The Importance of Protein in Your Diet

**Day 1**
- Aim to increase your protein intake. Opt for protein from the following sources – Chicken, fish, eggs, milk and milk products, nuts, seeds, sprouts, legumes, quinoa, barley, pulses, and soya.
- Get ready to burn calories: Start by including 5-10 minutes of warm-up exercises. Add to the routine 3 sets of high intensity training which include the following exercises (Spider pushups for 30 seconds, vertical jumps for 30 seconds, jump squats 30 seconds, mountain climber for 30 seconds and jump lunges for 30 seconds) with 10 seconds of rest between each exercise.

**Day 2**
- Know how to choose the correct protein sources: In your meal plan aim to incorporate first class of proteins like chicken, fish, eggs, milk and milk products, whey (Whey protein is a mixture of globular proteins isolated from whey) if you are vegetarian then choosing the right pair of proteins is very important. Few combinations which you must opt for are rajma + rice or chapati + pulses.
- Workout mode on: Start your routine with a 5-10 minutes of warm-up exercises. Add 3 sets of high intensity training which include the following exercises (Spider pushups for 30 seconds, vertical jumps for 30 seconds, jump squats 30 seconds, mountain climber for 30 seconds and jump lunges for 30 seconds) with 10 seconds of rest between each exercise.

**Day 3**
- Your dinner should be high on proteins. Opt for chicken, fish, eggs, milk and milk products, nuts, seeds, sprouts, legumes, quinoa, barley, pulses, and soya.
- Your post workout protein intake should be higher in terms of quantity and quality to ensure 70% of muscle recovery then and there. Combine it with a simple carbohydrate to ensure better and faster recovery.
- Work it out: Start by including 5-10 minutes of warm-up exercises. Add to the routine 3 sets of high intensity training which include the following exercises (Spider pushups for 30 seconds, vertical jumps for 30 seconds, jump squats 30 seconds, mountain climber for 30 seconds and jump lunges for 30 seconds) with 10 seconds of rest between each exercise.

**Day 4**
- Include carbohydrates in the morning and lunch time when you are very active and avoid taking carbohydrates at night, as this is the time when your activity level is almost zero. It is advisable to combine proteins with complex carbohydrates such as vegetables, oatmeal, salads.
- From flab to fit: Start by including 5-10 minutes of warm-up exercises. Add to the routine 3 sets of high intensity training which include the following exercises (Spider pushups for 30 seconds, vertical jumps for 30 seconds, jump squats 30 seconds, mountain climber for 30 seconds and jump lunges for 30 seconds) with 10 seconds of rest between each exercise.

**Day 5**
- Up your water intake by having 8 glasses of water daily. Include more of lime water or alkaline foods along with water to counter-regulate the acid generation of proteins.
- Burn it up with a nice workout! Start a warm-up routine for 5-10 minutes. Add to the routine 3 sets of high intensity training which include the following exercises (Spider pushups for 30 seconds, vertical jumps for 30 seconds, jump squats 30 seconds, mountain climber for 30 seconds and jump lunges for 30 seconds) with 10 seconds of rest between each exercise.

**Day 6**
- Aim to drink something after every half an hour. Your liquid intake can be through different sources like buttermilk, soya milk, vegetable juices, soup, low fat milk and water. Check on your protein intake too, include more proteins in the first half of the day. The thumb rule is to eat healthy!
- Fit and Fabulous: Start a warm-up routine for 5-10 minutes. Add to the routine 3 sets of high intensity training which include the following exercises (Spider pushups for 30 seconds, vertical jumps for 30 seconds, jump squats 30 seconds, mountain climber for 30 seconds and jump lunges for 30 seconds) with 10 seconds of rest between each exercise.

**Day 7**
- Today, give a rest to your muscles! Remember to stay active, you can include a 15 minute slow walking to the routine.
- Do not overload yourself with protein foods. The body absorbs only 15-20 grams of protein at a time, therefore, we need to distribute the entire day's protein over the day to ensure maximum absorption.