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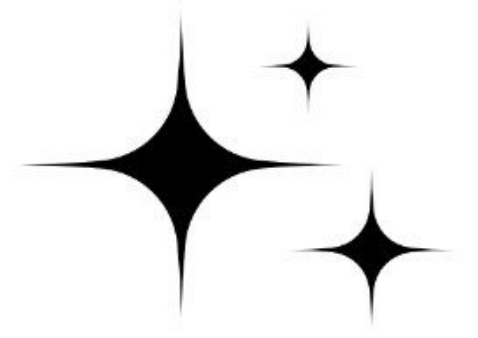
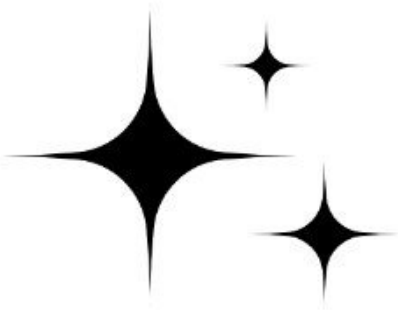
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**HEALTH RESET  
KIT**



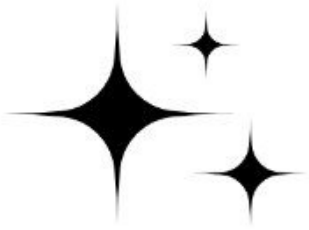
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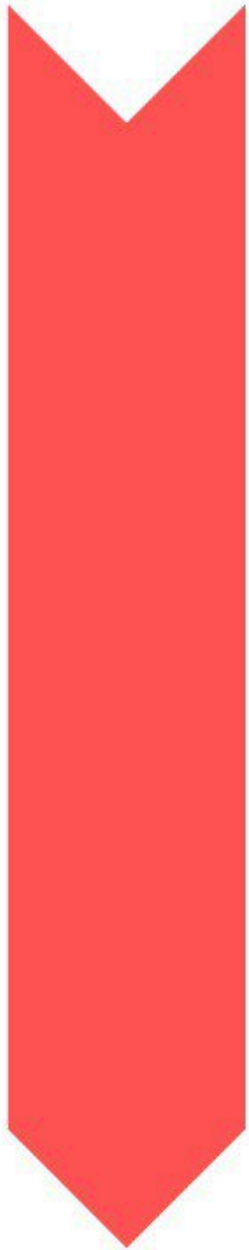
# **MEAL PLANNING GUIDELINES**





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# **TIPS ON DIVIDING THE PLATE**



# • 1/2 PROTEIN

➤ **Include high-protein foods like lentils, eggs, paneer, chicken, or fish.**



# • **1/4 CARBS**

➔ **Opt for complex carbohydrates such as quinoa, brown rice, or roti**





- **1/4 VEGETABLES**

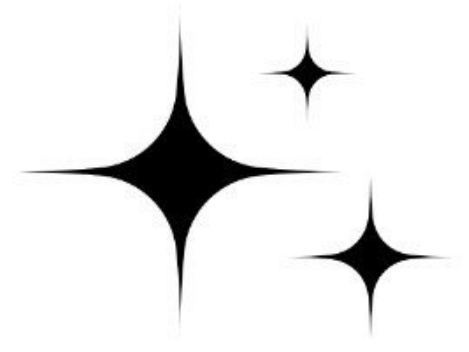
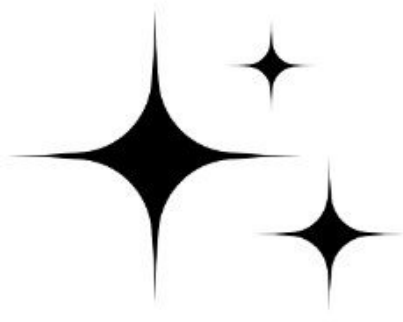
➔ **Add a variety of fresh, cooked, or steamed vegetables like spinach, broccoli, or carrots.**





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# **TIPS FOR EASY MEAL PLANNING WITH ADVANCED PREPARATION**





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# **1. WEEKLY MEAL PREPARATION STEPS**







# • **SHOPPING TIPS**

- **Make a list of essentials for the week, including proteins (lentils, paneer, chicken, tofu), vegetables, and grains.**
- **Stock up on versatile ingredients like rice, quinoa, eggs, and nuts.**





# • **VEGETABLE PREPARATION**

➤ **Chop and store vegetables in airtight containers for quick use.**

➤ **Pre-cook and store stir-fried vegetables to use in meals like pulao or salads.**





# • LENTILS AND LEGUMES

➤ **Boil lentils and chickpeas in advance and refrigerate them for curries, salads, or soups.**



# • **BATCH COOKING**

➔ **Prepare large portions of curry bases, boiled rice, or dal and store them in meal-sized containers.**





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# **2. DAILY MEAL PREP TIPS**



# • **BREAKFAST**

- **Pre-make overnight oats or smoothie packs for quick assembly in the morning.**
- **Boil eggs in advance to grab on busy days**



# LUNCH AND DINNER

- **Marinate proteins like paneer, chicken, or tofu ahead of time for faster cooking.**
- **Use pre-cooked rice or quinoa for quick stir-fried meals.**



# • **SNACKS**

- ○ **Keep roasted nuts, seeds, and fruits handy for healthy snacking.**
- ○ **Prep energy balls or granola bars in advance for a quick energy boost.**







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# **3. TIME SAVING KITCHEN TOOLS**





- **Use a Pressure Cooker or Instant Pot: For quick cooking of lentils, rice, or one-pot meals.**
- **Invest in Good Storage Containers: Airtight containers maintain freshness and save time.**
- **Freeze Pre-Cooked Meals: Store soups, curries, and cooked grains in the freezer for emergencies**



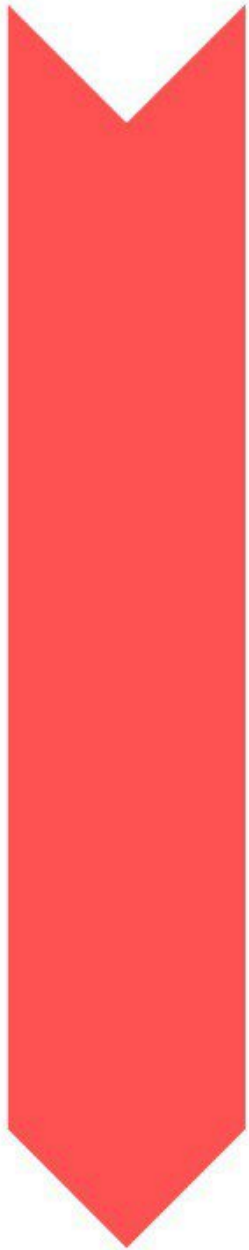


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# 4. PLANNING AND SCHEDULING





**Dedicate an hour on weekends for meal prep, including chopping, boiling, and batch cooking.**



**Use a calendar or planner to map out meals for the week to avoid last-minute decisions.**





## HIGH-PROTEINS FOOD LISTS FOR VEGETARIANS



Nº	FOOD ITEM	PROTEIN (G PER 100G)	CALORIES (KCAL PER 100G)
1	Tempeh	20.0	195
2	paneer	18.5	265
3	Tofu (Firm)	20.0	144
4	Edamame (Boild)	21.0	122
5	Soybeans (Cooked)	28.0	172
6	Seitan (Wheat Gluten)	25.0	121
7	Lupin Beans	25.0	121
8	Chickpea Flour (Besan)	25.0	119
9	Hemp Seeds	22.0	387
10	Pumpkin Seeds	30.0	559
11	Chia Seeds	21.0	486
12	Almonds	21.0	576
13	Peanuts	25.0	567
14	Flaxseeds	21.0	534
15	Sunflower Seeds	21.0	584
16	Amaranth (Cooked)	21.0	103
17	Quinoa (Cooked)	21.0	120
18	Spirulina (Dried)	57.0	290
19	Nutritional Yeast	30.0	325
20	Buckwheat (Cooked)	22.0	343



## HIGH-PROTEINS FOOD LISTS FOR VEGETARIANS



Nº	FOOD ITEM	PROTEIN (G PER 100G)	CALORIES (KCAL PER 100G)
21	Black Beans (Cooked)	21.0	132
22	Green Lentils (Cooked)	25.0	116
23	Pistachios	21.0	562
24	Cashews	21.0	553
25	Pea Protein powder	80.0	357



# HIGH-PROTEIN FOOD LISTS FOR NON- VEGETARIANS



FOOD ITEM	PROTEIN (G PER 100G)	CALORIES(KCAL PER 100G)
Chicken Breast	31	165
Eggs (Whole)	13	155
Eggs Whites	11	52
Fish(Rohu, Cooked)	20	144
Fish(Pomfret, Cooked)	19	120
Goat Meat(Cooked)	27	143
Prawns(Cooked)	24	99
Mutton (Lean, Cooked)	25	294

# 10-MINUTE BODYWEIGHT WORKOUTS

**ROUTINE**

**FULL**

**BODY**

**BLAST**



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# EXERCISES

## **1. Jumping Jacks (1 min) – Warm up and activate the whole body**



# EXERCISES

## 2. Bodyweight Squats (1 min) – Strengthen the legs and glutes



# EXERCISES

## 3. Push-Ups (1 min) – Target chest, shoulders, and arms.



# EXERCISES

## 4. Plank (1 min) – Engage the core, shoulders, and legs



# EXERCISES

## 5. Mountain Climbers (1 min) – Boost heart rate and work the core



# EXERCISES

**6. Lunges (1 min per leg) – Improve balance and strengthen legs.**



# EXERCISES

## 7. Burpees (1 min) – Full-body cardio and strength



# EXERCISES

**8. Cool-Down Stretch (2 min) –  
Focus on hamstrings, quads, and  
shoulders.**

 **fitness**  
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# 10-MINUTE BODYWEIGHT WORKOUTS

**ROUTINE**

# UPPER BODY STRENGTH



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# EXERCISES

## 1. Arm Circles (1 min) – Warm up shoulders and arms



# EXERCISES

## 2. Push-Ups (1 min) – Build chest and triceps strength.



# EXERCISES

**3. Tricep Dips (1 min) – Use a sturdy surface for support.**



# EXERCISES

## 4. Plank Shoulder Taps (1 min) – Core stability and shoulder engagement



# EXERCISES

## **5. Superman Holds (1 min) – Strengthen back and shoulders.**



# EXERCISES

## 6. Wide Arm Push-Ups (1 min) – Broaden chest engagement.

LEAP FITNESS



**WIDE ARM PUSH-UPS**

# EXERCISES

## 7. Cool-Down Stretch (2 min) – Focus on arms and shoulders





# 10-MINUTE BODYWEIGHT WORKOUTS

**ROUTINE**



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**LOWER  
BODY  
POWER**



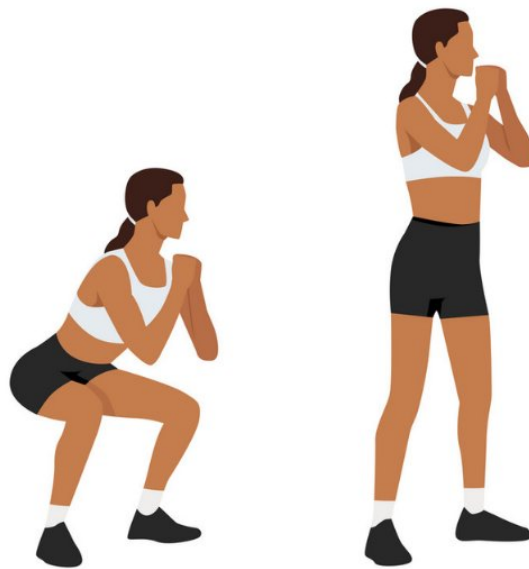
# EXERCISES

**1. High Knees (1 min) – Activate lower body and increase heart rate.**



# EXERCISES

## 2. Bodyweight Squats (1 min) – Strengthen glutes and quads.



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# EXERCISES

**3. Lunges (1 min per leg) – Improve unilateral leg strength.**



# EXERCISES

## 4. Glute Bridges (1 min) – Engage glutes and hamstrings.



# EXERCISES

**5. Wall Sit (1 min) – Static hold to build endurance in quads.**



# EXERCISES

## 6. Calf Raises (1 min) – Strengthen calves.



# EXERCISES

**7. Cool-Down Stretch (2 min) – Focus on hamstrings, quads, and calves.**





# 10-MINUTE BODYWEIGHT WORKOUTS

## ROUTINE



# CORE STRENGTH & STABILITY

# EXERCISES

**1. Plank (1 min) – Strengthen core and shoulders.**



# EXERCISES

## 2. Bicycle Crunches (1 min) – Target obliques and rectus abdominis.



# EXERCISES

## 3. Leg Raises (1 min) – Strengthen lower abs.



# EXERCISES

**4. Side Plank (30 seconds per side) –  
Engage obliques.**



# EXERCISES

## 5. Flutter Kicks (1 min) – Target lower abs and hip flexors.



# EXERCISES

**6. Russian Twists (1 min) – Work obliques; modify by keeping feet on the floor.**



# EXERCISES

## 7. Cool-Down Stretch (2 min) – Focus on lower back and core.





# WEEKLY *planner*



**MONDAY**

**FULL-BODY  
BLAST**

**TUESDAY**

**UPPER BODY  
STRENGTH**

**WEDNESDAY**

**ACTIVE  
RECOVERY**

**THURSDAY**

**LOWER BODY  
POWER**

**FRIDAY**

**CORE  
STRENGTH &  
STABILITY**

**SATURDAY**

**FULL-BODY  
BLAST**

**SUNDAY**

**REST OR  
ACTIVE  
RECOVERY**



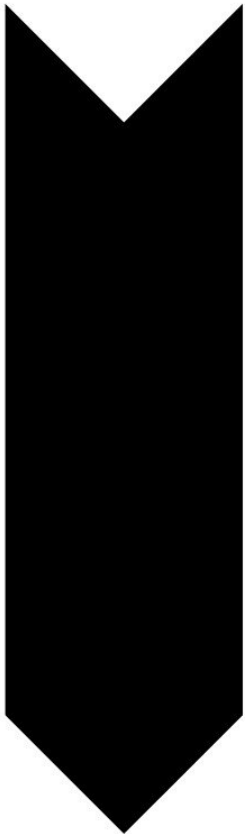
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# TIPS FOR SUCCESS

- **Warm up briefly before starting each routine (e.g., 1-2 minutes of light jogging or stretching).**
- **Maintain proper form to avoid injuries.**
- **Adjust intensity by increasing pace or adding more repetitions.**
- **Stay hydrated and cool down after each session.**
- **Consistency is key; aim to follow the schedule for optimal results.**

# 15-MINUTE VEGETARIAN HIGH PROTEIN RECIPES



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# RECIPES

## 1. LENTIL KHICHDI







# INGREDIENTS

- **1/2 cup yellow moong dal  
(split yellow lentils)**
  - **1/2 cup rice**
  - **1 tsp cumin seeds**
  - **1/2 tsp turmeric powder**
  - **1 cup mixed vegetables  
(carrots, peas, beans)**
  - **4 cups water**
  - **Salt to taste**
- 



# INSTRUCTIONS

- 1. Rinse the rice and dal thoroughly.**
  - 2. Heat a pressure cooker, add cumin seeds, and let them splutter.**
  - 3. Add rice, dal, vegetables, turmeric, and salt.**
  - 4. Add water and pressure cook for 3-4 whistles.**
  - 5. Serve hot with yogurt or pickle.**
- 



# **NUTRITIONAL BREAKDOWN (PER SERVING)**



**Protein: 12g**



# RECIPES


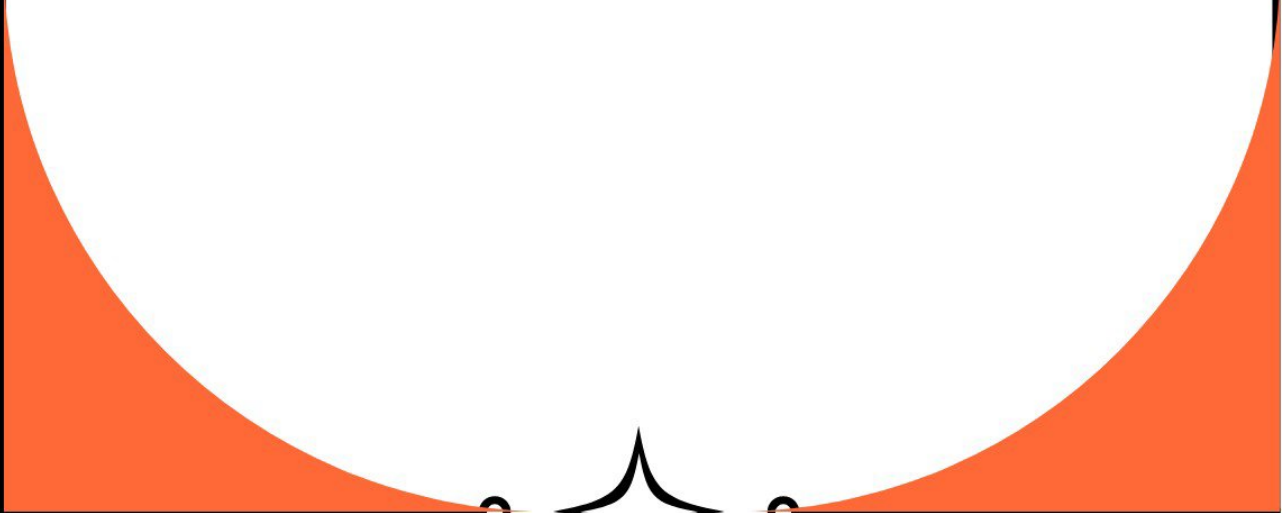
## 2. PANEER PULAO







# INGREDIENTS

- **1/2 cup basmati rice**
  - **100g paneer (cubed)**
  - **1/2 cup peas**
  - **1 small onion (sliced)**
  - **1 tsp garam masala**
  - **1 tbsp ghee**
  - **Salt to taste**
- 
- 



# INSTRUCTIONS

**1. Heat ghee in a pot, add onions, and sauté until golden brown.**

**2. Add paneer cubes and lightly sauté.**

**3. Add rice, peas, garam masala, and salt.**

**4. Pour in 1 cup of water, cover, and cook for 10-12 minutes.**

**5. Garnish with cilantro and serve.**





**NUTRITIONAL  
BREAKDOWN (PER  
SERVING)**

**Protein: 14g**




# RECIPES

## 3. CHICKPEA CURRY




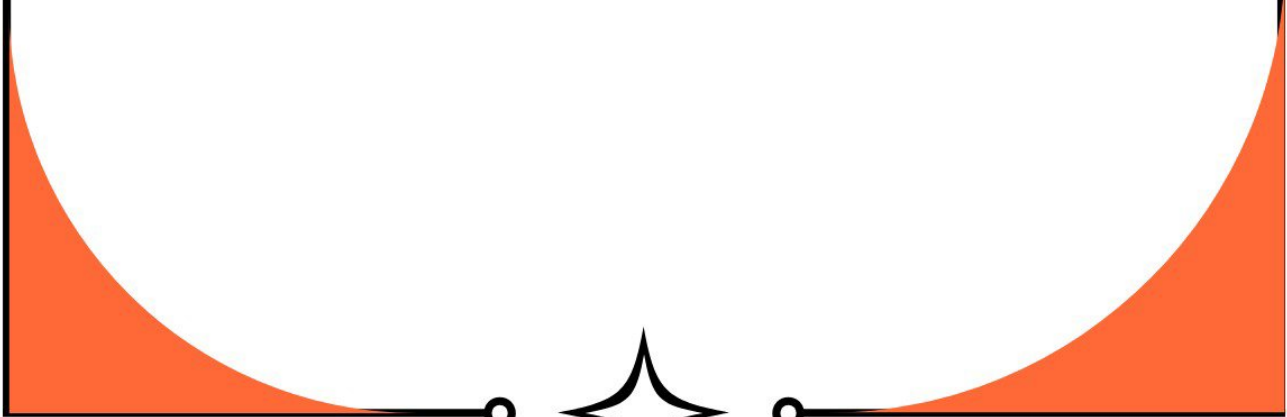



# INGREDIENTS

- **1 cup boiled chickpeas**
  - **1/2 cup tomato puree**
  - **1 small onion (chopped)**
  - **1 tsp cumin powder**
  - **1/2 tsp turmeric powder**
  - **1 tsp coriander powder**
  - **1 tbsp oil**
  - **Salt to taste**
- 



# INSTRUCTIONS

- 1. Heat oil in a pan, add onions, and sauté until translucent.**
  - 2. Add tomato puree, spices, and cook until oil separates.**
  - 3. Add boiled chickpeas and 1/2 cup water.**
  - 4. Simmer for 5 minutes and serve with roti or rice.**
- 
- 



# **NUTRITIONAL BREAKDOWN (PER SERVING)**



**Protein: 10g**



# RECIPES

## 4.


# QUINOA UPMA








# INGREDIENTS

- **1/2 cup quinoa**
  - **1 small carrot (diced)**
  - **1/2 cup peas**
  - **1 green chili (chopped)**
  - **1 tsp mustard seeds**
  - **1 tbsp oil**
  - **Salt to taste**
- 



# INSTRUCTIONS

- 1. Rinse quinoa and set aside.**
  - 2. Heat oil in a pan, add mustard seeds, and let them splutter.**
  - 3. Add vegetables, chili, and sauté for 2 minutes.**
  - 4. Add quinoa, salt, and 1 cup water.**
  - 5. Cover and cook for 10 minutes.**
  - 6. Serve hot with a squeeze of lemon.**
- 



**NUTRITIONAL  
BREAKDOWN (PER  
SERVING)**



**Protein: 9g**




# RECIPES

## 5. SPROUTED MOONG DAL STIR-FRY







# INGREDIENTS

- **1 cup sprouted moong dal**
  - **1 small onion (chopped)**
  - **1 green chili (chopped)**
  - **1/2 tsp turmeric powder**
  - **1 tbsp oil**
  - **Salt to taste**
- 



# INSTRUCTIONS

- 1. Heat oil in a pan, add onions, and sauté until translucent.**
  - 2. Add green chili, turmeric, and sprouted moong dal.**
  - 3. Stir-fry for 5 minutes on medium heat.**
  - 4. Serve hot as a side or snack.**
- 



# **NUTRITIONAL BREAKDOWN (PER SERVING)**



**Protein: 13g**



**RECIPES**

**6. SOYA**

**VEGETABLE PULAO**

**(HIGH-PROTEIN)**







## INGREDIENTS

- **1/2 cup basmati rice**
- **1/2 cup soya chunks (soaked and squeezed)**
- **1 cup mixed vegetables (carrots, peas, beans)**
- **1 small onion (sliced)**
- **1 green chili (chopped)**
- **1 tsp cumin seeds**
- **1 tsp garam masala**
- **1/2 tsp turmeric powder**
- **1 tbsp oil or ghee**
- **Salt to taste**
- **2 cups water**
- **Fresh cilantro for garnish**



**INSTRUCTIONS**

**1. Heat oil or ghee in a pot. Add cumin seeds and let them splutter.**

**2. Add sliced onions and saute until golden brown.**

**3. Add vegetables, soya chunks, green chili, turmeric, and garam masala. Cook for 2 minutes.**

**4. Add rinsed rice, salt, and water. Mix well.**

**5. Cover and cook on low heat for 12-15 minutes until rice is cooked.**

**6. Garnish with fresh cilantro and serve with yogurt or raita.**





# **NUTRITIONAL BREAKDOWN (PER SERVING)**



**Protein: 15g**




# RECIPES

## 7. HIGH-PROTEIN VEGETABLE PASTA







# INGREDIENTS

- **1 cup whole-grain pasta or chickpea pasta**
  - **1/2 cup broccoli florets**
  - **1/2 cup bell peppers (chopped)**
  - **1/4 cup sweet corn**
  - **1 small onion (chopped)**
  - **1/2 cup tomato puree**
  - **1/2 tsp Italian seasoning**
  - **1 tsp olive oil**
  - **1 tbsp grated cheese (optional) • Salt to taste**
- 



# INSTRUCTIONS

- 1. Boil pasta according to package instructions. Drain and set aside.**
  - 2. Heat olive oil in a pan. Saute onions until translucent.**
  - 3. Add broccoli, bell peppers, and sweet corn. Cook for 3-4 minutes.**
  - 4. Add tomato puree, Italian seasoning, and salt. Simmer for 2 minutes.**
  - 5. Mix the cooked pasta into the sauce. Stir well.**
  - 6. Serve hot, topped with grated cheese if desired.**
- 



# **NUTRITIONAL BREAKDOWN (PER SERVING)**



**Protein: 12g**



**RECIPES**

**8. PANEER**

**VEGETABLE AND**

**LENTIL RICE BOWL**








# INGREDIENTS

- **1/2 cup cooked rice (brown or white)**
- **1/2 cup yellow moong dal (cooked)**
- **100g paneer (cubed)**
- **1/2 cup mixed vegetables (carrots, peas, beans)**
- **1 small onion (chopped)**
- **1/2 tsp cumin seeds**
- **1/2 tsp turmeric powder**
- **1 tsp garam masala**
- **1 tbsp oil or ghee**
- **Salt to taste**
- **Fresh cilantro for garnish**



# INSTRUCTIONS

- 1. Heat oil or ghee in a pan. Add cumin seeds and let them splutter.**
  - 2. Add onions and saute until golden brown.**
  - 3. Add vegetables, turmeric, and garam masala. Cook for 3 minutes.**
  - 4. Add cooked dal, paneer cubes, and cooked rice. Mix well.**
  - 5. Simmer for 2-3 minutes, ensuring everything is well combined.**
  - 6. Garnish with fresh cilantro and serve with a side of yogurt.**
- 



# **NUTRITIONAL BREAKDOWN (PER SERVING)**



**Protein: 20g**



# PREPARATION TIPS

- **One serving : 200-250g approx**
- **Batch Cooking: Double the recipe quantities to prepare multiple servings at once. Store in airtight containers for up to 3 days in the refrigerator.**
- **Substitutions: Use brown rice or millets instead of white rice for added fiber.**
- **Spices: Adjust spices to your preference to vary the flavor profiles.**