



HFEN's NEW Healthy Lifestyle Challenge Programme – Just 60 days

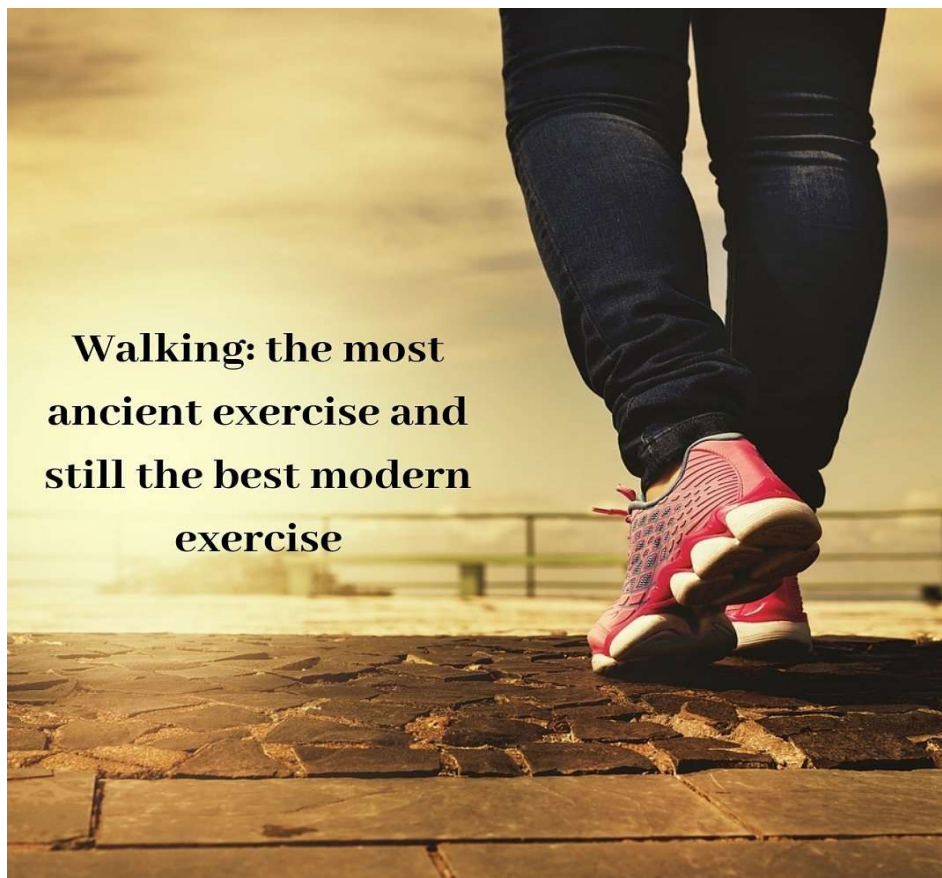


OVER 25
BMI

OVER 25
BMI

Week-4 Challenge

**Walking: the most
ancient exercise and
still the best modern
exercise**





HFEN's NEW Healthy Lifestyle Challenge Programme

Week-4 **Grocery List**



1	Turmeric Powder	1	Coriander leaves (always available)	1	Almond nuts (no fried or salted)
2	Cinnamon Powder	2	Mint Leaves (always available)	2	Cashew nuts (no fried or salted)
3	Fenugreek seeds/powder	3	Curry Leaves (always available)	3	Walnuts (no fried or salted)
4	Whole Black Pepper	4	Tomato (always available)	4	Pista Nuts (no fried or salted)
5	Fresh Ginger	5	Carrot (always available)	5	Peanuts (ONLY boiled)
6	Honey (any good one)	6	Apple (always available)	6	Sesame seeds
7	Jeera	7	Orange (always available)	7	Pumpkin seeds
8	Brown Rice	8	Any Melons (always available)	8	Flax Seeds or Powder
9	Oats Bran or Oats	9	Lemon/Lime (always available)	9	Sunflower Seeds
10	Raagi or Millet Dosa Mix (Optional)	10	Green Chilli (always available)	10	Chia Seeds
11	Raagi or Millet Porridge Powder (Optional)	11	Peppers (Capsicum)	11	Quinoa (Optional)
12	Wheat Flour	12	Parsley leaves (Optional)	12	Raisins
13	Varieties of Millets	13	Any Low fat or zero fat milk	13	Apricot (dry)
14	Jaggery (Vellam or Karpatti)	14	Yogurt (Curd)	14	Fig(Optional)
15	Pulses/Dal varieties	15	Green Peas & Sweet Corn	15	Dates
16	Soya (minced or small chunks)	16	Onion (small)		
17	Green Tea (MUST)	17	Any Spinach		
18	Broken Wheat	18	Eggs (Ignore if you are Veg)	1	Codliver Oil Capsule
19	Olive Oil/Sesame Oil/Gingelly oil	19	Tuna Chunks (Ignore if you are Veg)	2	Multivitamin Tablet
20	Sesame Oil	20	Garlic		
21	Fresh Amla/Amla juice	21	Almond milk or Soy milk		



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-4 Challenges (Over 25 BMI) | Monday, DAY-22



SESSIONS	FOOD CHALLENGE	FOOD PLAN	ACTIVITY CHALLENGE	IMPORTANT NOTE
Wake Up Time 05:30 AM	Rise and Shine		<u>MUST DO</u> <u>Morning Rituals</u> Oil Pulling (10 Mins) 5 Mins Steaming + 5 Mins Turmeric Herbal Smoking + 15 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> HFEN OFWS POWER-PACK TABATA	<i>Did you know? - Series 1</i> <i>Walking is a great workout to get in shape. And while a 30–45-minute walk 4–5 days per week is effective, to reach your weight-loss goals, try including short walks of 20 minutes or less throughout your day when possible. In case you have knee pain or lower backpain, please discuss with your physician before you start doing walks as exercise</i>
Morning Drink 06:00 AM	MUST	Fresh Curry leaves (5 counts) + 1 Amla or 2 spoons of Amla Juice (sugar free) + Jeera Water (350 ml-500 ml)		
Breakfast 07:30 to 08:00 AM	MUST	Any healthy breakfast made of Wheat or Ragi + 5-10 gms of Coconut + after breakfast have 100 ml of warm water.		
Morning Snack 10:00 to 10:30 AM	MUST	Any locally available Fruits + 1 Dates + 1 Apricot + 1 Almond + 1 Cashew Nut + 1 Walnut + 1 Brazil Nut + 1 Pistachio + Sunflower, Flax Seeds & Sesame Seeds one small spoon		
Lunch 12:00 to 12:30 PM	MUST	Millet Vegetable Pulao (Please check Facebook group for recipe) + after Lunch have 100 ml of warm water.		
Supplements 01:00 PM	MUST	1 Multivitamin tablet + 1 Codliver oil capsule	<i>POWER NAP</i> <i>Just for 15 to 20 Minutes between 1 PM to 3 PM</i>	<i>NO RICE DAY</i> <i>NO COFFEE DAY</i> <i>2.5 to 3 Litres Water</i> ----- <i>1 Egg, 1 Apple or Guava, 1 Orange,</i> <i>1 Carrot, 1 tomato,</i> <i>1 small banana</i> ----- <i>1 Glass Coconut Water</i> ----- <i>GARGLE your mouth after every meal</i>
Afternoon Snack 03:00 PM	MUST	1 Glass of buttermilk with curry leaves and bit of ginger & Green Chilli		
Evening Snack 05:00 PM	MUST	15 to 20 gms of CHICKPEAS beans salad (you can add any spices, bit of onion, bit of ginger, salt, lemon juice, coriander leaves etc) + Green tea	<u>Evening Workout</u> HFEN OFWS ZKT 2.0 ----- Shower After Workout	
Dinner 07:00 to 08:30 PM	MUST	Cabbage soup or any mixed veg soup (Please check Facebook group for recipe) + after Dinner have 100 ml of warm water.		
Night Drink	20 to 30 mins Before Bed Drink	1 Glass of warm Skimmed milk, if it's not available then you can have whole Milk half mixed with water (150 ml) + pinch of turmeric + few black pepper + pinch of cardamom + bit of Jaggery + 1 chopped Garlic	<u>Before Bed Rituals</u> 5 Mins Steaming + 5 Mins Turmeric Herbal Smoking Brush your teeth before Bed 5 -10 Mins Meditation	
Bed Time 09: 30 to 10:00 PM	Thank to the Almighty for the beautiful day and sleep peacefully like an angel.			



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-4 Challenges (Over 25 BMI) | Monday, DAY-22



Frequently Asked Questions

1	Q: I have thyroid and advised by doctor to avoid cabbage. What is the alternative for cabbage soup?
	A: Any other vegetable soup can be had.
2	Q: Are rice flakes/rava allowed?
	A: No rice made items - poha/rava/dosa/idli not allowed
3	Q: Can I have brown rice today?
	A: Brown rice can be had only when it is explicitly mentioned in the chart, its allowed today.



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-4 Challenges (Over 25 BMI) | Tuesday, DAY-23



SESSIONS	FOOD CHALLENGE	FOOD PLAN	ACTIVITY CHALLENGE	IMPORTANT NOTE
<i>Wake Up Time</i> 05:30 AM		Rise and Shine	<u>MUST DO</u>	<i>Did you know? - Series 2</i>
<i>Morning Drink</i> 06:00 AM	MUST	Regular recommended morning drink (350 to 500 ml) + Fresh curry leaves (5 - 8 counts) if you can't get it please ignore + 1 small tomato	<u>Morning Rituals</u> Oil Pulling (10 Mins) 5 Mins Steaming + 5 Mins Turmeric Herbal Smoking + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> HFEN OFWS SCULPT & SHAPE	<i>Stress can actually cause the body to metabolize food more slowly, To make matters worse, the food we crave when we are stressed out tends to be fatty and full of sugar resulting in significant weight gain. So, by walking to lose weight and reduce stress, you won't be stress eating as much: it's a win win.</i>
<i>Breakfast</i> 07:30 to 08:00 AM	MUST	Chunky Mixed vegetables Soup with EGG or any beans + 5-10 gms of coconut (NO Wheat) + after breakfast have 100 ml of warm water.		
<i>Morning Snack</i> 10:00 to 10:30 AM	MUST	Any locally available Fruits + 1 Apricot + 1 Almond + 1 Cashew Nut + 1 Walnut + 1 Brazil Nut + 1 Pistachio		
<i>Lunch</i> 12:00 to 12:30 PM	MUST	Brown Rice or Red Rice or Black Rice with any dhal & Spinach subjee + a bowl of any vegetables salad + after Lunch have 100 ml of warm water.		
<i>Supplements</i> 01:00 PM	MUST	1 Multivitamin tablet + 1 Codliver Oil Capsule	<u>POWER NAP</u> <i>Just for 15 to 20 Minutes between 1 PM to 3 PM</i>	<u>NO WHEAT DAY</u> 2.5 to 3 Litres Water ----- 1 Egg, 1 Apple or Guava, 1 Orange, 1 Carrot, 1 tomato, 1 small banana ----- 1 Glass Coconut Water ----- GARGLE your mouth after every meal
<i>Afternoon Snack</i> 03:00 PM	MUST	15 gms of Kala Channa salad (you can add any spices, bit of onion, bit of ginger, salt, lemon juice, coriander leaves, etc)		
<i>Evening Snack</i> 05:00 PM	MUST	1 Black Coffee + 1 Dates + 1 spoon of mixed flax Seeds, Pumpkin Seeds & Sunflower Seeds	<u>Evening Workout</u> HFEN OFWS SWEAT ZONE ----- Shower After Workout	
<i>Dinner</i> 07:00 to 08:30 PM	MUST	1 very small banana + Handful of any boiled beans or Peanut as Salad + after Dinner have 100 ml of warm Jeera water.		
<i>Night Drink</i>	20 to 30 mins Before Bed	1 Glass of warm Almond Milk or Soya Milk+ pinch of turmeric + few black pepper + pinch of cardamom + bit of Jaggery + 1 chopped Garlic	<u>Before Bed Rituals</u> 5 Mins Steaming + 5 Mins Turmeric Herbal Smoking Brush your teeth before Bed 5 -10 Mins Meditation	MUST DO 10,000 STEPS Today
<i>Bed Time</i> 09: 30 to 10:00 PM		Thank to the Almighty for the wonderful day and sleep peacefully like an angel.		



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-4 Challenges (Over 25 BMI) | Tuesday, DAY-23



Frequently Asked Questions

1

Q: Can I have brown rice today?

A: Brown rice can be had only when it is explicitly mentioned in the chart, its allowed today.

2

Q: What is the substitute for milk for a person who is lactose intolerant or allergic to milk?

A: Almond milk/Soy milk can be had in place of cow milk

3

Q: Do the garlic at night to be consumed after its cooked?

A: Please take garlic in raw form



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-4 Challenges (Over 25 BMI) | Wednesday, DAY-24



SESSIONS	FOOD CHALLENGE	FOOD PLAN	ACTIVITY CHALLENGE	IMPORTANT NOTE
Wake Up Time 05:30 AM	Rise and Shine		<u>MUST DO</u> <u>Morning Rituals</u> Oil Pulling (10 Mins) 5 Mins Steaming + 5 Mins Turmeric Herbal Smoking + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> HFEN OFWS TONE- TIME	<i>Did you know? - Series 3</i> <i>Increasing your walking speed from a leisurely at-the park pace is one way to get the heart pumping and burn more calories. In addition to picking up the pace, varying your walking speed during your workouts can help you burn up to 20% more calories than maintaining a steady pace.</i>
Morning Drink 06:00 AM	MUST	Fresh curry leaves (5 counts) + 1 Amla or 2 spoons of Amla Juice (sugar free) + Aloe Vera Water (350 ml-500 ml)		
Breakfast 07:30 to 08:00 AM	FRUITS	ONLY Fruits (more water melons) + after Breakfast have 100 ml of warm water.		
Morning Snack 10:00 to 10:30 AM	MUST	ONLY Fruits (mixed fruits) + Green Tea (NO Nuts today)		
Lunch 12:00 to 12:30 PM	MUST	All session ONLY Fruits (Any healthy frutis) + 250 ml Coconut water		
Supplements 01:00 PM	MUST	NONE	<i>POWER NAP</i> <i>Just for 15 to 20 Minutes between 1 PM to 3 PM</i>	<i>ONLY FRUITS DAY</i> <i>Drink ONLY detox water</i> <i>Normal water can be taken once detox water is finished</i> ----- <i>GUAVA, WATER MELON, MUSK MELON, CITRUS FRUIT (E.G. ORANGE, TANGERINE, GRAPEFRUIT, CLEMENTINE, LEMON, LIME) PLUMS, CHERRIES, BERRIES, KIWI, MANGO, JACKFRUIT and any other fruits</i> ----- <i>1 Banana - (RED or YELLOW)</i>
Afternoon Snack 03:00 PM	MUST	Any locally available Fruits + Green Tea		
Evening Snack 05:00 PM	MUST	Any fruits juice or mixed fruits smoothie	<u>Evening Workout</u> HFEN OFWS REGIMENT-2020 ----- Shower After Workout	
Dinner 07:00 to 08:30 PM	MUST	After or during the evening workout have a glass of Lemon Juice + a pinch of Salt ONLY Fruits (Any healthy fruits)		
Night Drink	20 to 30 mins Before Bed	Fat Burning Drink - 1 (150 ml)	<u>Before Bed Rituals</u> 5 Mins Steaming + 5 Mins Turmeric Herbal Smoking Brush your teeth before Bed 5 -10 Mins Meditation	MUST DO 6,000-8,000 STEPS Today
Bed Time 09: 30 to 10:00 PM	Thank to the Almighty for the beautiful day and sleep peacefully like an angel.			



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-4 Challenges (Over 25 BMI) | Wednesday, DAY-24



Frequently Asked Questions

1	Q: Do I need to refrigerate detox water?
	A: Detox water has to be prepared the previous day as per the procedure mentioned in the recipes section and refrigerate overnight. Bring it out on the detox day morning and allow it to come to room temperature before consuming it.
2	Q: Can we have mango/Chikku/Jackfruit?
	A: Yes, you can have few pieces on detox day.
3	Q: Can we start drinking normal water if detox water is over?
	A: Yes, you can drink normal water.
4	Q: I am diabetic, can I follow fruits day?
	A: It is recommended not to follow fruits day, you can follow Day 23 challenge again.
5	Q: Can we use Amla juice instead of fresh Amla along with morning drink?
	A: It is recommended to have fresh Amla, if you don't get one, then you can use Amla juice.



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-4 Challenges (Over 25 BMI) | Thursday, DAY-25



SESSIONS	FOOD CHALLENGE	FOOD PLAN	ACTIVITY CHALLENGE	IMPORTANT NOTE
Wake Up Time 05:30 AM	Rise and Shine		<u>MUST DO</u> <u>Morning Rituals</u> Oil Pulling (10 Mins) 5 Mins Steaming + 5 Mins Turmeric Herbal Smoking + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> HFEN OFWS #mkf_UBWO	Did you know? - Series 4 <i>Walking on a hiking trail with hills is one way to include intervals in your walking routine without making it feel like torture. Walking uphill also burns more calories and helps you build muscle in the lower body, which can help speed up your metabolism, too</i>
Morning Drink 06:00 AM	MUST	Fresh curry leaves (5 counts) + 1 Amla or 2 spoons of Amla Juice (sugar free) + Ginger Water(350 ml-500 ml)		
Breakfast 07:30 to 08:00 AM	MUST	Any healthy chunky veg & Moringa Leaves Soup or non veg soup breakfast + 5-10 gms of coconut + after breakfast have 100 ml of warm water.		
Morning Snack 10:00 to 10:30 AM	MUST	Any locally available Fruits + 1 Dates + 1 dried fig + 1 Almond + 1 Cashew Nut + 1 Walnut + 1 Brazil Nut + 1 Pistachio + Sunflower & Sesame Seeds one small spoon		
Lunch 12:00 to 12:30 PM	MUST	Urad Dal + Brown Rice or any Dal Brown Rice with any available vegetables + after Lunch have 100 ml of warm water.		
Supplements 01:00 PM	MUST	1 Multivitamin tablet + 1 Small Spoon of Flax seeds + 350 - 500 ML Coconut Water	POWER NAP <i>Just for 15 to 20 Minutes between 1 PM to 3 PM</i>	NO SALT DAY (Replace with Lemon / Lime Juice) ----- 2.5 to 3 Litres Water ----- 1 Egg, 1 Apple or Guava, 1 Orange, 1 Carrot, 1 tomato, 1 small banana ----- 1 Glass Coconut Water ----- GARGLE your mouth after every meal
Afternoon Snack 03:00 PM	MUST	Any locally available Fruits + Green Tea		
Evening Snack 05:00 PM	MUST	1 Black Coffee + 2 small pieces of Dark Chocolate (high in cocoa)	<u>Evening Workout</u> HFEN OFWS ZKT 2.0 ----- Shower After Workout	
Dinner 07:00 to 08:30 PM	SOUP	Vegetable Juice (Please see Facebook for recipe) + after Dinner have 100 ml of warm water.		
Night Drink	20 to 30 mins Before Bed	1 Glass of warm Skimmed milk, if it's not available then you can have whole Milk half mixed with water (150 ml) + pinch of turmeric + few black pepper + pinch of cardamom + bit of Jaggery + 1 chopped Garlic	<u>Before Bed Rituals</u> 5 Mins Steaming + 5 Mins Turmeric Herbal Smoking Brush your teeth before Bed 5 -10 Mins Meditation	MUST DO 10,000 STEPS Today
Bed Time 09: 30 to 10:00 PM	Thank to the Almighty for the beautiful day and sleep peacefully like an angel.			



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-4 Challenges (Over 25 BMI) | Thursday, DAY-25



Frequently Asked Questions

1

Q: Can we use Amla juice instead of fresh Amla along with morning drink?

A: It is recommended to have fresh Amla, if you don't get one, then you can use Amla juice.

2

Q: Can we have egg as snack?

A: Yes, One boiled egg as snack on days egg are allowed

3

Q: Can we have red rice instead of brown rice?

A: Yes, Red rice can also be used in place of brown rice

4

Q: Do the garlic at night to be consumed after its cooked?

A: Please take garlic in raw form



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-4 Challenges (Over 25 BMI) | Friday, DAY-26



SESSIONS	FOOD CHALLENGE	FOOD PLAN	ACTIVITY CHALLENGE	IMPORTANT NOTE
Wake Up Time 05:30 AM	Rise and Shine		<u>MUST DO</u> <u>Morning Rituals</u> Oil Pulling (10 Mins) 5 Mins Steaming + 5 Mins Turmeric Herbal Smoking + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> HFEN OFWS EXCEL PILATES	<i>Did you know? - Series 5</i> <i>Exaggerating your arm swing while you walk has additional benefits. It'll help to speed up your pace, work your upper body and burn up to 10% more calories when compared to a normal arm swing</i>
Morning Drink 06:00 AM	MUST	Fresh curry leaves (5 counts) + 1 Amla or 2 spoons of Amla Juice (sugar free) + Regular recommended morning (350 ml-500 ml)		
Breakfast 07:30 to 08:00 AM	MUST	Oats Khichidi (Please check Facebook group for recipe)+ 1 medium size Potato Baked or Boiled 5-10 gms of coconut + after breakfast have 100 ml of warm water.		
Morning Snack 10:00 to 10:30 AM	MUST	Any locally available Fruits + 1 Dates + 1 Apricot + 1 Almond + 1 Cashew Nut + 1 Walnut + 1 Brazil Nut + 1 Pistachio + Sunflower, Flax Seeds & Sesame Seeds one small spoon		
Lunch 12:00 to 12:30 PM	MUST	Broken Wheat or Bulgar Wheat Dishes + any dal Subjee + Some fresh Salad (raw) + after Lunch have 100 ml of warm water.		
Supplements 01:00 PM	MUST	1 Multivitamin tablet	<i>POWER NAP</i> <i>Just for 15 to 20 Minutes between 1 PM to 3 PM</i>	<i>VEGAN DAY</i> <i>2.5 to 3 Litres Water</i> ----- <i>1 Apple or Guava, 1 Orange, 1 Carrot, 1 tomato, 1 small banana</i> ----- <i>1 Glass Coconut Water</i> ----- <i>GARGLE your mouth after every meal</i>
Afternoon Snack 03:00 PM	MUST	Make your own creative or traditional "healthy" snack and share the recipe + Green Tea		
Evening Snack 05:00 PM	MUST	1 Black Coffee + 2 small pieces of Dark Chocolate (high in cocoa)	<u>Evening Workout</u> HFEN OFWS BEGIN TO BURN or SWEAT ZONE ----- <u>Shower After Workout</u>	
Dinner 07:00 to 08:30 PM	MUST	Moringa Leaves & Drumstick Soup + 1 Roti + after dinner have 100 ml of warm JEERA water.		
Night Drink	20 to 30 mins Before Bed Drink	Fat Burning Drink - 1 (150 ml)	<u>Before Bed Rituals</u> UNWIND SOUND-BATH 5 Mins Steaming + 5 Mins Turmeric Herbal Smoking Brush your teeth before Bed	MUST DO 10,000 STEPS Today
Bed Time 09: 30 to 10:00 PM	Thank to the Almighty for the beautiful day and sleep peacefully like an angel.			



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-4 Challenges (Over 25 BMI) | Friday, DAY-26



Frequently Asked Questions

1

Q: Do the garlic at night to be consumed after its cooked?

A: Please take garlic in raw form

2

Q: Can we have coconut water during evening workout?

A: It is recommended to have coconut water before 5pm or before sunset.



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-4 Challenges (Over 25 BMI) | Saturday, DAY-27



SESSIONS	FOOD CHALLENGE	FOOD PLAN	ACTIVITY CHALLENGE	IMPORTANT NOTE
<i>Wake Up Time</i> 05:30 AM		Rise and Shine	<u>MUST DO</u>	<i>Did you know? - Series 6</i> <i>A big part of losing weight with any activity is being consistent. That means walking regularly, and to do so you'll need to minimize injury, illness and muscle soreness. Icing sore spots, stretching and foam rolling post-workout, eating a well-balanced diet and prioritizing quality sleep are all essential elements of a smart recovery plan</i>
<i>Morning Drink</i> 06:00 AM	MUST	Fresh curry leaves (5 counts) + 1 Amla or 2 spoons of Amla Juice (sugar free) + Mint Water(350 ml-500 ml)	<u>Morning Rituals</u> Oil Pulling (10 Mins) 5 Mins Steaming + 5 Mins Turmeric Herbal Smoking + 10 count Super Brain Yoga + 10 Mins Pranayama	
<i>Breakfast</i> 07:30 to 08:00 AM	MUST	Ragi Porridge (Please check Facebook group for recipe) + 5-10 gms of coconut + after breakfast have 100 ml of warm water.	<u>Morning Workout</u>	
<i>Morning Snack</i> 10:00 to 10:30 AM	MUST	Any locally available Fruits + 1 Dates + 1 Apricot + 1 Almond + 1 Cashew Nut + 1 Walnut + 1 Brazil Nut + 1 Pistachio + Sunflower, Flax Seeds & Sesame Seeds one small spoon	HFEN OFWS STRENGTH & CARDIO	
<i>Lunch</i> 12:00 to 12:30 PM	MUST	Make your own creative Veg or Non veg Salad with loads of greens & Garlic & Ginger + after Lunch have 100 ml of warm water.		
<i>Supplements</i> 01:00 PM	MUST	1 Multivitamin tablet + 1 Codliver Oil Capsule	POWER NAP <i>Just for 15 to 20 Minutes between 1 PM to 3 PM</i>	WHOLE BODY MASSAGE DAY ----- 2.5 to 3 Litres Water ----- 1 Egg, 1 Apple or Guava, 1 Orange, 1 Carrot, 1 tomato, 1 small banana ----- 1 Glass Coconut Water ----- GARGLE your mouth after every meal
<i>Afternoon Snack</i> 03:00 PM	MUST	15 gms of Soy beans or any beans salad (you can add any spices, bit of onion, bit of tomato, bit of ginger, salt, lemon juice, coriander leaves etc) + Green Tea		
<i>Evening Snack</i> 05:00 PM	MUST	1 Black Coffee + 2 small pieces of Dark Chocolate (high in cocoa)	<u>Evening Workout</u> REST	
<i>Dinner</i> 07:00 to 08:30 PM	MUST	After or during the evening workout have a glass of Lemon Juice + a pinch of Salt Any healthy veg or non veg low calorie Soup + after Dinner have 100 ml of warm water.	Whole Body Massage & take a good BATH	
<i>Night Drink</i>	20 to 30 mins Before Bed Drink	1 Glass of warm Almond Milk or Soya Milk+ pinch of turmeric + few black pepper + pinch of cardamom + bit of Jaggery + 1 chopped Garlic	<u>Before Bed Rituals</u> 5 Mins Steaming + 5 Mins Turmeric Herbal Smoking Brush your teeth before Bed 5 -10 Mins Meditation	MUST DO 6,000-8,000 STEPS Today
<i>Bed Time</i> 09: 30 to 10:00 PM		Thank to the Almighty for the beautiful day and sleep peacefully like an angel.		



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-4 Challenges (Over 25 BMI) | Saturday, DAY-27



Frequently Asked Questions

1

Q: Can I make vitamin booster smoothie and pack to office?

A: Smoothies are expected to make fresh and consume immediately. Alternatively you can make them and carry in a steel flask like container and carry to work. Ensure the smoothie is consumed within 4 hours after preparation.

2

Q: Can we swap smoothie to any other meal?

A: Smoothies are expected to have as per the plan mentioned above. Do not swap. If you can't have Bone Builder smoothie today for lunch, please have any other healthy lunch.

3

Q: Can I use moringa leaves powder to make soup?

A: It is recommended to use fresh moringa leaves, incase if you don't get it, then you can use moringa leaves powder



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-4 Challenges (Over 25 BMI) | Sunday, DAY-28



SESSIONS	FOOD CHALLENGE	FOOD PLAN	ACTIVITY CHALLENGE	IMPORTANT NOTE
Wake Up Time 05:30 AM	Rise and Shine		<u>MUST DO</u> <u>Morning Rituals</u> Oil Pulling (10 Mins) 5 Mins Steaming + 5 Mins Turmeric Herbal Smoking + 10 count Super Brain Yoga + 10 Mins Pranayama <u>Morning Workout</u> HFEN OFWS FIND YOUR BALANCE	<i>Did you know? Series-7</i> <i>Talking, sharing, and learning with your family helps to strengthen your bond with each other. Studies have even shown that people who are closer to their families tend to live longer. Getting a family member into walking gives you a fun activity to do together, helps them get healthier, and motivates you to walk more.</i>
Morning Drink 06:00 AM	MUST	WARM Fennel Seeds Water (350 ml) + Fresh curry leaves (5 - 8 counts) If you can't get it then please ignore + 1 small tomato		
Breakfast 07:30 to 08:00 AM	MUST	Multigrain Porridge (Please check Facebook group for recipe) + 5-10 gms of coconut (No Wheat) + after breakfast have 100 ml of warm water.		
Morning Snack 10:00 to 10:30 AM	MUST	Any locally available Fruits + 1 Dates + 1 Dried fig + 1 Almond + 1 Cashew Nut + 1 Walnut + 1 Brazil Nut + 1 Pistachio + Sunflower & Sesame Seeds 1 tea spoon		
Lunch 12:00 to 12:30 PM	MUST	Brown Rice or Red Rice or Black Rice or Bamboo Rice with any healthy Vege Subji & Pepper Rasam + Some fresh green Salad (raw) with Olives + after Lunch have 100 ml of warm water.		
Supplements 01:00 PM	MUST	1 Multivitamin tablet + 1 small spoon of Flax seeds	<i>POWER NAP</i> <i>Just for 15 to 20 Minutes between 1 PM to 3 PM</i>	<i>NO NON-VEG DAY</i> <i>NO DAIRY DAY</i> ----- <i>2.5 to 3 Litres Water</i> ----- <i>1 Apple or Guava, 1 Orange, 1 Carrot, 1 tomato, 1 small banana</i> ----- <i>1 Glass Coconut Water</i> ----- <i>GARGLE your mouth after every meal</i>
Afternoon Snack 03:00 PM	MUST	Heart Helper Smoothie (Please check Facebook group for recipe)		
Evening Snack 05:00 PM	MUST	1 Black Coffee + 2 small pieces of Dark Chocolate (high in cocoa)	<u>Evening Workout</u> HFEN OFWS TONE TIME ----- Shower After Workout	
Dinner 07:00 to 08:30 PM	MUST	After or during the evening workout have a glass of Lemon Juice + a pinch of Salt Cauliflower Rice with any mixed vegetable subjee + after Dinner have 100 ml of warm water.		
Night Drink	20 to 30 mins Before Bed Drink	Fat Burning Drink - 2 (150 ml)	<u>Before Bed Rituals</u> 5 Mins Steaming + 5 Mins Turmeric Herbal Smoking Brush your teeth before Bed 5 -10 Mins Meditation	
Bed Time 09: 30 to 10:00 PM	Thank to the Almighty for the beautiful day and sleep peacefully like an angel.			



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-4 Challenges (Over 25 BMI) | Sunday, DAY-28



Frequently Asked Questions

1	Q: What can be used as substitute for Passion fruit or Kiwi?
	A: Slices of pineapple can be used as substitute
2	Q: Can we swap smoothie to any other meal?
	A: Smoothies are expected to have as per the plan mentioned above. Do not swap. If you can't make heart helper smoothie fresh, you can have any other citrus fruits or melons as mentioned in the plan
3	Q: Can I make smoothie and pack to office?
	A: Smoothies are expected to make fresh and consume immediately. Alternatively you can make them and carry in a steel flask like container and carry to work. Ensure the smoothie is consumed within 4 hours after preparation.
4	Q: Can I have brown rice today?
	A: Brown rice can be had only when it is explicitly mentioned in the chart, its allowed today.
5	Q: Can we use dried curry leaves instead of fresh Curry leaves along with morning drink?
	A: It is recommended to have fresh Amla, if you don't get one, then you can use the dried ones



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-4 Challenges (Over 25 BMI)



DAYS	HFEN Morning Drinks Recipe
MONDAY	<p><u>Jeera Water</u></p> <p>Boil 350 ml-500 ml of water with 2 small tea spoon of Jeera. Add 1 small spoon of Honey (recommended Manuka Honey) + 1 small spoon Lemon/Lime Juice + pinch of turmeric powder + pinch of black pepper + pinch of cinnamon powder</p>
TUESDAY	<p><u>Regular Morning Drink</u></p> <p>Boil the water for a few minutes. Later once the water temperature has come down to lukewarm water temperature, mix with a bit of honey (manuka), a bit of turmeric powder, a bit of cinnamon powder and lime or lemon juice.</p>
WEDNESDAY	<p><u>Aloe Vera Water</u></p> <p>Boil the water for a few minutes. Later once the water temperature has come down, mix with a 2 tablespoons of Aloe vera juice (sugar free) OR use fresh Aloe vera juice with a bit of honey (manuka)</p> <p>Web: https://youtu.be/3IS_OIf0Y0Q"</p>
THURSDAY	<p><u>Ginger Water</u></p> <p>Boil the water with the fresh Ginger cut into small pieces for few minutes and filter it. Later once the water temperature has come down to lukewarm water temperature, mix with a bit of honey (manuka), bit of turmeric powder and lime or lemon juice</p>
FRIDAY	<p><u>Regular Morning Drink</u></p> <p>Boil the water for a few minutes. Later once the water temperature has come down to lukewarm water temperature, mix with a bit of honey (manuka), a bit of turmeric powder, a bit of cinnamon powder and lime or lemon juice.</p>
SATURDAY	<p><u>Mint Water</u></p> <p>Boil the water with mint leaves for few minutes and filter it. Later once the water temperature has come down to lukewarm water temperature., mix with a bit of honey (manuka) and lime or lemon juice.</p>
SUNDAY	<p><u>Fennel Seeds Water</u></p> <p>Take one table spoon of Fennel Seeds + few pieces of fresh turmeric roots soak it overnight on a 500 ml water with few slices of Lemon with skin. Next day morning boil the overnight soaked water for few minutes then filter it and mix with a bit of honey (manuka) and drink it</p>



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DAYS	HFEN Before Bed Fat Burning Drinks Recipe
DAY-24 & DAY-26	<p><u>Fat Burning Drink - 1 (150 ml)</u></p> <p>Dry Roast - 3 Table Spoons of Fenugreek + 1 Table Spoon of Zeera + 1 Table spoon of Carom Seeds (Ajwain or Omam) + 1 Table Spoon of Black Zeera and and Grind it to fine powder (You can prepare it and store it) Boil 150 ml of water and add 1 table spoon of above made fine powder + 1 spoon of Lemon juice, mix it well and drink it immediately (warm/hot sip by sip)</p>
DAY-28	<p><u>Fat Burning Drink - 2 (150 ml)</u></p> <p>Take a handful of Corriander Leaves + Few pieces of fresh Ginger + 2 Cinnamon Sticks + few Black Pepper Corns and boil these ingredients with 300 ml of water until it become half of it. Filter it and drink it immediately (warm/hot sip by sip)</p>



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Food Recipes

Ragi Dosa	https://www.indianhealthyrecipes.com/ragi-dosa-recipe/
Ragi Upma	https://www.indianhealthyrecipes.com/ragi-rava-upma-recipe/
Ragi Porridge	https://recipes.timesofindia.com/recipes/ragi-porridge/rs68685771.cms
Sundal Recipes	https://www.vangasamaikalam.com/search?q=sundal
Ragi Idli	https://veggibites.blogspot.com/2016/02/ragi-idli.html
Millet Upma	https://www.saffrontrail.com/thinai-recipe-panivaragu-upma-millet-upma/
Millet Pongal	https://rakskitchen.net/samai-pongali-little-millet-pongali-recipe/
Millet Porridge	https://fountainavenuekitchen.com/millet-breakfast-porridge/
Oats Porridge	https://www.bbcgoodfood.com/howto/guide/how-make-porridge-best-breakfast-ever
Oats Upma	https://www.indianhealthyrecipes.com/oats-upma/
Masala Oats	https://www.indianhealthyrecipes.com/masala-oats-recipe/
Multigrain Millet Porridge	https://www.mylittlemoppet.com/multigrain-millet-porridge-recipe/
Vegetable Soups	https://www.bbcgoodfood.com/recipes/collection/vegetable-soup
Detox water	Take a big jar with 2 litres of water and add cut cucumber half + water melon 300 gms + 1 lemon or lime + handful of mints. Mix it well and make it ready by Tuesday Evening and use it on Wednesday
Heart Helper Smoothie	Please check Facebook closed group for recipe
Cabbage soup	Please check Facebook closed group for recipe
Vitamin Booster smoothie	Please check Facebook closed group for recipe
Sundal Recipes	https://www.vangasamaikalam.com/search?q=sundal
Drumstick (Moringa) Leaves Soup Recipe	https://recipes.timesofindia.com/recipes/drumstick-leaves-soup/rs60074011.cms
Moringa Leaves	https://www.virundhombal.com/2017/01/drumstick-leaves-thuvaram.html https://www.saffrontrail.com/14-ways-cook-eat-drumstick-moringa-leaves/