghee in a pressure cooker/pot. Add cumin and turmeric. 2. Add drained dal and rice. Sauté for 1 minute. 3. Add water and salt. 4. Pressure Cook: 3 whistles. Pot: Simmer covered for 25 mins until mushy. 5. Top with fresh coriander.
Deep Sleep Soup (Dinner) <i>Hydrating and light on the gut.</i>	• 1 cup Bottle Gourd (Lauki) - peeled & cubed • 1 small piece Ginger • 1/2 tsp Black Pepper powder • Rock Salt	1. Boil the bottle gourd and ginger in 2 cups of water until soft. 2. Let it cool slightly, then blend into a smooth puree. 3. Return to the pot. Adjust consistency with warm water. 4. Simmer for 2 minutes. Stir in black pepper and salt. 5. Serve warm (no bread needed).



PANTRY & NEXT STEPS

YOUR SHOPPING LIST

Fresh & Grains	Spices & Pantry
☐ BOTTLE GOURD (LAUKI) - 2 MEDIUM ☐ FRESH GINGER ROOT ☐ GREEN PEAS (FRESH OR FROZEN) ☐ CARROTS ☐ LEMON ☐ CORIANDER LEAVES ☐ YELLOW MOONG DAL (SPLIT GREEN GRAM) ☐ WHITE RICE (SONA MASOORI OR BASMATI) ☐ POHA (FLATTENED RICE)	☐ TURMERIC POWDER (HALDI) ☐ CUMIN SEEDS (JEERA) ☐ CORIANDER POWDER (DHANIYA) ☐ FENNEL SEEDS (SAUNF) ☐ BLACK PEPPER (WHOLE OR POWDER) ☐ GHEE (COW GHEE PREFERRED) ☐ MAKHANA (FOX NUTS) ☐ TRIPHALA POWDER

READY FOR THE FULL TRANSFORMATION?

This was just a 7-day sample to reset your gut. To heal chronic ailments (PCOS, Thyroid, Weight) and build a lifestyle that lasts, get your personalized 30, 60, or 90-day protocol.

GET MY
PERSONALIZED PLAN



WISHING YOU HEALTH AND HEALING, THE YOGIC TEAM.