



HFEN's NEW Healthy Lifestyle *Challenge Programme*—Just 60 days



OVER 25
BMI

Week-3 Challenge

OVER 25
BMI

“ JUNK FOOD YOU’VE
CRAVED FOR AN HOUR,
OR THE BODY YOU’VE
CRAVED FOR A LIFETIME?
YOUR DECISION.”



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-3 Grocery List



| | | | | | |
|----|--|----|--------------------------------------|----|----------------------------------|
| 1 | Turmeric Powder | 1 | Corriander 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 | Tomatto (always available) | 4 | Pista Nuts (no fried or salted) |
| 5 | Fresh Ginger | 5 | Carrot (always available) | 5 | Peanuts (ONLY bolied) |
| 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 orPowder |
| 9 | Oats Bran or Oats | 9 | Lemon/Lime (always available) | 9 | Sunflower Seeds |
| 10 | Raagi or Millet Dosa Mix (Optional) | 10 | Green Chillli (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) | 16 | Carom seeds |
| 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 | Spices & Herbs | 21 | Variety of beans | | |

| HFEN's NEW Healthy Lifestyle Challenge Programme | | | | | |
|---|--------------------------------|---|--|--|--|
| Week-3 Challenges (Over 25 BMI) Monday, DAY-15 | | | | | |
| SESSIONS | FOOD CHALLENGE | FOOD PLAN | ACTIVITY CHALLENGE | IMPORTANT NOTE | |
| Wake Up Time 05:30 AM | | Rise and Shine | <div>MUST DO</div> <div>Morning Rituals</div> <div>Oil Pulling (20 Mins)</div> <div>+ 10 count Super Brain Yoga</div> <div>+ 10 Mins Pranayama</div> <div>-----</div> <div>Morning Workout</div> <div>HFEN OFWS</div> <div>POWER-PACK TABATA</div> | <div>How to control cravings?</div> <div>Tip-1</div> <div>Keep naughty foods at bay or away from your eyesight to avoid cravings to have them. Do not shop when you are hungry, you tend to buy high calorie foods or snacks which you crave for to satisfy your hunger.</div> | |
| Morning Cleansing Drink 06:00 AM | MUST | WARM Jeera Water (350 to 500 ml) + Fresh curry leaves (5 - 8 counts) if you can't get it then please ignore + 1 small tomato or 1 amla | | | |
| Eat your Breakfast like King 07:30 to 08:00 AM | MUST | Any healthy millet made food (NO Wheat) with any type of SPINACH to be part of it or any healthy Ragi or Oats made Breakfast with 1 small spoon of flax seeds (powder or any format) + 1 small piece of Coconut (5-10 gms) + after Breakfast have 100 ml of warm water. | | | |
| Mid Day Healthy Bite 10:00 to 10:30 AM | MUST | Any one locally available Fruits + 2 Almonds + 2 Cashew Nut + 1 Walnut/brazilnut +1dates/fig/apricot. | | | |
| Enjoy your Lunch like Prince 12:00 to 12:30 PM | MUST | Mixed Vegetable Brown Rice Pulav (NO GHEE or NO OIL) + 3 Spoons of low fat curd (Yogurt).Have a glass of warm water/warm jeera water in 10mins after lunch | | | |
| Nutrition AddOns 01:00 PM | MUST | 1 Multivitamin tablet + 1 Codliver oil capsule | <div>POWER NAP</div> <div>Just for 15 to 20 Minutes between 1 PM to 3 PM</div> | <div>NO WHEAT DAY</div> <div>NO COFFEE DAY</div> <div>-----</div> <div>2.5 to 3 Litres Water</div> <div>-----</div> <div>1 Egg,1 Apple or Guava, 1 Orange,1 Carrot</div> <div>-----</div> <div>Brown Rice & NON Veg Allowed (No Red Meat)</div> <div>-----</div> <div>GARGLE your mouth after every meal</div> | |
| Afternoon Power Booster 03:00 PM | MUST | Heart Helper Smoothie (Please check Facebook group for recipe). If you can't make smoothie then have any locally available citrus fruit or any melons | | | |
| Evening Energiser 05:00 PM | MUST | 1 Green Tea + 15 to 20 gms of Black beans or any beans salad (you can add any spices & Herbs, few small onions, bit of ginger, lemon juice, coriander leaves) | <div>Evening Workout</div> <div>HFEN OFWS</div> <div>ZKT 2.0</div> <div>-----</div> <div>Shower After Workout</div> | | |
| Have your Dinner like Pauper 07:00 to 08:30 PM | MUST | After or during the evening workout have a glass of Lemon Juice + a pinch of Salt Chunky Cabbage soup (Please check Facebook group for recipe) If Cabbage is not available then have any vegetable low calorie chunky soup + after Dinner have 100 ml of warm water. | | | |
| Fat burning drink 09: 30 to 10:00 PM | 20 to 30 mins Before Bed Drink | Fat Burning Drink - 1 (150 ml) | <div>Before Bed Rituals</div> <div>Brush your teeth before Bed</div> <div>-----</div> <div>Before bed 5 -10 Minutes Meditation</div> | | <div>MUST DO</div> <div>8,000 - 10,000 STEPS Per Day</div> |
| 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-3 Challenges (Over 25 BMI) | Monday, DAY-15



Frequently Asked Questions

| | |
|---|---|
| 1 | Q: Can I make heart helper 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 make heart helper smoothie fresh, you can have any other citrus fruits or melons as mentioned in the plan |
| 3 | 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. |
| 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 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-3 Challenges (Over 25 BMI) | Tuesday, DAY-16



| SESSIONS | FOOD CHALLENGE | FOOD PLAN | ACTIVITY CHALLENGE | IMPORTANT NOTE |
|---|---|--|---|---|
| Wake Up Time 05:30 AM | Rise and Shine | | MUST DO <u>Morning Rituals</u> Oil Pulling (20 Mins) + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> HFEN OFWS SCULPT & SHAPE | <u>How to control cravings?</u> Tip-2 <i>People tend to eat when stressed than hunger.Distract yourself for 10-15 minutes to reduce the craving feeling.Know your trigger foods and keep them away from your shopping list</i> |
| Morning Cleansing Drink 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 | | |
| Eat your Breakfast like King 07:30 to 08:00 AM | MUST | Wheat Made Breakfast + 1 small piece of Coconut (5-10 gms) with 1 small spoon of flax seeds (powder or any format) + after Breakfast have 100 ml of warm water | | |
| Mid Day Healthy Bite 10:00 to 10:30 AM | MUST | Any one locally available Fruits + 1tsp sesame seeds(black/white)+1tsp sunflower seeds+1tsp sesame seeds | | |
| Enjoy your Lunch like Prince 12:00 to 12:30 PM | MUST | Bone Builder Smoothie (Please check Facebook Group for recipe) If smoothie is not possible have any healthy lunch without Rice + after Lunch have 100 ml of warm water. | | |
| Nutrition AddOns 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> | NO RICE DAY NO COFFEE DAY NO GREEN TEA DAY ----- 2.5 to 3 Litres Water ----- 1 Egg,1 Apple or Guava 1 Orange,1 Carrot ----- GARGLE your mouth after every meal |
| Afternoon Power Booster 03:00 PM | MUST | 1 glass low calorie butter milk with Curry leaves + bit of green chillies + bit of Ginger | | |
| Evening Energiser 05:00 PM | MUST | 15 to 20 gms of Soy beans or Mung beans salad (you can add any spices, bit of onion, bit of ginger, salt, lemon juice, coriander leaves, etc) | <u>Evening Workout</u> HFEN OFWS SWEAT ZONE ----- Shower After Workout | |
| Have your Dinner like Pauper 07:00 to 08:30 PM | MUST | <u>After or during the evening workout have a glass of Lemon Juice + a pinch of Salt</u> Tomato Soup (with one egg or few pieces of Tofu) + after Dinner have 100 ml of warm water. | | |
| Fat burning drink 09: 30 to 10:00 PM | 20 to 30 mins Before Bed | Fat Burning Drink - 2 (150 ml) | <u>Before Bed Rituals</u> Brush your teeth before Bed ----- Before bed 5 -10 Minutes Meditation | MUST DO 8,000 - 10,000 STEPS Per Day |
| Bed Time 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-3 Challenges (Over 25 BMI) | Tuesday, DAY-16



Frequently Asked Questions

| | |
|---|---|
| 1 | Q: Are rice flakes/rava allowed? |
| | A: No rice made items - poha/rava/dosa/idli not allowed |
| 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: Can I make bone builder 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 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. |

| <div>  <div> HFEN's NEW Healthy Lifestyle Challenge Programme Week-3 Challenges (Over 25 BMI) Wednesday, DAY-17 </div>  </div> | | | | |
|--|--------------------------|--|---|--|
| SESSIONS | FOOD CHALLENGE | FOOD PLAN | ACTIVITY CHALLENGE | IMPORTANT NOTE |
| <i>Wake Up Time</i> 05:30 AM | | Rise and Shine | MUST DO <u>Morning Rituals</u> Oil Pulling (20 Mins) + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> HFEN OFWS TONE- TIME | <i>How to control cravings?</i> Tip-3 Vary your food choices.Having plenty of variety in your diet will help to keep you satisfied so that you will be less likely to seek out junk food. |
| <i>Morning Cleansing Drink</i> 06:00 AM | MUST | WARM Mint Water (350 to 500 ml) + Fresh curry leaves (5 - 8 counts) If you can't get it please ignore + 1 small tomato or 1 amla | | |
| <i>Eat your Breakfast like King</i> 07:30 to 08:00 AM | FRUITS | ONLY Fruits (more water melons) + after Breakfast have 100 ml of warm water. | | |
| <i>Mid Day Healthy Bite</i> 10:00 to 10:30 AM | MUST | ONLY Fruits (mixed fruits) + Green Tea (NO Nuts today) | | |
| <i>Enjoy your Lunch like Prince</i> 12:00 to 12:30 PM | MUST | All session ONLY Fruits (Any healthy fruits) + 250 ml Coconut water | | |
| <i>Nutrition AddOns</i> 01:00 PM | MUST | NONE | POWER NAP <i>Just for 15 to 20 Minutes between 1 PM to 3 PM</i> | ONLY FRUITS DAY Drink ONLY Detox Water NO - NUTS, COFFEE & SALT |
| <i>Afternoon Power Booster</i> 03:00 PM | MUST | Any locally available Fruits + Green Tea | | |
| <i>Evening Energiser</i> 05:00 PM | MUST | Any fruits juice or mixed fruits smoothie | <u>Evening Workout</u> HFEN OFWS REGIMENT-2020 ----- Shower After Workout | Recommended Fruits Any Melons, Apple, Guava, Orange, Any Berries, cherries, Kiwi, Grapes, Papaya, Peach, Pineapple & one Banana |
| <i>Have your Dinner like Pauper</i> 07:00 to 08:30 PM | MUST | <u>After or during the evening workout</u> have a glass of Lemon Juice + a pinch of Salt ONLY Fruits (Any healthy fruits) | | |
| <i>Fat burning drink</i> 09: 30 to 10:00 PM | 20 to 30 mins Before Bed | Fat Burning Drink - 1 (150 ml) | <u>Before Bed Rituals</u> Brush your teeth before Bed ----- Before bed 5 -10 Minutes Meditation | STRICTLY NO High Cardio Activity MUST DO 6,000 - 8,000 STEPS Per Day |
| <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-3 Challenges (Over 25 BMI) | Wednesday, DAY-17



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 9 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-3 Challenges (Over 25 BMI) | Thursday, DAY-18



| SESSIONS | FOOD CHALLENGE | FOOD PLAN | ACTIVITY CHALLENGE | IMPORTANT NOTE |
|---|---|---|--|---|
| Wake Up Time 05:30 AM | Rise and Shine | | MUST DO <u>Morning Rituals</u> Oil Pulling (20 Mins) + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> HFEN OFWS #mkf_UBWO | How to control cravings? Tip-4 Confusing hunger with thirst leads to snacking when the body is not truly hungry.Drink more water, reduce caffeine intake, increase intake of fresh vegetables and fruits in your diet |
| Morning Cleansing Drink 06:00 AM | MUST | WARM Ginger Water (350 to 500 ml) + Fresh curry leaves (5 - 8 counts) If you can't get it please ignore + 1 small tomato or 1 amla | | |
| Eat your Breakfast like King 07:30 to 08:00 AM | MUST | Ragi/Millet or Chukka Roti + SPINACH + Any Dhal + 1 small piece of Coconut (5-10 gms) + after Breakfast have 100 ml of warm water. | | |
| Mid Day Healthy Bite 10:00 to 10:30 AM | MUST | Any one locally available Fruits + 2 Almonds + 2 Cashew Nut + 1 Walnut/brazilnut +1dates/fig/apricot. | | |
| Enjoy your Lunch like Prince 12:00 to 12:30 PM | MUST | Any healthy Veg food (equally balanced fibre, protein, carbs, vitamins/minerals) + Add 1 Green Chilli to your lunch + Some fresh green Salad (raw) + after Lunch have 100 ml of warm water. | | |
| Nutrition AddOns 01:00 PM | MUST | 1 Multivitamin tablet + 1 Small Spoon of Flax seeds + 350 - 500 ML Coconut Water | POWER NAP Just for 15 to 20 Minutes between 1 PM to 3 PM | VEGAN DAY NO Milk/Yogurt or any Dairy foods NO - Egg, Codliver Oil Capsule& COFFEE DAY ----- 1 Apple or Guava, 1 Orange 1 Carrot, 1 tomato & 1 small banana ----- Brown Rice Allowed |
| Afternoon Power Booster 03:00 PM | MUST | Any locally available Fruits + Green Tea | | |
| Evening Energiser 05:00 PM | MUST | 15 to 20 gms of Black beans or red kidney beans salad (you can add any spices, bit of onion, bit of ginger, salt, lemon juice, coriander leaves etc) | <u>Evening Workout</u> HFEN OFWS ZKT 2.0 ----- Shower After Workout | |
| Have your Dinner like Pauper 07:00 to 08:30 PM | SOUP | <u>After or during the evening workout have a glass of Lemon Juice + a pinch of Salt</u> Low calorie Carrot or Spinach soup + after Dinner have 100 ml of warm water | | |
| Fat burning drink 09: 30 to 10:00 PM | 20 to 30 mins Before Bed | Fat Burning Drink - 2 (150 ml) | <u>Before Bed Rituals</u> Brush your teeth before Bed ----- Before bed 5 -10 Minutes 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-3 Challenges (Over 25 BMI) | Thursday, DAY-18



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: What is the substitute for dry ginger as I don't find them in my place?

A: You can use fresh ginger if you don't find dry ginger

3

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

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

| HFEN's NEW Healthy Lifestyle Challenge Programme | | | | |  |
|---|---|--|--|--|---|
| Week-3 Challenges (Over 25 BMI) Friday, DAY-19 | | | | | |
| SESSIONS | FOOD CHALLENGE | FOOD PLAN | | ACTIVITY CHALLENGE | IMPORTANT NOTE |
| Wake Up Time 05:30 AM | | Rise and Shine | | MUST DO <u>Morning Rituals</u> Oil Pulling (20 Mins) + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> HFEN OFWS EXCEL PILATES | How to control cravings? Tip-5 <i>Healthy fiber foods help you stay fuller for longer. Bakery bought foods might stimulate cravings, so stick with healthy fibers found in apples, beans, almonds and fresh vegetables. The more you eat healthy fiber foods, the less room – and desire – you will have for naughty foods.</i> |
| Morning Cleansing Drink 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 or 1 amla | | | |
| Eat your Breakfast like King 07:30 to 08:00 AM | MUST | Oats or Oats bran or Quinoa or millets breakfast with 1 small spoon of flax seeds (powder or any format) + 1 small piece of Coconut (5-10 gms) + after Breakfast have 100 ml of warm water. | | | |
| Mid Day Healthy Bite 10:00 to 10:30 AM | MUST | Any one locally available Fruits + 1tsp sesame seeds(black/white)+1tsp sunflower seeds+1tsp sesame seeds | | | |
| Enjoy your Lunch like Prince 12:00 to 12:30 PM | MUST | Roti with any Subjee (Veg or Non veg) + Add 1 Green Chilli to your lunch + Some fresh green Salad (raw) + 1 glass low calorie butter milk + after Lunch have 100 ml of warm water. | | | |
| Nutrition AddOns 01:00 PM | MUST | 1 Multivitamin tablet + 1 Codliver Oil Capsule | | POWER NAP Just for 15 to 20 Minutes between 1 PM to 3 PM | NO RICE, SUGAR & COFFEE DAY ----- 2.5 to 3 Litres Water ----- 1 Egg, 1 Apple or Guava, 1 Orange, 1 Carrot, 1 tomato ----- GARGLE your mouth after every meal |
| Afternoon Power Booster 03:00 PM | MUST | Any locally available Fruits + Green Tea | | | |
| Evening Energiser 05:00 PM | MUST | Vitamin Booster Smoothie (Please check Facebook Group for Recipe) If Smoothie is not possible then have any locally available Fruits | | <u>Evening Workout</u> HFEN OFWS BEGIN TO BURN or SWEAT ZONE ----- Shower After Workout | |
| Have your Dinner like Pauper 07:00 to 08:30 PM | MUST | <u>After or during the evening workout have a glass of Lemon Juice + a pinch of Salt</u> 1 very small banana or any berries + Boiled Peanut Salad with onion, Ginger, tomato + any Spices & Herbs + after Dinner have 100 ml of warm water. | | | |
| Fat burning drink 09:30 to 10:00 PM | 20 to 30 mins Before Bed Drink | Fat Burning Drink - 1 (150 ml) | | <u>Before Bed Rituals</u> HFEN OFWS UNWIND SOUND-BATH ----- Brush your teeth before Bed | |
| 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-3 Challenges (Over 25 BMI) | Friday, DAY-19



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 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. |
| | |
| 3 | Q: Can we have egg as snack? |
| | A: Yes, One boiled egg as snack on days egg are allowed |
| | |
| 4 | 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. |

| <div>  <div> HFEN's NEW Healthy Lifestyle Challenge Programme Week-3 Challenges (Over 25 BMI) Saturday, DAY-20 </div>  </div> | | | | |
|---|--------------------------------|--|--|---|
| SESSIONS | FOOD CHALLENGE | FOOD PLAN | ACTIVITY CHALLENGE | IMPORTANT NOTE |
| <i>Wake Up Time</i> 05:30 AM | | Rise and Shine | MUST DO <u>Morning Rituals</u> Oil Pulling (20 Mins) + 10 count Super Brain Yoga + 10 Mins Pranayama <u>Morning Workout</u> HFEN OFWS STRENGTH& CARDIO | How to control cravings? Tip-6 Consuming protein in every meal can reduce cravings by up to 60%. Try spreading out small portion of healthy proteins throughout your day. Healthy proteins include lean meats, poultry, fish, beans, legumes, yogurt, eggs |
| <i>Morning Cleansing Drink</i> 06:00 AM | MUST | WARM Jeera Water (350 to 500 ml) + Fresh curry leaves (5 - 8 counts) if you can't get it please ignore + 1 small tomato or 1 amla (No Wheat) | | |
| <i>Eat your Breakfast like King</i> 07:30 to 08:00 AM | MUST | Any healthy Oats or Quinoa or Oats Bran break fast with 1 small spoon of flax seeds (powder or any format) + 1 small piece of Coconut (5-10 gms) + after Breakfast have 100 ml of warm water. | | |
| <i>Mid Day Healthy Bite</i> 10:00 to 10:30 AM | MUST | Any one locally available Fruits + 2 Almonds + 2 Cashew Nut + 1 Walnut/brazilnut +1dates/fig/apricot. | | |
| <i>Enjoy your Lunch like Prince</i> 12:00 to 12:30 PM | MUST | Any healthy food (No Rice) with Salads + Greens + cucumber (No Fruits) + Add 1 Green Chilli to your lunch + Some fresh green Salad (raw) + 1 glass low calorie butter milk (NO Wheat) + after Lunch have 100 ml of warm water. | POWER NAP <i>Just for 15 to 20 Minutes between 1 PM to 3 PM</i> | NO RICE & WHEAT DAY NO COFFEE DAY ----- 2.5 to 3 Litres Water ----- |
| <i>Nutrition AddOns</i> 01:00 PM | MUST | 1 Multivitamin tablet + 1 Codliver Oil Capsule | | |
| <i>Afternoon Power Booster</i> 03:00 PM | MUST | Any locally available Fruits + Green Tea | <u>Evening Workout</u> Brisk Walk or Jog or Run for 60 Minutes ----- Shower After Workout | 1 Egg,1 Apple or Guava, 1 Orange, 1 Carrot ----- GARGLE your mouth after every meal ----- |
| <i>Evening Energiser</i> 05:00 PM | MUST | 15 to 20 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) | | |
| <i>Have your Dinner like Pauper</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. | <u>Before Bed Rituals</u> Brush your teeth before Bed ----- Before bed 5 -10 Minutes Meditation | MUST DO 8,000 - 10,000 STEPS Per Day |
| <i>Fat burning drink</i> 09: 30 to 10:00 PM | 20 to 30 mins Before Bed Drink | Fat Burning Drink - 2 (150 ml) | | |
| <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-3 Challenges (Over 25 BMI) | Saturday, DAY-20



Frequently Asked Questions

| | |
|---|---|
| 1 | Q: Can we use Masala oats or quick oats available in market? |
| | A: It is recommended to consume freshly prepared food with oats, ready-made or quick oats is not recommended due to added preservatives to it |
| 2 | Q: Can I use soya chunks in place of soya bean? |
| | A: No, only Soya bean or any other bean - kidney bean, chickpeas, black bean can be used. |
| 3 | Q:Can we have egg as snack? |
| | A:Yes, One boiled egg as snack on days egg are allowed |



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-3 Challenges (Over 25 BMI) | Sunday, DAY-21



| SESSIONS | FOOD CHALLENGE | FOOD PLAN | ACTIVITY CHALLENGE | IMPORTANT NOTE |
|--|--------------------------------|--|---|---|
| <i>Wake Up Time</i> 05:30 AM | | Rise and Shine | MUST DO <u>Morning Rituals</u> Oil Pulling (20 Mins) + 10 count Super Brain Yoga + 10 Mins Pranayama <u>Morning Workout</u> HFEN OFWS FIND YOUR BALANCE | How to control cravings? Tip-7 When cravings hit, try taking a walk or run or any workout, because any form of exercise helps to distract yourself and can help control cravings |
| <i>Morning Cleansing Drink</i> 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 | | |
| <i>Eat your Breakfast like King</i> 07:30 to 08:00 AM | MUST | Tropical Breakfast smoothie + 1 small piece of Coconut (5-10 gms) or Any healthy wheat made breakfast + after Breakfast have 100 ml of warm water. | | |
| <i>Mid Day Healthy Bite</i> 10:00 to 10:30 AM | MUST | Any one locally available Fruits + 1tsp sesame seeds(black/white)+1tsp sunflower seeds+1tsp sesame seeds | | |
| <i>Enjoy your Lunch like Prince</i> 12:00 to 12:30 PM | MUST | Brown Rice or Red Rice or Black Rice or Bamboo Rice with any healthy Vege Subji + Add 1 Green Chilli to your lunch + Some fresh green Salad (raw) + after Lunch have 100 ml of warm water. | | |
| <i>Nutrition AddOns</i> 01:00 PM | MUST | 1 Multivitamin tablet + 1 small spoon of Flax seeds | POWER NAP <i>Just for 15 to 20 Minutes between 1 PM to 3 PM</i> | VEG DAY NO - NON-VEG, Egg, Codliver Oil Capsule ----- NO COFFEE DAY ----- 2.5 to 3 Litres Water ----- 1 Apple or Guava, 1 Orange 1 Carrot, 1 tomato ----- GARGLE your mouth after every meal |
| <i>Afternoon Power Booster</i> 03:00 PM | MUST | Any locally available Fruits + Green Tea | | |
| <i>Evening Energiser</i> 05:00 PM | MUST | 15 to 20 gms of Soy beans or Mung beans salad (you can add any spices, bit of onion, bit of ginger, salt, lemon juice coriander leaves etc) | <u>Evening Workout</u> HFEN OFWS TONE TIME or MUQABLA BEATS ----- Shower After Workout | |
| <i>Have your Dinner like Pauper</i> 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. | | |
| <i>Fat burning drink</i> 09:30 to 10:00 PM | 20 to 30 mins Before Bed Drink | Fat Burning Drink - 1 (150 ml) | <u>Before Bed Rituals</u> Brush your teeth before Bed ----- Before bed 5 -10 Minutes Meditation | MUST DO 8,000 - 10,000 STEPS Per Day |
| <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-3 Challenges (Over 25 BMI) | Sunday, DAY-21



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: 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. |
| | |
| 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-3 Challenges (Over 25 BMI)



| DAYS | HFEN Morning Cleansing Drinks Recipe |
|-----------|---|
| MONDAY | <p><u>Jeera Water</u> 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> 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>Mint Water</u> 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> |
| THURSDAY | <p><u>Ginger Water</u> 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> 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>Jeera Water</u> Boil 350 ml-500 ml of water with 2 small tea spoon of Zeera. 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> |
| SUNDAY | <p><u>Fennel Seeds Water</u> 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> |



HFEN's Healthy Lifestyle Challenge Programme

Week-3 Challenges (Over 25 BMI)



| DAYS | HFEN Before Bed Fat Burning Drinks Recipe |
|------------------------------------|--|
| DAY-15, DAY-17, DAY-19 & DAY-21 | <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-16, DAY-18 & DAY-20 | <p><u>Fat Burning Drink - 2 (150 ml)</u></p> <p>Take a handful of Coriander 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> |



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-3 Challenges (Over 25 BMI)



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/ |