

Exclusive Shilpa Shetty | How She Does It All | Motherhood + Fitness

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SUMMARY

Shilpa Shetty discusses her multifaceted life as a mother, entrepreneur, and actress, emphasizing the importance of time management and prioritizing family alongside her professional commitments. She shares insights on balancing her roles, her journey into the wellness industry, and the philosophy behind her app and wellness brand.

- Shilpa prioritizes her role as a mother while managing her career, believing in giving 100% to every task.*
- She emphasizes the importance of time management and has a structured daily routine that includes family time and work commitments.*
- Shilpa believes there is no glass ceiling for women; instead, she advocates for breaking boundaries and being a trendsetter.*
- Her journey into wellness began after her personal experience with weight gain and loss, leading to her focus on health and fitness.*
- She has developed a wellness app that offers accessible and culturally relevant diet plans and workouts, emphasizing the importance of nutrition.*
- Shilpa encourages working mothers to pursue their careers without guilt, advocating for a hands-on approach to parenting.*
- She values respect earned through hard work and authenticity, rather than seeking validation from others.*
- Shilpa's approach to parenting includes fostering independence in her son while ensuring he understands the value of hard work and time management.*

Speaker 1: Hi guys.

Speaker 2: Welcome to ksp.

Speaker 1: And we are really excited to chat with Shilpa. And I don't know how to introduce you because every time I meet you, all the multiple interviews that we've done with her, she has a new feather in her cap each time. So how many hours a day do you work and how many roles do you have? Like what does your bio read? Mom. Actor. Mom.

Speaker 2: Housewife. Yeah.

Speaker 1: Also that very, very enterprising entrepreneur.

Speaker 2: You know what I think priority wise I would definitely delegate the role of mom at the first place. And then after that all the rest follows. I'm also a working woman so I take that very seriously as well. So wherever I am in whatever and whatever job title I'm assigned at that point, I do it to the best of my ability and I give it 100%. So whether it be being a judge on the sets of Super Dancer or baking a cake for my son at home, I'll do it both with all my heart.

Speaker 1: So yeah, so that's how you make two of the best. The time that you have at hand, right?

Speaker 2: Time is never really there, right Mansi? You have to make it for yourself and you have to make the best of it. So for me, I'm very blessed that I have help. So I'm able to do much more. But back in the day when my mom was working, she didn't have the luxury of time with me or as much time. So I feel very blessed to be able to have that quality time with my child. To be able to fulfill those dreams, those aspirations, be able to inculcate all that I want to in my child as a mother and be able to satiate my professional career which is just

Speaker 1: going through the roof. Right? I mean literally like satiating is like

Speaker 2: now still not satiated. I'm still hungry.

Speaker 1: But tell me, I. I truly believe, I mean you, you've always been like amazing achiever. But after Vihan, you just, you've just, you know, you're doing so much more. Yeah, like you said that mothers, you know, there'. The glass ceiling is stronger for us. For you, it's becoming like, you know, you're breaking it each day.

Speaker 2: There is no, there is no glass ceiling. There is no box. I don't think out of the box. I just throw the box away. I can't be confined in an environment or a situation or you know, with a benchmark. I really believe in being a, you know, a trendsetter. And that's something that I've lived by as a philosophy, as a Mantra. And I've been able to do things that have been trend setting back in the day, starting my own, you know, shooting my own yoga DVDs and yeah, 11 years ago.

Speaker 2: But I was always passionate about health and fitness. And as years went by, I don't know, I felt this had become my calling. You know, we all find our calling at a certain stage in life. And for me it happened really late and I realized that this was giving me happiness and the reactions I was getting from people that they were willing to listen to me and were finding that information important enough to kind of put into their daily lives.

Speaker 2: And I decided to make it my course. So the transition happened very slowly, subtly, but just happened. So I started working in that direction, whether it be with the books I wrote with the best in the business, the Great Indian Diet, the, you know, domestic diva, all these things just happened. And it's not like I contrived to become an author and who had bestsellers. Yeah, exactly, exactly.

Speaker 1: Who else could play that role? You know, it's literally like, yeah, if there is a fitness, you know, if there is anything coming out of fitness wellness from India and if it's got to be a celebrity, I don't know who else

can, who else can other than Baba Ram? Tell me, how do you, you know, you, you just said that wearing so many different hats. How do you manage your time? Like, how do you, how do you do it all?

Speaker 1: Like your house is so well kept, beautiful. I mean, do you like.

Speaker 2: I'm very house proud and yeah, I'm very middle class, so I'm very hands on. I, even though I delegate the job, I know how things have to be done and those protocols are always set. So in any business or whether you're running your home, you have to have a protocol and there's a certain way of doing things and the first way of doing it is always set by me and then it will continue. And if it's not done like that, then I know where it's gone wrong down the line.

Speaker 2: So time management is definitely key in any area whether it be home or your professional space. So that is extremely important. I couldn't live without my calendar that is attuned also to my managers and three other people. So yeah, they're the ones who make it easier for me. But yes, my days start early and they end late.

Speaker 1: Tell us, what's a typical day in Shilpa's life?

Speaker 2: You don't want to know.

Speaker 1: I want to know like everybody wants to know.

Speaker 2: So my day begins at 6:45. It's 4 6, 4 5. So I wake up by 6:50. Takes me five minutes to get out of bed. And yeah, after that, I literally rush to my son's room between 7 and 7:45, it's time with him making sure that he's off to school, having breakfast together, or rather getting him to eat his breakfast. And then once he's out, then I sit down and have a sigh of relief.

Speaker 2: That takes another 10 minutes. And then I have whatever I need to eat for breakfast, get a workout in three times a week. And then after that, if I'm shooting, it's breakfast in the car. I don't even get time to eat breakfast at home. So I literally pack my son off and I'm off to the shoot. So 8 o', clock, I'm out of the house.

Speaker 1: And then you're back.

Speaker 2: I'm back. A normal day is like 12 hours, so I'm back by 11. But I don't shoot more than three days a week as a pattern. And once, once a week it would be up to 11 o', clock, but the other two days it would be only up to 6 o'. Clock. So. So those are just. That's just the way I've lived my life. After Vyaan, I want to be there to see my son grow. You know, I don't want to be working so much that I miss out on these important days in his life.

Speaker 1: Multitasking, all like you're, you know, you've invested in companies, your products, your app, everything while you're on set.

Speaker 2: Yeah, I have a full team. I have a great support system in my husband. So I trust his acumen, I trust his sensibilities when it comes to business. Yes. But I've been part of. I've been an entrepreneur now for what, 12 years. So after I gradually took a sabbatical from the movies, I invested, made investments in Iosis, which is a wellness chain. We've got 14 now, and they're all over.

Speaker 2: We're franchising. Then after that, now we've done Bastion. There's a whole lot of other, you know, gamut of things as VR Industries, where we're doing a lot of animation. Yeah. And now there's my app. So there's a lot of stuff that is going on in my life and I enjoy every bit of it because either I'm. I belong to that milieu or it's something that I can, you know, give a part of me too.

Speaker 1: Right. So, yeah, different from Shilpa, the Mom, boss.

Speaker 2: I think the value system is the same. So the work ethics are not far from the way I want to bring my child up. It's the same ethics that I want to inculcate in my child to have value of, you know, value for time. To make sure that. So those are the similar things, but to be gracious. So when there's somebody who is working with you for you, you have to be gracious, but make sure that you know the job is being done and not in an authoritative sort of way, but to make sure that they understand that that is important to you.

Speaker 2: And I think that's pretty similar between me being the boss or, you know, being mom.

Speaker 1: So a lot of women, you know, kind of put, put their family planning onto a back thinking that they can't achieve it all. What would you say to them?

Speaker 2: You want a piece of advice? Yeah. I think anyone who thinks that they are not going to be able to dabble with both, I'd like to say that they're not thinking wrong. Because I became a mom. No, I mean it. Because it is a tough job and I'd be lying if I said no. It's cakewalk. I became a mum rather late in life and I've worked all my life.

Speaker 2: I enjoy working. I don't think I could be at home and not do anything and just twiddle my thumbs. I couldn't do it. But I was dying to become, you know, a mother. So I, I just, when I decided to become a mother, I knew that was going to become my priority for at least the first three, four years. And that's what it became. Because I wanted to be a hands on mom. While I had help, I had, you know, a maid and a nanny and whatever.

Speaker 2: But I still did everything. I had them because you know, in our line of work we shoot nine to eight, you know, nine to five. And at that time you have, you have exactly. I don't want my child's schedule to ever rely on my schedule. So whether I'm at home or not, his, his bath time, his sleep time, his lunch time, those are never compromised and he has to lead his own life. Today he's seven and you know, he has a mind of his own.

Speaker 2: He's seven going on 17.

Speaker 1: When he sees you work these crazy hours.

Speaker 2: Yeah.

Speaker 1: What's his reaction? Like how does he react?

Speaker 2: You know, the thing is with us, with Raj and me, we've become his friends, you know, and because he's, he's a single child and we've been brought up in buildings where there were other children. Here, there's this. There's no. There's no company. So I search for playdates. I'm like, I'll be your best friend if you have. If you have a child that's my son's age. No. But now he's got company in school, so it makes you very responsible, you know?

Speaker 2: Very, very.

Speaker 1: I think they also consciously grew up and learned so much more. Right.

Speaker 2: My son is an absolute trooper. So he knows, he knows that work is important to his parents, but he also knows that he's very important to us. So whether, you know, Raj and I, we actually decide. And our schedules really revolve around Viaan's holidays and in terms of work travels. And if he's traveling on work, I won't. And then actually I travel a lot more than he does.

Speaker 2: And when he does, he takes like four, five days off. I literally travel morning in, evening out. So it's. It's really cumbersome for me. But that's. That's a decision I've made. Yeah.

Speaker 1: For all working parents. I think we're all sailing in the same boat, trying to juggle too many things.

Speaker 2: Exactly. And bedtime, whether it be anywhere, we make sure that either Raj or me or both of us put him to bed.

Speaker 1: How do you guys bond as a family? Because it's the story of all of us. Right. Like, I sometimes feel like we're weekend parenting. Do you feel?

Speaker 2: No, I don't. I'm very hands on, even right now. I said bye to my son. I packed him off for a play date that was planned five days in advance, but it was planned by the school mums, so I'll be going for it. Yeah.

Speaker 1: On the WhatsApp chat with other mothers, running play dates. And you're on the class chat crew and you listen and respond to every chat.

Speaker 2: Yes.

Speaker 1: I was like, I. I felt like you'll have.

Speaker 2: Yeah. And it's just not one chat, babe. There's. There are quite a few. There's also a football chat.

Speaker 1: And so you're then part of all the classes that he goes to as well.

Speaker 2: I don't. He's not enrolled in many classes. I've just kept him to doing stuff that he enjoys and that he wants to do. So literally gymnastics and school that he has. So. Yeah, I just want him to enjoy this time, you know, there's no point in making him. I see a lot of parents putting their children into a lot of extracurriculars. Great. But I hope they're enjoying it. So, yes, I have. I have somebody coming and helping him write because I really feel that with the time I get, I'm not able to do that with my child, you know, And I don't want him to regret that little time that I get to sit.

Speaker 2: Sit and spend with him. So I'd rather make slime with him or go and bake in the kitchen. You know, I'd rather make use of that. So I don't want him to kind of lose. I know a lot of parents take out that time to kind of make sure that they're writing, you know, on the line. Cursive writing. Now they've started. He's. He's in the first standard, but I don't do that because I just feel like he's like, mama, not now.

Speaker 2: Yeah, please. You know, he's become like that time

Speaker 1: with us is his place. Yeah.

Speaker 2: I want him to. I want him to look forward to the time that he spends with us. But, yes, I obviously correct him, and he's writing, like, all over the place, and I'm like, ah, this is not working.

Speaker 1: Okay, now we're gonna have you answering this last bit of segment all in a word.

Speaker 2: Yeah.

Speaker 1: Okay. Your response to women can't have it all.

Speaker 2: I was gonna say.

Speaker 1: That's okay.

Speaker 2: That's okay. If you had more time, you would take a massage. I wish people.

Speaker 1: I wish people would not

Speaker 2: think negative.

Speaker 1: Moms who think working moms are not

Speaker 2: good enough or selfish are judgmental.

Speaker 1: What gives you sleepless nights?

Speaker 2: Bad health?

Speaker 1: Activities in school that involve parents like or dislike.

Speaker 2: I like it, but it should work in my schedule.

Speaker 1: Your mom. Inspiration.

Speaker 2: My mom.

Speaker 1: The one thing you wish you could do better. Cursive writing.

Speaker 2: Lots, babe, lots. There's so much to learn from other mothers. Also. I feel they excel at so many things.

Speaker 1: If Genie gave Mom one wish to make her life easier, what would it

Speaker 2: be for you to be at two places at one time? That's what I want.

Speaker 1: Your reaction when your daughter. When your son says, but mom, her mom always comes, or his mom always.

Speaker 2: My son said it once to me.

Speaker 1: It broke your heart.

Speaker 2: It did.

Speaker 1: Next time. Next.

Speaker 2: No, but you know what the funny thing is? He. I've never missed a parent teacher meeting. I have actually stopped shooting and taken a break at lunch and eaten my lunch in the car, rushed to figure out the curriculum, the unit, and what they're going to do that month. And literally there were 10 parents that turned up, or maybe eight. And I was like, gosh, other people didn't even think it was as important. So I'm very proud about what I do in the city of situation that I am in.

Speaker 2: So I have no regrets and I don't believe in living with guilt.

Speaker 1: The one lesson your son has learned because you work.

Speaker 2: Value to value hard work. It's not one word that's a quality. Yeah. I think he's already learned that.

Speaker 1: Okay. How do you inculcate the. And this is coming from you, Shilpa Shetty. The brand. Right. Which is talking about wellness, nutrition, health. I think making the right start is so important. And you have made that perfect start with me.

Speaker 2: I don't know. Yeah. Mansi, I really take that as a huge compliment. We're not perfect. We're all fallible. Yeah. We're not living in, you know, in this utopian world that we want to think and believe that we are in. I'm. I'm open to making mistakes and I'm sure I have like other moms, we're all learning. I just want to bring my child up in a way that he has some great memories, values.

Speaker 2: Yeah. And he turns up to become this good kid, you know, having respect for all that we. The way we've lived, what we've given him. And unapologetically. No, it is. Exactly. It's something that I've seen and, you know, I just feel we live in this time and age where, you know, YouTube has also taken over our life and my child is restricted in comparison. I've seen a lot of kids, they've started having their own phones at the age of six.

Speaker 2: It's shocking. Okay. And I'm not being judgmental. Each to their own. But I'm sorry, that's where I become a bit middle class. So when my child is finding happiness in doing something that he's seen on a weekend on YouTube. It's also very educative. There's some great ideas out there. There are lots of working moms doing some really interesting stuff with their kids. And I take a leave from that and I copy them, which is great.

Speaker 1: Which is great.

Speaker 2: Yeah.

Speaker 1: Just like you can go to the Sherpa Shetty app and also get inspired.

Speaker 2: Thank you.

Speaker 1: Okay. Coming to Nutrition for Kids. Do you support sneaking in veggies or you give it to him as is?

Speaker 2: I'm one of those lucky moms whose son or maybe has to like broccoli. He likes broccoli. He likes beans. We've kind of introduced him to those things from a very young age. So it's become part he's he's developed a palette for it.

Speaker 1: Does Shilpa Shetty plan the Kundra weekly

Speaker 2: meal plan like you plan weekly every day? Soon I have time. Yeah, I sometimes do three days. Yeah, sometimes three days in a row. I'll, I'll be doing like lunch, dinner and then Saturday, Sundays it's like understood that there's either dosa for breakfast or idli. So those details I don't get into. But yes, my lunches are dinner coming.

Speaker 1: Is that somebody your caliber also has to do this? You have to run your house.

Speaker 2: I do it. I don't, I'm not too sure if somebody at my caliber really needs to do it. Yeah.

Speaker 1: Okay, now about Shilpa the entrepreneur. Right. Everybody wants to know like literally you're in. I feel like, like I was just complimenting you earlier on. I don't think that there, if there was a wellness, fitness, nutrition, literally holistic living app coming out of India, who

Speaker 2: else could do it?

Speaker 1: Right. Because literally you and it's not happen overnight. You work towards it. Right.

Speaker 2: It's taken me two years.

Speaker 1: Yeah, I would say longer. Shilpa, because the yoga DVD was probably the start where people started seeing you as this. Yeah, see, I mean at least that generation has seen her as this role model in fitness and wellness.

Speaker 2: Right? Yeah, but that's the thing. See like I said, I didn't contrive that one day I was going to work towards, you know, starting this app. This was nowhere. It's a gradual progression. Yeah, it just happened. I mean even the stuff that I shot that you see on the app was all done for YouTube. A lot of it. Like nearly 10 hours of content was done for YouTube. We were going to start uploading it and we even started putting up stuff on YouTube where you must have seen some yogasan, some warm up exercises.

Speaker 2: And then suddenly I sat back and we realized that was the time two years ago when apps started coming out. And I was like, you know, nobody is going to know how to use it till we teach them. We need to

start potty training them. And this is back in the day, like two years back is when nobody even thought of doing it here in India. And then I got together with Manish who is my co founder.

Speaker 2: Yeah, co founder. And he's totally handling the technical aspect of it because I know nothing. Okay. I've learned along the way. So when he used, she knew one more thing.

Speaker 1: Like how much harder would she work? Like I have no idea.

Speaker 2: Yeah, I, I had no idea it was going to happen. Please, like I really had to teach myself a lot. And then I realized along the way that for an app, there was a lot that we reshot because when you're shooting it for YouTube, it's free content. You know, people can't question you for what you're putting up on YouTube, but they can question you when you're putting, putting stuff up on a paid app. So I wanted people to have enough interest to come to the app to figure out a direction if they wanted one and if they really wanted one in terms of a target specific, you know, plan.

Speaker 2: Yeah, a plan or a goal, whatever you might want to call it, then we'll give them that and we'll tell them that, okay, this is the nominal cost. Because I really feel that when you, when you get something for free, you don't value it. And that's really my belief. So it's one of the cheapest apps, but it has so much in terms of, you know, a road towards wellness. So you're paving the path for you. I'm not saying it's one of the best apps in the world, but I'm definitely saying it is a world class app.

Speaker 2: Coming from India.

Speaker 1: Tell me, when did this. Were you always so much into fitness and wellness as a child or was there like a gradual. Like, what was that moment that you said that?

Speaker 2: You know, it was that whole phase in my life where I became a mother and I was never overweight in my life. And I always took it for granted that that is how I would be, but that those seven months when I was 32 kilos extra, I understood the pain of insecurity, of not feeling like myself, the fear of not being loved on, that was in my head, the fear of losing my identity.

Speaker 2: And for somebody who's in this whole beauty and body business, it was really daunting. So I think that was when it struck me why women, you know, looked up to, or rather worked so hard on losing weight or, you know, obsessing over fat loss. And then I was like, after I lost those 32 kilos in four months, and people went crazy over how I did it. And in the most natural sort of way, the book happened, you know, the Great Indian Diet, which is something that I followed.

Speaker 2: And then people every step of the way asked me, how did you do it? They thought I was hiding something. And then I was like, there's no better way to do it than, you know, tell people this is how I followed it. And I really think that, you know, if you do something with. English honesty, really there's no other way.

You have to do it with honesty, with discipline, and there's no one else who can help you there.

Speaker 2: You have to do it from within. And will. You have to have the will. Exactly. So you know, you have to. If you have these three things, you're home, you're gonna hit a home run.

Speaker 1: Okay? So, yeah, when you're in the movies, you have a deep necessity to be loved by your fans. And in a business, there's so many different layers. Right. How do you get your fans to

Speaker 2: respect you as a business leader, respect can't be demanded. It has to be commanded. I never looked. I've just worked and I've worked with all my heart. I've never been bothered about how people are perceiving it. Are they going to respect me? Gosh, I've just done it because I believe in it. And out of all the things that I've earned, I think respect is something that I've got in my life.

Speaker 2: And I'm very. I'm very grateful for all of it.

Speaker 1: So you. Okay, now, you know, I've downloaded the app. I've seen all the stuff and you know, we've seen so many different apps coming worldwide. The biggest, what would you say, is one usb and I'll tell you mine, I have one for the app. But what do you think stands out in the Shilpa Shetty app? So walk us through the app and the different sections and that one thing that really stands out.

Speaker 2: Well, for starters, let me tell you, I'm not technically savvy for somebody who started her own app, I find it very cumbersome because I really like to be cut away from too much to do with technique. I really can't bear it. But saying that I wanted an app that would be easy for a user like me who was interested in. In health and wellness. So it was made. So the UI UX is definitely one of our fortes.

Speaker 2: We've got chapterization. So, you know, you can go into a day's workout and you can see what the workout for the day is. You've got a meal plan. And I don't want people to mistake this meal plan to be the recipes, which I feel is the feedback that I've got from a couple of people. But guys, it is a diet that you're getting with that program that you are choosing to take up. And Diet literally is 70% of the magic.

Speaker 2: Okay? That's going to happen to you, so you can't underestimate that. So if you're doing a 21 day weight loss program. 21 days. You will get a lunch breakfast. What you're supposed to drink first thing in the morning. What is your rest day, why you're supposed to be eating it. The method to the madness in your eating, how much to chew, why to eat at this time. All of that will be given to you with that program that I feel is a huge usp.

Speaker 2: And like you mentioned you like the fact that it was Indian. So we're not using like, it just

Speaker 1: becomes like if you're on a particular diet means like your grocery bill will go through the roof.

Speaker 2: Exactly.

Speaker 1: So we are not using, use like avocados and quinoa.

Speaker 2: Forget that. And there's no butternut squash. There's pumpkin, there is dudhi. We've used stuff like that. Cinnamon, turmeric, ghee. That's what our diet's about. Depends on what your goal is. You'll have to obviously feed in your credentials and figure out what your goal is and what your weight is at that point and then you'll get that diet. I really hope you avail of it and you get on your path to wellness.

Speaker 1: Tell me what does brand Shilpa Shetty stand for today?

Speaker 2: I think sticking with what I believe in is what the brand stands for. So it's what I practice what I preach and I preach what I practice. So there is no, I think there's a lot of truth in what I do and that's what I resonate and that's, I just want people to understand and know that for me money is really secondary. I've been very blessed with a lot in life. But for me this is my journey towards gaining better karma and what better way than spreading health and wellness and making it accessible to people who need help.

Speaker 2: And like I always say to people, you know, I'd be happy if one person turned around and said to me that, you know, I didn't give up. This has made more sense to them.

Speaker 1: Of impact. You have to use it. You have to like I know when soon after birth. She actually spoke about how you got back of the 22 kilos. Yeah. And I know that that is the most read article on kids. Yeah. We've got over like a million or 2 million views on that, that particular article. So. So no, the impact is there. Right. So I think that's amazing. That's really, that's really incredible.

Speaker 2: You know, I really think Mansi, what happens is most people think that, you know, we've been born in the lap of luxury and for me, this is, you know, this is easy. It's not, it's not like that Came from a middle class background. So I understand what it means to haggle over a bill. I know what it means to make ends meet. To make ends meet. I understand the pain of parents who are trying to make the best of their job and the time that they get with their child.

Speaker 2: I understand those things. And in the middle of all of that, where are you going to have time for yourself? It's such a fast paced life. So the app really came and I think was given birth to, in this whole process of me sitting and thinking about how do you make it easy for, you know, a normal working woman or somebody who's left her hometown and come to Bombay to live. For example, you know, she doesn't have a maid, she can't cook on her own.

Speaker 2: So literally holding her by her hand and showing her, which I do through YouTube. It's all free. And the USP of that is again, all quick recipes and how to then integrate that into the app. Because while I give you. No, but I've given you, I've given you what to eat. But how do you make it?

Speaker 1: Yeah, correct.

Speaker 2: How do you make it? So you can just refer to that. So it's like that.

Speaker 1: Perfect. Now we're gonna ask her the quickest question. All in the food and wellness space. So let's, let's see. So in a word again, okay. One thing you can't do without in your kitchen. Ghee. One thing every mom needs to feed a picky eater.

Speaker 2: Picky eater. Yeah.

Speaker 1: Your favorite healthy ingredient for kids. Not ghee.

Speaker 2: Rice and ghee.

Speaker 1: Okay.

Speaker 2: Ghee is like a superfood. Guys. Don't underestimate the power of ghee. Like Khanani Khara. Put ghee in the food.

Speaker 1: Yeah.

Speaker 2: It's got everything on children's dish.

Speaker 1: You love it.

Speaker 2: Children's dish. You know, when my son was young, he used to get these really amazing packet packed, you know, in the bottles. I've forgotten what the brand is, but it had apple custard. Yeah.

Speaker 1: Okay. Your favorite dish to sneak in the veggies.

Speaker 2: I do those egg muffins with zucchini.

Speaker 1: Your favorite food trend of the moment.

Speaker 2: Food trend. For me, food has to nourish your soul. And it can't be a fad. It has to be a modification that you make for yourself. And it, it has to be something that will continue for a longer period of time. It can't be a fad, you know, so to maintain yourself, there are certain things I do and don't do. And more than what I'm eating, I also concentrate on when I am eating and.

Speaker 2: And how I'm eating. So that, for me, is important.

Speaker 1: Burpees or mountain climbers? The one you hate.

Speaker 2: I like them both.

Speaker 1: Really? Kettlebell or pilates ring? Your new favorite thing.

Speaker 2: Yoga, darling.

Speaker 1: All right, the mat alone. Okay, then. Then the next one. Headstand or handstand? The one that's harder for you.

Speaker 2: The handstand.

Speaker 1: It's hard without a ball.

Speaker 2: No, I can't.

Speaker 1: One thing that makes you go on the mat is breathing.

Speaker 2: Breathing. Pranayamas.

Speaker 1: The weirdest comment you've got on your Sunday binge post.

Speaker 2: Oh, she's so annoying. But that person is following me.

Speaker 1: I'm like.

Speaker 2: I'm like, why are you following me? I'm annoying.

Speaker 1: One tip to someone who's looking at building a business through Instagram.

Speaker 2: Whatever rocks your boat. Yeah, I think social media is huge. A lot of people are doing a lot through this platform. So big up on you. And just don't be. Don't. Don't become a sucker. You know what I'm saying? You can't let it rule your life. So don't become a slave to technology. That's all. Okay.

Speaker 1: Intermittent fasting is the fastest way to lose weight. True or false.

Speaker 2: I think it's a good way to kind of put it into play in your life. It's easy to do, but I don't think it's the quickest way.

Speaker 1: One food item that's always in your bag.

Speaker 2: Nuts.

Speaker 1: Wait. What your favorite cuisine should be.

Speaker 2: I have written the great Indian diet. Yeah, but the people don't choose the right dishes. They'll ask for butter chicken. Can't you eat freaking tandoori? It's the point. So you can do it with Indian food.

Speaker 1: Last time I ate pizza at home,

Speaker 2: we made it at home.

Speaker 1: I eat this for dinner frequently.

Speaker 2: I eat this for dinner frequently. What's that? Fish.

Speaker 1: Okay. Cheat days are important because.

Speaker 2: Because it gives you a chance to binge.

Speaker 1: Okay. Shilpa's breakfast would be

Speaker 2: soaked oats most of the days with coconut milk or almond milk, apricot, chia seeds, flaxseeds.

Speaker 1: Okay, so that's lunch would be

Speaker 2: chicken or fish with. With beetroot, boiled brown rice and maybe a pumpkin curry or something very simple. I eat very, very simple food.

Speaker 1: Perfect. So you did fairly well. Yeah, yeah, you did amazing. You well. And now we're going to ask you for a favor which is carrying me no don't. You did fairly well. So we should give you this little how sweet.

Speaker 2: I get something Arch Kanimikahe.

Speaker 1: It couldn't have been more apt Kids cup press.