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Alyssa Smith Health
3-day reset & rise

I'm so glad you're here, beautiful!

I created this 3-day mini reset for the woman who's been doing all the right things: eating healthy, exercising and giving her all. And yet she still feels tired, bloated, burnt out, or disconnected from herself. I see you, because I was you.

Reset & Rise is your invitation back home ❤️ to your body, your energy, your clarity, and your natural radiance. This reset isn't about restriction or perfection. It's about nourishing yourself deeply, balancing your blood sugar, regulating your hormones, and creating simple rituals that shift how you feel, from the inside out.

You're about to feel renewed, rejuvenated, and fully embodied...grounded yet uplifted.

Let these three days be a gentle but powerful reminder of how good your body is designed to feel.

Let's rise,
Alyssa

How To Use This Reset

When to Begin: Start this reset in the first 14 days of your cycle — your follicular and ovulatory phases — when your metabolism is higher, your body is more insulin-sensitive, and your hormones are primed to thrive.

What to Expect: Balanced blood sugar, better energy, calmer digestion, improved mood, deeper sleep, and a stronger connection to your body.

Pro Tip: Blood sugar balance is the foundation of hormonal balance. Every meal in this reset follows the formula: Protein + Healthy Fat + Fiber + Complex Carb. It's simple, sustainable, and powerful.

PS You can repeat this reset each month! Starting something new is best during days 1-7 after your period ends.

Overview

Each day follows the same nourishing rhythm — grounding morning rituals, blood-sugar-balancing meals, mindset practices that shift your internal state, with intentional movement and calming evening rituals.

Repeat these rhythms for 3 days — or layer them into your life throughout the first half of your cycle.



Day 1:
Reset Your
System



Morning Ritual

- 1 L filtered water + pinch of Celtic sea salt + lemon
- Immunity + Energy Elixir (see Nourishment Index)
- 5 min Alternate Nostril Breathing
- 10 min Body Scan Meditation



Nutrition

- Breakfast: Beautifying Breakfast Burger
- Lunch: Spicy Superfood Wrap
- Dinner: Bone Broth Chicken Soup



Mindset

- Journal prompts: “What am I ready to release?” and “What do I want to call in this cycle?”
- Breathwork: Box Breathing (4-4-4-4)



Movement

- 45 min walk
- [20 Min Pilates Flow](#)



Evening

- Digital sunset 1 hr before bed
- Herbal tea + body scan meditation



Day 2:
Ground & Build



Morning Ritual

- 1 L filtered water + salt + lemon
- Daily Detox Tea (see Nourishment Index)
- 10 min Box Breathing
- 10 min Nervous System Reset Meditation



Nutrition

- Breakfast: Brothy Fish Breaky
- Lunch: Grass-Fed Beef Patties & Arugula Salad
- Dinner: Bone Broth Chicken Soup



Mindset

- Anger Release Journal – 10 min free writing
- Breathwork: Box Breathing



Movement

- 60 minute brisk walk
- Optional: [20 Min Lower Body Strength Workout](#)



Evening

- Warm Epsom salt bath or magnesium foot soak
- Organic Chamomile / bedtime tea + body scan meditation



Day 3:
Rise & Align



Morning Ritual

- 1 L filtered water + salt + lemon
- Immune & Energy Elixir (see Nourishment Index)
- 5 min Alternate Nostril Breathing
- Design Your Day: Write down how you want to feel, who you want to be, what you want to give and what you want to receive



Nutrition

- Breakfast: Beautifying Breakfast Burger
- Lunch: Happy Hormones Nourish Bowl
- Dinner: One-Pan Salmon



Mindset

- AM: Appreciation Journal – for 5 minutes write down every thing you can think of that you appreciate / are thankful for
- AM: Breathwork: Breath of Fire



Movement

- 60 minute walk or 20 minute jog
- [30 Minute Strength Session](#)



Evening

- 2 hr tech-free time before bed: read with your legs up the wall instead!
- Herbal tea + body scan meditation

Shopping List & Prep Checklist:

Hydration:

- Filtered water
- Celtic sea salt
- Fresh lemons

Protein Staples

- Grass-fed beef
- Organic chicken burgers, mince, or sausages
- Wild-caught salmon or snapper

Complex Carbohydrates

- Sweet potatoes
- Pumpkin
- Organic white or brown rice
- Greens & Vegetables
- Arugula (rocket)
- Spinach
- Kale
- Bok choy

Healthy Fats

- Avocados
- Olive oil
- Ghee or Butter

Extras & Condiments

- Sauerkraut
- Bone broth
- Herbs, garlic & onion

Meal Prep Tips

- Batch-cook patties and roast sweet potatoes on Sunday to save time during your week. Always cook extra protein any time you cook!
- Wash and store greens in a salad spinner.
- Use store-bought gelatinous bone broth or concentrated options like Gevity Rx.
- Frozen wild salmon can be defrosted quickly in cold water and poached straight into broth.

Recipes

Morning Elixir & Daily Tea

Immune & Energy Elixir

Ingredients:

- 1 cup hot water
- Juice of ½ lemon
- 1 tsp raw honey
- 1 tsp grated fresh ginger
- 500 mg vitamin C
- 15 mg zinc
- 600 mg NAC (optional)
- Vitamins A, D, K (optional)

Method: Stir and sip slowly in the morning.

Why: Boosts immune resilience, supports detox pathways, nourishes your nervous system.

Daily Detox Tea

Ingredients:

- 1 thumb-sized piece fresh ginger
- 1 slice lemon
- 1 tsp raw honey (optional)
- 1 cup boiling water

Method: Steep 10 mins and sip.

Why: Stimulates liver detox, improves digestion, supports estrogen clearance.

Brothy Fish with Greens

It might surprise you that clear, glowing skin starts with BREAKFAST. That's right: balanced hormones = clear skin. And a protein-rich breakfast is the first step to balanced hormones. Before you buy another supplement or skincare product, try this recipe - the yummiest way to start the day with over 30g of protein.

Prep Time: 5 minutes

Total Time: 10 minutes

Ingredients:

- 1 fillet of wild caught fish you love (I rotate between salmon, snapper and halibut)
- 1 tablespoon grass fed butter
- 1.5 cups chicken broth
- 1 heaping handful bitter greens (I like arugula the best but use whatever you have on hand - sometimes broccoli hits the spot sometimes spinach and zucchini is all I've got!)
- 1 lemon
- 1/4 an avocado chopped
- Optional: fresh herbs like basil, parsley
- Sea salt and pepper to taste

Process:

1. Add butter to fry pan, then add salmon, skin down.
2. Season with salt and pepper.
3. Then pour broth over the top and let it simmer until the salmon has been cooked through, about 8 minutes.
4. Add arugula and the juice of the lemon to taste - start with 1/2 and then taste the broth.
5. Place the cooked salmon and greens into a shallow bowl using a spatula or wooden spoon, then pour the broth over the top and add the avocado.
6. Add salt and pepper and fresh herbs to taste.

Beef Liver or Chicken Patties with Greens, Roasted Yams & Sauerkraut

Serves: 4

Prep + Cook Time: 18 minutes total

Ingredients:

For the patties

- 500 g (1.1 lb) ground beef or chicken — ideally 85% meat / 15% organs (minced liver or heart blended in)
- 1 tsp sea salt
- ½ tsp garlic powder
- ½ tsp smoked paprika or turmeric
- 1 tsp dried oregano or thyme
- 1 tbsp finely diced onion or shallot (optional)
- 1 tsp olive oil or ghee for cooking

For the sides

- 2 cups bitter greens (arugula, rocket, radicchio, or endive)
- 1 tbsp extra-virgin olive oil (EVOO)
- 1 tsp lemon juice
- 1 tsp wholegrain or Dijon mustard
- Optional: ½ tsp raw honey, pinch of sea salt + black pepper for balance
- 1 tbsp pumpkin seeds, lightly toasted
- 1 small sweet potato, cubed and roasted

Beef Liver or Chicken Patties with Greens, Roasted Yams & Sauerkraut Cont.

Process:

1. Roast the Sweet Potato (for batch prep):
2. Preheat oven to 200 °C / 400 °F.
3. Toss cubes in EVOO and sea salt. Roast for 15 minutes until golden and tender.
4. Make the Patties:
 - a. Combine ground meat, salt, herbs, and seasonings in a bowl. Mix gently.
 - b. Form into 6–8 small patties.
 - c. Heat a skillet with olive oil or ghee over medium heat.
 - d. Cook patties 3–4 minutes per side, until browned and cooked through.
5. Prepare the Bitter Greens:
 - a. Whisk EVOO, lemon juice, mustard, optional honey, salt, and pepper in a small bowl.
 - b. Toss through the bitter greens right before serving.
6. Assemble:
 - a. Serve patties alongside roasted sweet potato.
 - b. Add the dressed greens and sprinkle with toasted pumpkin seeds.

Hormone-Balancing Bone Broth Chicken Soup

Total Time: 135 minutes

Serves: 6

Ingredients:

- Turmeric, 1 tbsp (7.6 g)
- Apple cider vinegar, 2 tbs (30 g) Carrots, 2 portion (123.3 g) Onion, 1 medium (107.8 g) Ginger, 1 tablespoon (6.8 g) Garlic, 4 portion (12 g)
- Chicken, 1 large (746.8 g) Water, 8 cups (1897.1 g)
- Sea salt, 1 tsp (5.9 g)
- Pepper, 1/2 teaspoon (1 g) Parsley, 1/4 cup (15.6 g) Spinach, 2 large handful (60.6 g) Celery stalks, 2 portion (8.2 g)

Process:

1. Place the whole chicken in a large pot and cover with water. Add apple cider vinegar, turmeric, ginger, sea salt, and black pepper.
2. Bring the water to a boil, then reduce heat and let simmer for 1-2 hours until the chicken is cooked through.
3. Remove the chicken from the pot and let cool. Once cool enough to handle, shred the chicken meat and set aside.
4. Add the carrots, celery, onion, and garlic to the pot and simmer for another 30 minutes.
5. Add the shredded chicken back to the pot along with the spinach and parsley. Simmer for an additional 10 minutes.
6. Taste and adjust seasoning as needed. Serve hot and enjoy!

ASH Spicy Superfood Wrap

The ultimate boss babe or busy mama meal. This can be whipped up in 10 minutes and it is chock full of antioxidants, gut supporting fibre and 30g of protein! Nutrient dense and incredibly satiating, this wrap will keep you full all afternoon long and help curb those pesky 4 pm sugar cravings.

Serves: 1

Prep Time: 8 minutes

Ingredients:

- 1 grain free wrap, warmed or lightly toasted in the oven or air fryer
- 1/4 avocado
- 2 tablespoons spicy hummus or regular hummus and clean hot sauce
- 1 handful of arugula
- 1 can of wild caught trout, sardines, tuna or salmon; 1 chicken thigh or a palm sized piece of steak, sliced
- Optional: 1 tablespoon sauerkraut; 1 tbsp clean mayo to mix with the fish

Process:

1. Lightly toast your wrap in the air fryer (bake at 150 C) 3 minutes or in the oven.
2. Chop avocado and clean arugula.
3. Mash fish (with a clean organic mayonnaise if desired) before placing it in the wrap.
4. Place the warm wrap on a plate and add the hummus, fish of your choice, avocado and greens. Top with sauerkraut if desired.
5. Enjoy immediately!

Salmon & Sweet Potato Sheet Pan

Omega 3 fatty acids and B12 rich salmon, combined with metabolism supporting sweet potatoes and hormone detoxing broccoli, make this delicious dish a nutritional dream! Family friendly, naturally rich in DHA and requiring minimal prep. Whip this up with just 4 whole food ingredients!

Prep: 5 minutes

Total: 25 minutes

Serves: 4

Ingredients:

- 1 head of broccoli
- 3 Japanese sweet potatoes
- 4 4oz wild salmon fillets
- Optional: sesame seeds and/or chopped green onion to top

Sauce:

- 2 tbsp Sesame oil
- 1 tbsp rice wine vinegar
- 2 tbsp coconut aminos
- 1 tsp ginger
- 2 garlic cloves, minced

Process:

1. Preheat your oven to 205 C or 400 F.
2. Prep your sauce: combine sesame oil, rice wine vinegar, coconut aminos, ginger, and garlic cloves in a mixing bowl.
3. Cut your broccoli and the green part of the green onions. Add them to a sheet pan and drizzle on the marinade.
4. Roast your potatoes in the oven for 5 minutes.
5. Then, roast the veggies on your larger pan for 5 minutes.
6. Then, pull out your veggies and place your salmon fillets onto the sheet pan. Mix the salmon fillets in the marinade.
7. Add the chopped whites of a green onion to your sheet pan and cook for another 12-15 minutes.



Client Testimonials



“ALYSSA, YOU’RE THE BEST! THIS WAS SO MUCH MORE VALUABLE THAN MY NATUROPATH APPOINTMENT. THANK YOU!!!!”



“LADIES, IF YOU’RE LOOKING FOR A HEALTH COACH THAT WILL APPROACH YOUR HEALTH HOLISTICALLY AND GUIDE YOU TOWARDS TRUE HEALING, SERIOUSLY, LOOK NO FURTHER. I’M SO GRATEFUL FOR ALYSSA.”

— Nicole D., Female Founder & CEO, Single Mother, Australia



My session with Alyssa was spectacular. I was introduced to her through a friend and so thankful for the connection. As a first time mom, giving birth in a few months, I have many questions as we all do the first time around. Her wealth of knowledge in the health and wellness space was incredible and very thorough but also honest. Her trips and tricks are amazing.

A more holistic approach was so welcoming and such a refreshing change. I would definitely recommend connecting with Alyssa to guide you in this journey into motherhood!

Tara L., First Time Mother and Fashion PR, Florida, USA

I cannot express enough how transformative my health coaching journey with Alyssa has been. She created a plan specifically for me, taking into account my unique goals and challenges. It isn't just about diet and exercise but about creating a healthier mindset and lifestyle. I've experienced a SIGNIFICANT improvement in my overall health, my weight and a my happiness. I wholeheartedly recommend Alyssa's services.


Ashley H, Real Estate Marketing Specialist, Denver, USA

Take the Next Step...

Rise into Your Radiance

You've reset and risen, and now it's time to go deeper.

Introducing Radiance Reset: a signature 3-month coaching experience designed to help you radiate from the inside out, lose weight sustainably, boost your metabolism and magnetism, and finally feel clear, confident, and holistically healthy.

 [Connect with me](#) to learn more or apply for your transformation

THANK YOU!

Alyssa Smith

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