



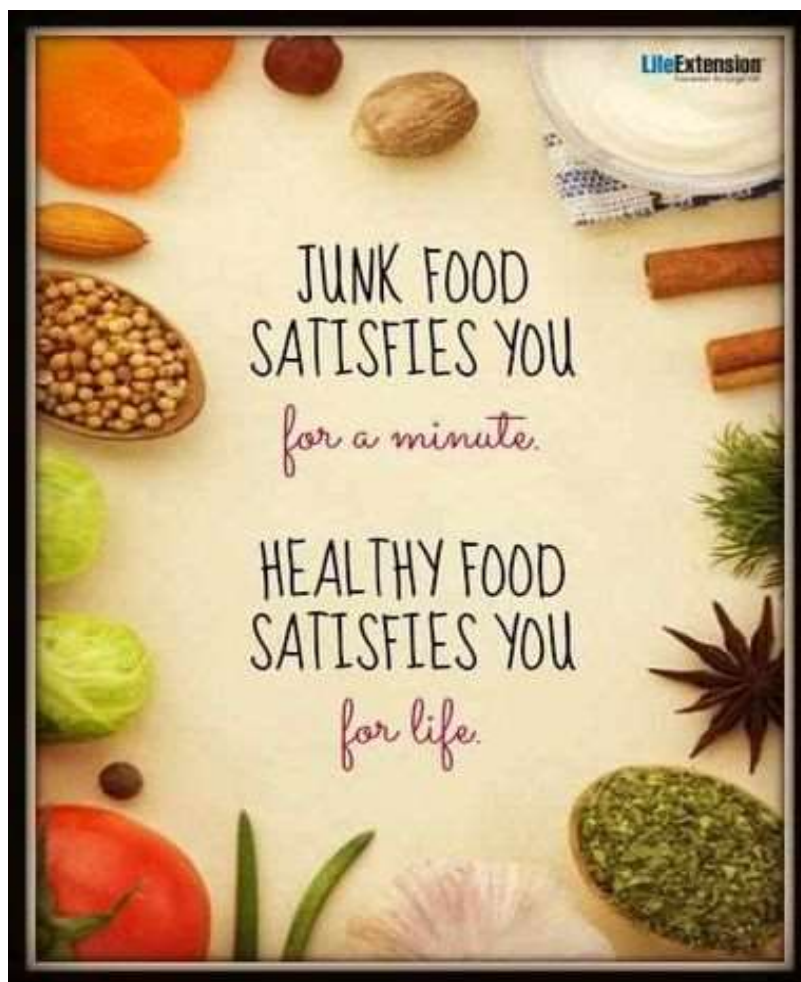
HFEN's NEW Healthy Lifestyle Challenge Programme—Just 60 days



OVER 25
BMI

Week-6 Challenge

OVER 25
BMI





HFEN's NEW Healthy Lifestyle Challenge Programme

Week-6 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-6 Challenges (Over 25 BMI) | Monday DAY-36



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 1 Millet is a gluten-free grain, making it a viable choice for people following a gluten-free diet. Jowar is a millet type that leaves a cooling effect on your body. This grain is can offer you nutrients including iron, magnesium, copper and vitamin B1. However needs to be had in moderation.</i>
<i>Morning Cleansing Drink</i> 06:00 AM	MUST	Fresh Thulasi Leaves (7 - 10 counts) or Curry Leaves + 1 Amla + Regular Recommended Morning Drink without honey (350 ml-500 ml)	<u>Morning Rituals</u> Oil Pulling (10 Mins) 5 Mins Steaming + Exercise to increase Immunity (Pls check the shared video clip) + 10 count Super Brain Yoga + 10 Mins Pranayama	
<i>Breakfast</i> 07:30 to 08:00 AM	MUST	NO Breakfast (Drink Water) & 1 Green Tea		
<i>Morning Snack</i> 10:00 to 10:30 AM	MUST	NO Morning Snack (Drink Water) & 1 Green Tea or 1 Black Coffee	<u>Morning Workout</u> HFEN OFWS POWER PACK TABATA	
<i>Before Lunch</i> 12:00 PM	MUST	1 Dates + 1 dried figs + 1 Prunes + a small bowl of mixed locally available fruits		
<i>Enjoy your Lunch like Prince</i> 12:00 to 12:30 PM	MUST	Raagi Ball (made of raagi + Brown rice) + Subjee made of Spinach & Cabbabge + After 10 to 15 mins of Lunch have 100 ml of warm or bit hot Zeera Water		
<i>Nutrition AddOns</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>	INTERMITTENT FAST DAY ----- 2.5 to 3 Litres Water ----- 1 small spoon of Ghee -----
<i>Afternoon Power Booster</i> 03:00 PM	MUST	1 Glass (150 - 200 ml) of Tender Coconut Water + Nuts (2 Almonds + 1 Walnut + 1 Brazil Nut + 1 Pistachio + 4 Rasins + 1 Cashew nut) + One spoon of mixed Healthy seeds (Sunflower, pumpkin, sesame)		1 Egg, 1 Apple or Guava, 1 Orange, 1 Carrot, 1 tomato, 1 small banana -----
<i>Evening Energiser</i> 05:00 PM	MUST	20 to 25 gms of Sprouted moong Salad (Can add any herbs & spices, bit of onion, bit of ginger, salt, lemon juice, bit of cut mango, coriander leaves etc) + Green Tea or Black Coffee	<u>Evening Workout</u> ZKT 2.0	1 Glass Coconut Water -----
<i>Have your Dinner like Pauper</i> 07:00 to 08:30 PM	MUST	Any healthy food (high in Protein & Very low in Carbs) not more than 250 calories Options: NV - Grilled Chicken or Turkey Breast or fish + Vegetables V - Wheat Roti + Soya chunks or Tofu or Quorn or Egg [NO RICE] + After 10 to 15 mins of Dinner have 100 ml of warm or bit hot Zeera Water		GARGLE your mouth after every meal
<i>Soothing Drink</i>	20 to 30 mins Before Bed Drink	Glass of warm Almond or Soy Milk (100-150 ml) + Turmeric Powder + Little bit of Jaggery	<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 beautiful day and sleep peacefully like an angel.		



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-6 Challenges (Over 25 BMI) | Monday, DAY-36



Frequently Asked Questions

1

Q: Can I add honey or jaggery to coffee or green tea?

A: It is good to have coffee without any sweetener

2

Q: Can we have coconut water in the evening during workout?

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



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-6 Challenges (Over 25 BMI) | Tuesday, DAY-37



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>Morning Cleansing Drink</i> 06:00 AM	MUST	Fresh Neem leaves (3 - 4 counts) (search for the young neem leaves from the tail) + 1 small Amla + Coriander Water (350 ml-500 ml)	<u>Morning Rituals</u> Oil Pulling (10 Mins) 5 Mins Steaming + Exercise to increase Immunity (Pls check the shared video clip) + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> HFEN OFWS SCULPT & SHAPE	<i>Did you know?- Series 2 Kalachana contains both soluble and insoluble fiber and a good source of protein for vegan and vegetarians. It is also an amazing source of Vitamin B6 and zinc, which play a crucial role in stronger hair growth.</i>
<i>Eat your Breakfast like King</i> 07:30 to 08:00 AM	MUST	Steamed Mixed Vegetables with Coriander leaves + Green Chilli Chutney		
<i>Mid Day Healthy Bite</i> 10:00 to 10:30 AM	MUST	Green Tea with a bit of Ginger & Lemon Juice		
<i>Enjoy your Lunch like Prince</i> 12:00 to 12:30 PM	MUST	Fresh salad made of Red or White Cabbage +Carrot+ Tomato+ Cucumber+Red Onion+Beetroot+ Olives+ Green Chilli+ Capsicum+ Cut pieces of Coconut + Coriander leaves + Lemon Juice		
<i>Nutrition AddOns</i> 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>ONLY VEGETABLE DAY</i> ----- <i>2.5 to 3 Litres Water</i> -----
<i>Afternoon Power Booster</i> 03:00 PM	MUST	1 Glass (150 - 200 ml) of Tender Coconut Water		<i>1 Glass Coconut Water</i> -----
<i>Evening Energiser</i> 05:00 PM	MUST	1 Glass of Smoothie made of Carrot + Ginger + Lemon (no fruits)	<u>Evening Workout</u> HFEN OFWS SWEAT ZONE ----- Shower After Workout	<i>GARGLE your mouth after every meal</i>
<i>Have your Dinner like Pauper</i> 07:00 to 08:30 PM	MUST	Steamed Mixed Vegetables with Mint leaves + Tomato Chutney		
<i>Soothing Drink</i>	20 to 30 mins Before Bed Drink	Fat Burning Drink (150 ml)	<u>Before Bed Rituals</u> 5 Mins Steaming + 5 Mins Turmeric Herbal Smoking Brush your teeth before Bed 5 -10 Mins Meditation	<i>MUST DO</i> <i>10,000 STEPS Today</i>
<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-6 Challenges (Over 25 BMI) | Tuesday, DAY-37



Frequently Asked Questions

1

Q: Can I add honey or jaggery to coffee or green tea?

A: It is good to have coffee without any sweetener

2

Q: Can we have coconut water in the evening during workout?

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



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-6 Challenges (Over 25 BMI) | Wednesday, DAY-38



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 + Exercise to increase Immunity (Pls check the shared video clip) + 10 count Super Brain Yoga + 10 Mins Pranayama <u>Morning Workout</u> HFEN OFWS TONE TIME	Did you know?- Series 3 Fenugreek leaves are acclaimed worldwide for the cure of arthritis. If fenugreek leaves are consumed twice daily, it flushes out all the waste from the body and also cleanses the intestines. Leaves, as well as seeds, are a rich source of dietary fiber and also protein content is high in them.
Morning Cleansing Drink 06:00 AM	MUST	Fresh Thulsi Leaves (7 - 10 counts) or Curry Leaves + 1 Amla + Fenugreek Water (350 ml-500 ml)		
Breakfast 07:30 to 08:00 AM	MUST	NO Breakfast (Drink Water) & 1 Green Tea		
Morning Snack 10:00 to 10:30 AM	MUST	NO Morning Snack (Drink Water) & 1 Green Tea or 1 Black Coffee		
Before Lunch 12:00 PM	MUST	1 Dates + 1 dried figs + 1 Prunes + a small bowl of mixed locally available fruits		
Enjoy your Lunch like Prince 12:00 to 12:30 PM	MUST	Wheat + Raagi + Jowar Ball (made of raagi + Brown rice) + Subjee made of Tomato, Spinach, Garlic & Ginger + After 10 to 15 mins of Lunch have 100 ml of warm or bit hot Zeera Water	POWER NAP Just for 15 to 20 Minutes between 1 PM to 3 PM	INTERMITTENT FAST DAY ----- 2.5 to 3 Litres Water ----- 1 small spoon of Ghee ----- 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
Nutrition AddOns 01:00 PM	MUST	1 Multivitamin tablet + 1 Codliver Oil Capsule		
Afternoon Power Booster 03:00 PM	MUST	1 Glass (150 - 200 ml) of Tender Coconut Water + Nuts (2 Almonds + 1 Walnut + 1 Brazil Nut + 1 Pistachio + 4 Rasins + 1 Cashew nut) + One spoon of mixed Healthy seeds (Sunflower, pumpkin, sesame)		
Evening Energiser 05:00 PM	MUST	20 to 25 gms of Sprouted Chick Peas Salad (Can add any herbs & spices, bit of onion, bit of ginger, salt, lemon juice, bit of cut mango, coriander leaves etc) + Green Tea or Black Coffee	<u>Evening Workout</u> REGIMENT 2020	
Have your Dinner like Pauper 07:00 to 08:30 PM	MUST	Any healthy food (high in Protein & Very low in Carbs) not more than 250 calories Options: NV - Grilled Chicken or Turkey Breast or fish + Vegetables V - Wheat Roti + Soya chunks or Tofu or Quorn or Egg [NO RICE] + After 10 to 15 mins of Dinner have 100 ml of warm or bit hot Zeera Water		
Soothing Drink	20 to 30 mins Before Bed Drink	Glass of warm Almond or Soy Milk (100-150 ml) + Turmeric Powder + Little bit of Jaggery	<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-6 Challenges (Over 25 BMI) | Wednesday, DAY-38



Frequently Asked Questions

1

Q: Can I add honey or jaggery to coffee or green tea?

A: It is good to have coffee without any sweetner



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-6 Challenges (Over 25 BMI) | Thursday, DAY-39



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 + Exercise to increase Immunity (Pls check the shared video clip) + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> HFEN OFWS #mkf_UBWO	<i>Did you know?- Series 4</i> <i>The exposure to pollutants, preservatives and pesticides has taken the average toxin consumption by human beings to an all-time high. These toxins get stored in tissues and cells of our bodies and manifest in harmful health effects.By detoxing your body you help the vital organs cleanse themselves of the toxins, and enable the liver to function appropriately in excreting them.</i>
Morning Cleansing Drink 06:00 AM	MUST	Mint Water (350 ml-500 ml)+ Fresh curry leaves (7 - 10 counts) + 1 small tomato		
Eat your Breakfast like King 07:30 to 08:00 AM	MUST	ONLY Fruits (Any healthy locally available fruits) + after breakfast have 100 ml of warm water.		
Mid Day Healthy Bite 10:00 to 10:30 AM	MUST	A glass of Pomegranate Juice or Orange Juice		
Enjoy your Lunch like Prince 12:00 to 12:30 PM	MUST	All session ONLY Fruits (Any healthy locally available fruits) + after lunch have 100 ml of warm water.		
Nutrition AddOns 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>ONLY FRUITS DAY</i> ----- <i>Drink ONLY detox water Normal water can be taken once detox water is finished</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 ----- 1 Banana - (RED or YELLOW)
Afternoon Power Booster 03:00 PM	MUST	ONLY Fruits (Any healthy locally available fruits)		
Evening Energiser 05:00 PM	MUST	Detox Water (If you have severe headache then try having a cup ofGreen tea)	<u>Evening Workout</u> HFEN OFWS ZKT2.0 ----- Shower After Workout	
Have your Dinner like Pauper 07:00 to 08:30 PM	SOUP	ONLY Fruits (Any healthy locally available fruits) or 1 mixed fruits Smoothy - <u>NO Citrous fruits</u> + after Dinner have 100 ml of warm water.		
Soothing Drink	20 to 30 mins Before Bed	150 ml of Ginger + Cinnamon Warm Water + bit of lemon juice with no honey	<u>Before Bed Rituals</u> 5 Mins Steaming 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-6 Challenges (Over 25 BMI) | Thursday, DAY-39



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 the previous day challenge again.



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-6 Challenges (Over 25 BMI) | Friday, DAY-40



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) Exercise to increase Immunity (Pls check the shared video clip) + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u> HFEN OFWS EXCEL PILATES	Did you know?- Series 5 Bottlegourd is loaded with essential nutrients which provides numerous health and beauty benefits. A high level of water in the bottle gourd keeps our skin well moisturized and hydrated, and thus makes it soft and supple. Antioxidants in bottle gourd enhance the production of collagen and maintain skin elasticity.
Morning Cleansing Drink 06:00 AM	MUST	Ginger Water (350 ml-500 ml)+ Fresh curry leaves (7 - 10 counts) + 1 small tomato		
Eat your Breakfast like King 07:30 to 08:00 AM	MUST	Millet Breakfast + Must have 1 small spoon of FLAX SEEDS + 5-10 gms of Coconut + after breakfast have 100 ml of warm water.		
Mid Day Healthy Bite 10:00 to 10:30 AM	MUST	Any locally available Fruits + 1 Dates/Fig/Walnut/Brazilnut + 1 Almond + 1 Pistachio + Sunflower & Sesame Seeds one small spoon+Green tea		
Enjoy your Lunch like Prince 12:00 to 12:30 PM	MUST	Any healthy food (equally balanced fibre, protein, carbs, vitamins/minerals) (veg or non veg) + 1 small bowl of steamed Moringa leaves or Spinach (no salt) (NO WHEAT) + after Lunch have 100 ml of warm water.		
Nutrition AddOns 01:00 PM	MUST	1 Multivitamin tablet + 1 Codliver Oil Capsule	<u>POWER NAP</u> Just for 15 to 20 Minutes between 1 PM to 3 PM	NO WHEAT DAY MILLET BREAKFAST SPINACH LUNCH DAY ----- 2.5 to 3 Litres Water -----
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	A glass of Carrot Juice + bit of Ginger mixed	<u>Evening Workout</u> HFEN OFWS SWEAT ZONE ----- Shower After Workout	1 Apple or Guava, 1 Orange, 1 Carrot, 1 tomato, 1 small banana ----- 1 Glass Coconut Water ----- GARGLE your mouth after every meal
Have your Dinner like Pauper 07:00 to 08:30 PM	MUST	Any healthy low calorie dinner + after Dinner have 100 ml of warm water.		
Soothing Drink	20 to 30 mins Before Bed	1 Glass of warm Skimmed milk, if it's not available then you can have whole Milk (150 ml) + pinch of turmeric + few black pepper + pinch of cardamom + bit of Jaggery + 1 chopped Garlic	<u>Before Bed Rituals</u> 5 Mins Steamin 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 wonderful day and sleep peacefully like an angel.			



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-6 Challenges (Over 25 BMI) | Friday, DAY-40



Frequently Asked Questions

1

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

2

Q: Can we have coconut water in the evening during workout?

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



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-6 Challenges (Over 25 BMI) | Saturday, DAY-41



SESSIONS	FOOD CHALLENGE	FOOD PLAN	ACTIVITY CHALLENGE	IMPORTANT NOTE
<i>Wake Up Time</i> 05:30 AM		Rise and Shine	MUST DO	
<i>Morning Cleansing Drink</i> 06:00 AM	MUST	Fig Water (350 ml-500 ml)+ Fresh curry leaves (7 - 10 counts) + 1 small tomato	<u>Morning Rituals</u> Oil Pulling (10 Mins) Exercise to increase Immunity (Pls check the shared video clip) + 10 count Super Brain Yoga + 10 Mins Pranayama ----- <u>Morning Workout</u>	<i>Did you know?- Series 6</i> <i>Black eyed beans are highly nutritious,rich in fiber and protein, which make them an excellent energy source.They are rich in antioxidants.Black eyed peas are rich in soluble and insoluble fiber, which helps the body with weight management.</i>
<i>Eat your Breakfast like King</i> 07:30 to 08:00 AM	MUST	Mixed vegetables Chunky Soup with Soya Chunks + Must have 1 small spoon of FLAX SEEDS/Flax Seed Powder + 5-10 gms of Coconut + after breakfast have 100 ml of warm water.	HFEN OFWS STRENGTH & CARDIO	
<i>Mid Day Healthy Bite</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		
<i>Enjoy your Lunch like Prince</i> 12:00 to 12:30 PM	MUST	Any Mixed lentils Soup with Carrot & Peas Chunks (300 -350ml) + after Lunch have 100 ml of warm water.		
<i>Nutrition AddOns</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>	SOUP 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 Power Booster</i> 03:00 PM	MUST	Any healthy snack (green tea, coffee, Fruits (200 gm))		
<i>Evening Energiser</i> 05:00 PM	MUST	1 Glass of any healthy mixed Fruits Smoothie	<u>Evening Workout</u> HFEN OFWS REST Whole Body Massage & take a good BATH	
<i>Have your Dinner like Pauper</i> 07:00 to 08:30 PM	MUST	Cabbage chunky soup veg with Egg or one spoon of any beans (250 ml) + after Dinner have 100 ml of warm water.		
<i>Soothing Drink</i>	20 to 30 mins Before Bed	1 Glass of warm Skimmed milk, if it's not available then you can have whole Milk (150 ml) + pinch of turmeric + few black pepper + pinch of cardamom + bit of Jaggery + 1 chopped Garlic	<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
<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-6 Challenges (Over 25 BMI) | Saturday, DAY-41



Frequently Asked Questions

1	Q: Can we use moringa powder to make soup if we don't get fresh drumstick leaves?
	A: It is recommended to use fresh drumstick leaves to make the soup, you can use homemade drumstick leaves powder for soup if you don't get fresh ones
2	Q: Can we use ready to make soup available in market?
	A: Strictly NO, please take fresh home made soups.
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
4	Q: Can we have coconut water in the evening during workout?
	A: It is recommended to have coconut water before sunset.



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-6 Challenges (Over 25 BMI) | Sunday, DAY-42



SESSIONS	FOOD CHALLENGE	FOOD PLAN	ACTIVITY CHALLENGE	IMPORTANT NOTE
<i>Wake Up Time</i> 05:30 AM		Rise and Shine	MUST DO <u><i>Morning Rituals</i></u> Oil Pulling (10 Mins) 5 Mins Steaming + Exercise to increase Immunity (Pls check the shared video clip) + 10 count Super Brain Yoga + 10 Mins Pranayama <u>Morning Workout</u>	<i>'Let food be thy medicine and medicine be thy food'</i> HEALTHY FOOD CARNIVAL DAY (Please wait for more communication)
<i>Morning Cleansing Drink</i> 06:00 AM	MUST	Aloe Vera (Sugar Free) water (350 ml-500 ml) + Fresh curry leaves (7 - 10 counts) + 1 small tomato		
<i>Eat your Breakfast like King</i> 07:30 to 08:00 AM	MUST	Idli/Dosa with Coconut Chutney & Sambar or Poha/Roti with any Subjee + 1 small spoon of FLAX SEED powder		
<i>Mid Day Healthy Bite</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 + 1 Green Tea		
<i>Enjoy your Lunch like Prince</i> 12:00 to 12:30 PM	FEAST DAY	Veg or Non Veg Biryani + anyone dessert + After lunch have 100 ml of warm Zeera water.	HFEN OFWS FIND YOUR BALANCE	
<i>Nutrition AddOns</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>	FEAST 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 -----
<i>Afternoon Power Booster</i> 03:00 PM	MUST	1 Glass of buttermilk with curry leaves and bit of ginger & Green Chilli		GARGLE your mouth after every meal
<i>Evening Energiser</i> 05:00 PM	MUST	Green tea or black coffee + one handful of boiled peanut (no salt)	<u>Evening Workout</u> HFEN OFWS TONE TIME ----- Shower After Workout	
<i>Have your Dinner like Pauper</i> 07:00 to 08:30 PM	MUST	Low calorie Chunky Cabbage or mixed Veg Soup (NO NON VEG) + after dinner have 100 ml of warm water.		
<i>Soothing Drink</i>	20 to 30 mins Before Bed Drink	Fat Burning Drink (150 ml)	<u><i>Before Bed Rituals</i></u> 5 Mins Steaming Brush your teeth before Bed 5 -10 Mins Meditation	MUST DO 15,000 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-6 Challenges (Over 25 BMI) | Sunday, DAY-42



Frequently Asked Questions

1	Q: Can I add honey or jaggery to coffee or green tea?
	A: It is good to have coffee without any sweetner
2	Q: If it must to do 15000 Steps today?
	A: Yes, it is mandatory to do 15000 Steps to enjoy the feast today.



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-6 Challenges (Over 25 BMI)



DAYS	HFEN Morning Drinks Recipe
MONDAY	<p><u>Regular Morning Drink (without Honey)</u></p> <p>Boil the water with a bit of turmeric powder and few cut pieces of lime or lemon, filter it and have it once the water temperature has come down to lukewarm water temperature.</p>
TUESDAY	<p><u>Coriander Water</u></p> <p>Boil the water with Coriander 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), a bit of turmeric powder and lime or lemon juice</p>
WEDNESDAY	<p><u>Fenugreek Water</u></p> <p>Soak the water with a bit of turmeric powder, spoon of fenugreek and few cut pieces of lime or lemon over night. Boil that water in the morning and filter it and have it once the water temperature has come down to lukewarm water temperature.</p>
THURSDAY	<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>
FRIDAY	<p><u>Ginger Water</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>Fig Water</u></p> <p>Cut 2 or 3 dry figs into small pieces and soak it in a 350 to 500 ml of water and leave it overnight. Next day morning filter it and just drink the water.</p>
SUNDAY	<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>



HFEN's NEW Healthy Lifestyle Challenge Programme

Week-6 Challenges (Over 25 BMI)



DAYS	HFEN Before Bed Fat Burning Drinks Recipe
Day 37 & 42	<p><u>Fat Burning Drink (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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Week-6 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 Wednesday Evening, refrigerate overnight. Bring it to room temperature before you use it on Thursday
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/