



Before



After

# THE SHAYKH DIET

— Become Healthier & loose weight this Ramadan! —

The Holy month of Ramadan provides us with a chance to press the restart button.

It does not only provide us with a unique opportunity to improve ourselves spiritually but also physically.

In Ramadan, many among us gain weight instead of loosing it due to overeating and unhealthy snacks in Ramadan.

This is the Shaykh Diet. if you follow it, it will guarantee you the reward of Sunnah, weight loss and a healthier lifestyle.

Please remember loosing weight isn't hard, but what is hard and difficult, is to stay fit and keep those kilos away forever. Therefor one must change lifestyle and not just follow a diet.

The best healthy lifestyle to adopt is the lifestyle of the Holy Prophet ﷺ. The Holy Prophet ﷺ had a flat tummy and abs while broad shoulders!

Before you start, please make sure to make the intention of following the Sunnah of the Prophet ﷺ in adopting a healthier lifestyle.

**For those that would like some tips and adopt a healthy lifestyle, here are the tips:**

## Iftar Meal

- Dont eat oily snacks (no Samosa's, pakora's)
- Break your fast with 0,5 later water and 3 dates and an apple, orange or banana.
- Pray Maghrib in congregation at home
- Have dinner but dont eat more than one plate. Keep a small portion.
- You can eat anything but no desert, chocolate, or sugar
- Eat whatever you want but smaller portion and remember to chew your food properly and drink a glass of water before your meal! The portions of food should be a fistful of protein. Fistful of vegetables and fistful of carbs.
- Drink green tea after the Iftar meal
- After Taraweeh prayer drink water

## Sahoor meal that will keep you energised whole day :

- Eat 3 dates
- Eggs
- Greek Yoghurt
- Quinoa
- Peanut Butter
- Whole oat pudding
- Watermelon

When you eat, make sure you chew properly. Each bite should be chewed up to thirty times. If you swallow your food and don't let your teeth do their job, then your digestive system will have to and it will not process it properly and store more fat than usual.

Drink a glass of water before eating. Do not drink water in the middle or after your meal. Remember this is a Sunnah and today proven to be effective in weight loss!

Do not skip the Sahoor meal.

Go for a walk or jogging for atleast 45 minutes. You need fresh air and walking is very effective if your not used to jogging. The best time for exercise is between 6pm and 8:30pm in Ramadan.

Download the app Couch to 5K. This is highly effective in making you enjoy the walk and get you to start jogging.

There is a 7 min workout that you can do from home. It is very effective and I highly recommend it. Here is the link:

<https://youtu.be/nF0uWCiKs30>

You are only once in a week allowed to eat desert or chocolate. Also stay away from white sugar. You can enjoy desi chai daily with brown sugar or Gurr (jaggery) from sugar canes.

