



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	Scrambled eggs with spinach and tomatoes.	Grilled chicken breast or tofu(150gm) with mixed vegetables. (125gm)	Greek yogurt with a drizzle of honey and a handful of berries.	Baked salmon(100gm) or a vegetarian/vegan protein source. (150gm)
TUESDAY	Oatmeal with sliced bananas and a sprinkle of nuts.	Lentil soup(200gm) (dal) with roti (2) or brown rice(190gm).	Cucumber sticks with hummus.	Grilled turkey(200gm).
WEDNESDAY	A glass of freshly squeezed fruit juice.	A mixed greens salad(300gm) with olive oil dressing.	A small handful of almonds or walnuts.	Stir-fried tofu(200gm) or lean beef with broccoli(250gm) and bell peppers.
THURSDAY	Whole-grain pancakes with fresh berries.	Sweet potato(400gm) and mixed vegetables(120gm)	Greek yogurt with a drizzle of honey and a handful of berries.	Grilled fish(170gm). Brown rice(120gm).
FRIDAY	Vegetable poha with nuts.	Black bean(160gm) with whole-wheat tortillas(2).	Carrot and cucumber sticks with hummus.	Baked chicken(120gm) with quinoa(50gm) and mixed vegetables(100gm).
SATURDAY	Scrambled eggs(2) with spinach and tomatoes.	Lentil soup (dal)(120gm) with roti(2) or brown rice(100gm).	A small handful of almonds or walnuts.	Steamed asparagus(200gm).

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.