



Happy Body Plans  
*Sculpting Health, Crafting Happiness*



# **WE WELCOME YOU TO YOUR PERSONALIZED PLAN**

Send us your queries and inquiries, so we can better understand how to enhance your experience. Your feedback drives us to discover new ways to serve you.

# NUTRITION

## Meal

- Aim for three main meals (breakfast, lunch, and dinner) and two to three small snacks throughout the day
- Each meal should ideally include a balance of carbohydrates, proteins, and healthy fats.

## Mid-Morning Snack

- Greek yogurt with honey and a handful of almonds.
- A piece of fruit (e.g., an apple or a banana).
- Stay hydrated with water or herbal tea.

## Hydration

- Aim to drink at least 8-10 cups (64-80 ounces) of water throughout the day.
- Consider herbal teas, green tea, or infused water for variety.

## Tips

- Each meal should include protein, fiber, healthy fats, and a variety of colorful fruits and vegetables.
- Pay attention to hunger and fullness cues. Eat when hungry, and stop when satisfied.

# DIET

THIS PLAN IS FOR YOUR FIRST 6 MONTHS	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Vegetable oats with milk and nuts.	Brown rice(200gm), dal(125gm), mixed vegetable curry(125gm).	Greek yogurt with almonds.	Grilled chicken(85gm), roti (2-3), salad(400gm).
TUESDAY	Whole wheat toast with scrambled eggs and spinach.	Quinoa(125gm) with chickpea curry(250gm) side salad.	Carrot sticks with hummus.	Tofu stir-fry with vegetables(175gm), brown rice(150gm).
WEDNESDAY	Moong dal cheela with mint chutney.	Whole wheat roti (2), rajma curry(180gm), mixed vegetable raita.	Apple slices with nut butter.	Grilled fish(150gm), quinoa pilaf(150gm), steamed vegetables(200gm).
THURSDAY	Greek yogurt with berries and granola.	Millet pulao(200gm), dal(125gm), and curd.	Mixed nuts and seeds.	Lentil soup(150ml), whole wheat toast, side salad.
FRIDAY	Vegetable poha with nuts.	Brown rice(200gm), chicken curry(150gm), cucumber and tomato salad, curd.	Cottage cheese cubes with mint chutney.	Stir-fried paneer(120gm) with bell peppers, roti (1).
SATURDAY	Scrambled eggs (2) with whole wheat toast and sautéed spinach.	Quinoa salad with mixed vegetables(250gm), chickpeas(100gm), and lemon vinaigrette.	Fresh fruit like a banana.	Vegetable stew(100ml) with brown rice(250gm).

## DIET – (Regular)

THIS PLAN IS GENERALIZED.	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Upma/Poha.	Wheat Roti (2) with dal and a mixed vegetable curry(200gm).	A bowl of fresh fruit salad.	Grilled chicken breast or paneer (cottage cheese) (100gm) with brown rice(150gm) and a cucumber raita.
TUESDAY	Poha (flattened rice) with peanuts, curry leaves, and spices.	Roti with rajma (kidney bean curry) (125gm) and a side of salad.	Greek yogurt with a drizzle of honey.	Baked fish or tofu(170gm) with quinoa(100gm) and steamed broccoli(300gm).
WEDNESDAY	Paratha and a dollop of yogurt.	Brown rice(200gm) with bhindi (okra)(150gm) curry(125gm) and a cucumber raita.	A handful of mixed nuts.	Whole wheat pasta(300gm) and a tomato-based sauce.
THURSDAY	Idli (steamed rice cakes) with sambar and coconut chutney.	Roti (2) with chicken or tofu tikka masala(200gm) and a mixed vegetable salad(250gm).	Sliced cucumber and carrot with hummus	Lentil soup(150ml) with brown rice(200gm) and a side of sautéed spinach
FRIDAY	Aloo paratha with yogurt and pickle.	Roti (2) with chole (150gm) (chickpea curry) and a side of onion-tomato salad.	Chopped mango or papaya.	Grilled fish or paneer(200gm) with quinoa and stir-fried vegetables(120gm).
SATURDAY	Dhokla (steamed chickpea flour cakes) with mint chutney.	Brown rice(200gm) with mixed dal(250gm) (lentils) and a cucumber raita.	Roasted chickpeas or chana chaat.	Stir-fried tofu(200gm) or chicken(175gm) with brown rice(200gm) and sautéed asparagus.

# WORKOUT

## Warm-up (3 minutes):

- Jumping jacks: 1 minute
- Bodyweight squats: 1 minute
- Arm circles: 1 minute (30 seconds forward, 30 seconds backward)

## Workout (15 minutes):

Perform each exercise for 45 seconds, followed by a 15-second rest. Repeat the circuit for 3 rounds.

- Push-Ups (or Modified Push-Ups): Targets chest, shoulders, and triceps. You can do modified push-ups from your knees if needed.
- Bodyweight Squats: Targets legs and glutes. Focus on proper form and depth.
- Plank: Targets core muscles. Keep your body in a straight line, and engage your core.
- Mountain Climbers: Targets cardio, core, and legs. Bring your knees toward your chest alternately.
- Lunges (alternating legs): Targets legs and glutes. Step forward and lower your body, alternating legs.
- High Knees: Lift your knees towards your chest alternatively while pumping your arms. This exercise is great for cardiovascular fitness.

## Cool-down (2 minutes):

- Standing quad stretch: Hold for 30 seconds per leg.
- Standing hamstring stretch: Hold for 30 seconds per leg.