<table>
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<th>Week 4</th>
<th>Eat a Rainbow</th>
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| Day 1  | - Munch on any two fruits in the mid-morning or as a tea-time snack. Remember to have a whole fruit instead of juice.  
- Interval walking for 20 minutes (2 minutes of fast walking followed by 1 minute of slow walking or vice a versa.) Add a quick cool down session which will include breathing and stretching exercises for 5-10 minutes. |
| Day 2  | - Carry three fruits of different colours – You have a variety to choose from; it can be an orange/pear/strawberries/sweet lime/pineapple/papaya/kiwi/guava. Have one for breakfast and one for mid-morning and one for tea-time snack.  
- Workout harder: Interval walking for 20 minutes (2 minutes of fast walking followed by 1 minute of slow walking or vice a versa) followed by 10-20 repetitions of squats in two sets, plank hold for 10 seconds to 1 minute in two sets and 5-10 minutes of breathing and stretching exercises. Rest for 30 seconds to 2 minutes in between the two sets. |
| Day 3  | - Grab a veggie salad for lunch and dinner.  
- Go out for Interval walking for 20 minutes (2 minutes of fast walking followed by 1 minute of slow walking or vice a versa.) Add a cool down of 5-10 minutes to your routine. |
| Day 4  | - Add smoothies (mixed vegetables or fruits) in your menu.  
- Say goodbye to fat: Start with 20 minutes of interval walking (2 minutes of fast walking followed by 1 minute of slow walking or vice a versa) add two sets of squats (10-20 repetitions) and plank hold (10 seconds to 1 minute) followed by 5-10 minutes of cool down. Rest for 30 seconds to 2 minutes in between the two sets. |
| Day 5  | - Go green: Eat only what is green, it could be any one of these - Kiwi, pear, guava, green apple, avocados, spinach, fenugreek, broccoli, celery, lettuce, zucchini.  
- Add 20 minutes of interval walking (2 minutes of fast walking followed by 1 minute of slow walking or vice a versa) followed by 5-10 minutes of breathing and stretching exercises. |
| Day 6  | - Go nut crazy: Stack your jars with all the colorful berries, nuts, dry fruits one day before and munch on them in between your major meals. Avoid having too much of cashews.  
- Start with 20 minutes of interval walking (2 minutes of fast walking followed by 1 minute of slow walking or vice a versa) add two sets of squats (10-20 repetitions) and plank hold (10 seconds to 1 minute) followed by 5-10 minutes of cool down. Rest for 30 seconds to 2 minutes in between the two sets. |
| Day 7  | - Treat your palate with anti-oxidant rich colourful fruit custard/ a three-fruit yoghurt shake/ strawberry-watermelon slushy/bell-pepper soup/ black grape smoothie or anything which is made up of fresh fruits and vegetables and is healthy.  
- Relax down your muscles as it’s a no exercise day. |