



Happy Body Plans  
*Sculpting Health, Crafting Happiness*

A man with dark hair, wearing a blue athletic shirt and black leggings, is captured in a dynamic pose, reaching up with his right arm towards the red circle. He is looking towards the camera with a slight smile.

# **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(2) with spinach and tomatoes.	Grilled chicken breast or tofu(150gm)with mixed vegetables.(200gm)	Yogurt with a drizzle of honey and a handful of berries.	Steamed broccoli(480gm) and carrots.
TUESDAY	A glass of chaas (buttermilk).	Lentil soup (dal) with roti(2) or brown rice(250gm).	Carrot and cucumber sticks with hummus.	Steamed asparagus.
WEDNESDAY	Whole-grain cereal with milk or yogurt.	Chickpea curry(125gm) with roti(2) or brown rice(250gm).	A small handful of almonds or walnuts.	Stir-fried tofu(140gm) with broccoli(200gm) and bell peppers.
THURSDAY	A glass of freshly squeezed orange juice.	Baked chicken breast(130gm) or tofu with sweet potato(120gm) and mixed vegetables(200gm).	Yogurt with a drizzle of honey and a handful of berries.	Steamed broccoli(200gm) and carrots.
FRIDAY	Vegetable omelet(1 egg) with whole- grain toast.	Black bean(120gm) or tofu tacos with whole-wheat tortillas(2).	Carrot and cucumber sticks with hummus.	A small serving of whole-grain pasta(150gm).
SATURDAY	Scrambled eggs with spinach and tomatoes.	Lentil soup (dal)(20gm) with roti(2) or brown rice(200gm). A side of mixed vegetable curry.	A small handful of almonds or walnuts.	Grilled paneer(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.