

**21
DAYS**

HOLISTIC LIFESTYLE PROGRAM

WWW.HEALTHYWITHAPARNA.COM



A healthy outside, starts from healthy
inside

21 DAYS HOLISTIC LIFESTYLE PROGRAM

DISCLAIMER

The information provided in this manual is intended to promote general health improvement through healthy eating, being active and mental well being by focusing on building long lasting healthy habits. Please note that : it is not intended as medical advice, and should not be used to diagnose, treat, cure or prevent any medical conditions. These guidelines were not created to suit any nutrient deficiencies, sensitivities, allergies or any other food related health problems or concerns.

Every individual is unique and will have their own specific needs and the information and recommendations contained in this guide are designed as a set of "generic guidelines" only. This manual does not consider any person's specific objectives, situations or individual requirements.

Kindly note that, please avoid exercise if you had any surgery in the past or suffer from any injury which may aggravate the pain or you have DR or recently had delivery. It is strongly recommended that you should consult with your physician or therapist before starting any exercise program. By engaging in this or exercise program, you agree that you do so at your own risk.

21 DAYS HOLISTIC LIFESTYLE PROGRAM

INTRODUCTION

What is 21 days Holistic Lifestyle Program?

- For 21 days on regular basis, you will learn to eat healthy and incorporate regular workouts, practice guided meditation and learn about healthy lifestyle.

Program benefits

- Through Right Nutrition : Reduce weight, inflammation, bloating , better metabolism, energy level, improved immunity.
- Through Exercise : Improve strength, mobility, endurance and flexibility
- Through Daily Practice & Mindfulness: Improve mood, better sleep and overall mental well being.
- Through Community Engagement: receive support, meet like minded, coach guidance, make connections, daily dose of motivation.

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GUIDELINES

BALANCED NUTRITION

Eat well balanced meal consists of protein source, complex carbohydrates, good fat and with lots of vegetables.

REDUCE/AVOID

Avoid junk, processed and sugary foods, they tend to cause bloating, inflammation, water retention or may make you feel sluggish, reduce your metabolism and have many side effects in long run.

HYDRATE

Drink a minimum of 2-3L of water each day. Keep a bottle to measure daily intake.

FOCUS

Begin each day with a daily practice of mindfulness. This includes 5 minutes of meditation, journaling, reading or breath work.

SLEEP

Give importance to your sleep because it plays an important role in building your overall health.

SHARE

Share your daily journey and connect with an amazing community. Join the [Faceboook group](#) for support & share your daily progress on Instagram with [#healthywithaparna](#)

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PILLARS FOR GOOD HEALTH



MENTAL WELL-BEING



SLEEP



BALANCED NUTRITION



PHYSICAL ACTIVITY



WATER

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NUTRITION

We need to eat different types of food everyday. A balanced diet contains all the nutrients in the correct amounts to meet an individual's nutrition needs.

VARIETY

A balanced diet contains different types of food from different sources, includes cereals, vegetables, fruits, meat, eggs & dairy.



MODERATION

Portion control doesn't mean eating too less or too much, it means eating as per our body needs.

BALANCE

We should eat as per our body needs. We should balance our food intake with our daily activities.



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FOODS TO AVOID/REDUCE

- Try to avoid foods which are high in Trans-fat, refined sugar, highly processed because they can cause many Health problems in long run.
- Some time indulgence is fine but adding these foods on regular basis can leads to lot of Health problems in future.
 - Sugary cereals
 - Margarine sticks
 - Junk food
 - Processed foods
 - Canned/Packed foods
 - Carbonated Drinks



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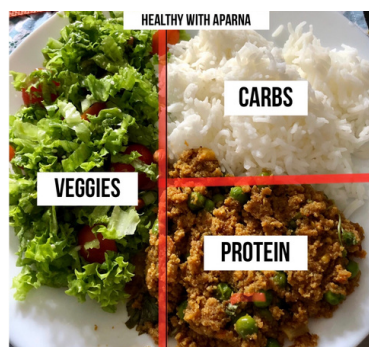
HEALTHY PLATE

My Healthy Plate is a friendly, easy-to-understand visual guide for creating balanced and healthy meals.

You can view full video : <https://youtu.be/wwclTnb-a8M>



- Add protein in every meal, common sources of proteins are soy, tofu, edamame, chicken breast, eggs, panner.



- Look for filling your half plate with vegetables and rest half with protein and complex carbohydrates.
- Sources of complex carbohydrates are : multigrain flour, rolled oats, broken wheat.

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SOURCE OF CARBOHYDRATES

- Wheat flour
- Besan
- Rolled Oats
- Buckwheat(kutu)
- Sooji
- Rajgira flour
- Ragi flour
- Sattu
- Wheat Bread
- Brown Rice
- Sabudana
- White rice
- Brown rice
- Soy flour
- Wheat pasta/spaghetti



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SOURCE OF PROTEIN

When it comes to Veg source of protein : Soy & paneer contain good amount of protein

When it comes to Non-veg source of protein : Chicken & Eggs are best.

Apart from those mentioned above, Lentils & Legumes also contain protein, apart from carbohydrates.

- Chana dal
- Kulthi dal (Horse gram)
- Masoor dal
- Urad dal
- Moong dal
- Toor dal
- Chickpeas
- Red Kidney beans
- Pinto beans
- Black beans
- Black-eyed peas
- Soy beans
- Navy beans

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TIPS TO MAINTAIN HEALTHY EATING

- Replace soft drinks, packed fruit juices and sports drinks that are loaded with sugar with water or fresh fruit juices.
- Choose a variety of foods from all the different food groups - fruits and veggies, grains, including whole grains, protein, and dairy.
- Keep healthy foods handy such as nuts, nut butter, fruits, dates, dark chocolate.
- Eat when you're hungry. If you're tempted to eat because you're bored, that's your mind telling you to find something else to do.
- Eat a healthy breakfast every day.
- Don't eat meals or snacks while watching TV because you'll probably end up eating more than you intend to.
- Pay attention to portion sizes. If a portion is large, cut it in half.



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WATER IS IMPORTANT

Our body is mostly water and water plays an important role in nutrient absorption, hydrating our body, maintaining proper fluid balance and many more. Dehydration and less water consumption can lead to many health problems.

You can view full video : <https://youtu.be/InKHXY-81Ak>



Try to drink 3-4 litre of water everyday.
For these 21 days , measure it and keep water bottle every where, so that you don't miss it.
Also try to finish your daily goal of water intake by 6 pm

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DIET PLAN (VEG)

MONDAY

BREAKFAST

Moong daal chilla- 2
Chilla stuffed with
(80g paneer+
veggies of choice) + 1
banana

LUNCH

150g veggies + 1 bowl
soya chunks veggie + 1
bowl curd + 2 roti or 1
bowl rice

DINNER

1 bowl Dal +
Veggies (150g cooked)+
2 roti

TUESDAY

BREAKFAST

Besan chilla -80g
besan with 50g Paneer
stuffing + 1 Apple

LUNCH

Rajma/ Black eyed
peas(150g boiled) + 1 roti
+ curd + 150g veggies

DINNER

150g veggies + 100 g grilled
tofu + daliya (100g cooked)

WEDNESDAY

BREAKFAST

Oats vegetable
upma - 1 bowl
+ 1 Banana

LUNCH

30g soya chunks+ 150g
any veggie + salad + 100g
Curd + 2 roti

DINNER

Cauliflower fried rice / Dal
kichdi (150g total) + 150 g
Curd

THURSDAY

BREAKFAST

4 idlis + chutney +
sambhar
+
1 cube Cheese

LUNCH

Dal (150g cooked) +
Veggies (150g cooked)+ 1
roti+ 150 g curd

DINNER

Paneer(100g) +
Veggies/Salad(150g)+
rice 1 bowl

FRIDAY

BREAKFAST

Oats upma (50 g) with
veggies
+
1 any fruit

LUNCH

Rajma/ Chole(150g boiled)
+ 1 roti + curd +
veggies(150g cooked)

DINNER

30g soya chunks+ 150g
any veggie + salad + 100g
Curd + 2 roti

SATURDAY

BREAKFAST

Poha - 200g (with 10g
soy chunks)-add
veggies
+ 1 cube cheese

LUNCH

Daliya (100 g cooked) with
veggies + 150g Tofu

DINNER

150g veggies +
Khichdi(daal+rice)
(200g cooked)

Please note : Use only one **teaspoon** of oil while cooking any food & add 1 spoon Isabgol post lunch.

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DIET PLAN (NON-VEG)

MONDAY

BREAKFAST

1 full eggs+ 2 egg whites+ 1slice bread + 1 banana + 1 spoon seeds (As per seed cycling)

LUNCH

Chicken gravy (150g) + Veggies (150g cooked)+ 1 roti+ 150 g curd

DINNER

150g veggies + 150g chickpeas gravy + rice (70g cooked)

TUESDAY

BREAKFAST

Besan chilla -80g besan with 50g Paneer stuffing + 1 Apple + 1 spoon seeds (As per seed cycling)

LUNCH

Rajma/ Black eyed peas(150g boiled) + 1 roti + curd + 150g veggies

DINNER

150g veggies + 100 g grilled tofu + daliya (100g cooked)

WEDNESDAY

BREAKFAST

1 full eggs+ 2 egg whites+ 1slice bread + 1 Banana + 1 spoon seeds (As per seed cycling)

LUNCH

30g soya chunks+ 150g any veggie + salad + 100g Curd + 2 roti

DINNER

Cauliflower fried rice / Dal kichdi (150g total) + 150 g Curd

THURSDAY

BREAKFAST

4 idlis + chutney + sambhar + 1 cube Cheese

LUNCH

Dal (150g cooked) + Veggies (150g cooked)+ 1 roti+ 150 g curd

DINNER

150 g veggies + 150 gram Chicken + 2 whole wheat roti

FRIDAY

BREAKFAST

Oats upma (50 g) with veggies + 1 any fruit

LUNCH

2 full eggs + 1 egg white + 150 g Veggies + 120 g pasta

DINNER

Any veggie 100g + rice(60g cooked) + Chicken curry(150g)

SATURDAY

BREAKFAST

Poha – 200g (with 10g soy chunks)-add veggies + 1 cube cheese

LUNCH

Daliya (100 g cooked) with veggies + 150g Tofu

DINNER

150g veggies + 2 full egg curry + Rice (70g cooked)

Please note : Use only one **teaspoon** of oil while cooking any food & add 1 spoon Isabgol post lunch.

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TIPS TO STAY HEALTHY

- 1 Aim for variety & balance.
- 2 Have protein in every meal (eggs, paneer, chicken, soy, curd)
- 3 Eat fruits & vegetables.
- 4 Have 3-4 litre of water everyday.
- 5 Exercise at least 30 minutes a day.
- 6 Practice guided meditation daily.

Take care of your body, its the only place
where you have to live in.

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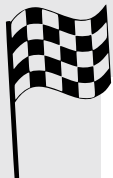
MORNING AFFIRMATIONS

- Today is the day of happiness and peace.
- I make plans but I remain flexible and open to the surprises life has in store for me.
- A small progress is also a progress.
- I cultivate patience and by doing so I also cultivate self-confidence.
- I welcomed the opportunity to step outside my comfort zone and not guided by my fear.
- I give everywhere I go even if it's a smile, compliment or my full attention. Listening is one of the best gift you can give around to people.
- A little progress each day adds up to big results.
- I am going to drink water, eat vegetables and fruits, take stairs, walk, exercise, today I am giving love to my body.

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Click on the link of workout and you can lead to the video



DAY 1 Full Body Workout	DAY 2 Upper Body Workout	DAY 3 Lower body Workout	DAY 4 Core Workout	DAY 5 Active Recovery
DAY 6 Breathing Exercise	DAY 7 Rest Day	DAY 8 Lower body Workout	DAY 9 Upper body Workout	DAY 10 Intense Full Body Workout
DAY 11 Core Workout	DAY 12 HIIT Workout 1.0	DAY 13 Active Recovery	DAY 14 Rest Day & Recovery	DAY 15 Lower Body CT
DAY 16 Upper Body CT	DAY 17 HIIT Workout 2.0	DAY 18 Intense full body burn	DAY 19 Stretching & Recovery	DAY 20 Total Core Intense Workout
DAY 21 Intense fat burning workout				



[Link to YOUTUBE Playlist](#)

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GET IN TOUCH

If you need personalised help and guidance, feel free to get in touch with me. I would be very happy to help.



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**STAY HEALTHY
STAY HAPPY**