

RAMADAN DIET - DETOXIFY YOUR BODY

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FAT LOSS / MUSCLE MAINTENANCE DIET PLAN

Ramadan is not the ideal period for Muscle Building or Fat Loss but the extended hours of fasting can result in losing weight and even muscles. After 10 – 12 hours of fasting, glycogen gets depleted and hence body depends on existing fat source as fuel. This is how body burns fat resulting in losing weight. During Ramadan fasting window is a longer period and considering sleeping hours for 6 hours, the eating period is very less. Hence, those who are fasting should strategically utilize this eating time period to supply proper nutrients to fuel and detoxify your body.

MEAL TIME	FOODS	FRUITS	VEGGIES	DRINKS
FAST BREAKING BEFORE NAMAZ	DATES (3 OR 4)	1/2 BOWL OF MIXED FRUITS		1 SCOOP WHEY PROTEIN MIXED WITH WATER + 1 GLASS WATER
IFTAR AFTER NAMAZ	2 WHOLE WHEAT CHAPPATI + CHICKEN CURRY (5- 6 BONELESSPIECES) (PREPARED IN COCONUT OIL)	1 BANANA	VEG SALAD	FRUIT JUICE OR WATER
PRE WORKOUT/ DURING WORKOUT				BCCA OR COCONUT WATER
POST WORKOUT		1 BANANA		1 SCOOP WHEY PROTEIN MIXED WITH WATER + 500 ML WATER
DINNER	(BROWN RICE OR SWEET POTATO OR WHOLE WHEAT CHAPPATI) + (FISH CURRY OR CHICKEN CURRY OR EGG CURRY) (PREPARED IN COCONUT OIL)		VEG SALAD	1 GLASS WATER
BEFORE BED	10- 15 ALMONDS OR WALNUTS			1 GLASS LOW FAT BOILED MILK
SUHOOR	OPTION 1 (OATMEAL + 1 SCOOP MIX OF WHEY PROTEIN/ CASEIN PROTEIN) OR 2 SLICE BROWN BREAD OR 2 WHOLE WHEAT CHAPPATI AND EGG OMLETE SANDWICH WITH CHEESE	1 APPLE		1 LITRE WATER
	PROTEIN- 150- 160 g, CARBS - 150 - 200g, Fat- 50 - 60g			DRINK MINIMUM 2 LITERS OF WATER AFTER BREAKING THE FAST AND 1 LITRE WATER DURING SUHOOR

- **THIS DIET PLAN SHOULD BE CONSIDERED ONLY DURING RAMADAN PERIOD TO PROTECT AND MAINTAIN YOUR MUSCLES AND REDUCE BODY FAT.**
- **TAKE A NOTE ON THE BELOW MENTIONED POINTS FOR BETTER RESULTS.**
- **NO DEEP FRIED SNACKS AND FOODS – NO BURGERS – NO PIZZAS – NO BIRIYANI EVERYDAY .**
- **YOU CAN HAVE BIRIYANI TWICE IN A WEEK – LIMIT TEA OR COFFEE ONCE IN A DAY.**
- **IF YOU CONSIDER WEIGHT TRAINING THEN LIMIT TO THREE TIMES A WEEK.**
- **FOR EFFECTIVE FAT LOSS CONSIDER 20- 30 MINUTES WALKING OR JOGGING BEFORE BREAKING THE FAST.**



LADIES CAN ALSO FOLLOW THIS DIET PLAN:-

- FOR LADIES, AS YOU DON'T PREFER WEIGHT TRAINING DURING RAMADAN PERIOD YOU CAN AVOID WHEY PROTEIN FROM THE TABLE AND FOLLOW REST OF THE FOOD.
- IF YOU PREFER WALKING OR JOGGING DURING RAMADAN PERIOD THEN YOU CAN CONSIDER IT FOR 20 - 30 MINUTES BEFORE BREAKING THE FAST.
- BUT THE BEST WAY TO REDUCE SOME EXTRA POUNDS IS TO DO LOW INTENSITY WORKOUTS LIKE WALKING OR JOGGING BEFORE BREAKING THE FAST. WORKOUTS IN FASTED STAGE CAN TRIGGER YOUR FAT BURNING PROCESS AND CAN GIVE YOU OUTSTANDING RESULTS.
- IF YOU ARE DOING EXERCISE AFTER BREAKING THE FAST THEN BETTER DO IT ONE HOUR AFTER IFTAR AND BEFORE DINNER.



GOOD LUCK!!!

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Ramadan
KAREEM



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