



The Family Kitchen

One household, one healthy table - a whole-family guide · Boundless Fitness knowledge series

One kitchen, every generation

The healthiest families don't cook separate 'diet food' - they build one honest kitchen everyone eats from, adjusted in portion, not in principle. This guide is for whoever runs the kitchen and everyone who eats from it.

The Boundless family plate

- **Half the thali:** vegetables - two varieties beat one large helping; rotate colours through the week.
- **A quarter:** whole grains - rotis, rice, and bring back the millets: ragi, jowar, bajra each have their season.
- **A quarter:** protein - dal daily, plus rotation of paneer, curd, sprouts, eggs, fish or chicken per your family's practice.
- **Sides that work:** curd or buttermilk daily; salad before the meal tames portions naturally.
- Grandparents need softer, protein-rich versions; children need energy-dense additions (ghee, nuts) - same dishes, adjusted plates.

Shopping and stocking rules

- The house rule that beats willpower: **what isn't in the house can't be eaten at 11 pm.** Stock fruit, roasted chana, makhana, nuts, curd.
- Read labels once and you'll never unsee it: sugar hides as maltodextrin, 'fruit syrup', 'malt extract'.
- Buy oil in small bottles and rotate types (mustard, groundnut, til); never reuse deep-fry oil.
- Weekly vegetable shopping with a child along quietly trains the next generation's palate.

Cooking habits that upgrade everything

- Steam, saute, pressure-cook, roast - keep deep-frying for occasions, not Tuesdays.
- Cut salt gradually - tastebuds fully adjust in 3 weeks; use lemon, herbs and roasted spices for punch.
- Cook dal thick, not watery - the protein is in the dal, not the water.
- Sunday batch prep (washed greens, boiled chana, cut vegetables) is why some families eat healthy on Wednesday nights and others order in.

Table culture: the invisible nutrient

- One meal a day together, screens off - the single most studied 'health habit' families can build.
- Serve from the kitchen, not from pots on the table - second helpings become a decision, not a reflex.
- Never label foods 'good/bad' in front of children; talk about 'everyday foods' and 'sometimes foods'.
- Water on the table by default; sweets enjoyed openly on occasions, not sneaked daily.

Your next step. This guide gives you the foundation - your Rs.99 consultation makes it personal. Bring your questions, your reports if you have them, and your honest routine. Smriti and the Boundless Fitness team will help you turn these principles into a plan that fits your life.

Important: *This guide shares general wellness education only. It is not medical advice, does not diagnose or treat any condition, and is not a substitute for consulting a qualified doctor or dietitian - especially if you are pregnant, on medication, or living with a health condition such as diabetes, thyroid disease, kidney disease or heart disease. Individual needs vary; please personalise everything here in your consultation.*