



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



OVER 25  
**BMI**

## Week-2 Challenge

OVER 25  
**BMI**

Prioritizing  
**good sleep**  
is good  
**self love**



## HFEN's NEW Healthy Lifestyle Challenge Programme

### Week-2 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 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		



# HFEN's NEW Healthy Lifestyle Challenge Programme

## Week-2 Challenges (Over 25 BMI) | Monday, DAY-1



SESSIONS	FOOD CHALLENGE	FOOD PLAN	ACTIVITY CHALLENGE	IMPORTANT NOTE
Wake Up Time 05:30 AM	Rise and Shine		<b>MUST DO</b>  <u>Morning Rituals</u> Oil Pulling (20 Mins) + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> <b>HFEN OFWS</b> <b>POWER-PACK TABATA</b>	<b>How to get good sleep every night</b>  <u>Tip-1</u>  <b>Commit to a sleep schedule every night. This means waking up and going to sleep at the same time every day, including weekends</b>
Morning Cleansing Drink 06:00 AM	MUST	Regular Morning drink (350 to 500 ml) + 1 small tomato		
Eat your Breakfast like King 07:30 to 08:00 AM	MUST	Any healthy food (Check the given Food Recipes ) + 1 small piece of Coconut (15 Gms).		
Mid Day Healthy Bite 10:00 to 10:30 AM	MUST	Any one locally available Fruits + 2 Almonds + 2 Cashew Nut + 1 Walnut +1 dates/fig/apricot.		
Enjoy your Lunch like Prince 12:00 to 12:30 PM	MUST	Any healthy Lunch (equally balanced fibre, protein, carbs, vitamins/minerals) + (3 Spoons of low fat 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	<b>POWER NAP</b>  <i>Just for 15 to 20 Minutes between 1 PM to 3 PM</i>	<b>NO RICE or RICE made items DAY</b>  <b>2.5 to 3 Litres Water</b>  ----- <b>1 Egg</b> <b>1 Apple</b> <b>1 Orange</b> <b>1 Carrot</b> ----- <b>GARGLE your mouth after every meal</b>
Afternoon Power Booster 03:00 PM	MUST	1 Glass of buttermilk with curry leaves and bit of ginger & Green Chilli		
Evening Energiser 05:00 PM	MUST	<b>Ginseng root tea</b> or <b>BLACK COFFEE</b> + 15 Gms of Mung dals Sundal (Please check food recipes sheet)	<u>Evening Workout</u> <b>HFEN OFWS</b> <b>ZKT 2.0</b>  ----- Shower After Workout	
Have your Dinner like Pauper 07:00 to 08:30 PM	MUST	Any healthy low Calorie Soup (veg or non veg) Optional - You can have one Roti with soup		
Soothing Drink	<b>20 to 30 mins Before Bed Drink</b>	1 Glass of warm skimmed milk or whole cow milk (150 ml) + pinch of turmeric + few black pepper + pinch of cardamom	<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-2 Challenges (Over 25 BMI) | Monday, DAY-1



#### 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 Cod liver capsule for vegetarians?
	A: Flax seed supplements can be taken instead of Cod liver capsule.
3	Q: What is the quantity of soup to be taken?
	A: It is recommended to take 200 to 300 ml of soup for dinner.
4	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
5	Q: Why is it needed to take tomato in empty stomach in the morning?
	A: Tomato is a good antioxidant, helps to improve skin health and lower risk of cardio vascular diseases and cancer, helps in lowering the bad cholesterol. The nutrients are well absorbed when consumed in empty stomach
6	Q: Does eating raw coconut with breakfast is good, as coconut is said to increase cholesterol?
	A: Raw coconut is rich in dietary fibre which will aid your health by supporting digestion, boosting metabolism and normalise bowel movements. The raw coconut indeed helps to lower the bad cholesterol in your body. However recommend to take only the suggested quantity in raw form.
7	Q: Which oil is recommended for Oil pulling?
	A: Gingelly oil or coconut oil can be used for Oil pulling.
8	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-2 Challenges (Over 25 BMI)   Tuesday, DAY-2				
SESSIONS	FOOD CHALLENGE	FOOD PLAN	ACTIVITY CHALLENGE	IMPORTANT NOTE
Wake Up Time 05:30 AM		Rise and Shine	<b>MUST DO</b>  <u>Morning Rituals</u> Oil Pulling (20 Mins) + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> <b>HFEN OFWS</b> <b>SCULPT &amp; SHAPE</b>	<i>How to get good sleep every night</i> <u>Tip-2</u> <i>Do an exercise anytime during the day or 3 hours before sleep. The more vigorous you choose to exercise, the more beneficially your sleep quality will be impacted.</i>
Morning Cleansing Drink 06:00 AM	MUST	Ginger Water (350 to 500 ml) + 1 small tomato		
Eat your Breakfast like King 07:30 to 08:00 AM	MUST	Any healthy food (oats or millet or wheatabix or oats bran, etc.) + 1 small piece of Coconut (10 Gms)		
Mid day Healthy Bite 10:00 to 10:30 AM	MUST	Any one locally available Fruits + 1tsp sesame seeds(black/white)+1tsp sunflower seeds		
Enjoy your Lunch like Prince 12:00 to 12:30 PM	MUST	Brown Rice or Red Rice with any Dhal & Vegetables. Have a glass of warm water/ warm jeera water in 10mins after lunch.		
Nutrition AddOns 01:00 PM	MUST	1 Multivitamin tablet	<b>POWER NAP</b> <i>Just for 15 to 20 Minutes between 1 PM to 3 PM</i>	<b>ONLY VEG DAY</b> <b>(No Egg, No NO-Non Veg)</b> <b>2.5 to 3 Litres Water</b> ----- <b>1 Egg</b> <b>1 Apple</b> <b>1 Orange</b> <b>1 Carrot</b> ----- <b>GARGLE your mouth after every meal</b>
Afternoon Power Booster 03:00 PM	MUST	1 Glass of buttermilk with curry leaves and bit of ginger & Green Chilli		
Evening Energiser 05:00 PM	MUST	<b>Green Tea</b> or <b>BLACK COFFEE</b> + any locally available fruits	<u>Evening Workout</u> <b>HFEN OFWS</b> <b>SWEAT ZONE</b> ----- Shower After Workout	
Have your Dinner like Pauper 07:00 to 08:30 PM	MUST	Any Balanced light dinner (only veg)		
Soothing Drink	20 to 30 mins Before Bed	1 Glass of warm Skimmed milk or whole Milk (150 ml) + pinch of turmeric + few black pepper + pinch of cardamom	<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 wonderful day and sleep peacefully like an angel.			



## HFEN's NEW Healthy Lifestyle Challenge Programme

### Week-2 Challenges (Over 25 BMI) | Tuesday, DAY-2



#### Frequently Asked Questions

1	Q: Is rice allowed on any other day other than NO RICE/RICE MADE ITEMS day?
	A: Brown rice can be had ONLY on days when explicitly mentioned in the challenge sheet.
2	Q: Is corn flakes allowed for breakfast?
	A: It is recommended to avoid corn flakes as they have preservatives and sugar added to it.
3	Q: Is muesli allowed for breakfast?
	A: Can be had once in a while, however recommend to have freshly prepared home made food.
4	Q: Can I have black tea or chukku kapi?
	A: Yes, it is ok to have, however recommend to have green tea as well during the day
5	Q: Can red rice poha taken for breakfast?
	A: It is ok to have red rice poha on days when brown rice is allowed. However recommended to include Red rice poha/ red rice in only one meal
6	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



## HFEN's NEW Healthy Lifestyle Challenge Programme

### Week-2 Challenges (Over 25 BMI) | Wednesday, DAY-3



SESSIONS	FOOD CHALLENGE	FOOD PLAN	ACTIVITY CHALLENGE	IMPORTANT NOTE
Wake Up Time 05:30 AM	Rise and Shine		<b>MUST DO</b>  <u>Morning Rituals</u> Oil Pulling (20 Mins) + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> <b>HFEN OFWS</b> <b>TONE- TIME</b>	<u>How to get good sleep every night</u> <u>Tip-3</u>  <b>Optimise your sleep environment.Ensure the room is Dark, Cool (ideally around 18-20 degrees Celsius), Well ventilated,Quiet, Comfortable, Reserved for sleep</b>
Morning Cleansing Drink 06:00 AM	MUST	Regular Morning drink (350 to 500 ml) + 1 small tomato		
Eat your Breakfast like King 07:30 to 08:00 AM	FRUITS	Any Raagi made healthy breakfast		
Mid Day Healthy Bite 10:00 to 10:30 AM	MUST	Any one locally available Fruits +2 Almonds + 2 Cashew Nut + 1 Walnut+1 dates/fig/apricot		
Enjoy your Lunch like Prince 12:00 to 12:30 PM	MUST	Any healthy food (equally balanced fibre, protein, carbs, vitamins/minerals) + Bowl of Salad.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	<b>POWER NAP</b> <i>Just for 15 to 20 Minutes between 1 PM to 3 PM</i>	<b>NO RICE or RICE made items DAY</b> <b>2.5 to 3 Litres Water</b> ----- <b>1 Egg</b> <b>1 Apple</b> <b>1 Orange</b> <b>1 Carrot</b> ----- <b>GARGLE your mouth after every meal</b>
Afternoon Power Booster 03:00 PM	MUST	1 Glass of buttermilk with curry leaves and bit of ginger & Green Chilli		
Evening Energiser 05:00 PM	MUST	Fenugreek tea or BLACK COFFEE + 15 Gms of Chickpeas Sundal (Please check food recipes sheet)	<u>Evening Workout</u> <b>HFEN OFWS</b> <b>REGIMENT-2020</b> ----- Shower After Workout	
Have your Dinner like Pauper 07:00 to 08:30 PM	MUST	Any healthy low Calorie Chunky Soup (veg or non veg). Optional - You can have one Roti with soup		
Soothing Drink	20 to 30 mins Before Bed	1 Glass of warm Skimmed milk or whole Milk (150 ml) + pinch of turmeric + few black pepper + pinch of cardamom	<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-2 Challenges (Over 25 BMI) | Wednesday, DAY-3



#### 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 Cod liver capsule for vegetarians?
	A: Flax seed supplements can be taken instead of Cod liver capsule.
3	Q: What is the quantity of soup to be taken?
	A: It is recommended to take 200 - 300 ml of soup for dinner.
4	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
5	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-2 Challenges (Over 25 BMI) | Thursday, DAY-4



SESSIONS	FOOD CHALLENGE	FOOD PLAN	ACTIVITY CHALLENGE	IMPORTANT NOTE
Wake Up Time 05:30 AM	Rise and Shine		<b>MUST DO</b>  <u>Morning Rituals</u> Oil Pulling (20 Mins) + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> <b>HFEN OFWS</b> <b>#mkf_UBWO</b>	<b>How to get good sleep every night</b> <u>Tip-4</u> <b>Go easy on the liquids before bed.A full bladder needs emptying sooner and will disturb your sleep</b>
Morning Cleansing Drink 06:00 AM	MUST	Zeera Water (350 to 500 ml) + 1 small tomato		
Eat your Breakfast like King 07:30 to 08:00 AM	MUST	Raagi/Oats/Millet or any healthy break fast + 1 small piece of Coconut (10 Gms)		
Mid Day Healthy Bite 10:00 to 10:30 AM	MUST	Any one locally available Fruits + 1tsp sesame seeds(black/white)+1tsp pumpkin seeds		
Enjoy your Lunch like Prince 12:00 to 12:30 PM	MUST	Any healthy food (Balanced - fibre, protein, carbs, vitamins/minerals).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	<b>POWER NAP</b> <i>Just for 15 to 20 Minutes between 1 PM to 3 PM</i>	<b>NO RICE or RICE made items DAY</b> <b>2.5 to 3 Litres Water</b> ----- <b>1 Egg</b> <b>1 Apple</b> <b>1 Orange</b> <b>1 Carrot</b> ----- <b>GARGLE your mouth after every meal</b>
Afternoon Power Booster 03:00 PM	MUST	1 Glass of buttermilk with curry leaves and bit of ginger & Green Chilli		
Evening Energiser 05:00 PM	MUST	<b>Green Tea</b> or <b>BLACK COFFEE</b> + any locally available fruits	<u>Evening Workout</u> <b>HFEN OFWS</b> <b>ZKT 2.0</b> ----- Shower After Workout	
Have your Dinner like Pauper 07:00 to 08:30 PM	SOUP	Any Spinach or Chicken Soup (250 ml - 300 ml)		
Soothing Drink	20 to 30 mins Before Bed	1 Glass of warm Skimmed milk or whole Milk (150 ml) + pinch of turmeric + few black pepper + pinch of cardamom	<u>Before Bed Rituals</u> Brush your teeth before Bed ----- Before bed 5 -10 Minutes Meditation	<b>MUST DO</b> <b>8,000 - 10,000 STEPS Per Day</b>
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-2 Challenges (Over 25 BMI) | Thursday, DAY-4



#### 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 Cod liver capsule for vegetarians?
	A: Flax seed supplements can be taken instead of Cod liver capsule.
3	Q: What is the quantity of soup to be taken?
	A: It is recommended to take 200 - 300 ml of soup for dinner.
4	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
5	Q: Can we have Maggi Oats noodles for breakfast?
	A: Try avoiding any packaged food as much as possible as they have added preservatives to it.
6	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-2 Challenges (Over 25 BMI)   Friday, DAY-5				
SESSIONS	FOOD CHALLENGE	FOOD PLAN	ACTIVITY CHALLENGE	IMPORTANT NOTE
Wake Up Time 05:30 AM		Rise and Shine	<b>MUST DO</b>  <u>Morning Rituals</u> Oil Pulling (20 Mins) + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> <b>HFEN OFWS</b> <b>EXCEL PILATES</b>	<b>How to get good sleep every night</b> <u>Tip-5</u> <b>Increase bright light exposure during the day, Natural sunlight or bright light during the day impacts your brain, body, and hormones, helping you stay awake and telling your body when it's time to sleep</b>
Morning Cleansing Drink 06:00 AM	MUST	Ginger Water (350 to 500 ml) + 1 small tomato		
Eat your Breakfast like King 07:30 to 08:00 AM	MUST	Raagi/Oats/Millet or any healthy break fast + 1 small piece of Coconut (10 Gms)		
Mid Day Healthy Bite 10:00 to 10:30 AM	MUST	Any one locally available Fruits + 2 Almonds + 2 Cashew Nut + 1 Walnut+1 dates/fig/apricot		
Enjoy your Lunch like Prince 12:00 to 12:30 PM	MUST	Any healthy food (equally balanced fibre, protein, carbs, vitamins/minerals) + 3 Spoons of low fat 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	<b>POWER NAP</b> <b>Just for 15 to 20 Minutes between 1 PM to 3 PM</b>	<b>NO WHEAT DAY</b> <b>2.5 to 3 Litres Water</b> ----- <b>1 Egg</b> <b>1 Apple</b> <b>1 Orange</b> <b>1 Carrot</b> ----- <b>GARGLE your mouth after every meal</b>
Afternoon Power Booster 03:00 PM	MUST	1 Glass of buttermilk with curry leaves and bit of ginger & Green Chilli		
Evening Energiser 05:00 PM	MUST	<b>Ginseng Root Tea</b> or <b>BLACK COFFEE</b> + 15 Gms of Mung dhal Sundal (Please check food recipes sheet)	<u>Evening Workout</u> <b>HFEN OFWS</b> <b>BEGIN TO BURN or SWEAT ZONE</b> ----- <u>Shower After Workout</u>	
Have your Dinner like Pauper 07:00 to 08:30 PM	MUST	Peanul Salad - Handful of boiled Peanuts, onion, tomato, lime, Ginger, coriander leaves + few pieces of coconut, any herbs & spices		
Soothing Drink	20 to 30 mins Before Bed Drink	1 Glass of warm Skimmed milk or whole Milk (150 ml) + pinch of turmeric + few black pepper + pinch of cardamom	<u>Before Bed Rituals</u> <b>HFEN OFWS</b> <b>UNWIND SOUND-BATH</b> ----- Brush your teeth before Bed	<b>MUST DO</b> <b>8,000 - 10,000 STEPS Per Day</b>
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-2 Challenges (Over 25 BMI) | Friday, DAY-5



#### Frequently Asked Questions

1	Q: Is rice allowed today?
	A: Brown rice can be had ONLY on days when explicitly mentioned in the challenge sheet.
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 we have egg as snack?
	A: Yes, One boiled egg as snack on days egg are allowed
4	Q: What is the substitute for Cod liver capsule for vegetarians?
	A: Flax seed supplements can be taken instead of Cod liver capsule.

HFEN's NEW Healthy Lifestyle Challenge Programme				
Week-2 Challenges (Over 25 BMI)   Saturday, DAY-6				
SESSIONS	FOOD CHALLENGE	FOOD PLAN	ACTIVITY CHALLENGE	IMPORTANT NOTE
Wake Up Time 05:30 AM		Rise and Shine	<b>MUST DO</b>  <u>Morning Rituals</u> Oil Pulling (20 Mins) + 10 count Super Brain Yoga + 10 Mins Pranayama  <u>Morning Workout</u>  <b>HFEN OFWS STRENGTH &amp; CARDIO</b>	<i>How to get good sleep every night</i>  <u>Tip-6</u>  <i>Having plants in your room can have a positive effect on your health.Plants like jasmine, lavender give off a fragrance that has been shown to calm nerves helping to sleep</i>
Morning Cleansing Drink 06:00 AM	MUST	Regular Morning drink (350 to 500 ml) + 1 small tomato		
Eat your Breakfast like King 07:30 to 08:00 AM	MUST	Any healthy food (Wheat or oats or millet or wheatabix or oats bran, etc.) + 1 small piece of Coconut (10 Gms)		
Mid Day Healthy Bite 10:00 to 10:30 AM	MUST	Any one locally available Fruits + Any one locally available Fruits + 1tsp sesame seeds(black/white)+1tsp sunflower seeds		
Enjoy your Lunch like Prince 12:00 to 12:30 PM	MUST	Any healthy food (equally balanced fibre, protein, carbs, vitamins/minerals) + bowl of salad. Eat your lunch in banana leaf if possible.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	<b>POWER NAP</b> <i>Just for 15 to 20 Minutes between 1 PM to 3 PM</i>	<b>NO RICE or RICE made items DAY</b> <b>2.5 to 3 Litres Water</b> ----- <b>1 Egg</b> <b>1 Apple</b> <b>1 Orange</b> <b>1 Carrot</b> ----- <b>GARGLE your mouth after every meal</b>
Afternoon Power Booster 03:00 PM	MUST	1 Glass of buttermilk with curry leaves and bit of ginger & Green Chilli		
Evening Energiser 05:00 PM	MUST	<b>Green Tea</b> or <b>BLACK COFFEE</b> + any locally available fruits	<u>Evening Workout</u> <b>Brisk Walk or Jog or Run for 60 Minutes</b> ----- <b>Shower After Workout</b>	
Have your Dinner like Pauper 07:00 to 08:30 PM	MUST	Any healthy low Calorie Chunky Soup (veg or non veg). Optional - You can have one Roti with soup		
Soothing Drink	20 to 30 mins Before Bed Drink	1 Glass of warm Skimmed milk or whole Milk (150 ml) + pinch of turmeric + few black pepper + pinch of cardamom	<u>Before Bed Rituals</u> Brush your teeth before Bed ----- Before bed 5 -10 Minutes Meditation	<b>MUST DO</b> <b>8,000 - 10,000 STEPS Per Day</b>
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-2 Challenges (Over 25 BMI) | Saturday, DAY-6



#### 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 quantity of soup to be taken?
	A: It is recommended to take 200 - 300 ml of soup for dinner.
3	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



## HFEN's NEW Healthy Lifestyle Challenge Programme

### Week-2 Challenges (Over 25 BMI) | Sunday, DAY-7



SESSIONS	FOOD CHALLENGE	FOOD PLAN	ACTIVITY CHALLENGE	IMPORTANT NOTE
Wake Up Time 05:30 AM	Rise and Shine		<b>MUST DO</b>  <u>Morning Rituals</u> Oil Pulling (20 Mins) + 10 count Super Brain Yoga + 10 Mins Pranayama  <u>Morning Workout</u>  <b>HFEN OFWS</b> <b>FIND YOUR BALANCE</b>	<b>How to get good sleep every night</b>  <u>Tip-7</u>  <b>Don't go to bed immediately after watching television or computer or mobile phone, the light emitted from screens suppresses the release of melatonin, a hormone which helps sleep</b>
Morning Cleansing Drink 06:00 AM	MUST	Fenugreek Water (350 to 500 ml) + 1 small tomato		
Eat your Breakfast like King 07:30 to 08:00 AM	MUST	Any healthy food + 1 small piece of Coconut (10 Gms)		
Mid Day Healthy Bite 10:00 to 10:30 AM	MUST	Any one locally available Fruits + Any one locally available Fruits + 1tsp sesame seeds(black/white)+1tsp pumpkin seeds		
Enjoy your Lunch like Prince 12:00 to 12:30 PM	MUST	Any healthy food (equally balanced fibre, protein, carbs, vitamins/minerals).Eat your lunch in banana leaf if possible.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	<b>POWER NAP</b> <i>Just for 15 to 20 Minutes between 1 PM to 3 PM</i>	<b>NO RICE or RICE made items DAY</b> <b>2.5 to 3 Litres Water</b> ----- <b>1 Egg</b> <b>1 Apple</b> <b>1 Orange</b> <b>1 Carrot</b> ----- <b>GARGLE your mouth after every meal</b>
Afternoon Power Booster 03:00 PM	MUST	1 Glass of buttermilk with curry leaves and bit of ginger & Green Chilli		
Evening Energiser 05:00 PM	MUST	Fenugreek Tea or BLACK COFFEE + 15 Gms of Chickpeas Sundal (Please check food recipes sheet)	<u>Evening Workout</u> <b>HFEN OFWS</b> <b>TONE TIME</b> ----- Shower After Workout	
Have your Dinner like Pauper 07:00 to 08:30 PM	MUST	Any healthy low Calorie Chunky Soup (veg or non veg). Optional - You can have one Roti with soup		
Soothing Drink	20 to 30 mins Before Bed Drink	1 Glass of warm Skimmed milk or whole Milk (150 ml) + pinch of turmeric + few black pepper + pinch of cardamom	<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-2 Challenges (Over 25 BMI) | Sunday, DAY-7



#### 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 quantity of soup to be taken?

A: It is recommended to take 200 - 300 ml of soup for dinner.

3

Q: Can we have egg as snack?

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

4

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





## HFEN's NEW Healthy Lifestyle Challenge Programme

### Week-2 Challenges (Over 25 BMI)



DAYS	HFEN Morning Cleansing Drinks Recipe
MONDAY	<p><u><b>Regular Morning Drink</b></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>
TUESDAY	<p><u><b>Ginger Water</b></u></p> <p>Boil the water with the 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>
WEDNESDAY	<p><u><b>Regular Morning Drink</b></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>
THURSDAY	<p><u><b>Zeera Water</b></u></p> <p>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>
FRIDAY	<p><u><b>Ginger Water</b></u></p> <p>Boil the water with the 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>
SATURDAY	<p><u><b>Regular Morning Drink</b></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>
SUNDAY	<p><u><b>Fenugreek Water</b></u></p> <p>Boil 350 ml-500 ml of water with 2 small tea spoon of Fenugreek. Later once the water temperature has come down to lukewarm water temperature, mix with a bit of honey (manuka Honey), a bit of turmeric powder, a bit of cinnamon powder and lime or lemon juice + pinch of black pepper</p>



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### Food Recipes

Ragi Dosa	<a href="https://www.indianhealthyrecipes.com/ragi-dosa-recipe/">https://www.indianhealthyrecipes.com/ragi-dosa-recipe/</a>
Ragi Upma	<a href="https://www.indianhealthyrecipes.com/ragi-rava-upma-recipe/">https://www.indianhealthyrecipes.com/ragi-rava-upma-recipe/</a>
Ragi Porridge	<a href="https://recipes.timesofindia.com/recipes/ragi-porridge/rs68685771.cms">https://recipes.timesofindia.com/recipes/ragi-porridge/rs68685771.cms</a>
Sundal Recipes	<a href="https://www.vangasamaikalam.com/search?q=sundal">https://www.vangasamaikalam.com/search?q=sundal</a>
Ragi Idli	<a href="https://veggibites.blogspot.com/2016/02/ragi-idli.html">https://veggibites.blogspot.com/2016/02/ragi-idli.html</a>
Millet Upma	<a href="https://www.saffrontrail.com/thinai-recipe-panivaragu-upma-millet-upma/">https://www.saffrontrail.com/thinai-recipe-panivaragu-upma-millet-upma/</a>
Millet Pongal	<a href="https://rakskitchen.net/samai-pongali-little-millet-pongali-recipe/">https://rakskitchen.net/samai-pongali-little-millet-pongali-recipe/</a>
Millet Porridge	<a href="https://fountainavenuekitchen.com/millet-breakfast-porridge/">https://fountainavenuekitchen.com/millet-breakfast-porridge/</a>
Oats Porridge	<a href="https://www.bbcgoodfood.com/howto/guide/how-make-porridge-best-breakfast-ever">https://www.bbcgoodfood.com/howto/guide/how-make-porridge-best-breakfast-ever</a>
Oats Upma	<a href="https://www.indianhealthyrecipes.com/oats-upma/">https://www.indianhealthyrecipes.com/oats-upma/</a>
Masala Oats	<a href="https://www.indianhealthyrecipes.com/masala-oats-recipe/">https://www.indianhealthyrecipes.com/masala-oats-recipe/</a>
Multigrain Millet Porridge	<a href="https://www.mylittlemoppet.com/multigrain-millet-porridge-recipe/">https://www.mylittlemoppet.com/multigrain-millet-porridge-recipe/</a>
Vegetable Soups	<a href="https://www.bbcgoodfood.com/recipes/collection/vegetable-soup">https://www.bbcgoodfood.com/recipes/collection/vegetable-soup</a>
Drumstick (Moringa) Leaves Soup Recipe	<a href="https://recipes.timesofindia.com/recipes/drumstick-leaves-soup/rs60074011.cms">https://recipes.timesofindia.com/recipes/drumstick-leaves-soup/rs60074011.cms</a>
Moringa Leaves	<a href="https://www.virundhombal.com/2017/01/drumstick-leaves-thuvaram.html">https://www.virundhombal.com/2017/01/drumstick-leaves-thuvaram.html</a>
	<a href="https://www.huffingtonpost.in/nandita-iyer/14-ways-to-cook-and-eat-drumstick-moringa-leaves_a_21441257/?guccounter=1&amp;guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xILmNvbS8&amp;guce_referrer_sig=AQAAAI0s_wPVAHtcYncpLpLP2E52BdCFX9yGATSNmBWuHX1JYG3bpDAsOm9h_AtqSr9UEIxzngDOKLmEIWz5oTP_NiQl6SggGGjJJ33CYQJPrj2iPX8JRWKXPDOkVLZu9tOKba8zMVWLL-vmT6bWPAiuM4eCDF1iovxAvAT7xTRa0GD">https://www.huffingtonpost.in/nandita-iyer/14-ways-to-cook-and-eat-drumstick-moringa-leaves_a_21441257/?guccounter=1&amp;guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xILmNvbS8&amp;guce_referrer_sig=AQAAAI0s_wPVAHtcYncpLpLP2E52BdCFX9yGATSNmBWuHX1JYG3bpDAsOm9h_AtqSr9UEIxzngDOKLmEIWz5oTP_NiQl6SggGGjJJ33CYQJPrj2iPX8JRWKXPDOkVLZu9tOKba8zMVWLL-vmT6bWPAiuM4eCDF1iovxAvAT7xTRa0GD</a>