



6 Week BTP Guide 2021

BOOK 1



CALORIE, MACRO, AND PORTION GUIDE

PREPARED BY

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Fit2Fitter



Assalamualaikum everyone...

Hope all of you are in good state of Eman and health!

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Assalamualaikum ladies,

Every day, you make dozens of decisions about what to eat. Will you cook at home or eat out? Will you grab a pastry to satisfy a craving? Will you take a second helping or pass? In the moment, each decision seems small, but together they add up to a lifestyle. Research shows that the choices you make, including the foods you eat profoundly influence your health and longevity.

Putting smart choices into practice day in and day out is really the backbone of nutrition.

Our environment shapes our decisions, often without our conscious awareness. Foods that aren't healthful beckon us from restaurants, grocery stores, vending machines, coffee shops, and food stands. Often the foods that are least healthful are the most accessible, affordable, and easy. With our environment working against us, it takes active planning and effort to make healthful choices.

The proportion of money spent on food eaten outside of the home rose from 26% in 1970 to 41% in 2010. That's not a good thing, because if you don't prepare your own food, you don't control what you eat. Eating out typically means eating more calories, saturated fat, added sugars, and sodium, and fewer fruits and vegetables. After all, the primary interest of food manufacturers is selling food, not keeping you healthy.

However, here's the good news, making healthful choices is getting easier because research is providing better information about what constitutes a healthful diet. This program translates the latest nutrition science into practical steps. It will help you analyze your diet and establish goals for healthful meals and snacks. You'll also create a week-by-week plan that incorporates practical changes to help you make your goals a reality. In addition to these tools, I'll equip you with healthful recipes (subscription monthly) to have in your arsenal. Overall, you'll learn that it doesn't take a lot of work to assemble healthful meals and snacks. It does take a little planning and that can go a long way on the road to healthier eating.

The goal is to counteract the unhealthy food environment and to make it easier for you to create a new eating pattern that will lower your risk of life-threatening diseases such as heart disease, stroke, diabetes, and some forms of cancer.

So, I challenge you to take this **Body Transformation Program** to commit and let's finally shred the fat that's been preventing you from achieving the body that you've worked so hard for!

Are you ready to commit?

Let's do this! And enjoy the journey!

Fit2Fitter

by Ida

Holistic Nutritionist-Dietician

Personal Trainer

CAUTION: Before embarking on any diet or weight loss program you should consult your physician or health care professional, especially if you have recently been ill or have special dietary or medical requirements, or if you are pregnant or breast feeding, are a child, or are elderly. You should not rely on the information in this nutrition guide as an alternative to professional medical advice from your doctor or healthcare provider.

A Word From Our Beautiful Women.

Nihla

"Your training & motivation has really led to me becoming fitter and you have kick-started the lifestyle change. I was looking forward to making it but didn't know where to start. Thank you so much Ida!"

”

Veronica

"Overall, I learnt a lot about myself, gained friends and some nutrition and exercise at a different view. If Ida has to tell me again about a 6 week assessment I would definitely join again and let others know!"

”

Moana

"Thank you so much Ida. In 6 weeks I have lost weight and best of all my body fat has gone down 2.47! Something I couldn't do in the last 7 months in gym!"

”

MY MISSION

To help as many muslim women as I can for them to achieve their ideal body, their confidence and their happiness.

This is how Fit2Fitter started. As a Muslim woman, I always look for a safe place to workout where other man can't see me when I'm working out. Starting from there I always on the look for "Only Ladies" gym which were very limited. Even then, the possibilities for men to come to the gym for maintenance, business meeting and other purposes makes me feel uncomfortable. Some of my friends have also stopped going to the gym because of the same issue as me. House is the best and safe place for Muslim ladies to exercise with comfort.

I start with do my own research and survey before started my own BTP program. I get 6 ladies to get involved with my own designed program and meal plan. Looked at them achieve their target inspired me to help other ladies around the world to achieve their target. Since then I started to upload my clients transformation in my Instagram and Facebook. I am receiving a massive question if they can do from home, online, gym or outdoor. Plus in islam, we are bless with good health that we need to look after it and take care of it.

"O God, make the early morning hours blessed for my nation." Imam Ahmad.

While speaking on the great favour of good health, the Prophet (s.a.w) said, 'There are two gifts which many men are unmindful about, good health and leisure.' (Bukhari).

The Prophet (s.a.w) also encouraged his followers to pray for good health.

In one tradition he said, 'Ask Allah for forgiveness and health.' (An Nasai).

In another hadith, he (s.a.w) is reported to have said, 'No supplication is more pleasing to Allah than a request for good health.' (Tirmidhi).

Another tradition narrates that a Bedouin once asked the Prophet (s.a.w), saying, 'O Prophet of Allah (s.a.w), what supplication shall I make to Allah after I have finished doing the Salah? The Prophet (s.a.w) said, 'Ask for good health'.

BE MORE PRODUCTIVE WITH...

1. GET UP EARLY

This is the most important thing! As a muslim, we should start our day at early morning. Do some stretches right after you get off your bed. Take a drink at least a glass of water to boost up your metabolism. And **START** with tahajud, fajr prayer, morning zikr and recitation of Al-Quran. Have your breakfast, take your time (but not too much 😊), and start your day with fresh and positive attitude. If you are able to perform Dhuha prayer, go for it as it will give you full of barakah. InshaAllah.



2. START A TO-DO LIST

Choose your weapon of choice - a planner, a calendar, a note pad, a notebook or whatever inspire you. **Remember to START with Bismillah and FINISH with Alhamdulillah.**

3. WRITE DOWN YOUR TO-DO'S

Write it down! Trust me, listing down your goals helps your brain focus more compare to just relying on your memory.



4. PRORITISE YOUR TASKS

Plan your day according to the biggest and most important tasks, then with the smallest and easiest.

5. TAKE BREAK

Take a few minutes break 10-15 minutes before and after you perform solat. This is the best moment for you to refocus. Then enjoy yourself do something that you like or what makes you to relax.

6. STAY AWAY FROM NEGATIVITY (SOCIAL MEDIA)

Distractions, that's what they are. And **discipline**, that's what you need. Just remember that the earlier you finish your task, the earlier you get to enjoy whatever is left of your free time.

7. REWARDS

Ahhhh...this is the best part. I find this technique really effective but of course it depends on each individual. So, plan your reward ahead by the end of this program for you to have and don't forget to remind yourself about it.



HOW TO KEEP MOTIVATING

1. CHANGE YOUR PERSPECTIVE

Shift your thinking from couch potato mentality to thinking like an athlete! This may sound like a big challenge, but it's not as big a leap as you think. It's easy for you to lay down, grab a phone scroll down Facebook, Instagram, watching a movie but it's time for you to change that attitude towards more productive lifestyle.

List down pros and cons when you scroll down all the social media that give impact to your life compare to when you replace that old attitude with exercise.

2. SET A GOAL

There's nothing more motivating than that first 5K looming in bold letters on the calendar. Start early and commit to an exercise program that will get you in shape by race day.

Set realistic goals that include clear milestones, and as you progress toward your goal, you'll find a ripple effect occurs and things fall into place in your work, home life, and health.

The goal doesn't even have to be an organized race. Maybe it's a mission to fit into that old pair of jeans buried in your closet. Whatever it is, define it, write it down and revisit it daily.

Make sure it's realistic and you can actually adapt your life around meeting the goal. Otherwise you're setting yourself up for failure. For example, try to target to keep exercise for at least 20-30 minutes a day rather than 1-2 hours a day.

3. SCHEDULE A REGULAR WORKOUT TIME

Some of the most committed exercisers do it every day before the sun comes up or late at night when the kids are in bed. Sit down with your weekly schedule and try to build in 20-30 minutes to be good to your body.

I was motivated to exercise regularly by the energy boost it brought to my day. It's easy to stay in bed. But you have to set an alarm and take the extra initiative. Then you'll find you have more energy and can be more efficient throughout the day.

4. THINK FUN AND VARIETY

How does exercise improve happiness? This is what makes you feel happier instantly, and the effects will last a good amount of time. Endorphins are the only "feel-good" chemicals released through exercising though. Your body will also produce serotonin, norepinephrine, BDNF and dopamine, the reward chemical.

By nature, humans need change and variety to stay motivated. We also need to have fun — even while we're working hard. Do both!

Whether it's a toning and sculpting class that changes choreography every week or a trail run that changes scenery every season. Make sure you include activities you truly enjoy and look forward to doing, and can even make you forget you're working out — like dancing, hula hooping, or playing sports with family and friends.

Workout variety also challenges your body in unique ways, which may introduce you to new muscle groups you didn't even know you had. Consider disciplines that give you more bang for your buck.

5. REACH OUT TO OTHERS FOR SUPPORT

Consider joining a social networking site or online community with fitness trainers and nutrition experts and support from other people trying to lose weight and maintain healthy eating and exercise routines. People who get this kind of online support are proven to lose up to three times more weight than people going it alone.

So, start thinking of yourself as an athlete, and not a spectator. Set a goal, enlist a friend, mark it on your calendar, and have some fun. You'll be setting yourself up for a lifetime of better health, more happiness, and more energy for everything else in your life.



Let's Get Started

#1: THE ELIMINATED

DETOX YOUR PANTRY

What to Remove: Preservatives, Refined Foods, Trans Fats, Sugar, Process Foods and Chemicals Foods

- White flours
- White breads
- Conventional Oats
- Processed hot dogs, sausages



- Canned meat
- Canned seafood
- Conventional eggs
- Margarine
- Refined canola oil
- Corn oil
- Soybean oil
- Peanut oil



- Vegetable shortening
- Conventional butter
- White sugar
- Cane sugar
- High fructose corn syrup
- Corn syrup
- Fruit syrups
- Soda
- Diet soda
- Black tea
- Chocolate
- Fruit juices
- Cow milk
- MSG

NO FAST FOODS

NO JUNK FOODS

NO PROCESSED FOOD



- Spices and condiments filled with preservatives
- Hormone treated, Factory Farmed, Antibiotic Filled Poultry and Dairy

Wasting? Keep it in one box. Use them after you complete your program.

Use it once in the while when you feel want to have them. I allowed you to use them for once a month or once every two weeks. Believe me inshaAllah after that you don't feel that you need them in your meals anymore. Or else give them to others. Nabi s.a.w said, " Give sadaqah without delay, for it stands in the way of calamity." (Tirmidhi)

First thing first before you start with my program please detox your pantry.

Why Detox your pantry is important? This is because the possibility for you to use/add them in your meals are high. To detox your body, it's come from your pantry and fridge.

#2: WHAT YOUR BODY NEEDS

***Must measure and weight on Sunday morning before breakfast. DO NOT weight in middle of the week. Send the result to me every Sunday before 10pm.**

FULL BODY CHECK IN



Neck girth (inches)



Waist girth (inches)



Chest girth (inches)



Upper-arm girth (inches)



Hip girth (inches)



Thigh girth (inches)

Starting measurement and weight		Week Ending 4	
Waist:	Neck:	Waist:	Neck:
Hips:	Upper Arm:	Hips:	Upper Arm:
Thigh:		Thigh:	
Chest:		Chest:	
Weight:		Weight:	
Body Fat:		Body Fat:	
Week Ending 1		Week Ending 5	
Waist:	Neck:	Waist:	Neck:
Hips:	Upper Arm:	Hips:	Upper Arm:
Thigh:		Thigh:	
Chest:		Chest:	
Weight:		Weight:	
Body Fat:		Body Fat:	
Week Ending 2		Week Ending 6	
Waist:	Neck:	Waist:	Neck:
Hips:	Upper Arm:	Hips:	Upper Arm:
Thigh:		Thigh:	
Chest:		Chest:	
Weight:		Weight:	
Body Fat:		Body Fat:	
Week Ending 3		Ending measurement and weight	
Waist:	Neck:	Waist:	Neck:
Hips:	Upper Arm:	Hips:	Upper Arm:
Thigh:	Body Fat:	Thigh:	Body Fat:
Chest:		Chest:	
Weight:		Weight:	

Where are you in the chart below?

Body fat often gets a bad rap, but it serves an important purpose. Your body stores the fat from the foods you eat in deposits that can be used for energy, insulation, and protection. Everyone needs some fat to live and function. When too much body fat accumulates, however, it can lead to **obesity** and obesity-related diseases, like **type 2 diabetes** and **heart disease**.

Below is the chart and simplest way for you to calculate your bodyfat percentage.

BODY FAT CHART FOR WOMEN (%)																			
AGE	18-20	11.3	13.5	15.7	17.7	19.7	21.5	23.2	24.8	26.3	27.7	29.0	30.2	31.3	32.3	33.1	33.9	34.6	
	21-25	11.9	14.2	16.3	18.4	20.3	22.1	23.8	25.5	27.0	28.4	29.6	30.8	31.9	32.9	33.8	34.5	35.2	
	26-30	12.5	14.8	16.9	19.0	20.9	22.7	24.5	26.1	27.6	29.0	30.3	31.5	32.5	33.5	34.4	35.2	35.8	
	31-35	13.2	15.4	17.6	19.6	21.5	23.4	25.1	26.7	28.2	28.6	30.9	32.1	33.2	34.1	35.0	35.8	36.4	
	36-40	13.8	16.0	18.2	20.2	22.2	24.0	25.7	27.3	28.8	30.2	31.5	32.7	33.8	34.8	35.6	36.4	37.0	
	41-45	14.4	16.7	18.8	20.8	22.8	24.6	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37.0	37.7	
	46-50	15.0	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34.0	35.0	36.0	36.9	37.6	38.3	
	51-55	15.6	17.9	20.0	22.1	24.0	25.9	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.6	37.5	38.3	38.9	
	56 & UP	16.3	18.5	20.7	22.7	24.6	26.5	28.2	29.8	31.3	32.7	34.0	35.2	36.3	37.2	38.1	38.9	39.5	
		LEAN					IDEAL			AVERAGE						ABOVE AVERAGE			

The Formula

*in inches

$$(\text{waist} + \text{hip}) - \text{neck} = \frac{\quad}{2} = \quad \%$$

Tips

- When the tape is placed over the skin, it should make contact but not compress the skin in any way.
- Take all measurements three times and average them. Then record to the nearest half inch.

Portion

YOU ARE WHAT YOU EAT! 70% from foods
& 30% from lifestyle.

What are macros?

Macros are macronutrients. Your body needs these nutrients in larger amounts to function properly as macro means large. In addition, all these nutrients provide your body with energy.

Carbohydrates

The main purpose of carbohydrates is to give us the energy we need to fuel our activities. This energy comes from the breakdown of starches and sugars to their simplest forms, which your cells can then easily convert to usable power. Although protein and fat can also supply you with energy, your cells prefer the calories from carbohydrates.

- Grains, including oats, brown rice and quinoa
- Whole-wheat pasta
- Whole-grain bread
- Starchy vegetables, such as potatoes, sweet potatoes and winter squash
- Fruits like berries, bananas, pineapple and apples
- Beans, lentils and peas
- Milk and yogurt



Protein

Found in meats, milk, eggs, soy, legumes and whole grains, protein supplies your body with a pool of amino acids, the building blocks of all your cells. As part of muscle, bone and skin tissue, it supports your body's structure. It also repairs cells if they become damaged and provides antibodies to cope with inflammation and infection. Your dietary protein helps keep your cellular machinery running smoothly. Protein foods example:



- Egg whites
- Meats
- Poultry
- Fish
- Shellfish
- Tofu
- Milk and yogurt

Fat

Fat supplies more than twice the calories per gram as protein or carbohydrates and is a highly concentrated source of energy your body can store for later. It provides structure to cell membranes and cushions your internal organs to help prevent damage to tissues. Fat serves as a vehicle for delivering vitamins, and it can store these nutrients as insurance against a deficiency. Dietary fats can come from both animal and plant sources, with plant-based foods, nuts and fish offering a healthier version.

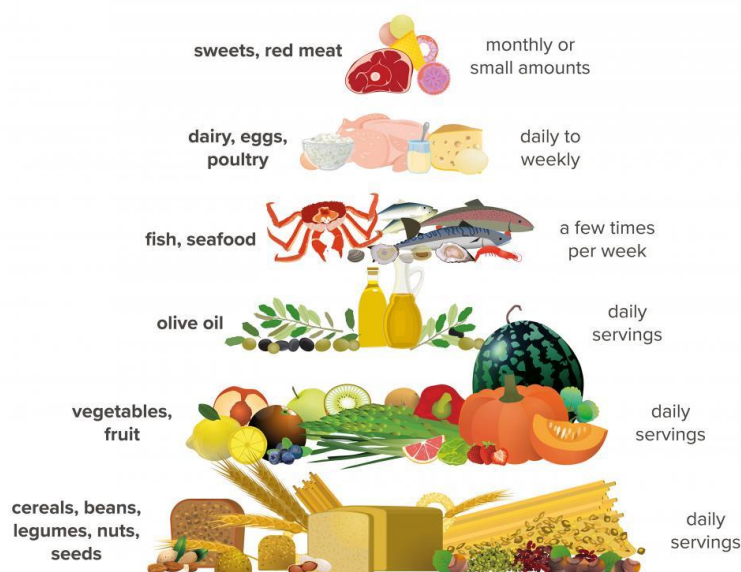
- Egg yolks
- Olive and avocado oils
- Butter
- Nuts and nut butters
- Coconut oil and coconut flakes
- Avocado
- Full-fat milk and yogurt
- Full-fat cheese
- Flaxseeds and chia seeds
- Fatty fish like salmon and sardines



RECOMMENDED DIET

MEDICAL NEWS TODAY

Mediterranean Diet



BASAL METABOLIC RATE (BMR)

What is BMR?

Basal metabolic rate (BMR) is the number of calories your body needs to accomplish its most basic (basal) life-sustaining functions.

How to calculate BMR - the BMR formula for females

There are multiple formulas used to calculate BMR. Nowadays, the **Mifflin-St Jeor equation** is believed to give the most accurate result and, is therefore what we used in this calculator. This BMR formula is as follows:

$$\text{BMR (kcal / day)} = ((10 \times \text{your weight (kg)}) + (6.25 \times \text{your height (cm)}) - (5 \times \text{your age (year)}) - 161$$

Example:

$$\text{BMR} = (10 \times 60\text{kg}) + (6.25 \times 160\text{cm}) - (5 \times 39 \text{ years old}) - 161$$

$$\text{BMR} = (600) + (1000) - (195) - 161$$

$$\text{BMR} = 1244 \text{ kcal/day}$$

Then, multiply your result by an activity factor by a number that represents different levels of activity:

Activities (Base on your exercise routine)	Multiple
Sedentary - limited exercise	X 1.2
Lightly active - light exercise less than 3 days per week	X 1.375
Moderately active - moderate exercise most days of the week	X 1.55
Highly active - hard exercise every day	X 1.725
Extra active - Strenuous exercise two or more times per day	X 1.9

The end result gives you your total calories perday.

For example, you are in moderate level of activity.

Moderate = 1.55.

From **1244** kal/day and base on your activity (moderate),

1244 x **1.55** = **1928** total calories per day.

Now, count yours and what is your calories?

NOW TO KNOW YOUR PORTION THAT SUIT YOUR BODY

MACRO PORTION

Now determine your macros to help you to track your meal portion.

Macros / Types	Lose Weight	Maintain	Muscles Gain
Carbs	25%-45%	35%-55%	40%-60%
Protein	35%-50%	25%-40%	25%-35%
Fat	20%-35%	25%-40%	15%-25%

Result from BMR, your calories is **1928 kcal/day**.

Base on the table below, you need to count your macros portion based on percentage given. For example, you need to lose weight,

1. Look at the lose weight percentage table. Base on the recommendation, you decide. Maybe, you just want **30 % from carbs**. So, you have **70% left for protein and fat**.
2. Now for **protein**, the rage is between **40-50%**. Maybe you just want **40% from protein**. Now, from **30% of carbs** and **40% of protein** you have **30% for fat**.

Carbs 30%

Protein 40%

Fat 30%

Carbs

$$(30/100) \times 1928 = 578.4 \text{ gm}$$

Protein

$$(40/100) \times 1928 = 771.2 \text{ gm}$$

Fat

$$(30/100) \times 1928 = 578.4 \text{ gm}$$

To calculate the actual gram amounts:

Carbs (1 gm = 4 calories):

578.4 divided by 4 equals 144.6 grams of carbs per day.

Protein (1 gm = 4 calories):

771.2 divided by 4 equals 192.8 grams of protein per day.

Fat (1 gm = 9 calories):

578.4 divided by 9 equals 64.27 grams of fat per day.

From these results for carbs, protein and fat, you need to adjust your foods intake in each of your meals.

To create a meal that you will hook until forever, I advise you to cook the same meals as what your family use to eat. Look after your portion. That's it! SIMPLE!

NEXT....

Create the perfect meal with this simple 5-step guide.

Hundreds of healthy meal combinations made easy.

You know you need a good balance of **proteins**, **carbs**, **fats**. But how do you turn that knowledge into healthy meals that taste delicious? Just mix and match these ingredients, flavor profiles, and cooking methods to create the perfect meal every time. Seriously, this guide could change your life.

In Fit2Fitter, it's my mission to help clients develop healthy eating habits for life. That means:

- Eating fresh, minimally processed food as often as possible.
- Including a balance of protein, veggies, smart carbs, healthy fats.
- Adjusting portions to meet health and body composition goals.

That all sounds great. But the trick is to do it all in a way that's super-easy and tastes awesome.













Using the simple instructions, you'll be able to mix and match ingredients and flavor profiles to come up with *literally thousands* of easy, delicious, health-supporting meals.

Warning: This guide could change your life.

Mix and match these ingredients for maximum flavor and minimal work.

1 CHOOSE ONE INGREDIENT FROM EACH OF THE FOUR COLUMNS BELOW

Make selection on base what you want to eat or what you're in the mood for or what's available.

PROTEIN	VEGETABLE	SMART CARB	HEALTHY FAT
BEANS  <p>Soak the beans in 3-part water overnight. Drain, add another 3 parts fresh water and simmer on medium heat until tender, about 2 hours. Add herbs, spices and salt halfway through cooking. Store the beans in their cooking liquid for up to 4 days.</p>	BROCCOLI  <p>Cut broccoli into large florets with long stems, rinse and drain. Place in a single layer in a large pan over medium-high heat. Season with salt and oil or butter. Stir after a few minutes, once the broccoli starts to cahr. Cook a few more minutes, remove</p>	SPAGHETTI SQUASH  <p>Preheat oven to 200 C. Cut squash in half lengthwise and scoop our center using a spoon. Season with salt and any preferred spices and bake, cut side down on a parchment lined baking sheet for 35 minutes or until tender. Carefully flip and scrape out the flesh using fork.</p>	EXTRA VIRGIN OLIVE OIL 
EGGS  <p>Cover eggs with 3 inches of cold water and bring to a boil. Remove from heat and cover with a lid for 8 minutes. Drain the water and fill with cold water to stop the cooking. Keep refrigerated for up to 5 days.</p>	RED CABBAGE  <p>Cut into wedges, remove the core and boil in salted water for 2 minutes. Drain and saute with preferred spices (if using) and healthy fat. Garnish with herbs</p>	RED POTATOES  <p>Boil red potatoes in salted water until very tender. Drain and toss with herbs, salt, cracked pepper and lemon juice or vinegar.</p>	WALNUT OIL 
CHICKEN BREAST  <p>Season with salt, spices and oil. Place skin area side down in a pan over medium-high heat and leave it be. Add herbs and citrus to pan. Reduce heat to medium, cover and cook for about 15 minutes. Flipping once at the very end or just use airfryer.</p>	GREEN BEANS  <p>Warm crushed garlic and spices in oil over low heat. Meanwhile, steam the beans until they are bright green and still snappy, about 2 minutes. Toss beans with the garlic sauce.</p>	SWEET POTATOES  <p>Steam whole sweet potatoes for 25 minutes until very tender. Cut an incision lengthwise along the top of the potato. Crack it open and add herbs, spices or oil or butter. Mash together with a fork.</p>	SESAME OIL 

STEAK

Season the steak generously with salt. With the stove ventilation on, add the steak to the pan and sear for 1-2 minutes per side. Using tongs, sear the edges for another minute. Turn off heat and rest the steak in the pan for 1 minutes per side.

BOK CHOY

Cut bok choy into wedges and rinse well under cold water. In a large hot pan or wok, saute with oil until just wilted but still perky. Remove from heat and toss with a few drops of soy sauce or some rice vinegar. Garnish with herbs.

BROWN RICE

Boil 1 part rice in 5 parts of water, partially covered, until tender about 30 minutes. Drain excess liquid. Add herbs and butter or oil if using. OR, Cook in the rice cooker with the ratio of 1 cup rice = 2 cups water.

AVOCADO OIL**SHRIMP**

Peel and devein the raw shrimp. Toss in a bowl with salt and preferred spices (if using). Sear or grill the shrimp over medium-high heat for about 2 minutes or until opaque around the edges. Turn shrimp for a final 30 seconds and done!

SPINACH

Toast sliced garlic in a large pan with oil. Once the garlic starts to brown around the edges, add the spinach and press down gently until it starts to wilt. Season with salt. Remove from pan once wilted, keep it warm in paper towel if desired.

QUINOA

In a sauce pot, add 1-part quinoa preferred spices and 2 parts water. Bring to boil and season with salt. Cook for 5 minutes over high heat. Cover and reduce heat to medium. Cook for 10 minutes, or until liquid is evaporated and quinoa has doubled in size.

CANOLA OIL**RED LENTILS**

Rinse and quickly sort through lentils. In a sauce pot over medium-high heat, saute onions, garlic and preferred spices until soft and caramelizing. Add 3 parts water and salt to taste. Cook until tender about 40 mins (longer for a thicker result).

KALE

Saute sliced onion in oil. Once the onion starts to caramelize, add the kale. Season with salt, add a ¼ cup water and cover. Stir every few minutes or so. Remove lid and cook until all the liquid has evaporated.

CHICKPEAS

Soak for overnight. Drain, add another 3 parts of water and simmer on medium heat until tender, about 2 hours. Add herbs, spices and salt halfway through cooking. Store the chickpeas in their cooking liquid for up to 4 days.

EXTRA VIRGIN COCONUT OIL**PRESSED YOGURT**

Scoop Greek yogurt into a sleeve, set over a bowl and let strain in the fridge overnight. Discard the water, then transfer the pressed yogurt to the bowl. Stir in preferred herbs, spices and citrus and season with salt to taste.

EGGPLANT

Grilled whole eggplants over the heat, turning often, until skin is completely charred. Cool and peel away the charred skin. Tear eggplant up with fork and toss with salt, citrus juice and any preferred spices.

BULGUR

Toast 1-part bulgur in a bowl and season with salt. Bring 2 parts water to a boil and pour evenly over bulgur. Cover quickly with plastic wrap and let sit for 15 minutes. Fluff with a fork and add and garnished or herbs.

BUTTER

SCALLOPS



Set a pan to medium-high heat. Season scallops with salt, spices and oil or butter. Sear scallops for about a minute and a half per side, making sure to not crowd the pan. Remove from heat and garnish with citrus.

CARROTS



Peel and wash carrots but leave them whole. Toss them in a bowl with preferred spices and oil. Roast in the oven at 200 C until soft and deeply coloured, about 35 minutes. Garnish with herbs.

PLANTAIN



Peel the plantains and cut them into large pieces. Toss them in a bowl with preferred spices and oil. Roast in the oven at 200 C until soft and deeply coloured, about 35 minutes. Garnish with herbs.

RAW AVOCADO



SALMON



Warm a pan over medium heat. Season salmon with salt, oil or butter and spices. Place it in the pan skin side down and leave it be. Add herbs and citrus to pan. Reduce heat to medium, cover and cook for 6-8 mins. Flip the fish once for the last minute.

BRUSSELS SPROUTS



Remove the stem and cut the sprouts in half. Rinse and drain. Place in a single layer in a large pan over medium-high heat, season with salt and a few drops of oil. Stir after about 5 minutes, once they start to char garnish with herbs, chili flakes or squeeze of citrus.

BUTTERNUT SQUASH



Cut the squash into 1 disc. Toss them in a bowl with red onion wedges, salt, preferred spices and choice of healthy fat. Roast at 200 C until soft and blistered, about 25 minutes.

CHOPPED ALMONDS



BELL PEPPERS



Wash the peppers, cut them in half and rip out the core and stem. Cut or rip them into large pieces. Toss them in a bowl with preferred spices and oil. Roast in the oven 200 C until soft and blistered about 15 minutes.

SPELT



Rinse 1-part spelt under cold water. Add to a sauce pot with 1-part crushed tomatoes and 2 parts water. Bring to a boil add salt and herbs to taste. Cook until tender, stirring often, about 40 minutes. Garnish with herbs.

CHOPPED PEANUTS



2 PORTION YOUR INGREDIENTS

- 1) Weight your meal base on your macros. **This is important for you take noted. Weight your foods will give you the right amount of your foods intake.**

OR

- 2) Use the guide below to portion your meal. (if you eat outside)

(Remember, you can make more than one portion for the leftovers the next day)

PER SERVING:



PROTEIN

Women: 1 palm
Men: 2 palms



VEGETABLES

Women: 1 fist
Men: 2 fists



CARBS

Women: 1 cupped hand
Men: 2 cupped hands



FAT

Women: 1 thumb
Men: 2 thumbs

Adjust portions up or down according to:

- How frequently you eat
- Your size/caloric needs
- How active you are
- Your results
- Appetite and satiety
- How frequently you eat

3 CHOOSE AROMATIC AND GARNISHES

Select a flavor that listed below, then choose three or more ingredients from its list and put them on the counter so they're ready.

ITALIAN

- Oregano
- Basil
- Fennel



- Capers
- Anchovies
- Olives
- Orange

FRENCH

- Tarragon
- Thyme
- Rosemary



- Bay leaf
- Black pepper
- Lemon

MEXICAN

- Cilantro
- Cumin
- Cocoa



- Ancho and chipotle chiles
- Lime

JAPANESE

- Miso
- Sesame seeds
- Seaweed



- Pickled radish
- Ginger
- Yuzu

THAI

- Cilantro
- Mint
- Thai basil
- Ginger



- Lime
- Chiles
- Green onion
- Lemongrass

MOROCCAN

- Cardamom
- Saffron
- Cinnamon
- Anise



- Cayenne
- Cumin
- Preserved lemon

INDIAN

- Cumin
- Fenugreek
- Coriander
- Turmeric



- Curry powder
- Ginger
- Fresh curry leaf

CARIBBEAN

- Cinnamon
- Allspice
- Nutmeg
- Cloves



- Lime
- Scotch bonnets
- Pickled mango

SOUTHWEST

- Cumin
- Coriander
- Cilantro



- Mint
- Chiles
- Pepper
- Lime

SPANISH

- Smoked paprika
- Parsley
- Bay leaf
- Saffron



- Guindilla peppers
- Olives
- Orange

4 COOK THE FOODS

Use preparation methods outline in Step 1 and incorporate the aromatics and garnishes as follows.



Add **fresh herbs** to your vegetable, or garnish the whole dish at the end.



Add **dried spices** to your smart carb.



Squeeze **fresh citrus juice** over your protein.



Sprinkle **preserved foods** and/or **chopped nuts** over your plate at the end.

Additional flavor tips



Sauté onions in your pan alongside green vegetables. They add depth of sweetness and texture.



When cooking chicken, or salmon, use any pan drippings as a flavorful sauce.



Add garlic cloves (husk on) to your pan while your protein is cooking, or to your roasting pan with vegetables. This makes a flavorful garnish.



Sprinkle dried chile flakes or grate fresh horseradish on your protein. This offers an unexpected kick, building flavor with minimal effort.

5 PUT IT ALL ON YOUR PLATE

Garnish with an additional sprinkle of chopped fresh herbs if desired.



MAKING ADJUSTMENTS

How to adjust calories, macros and hand portions to further progress

Important point:

The suggested calorie, macronutrient, and hand-portion numbers in your guide are a starting point, not an ending point. Even with all the information you provided, no calculator or coach can determine YOUR exact needs.

With that in mind, you will likely have to make a few adjustments. But first, it's important to know what kind of progress is possible and probable.

Realistic rates of body weight loss per week

Progress	% Body Weight	Men	Women
Extreme	1-1.5% of body weight	900gm - 1.4 kg	748gm - 1.13kg
Reasonable	0.5-1% of body weight	453gm - 900gm	385gm - 748gm
Comfortable	<0.5% of body weight	<453gm	<362gm

How fast you can lose body fat depends on how consistently you can, or want to, follow the given guidelines.

Fat loss is often faster when first starting out and when you have more body fat to lose.

Make an adjustment every two weeks or after you lost at least 2kg of weight loss.

9 Signs That You're Not Eating Enough

Achieving and maintaining a healthy weight can be challenging, especially in a modern society where food is constantly available.

However, not eating enough calories can also be a concern, whether it's due to intentional food restriction, decreased appetite or other reasons.

In fact, under-eating on a regular basis can lead to a number of mental, physical and emotional health issues. Here are 9 signs that you're not eating enough.

1. Low Energy Levels

Eating too few calories can lead to fatigue due to insufficient energy to exercise or perform movement beyond basic functions.

2. Hair Loss

Hair loss may occur because of inadequate intake of calories, protein and certain vitamins and minerals.

3. Constant Hunger

Undereating can cause hormonal shifts that increase hunger in order to compensate for inadequate calorie and nutrient intake.

4. Inability to Get Pregnant

Consuming too few calories can disrupt reproductive hormone

signals, leading to difficulty getting pregnant.

5. Sleep Issues

Undereating has been linked to poor quality sleep, including taking longer to fall asleep and spending less time in deep sleep.

6. Irritability

Prolonged low-calorie intake and restrictive eating patterns have been linked to irritability and moodiness.

7. Feeling Cold All the Time

Consuming too few calories can lead to a decrease in body temperature, which may be due in part to lower levels of T3 thyroid hormone.

8. Constipation

Strict dieting and under-eating can lead to constipation, partly due to less waste product to form stool and slower movement of food through the digestive tract.

9. Anxiety

Very low-calorie intake may lead to moodiness, anxiety and depression in teens and adults.

The Bottom Line

Although overeating increases the risk of developing health problems, under-eating can also be problematic.

This is especially true with severe or chronic calorie restriction. Instead, to lose weight sustainably, make sure to eat at least 1,200 calories per day.

Additionally, be on the lookout for these 9 signs that you may need more food than you're currently taking in.

How? How? How?

How to eat the right amount for your goals

"I am always confused when come to track my intake portion"

There are multiple ways to help you track your intake and consistently eat right for your goals and needs.

You can track your calories, count your macronutrients, or use your hands to measure your portions (which will track and count your calories and macronutrients for you).

The basics of macronutrients and portion sizing to track your calories and/or count your macros you can:

- Read nutrition labels.
- Use a food scale and measuring cups.
- Log your intake into a food tracking chart. (pg 49)

Or all of the above.

This can help you better understand how many calories are in foods, create awareness of macronutrients,

Nutrition Facts			
2 servings per container			
Serving size		1 cup (255g)	
Calories	Per serving	Per container	
	220	440	
	% DV*	% DV*	
Total Fat	5g	6%	10g 13%
Saturated Fat	2g	10%	4g 20%
Trans Fat	0g		0g
Cholesterol	15mg	5%	30mg 10%
Sodium	240mg	10%	480mg 21%
Total Carb.	35g	13%	70g 25%
Dietary Fiber	6g	21%	12g 43%
Total Sugars	7g		14g
Incl. Added Sugars	4g	8%	8g 16%
Protein	9g		18g
Vitamin D	5mcg	25%	10mcg 50%
Calcium	200mg	15%	400mg 30%
Iron	1mg	6%	2mg 10%
Potassium	470mg	10%	940mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

and track your intake as accurately as is reasonably possible.

This calorie and macro counting approach tends to work best for the mathematically inclined, or folks with advanced goals looking to push their physiques to the limit.

But it's not for everyone.

You don't need to count calories or macros to get the right portions for your goals especially when you are in eat outside or on holidays. Instead, just use your hand to measure.

This approach will dramatically simplify the eating and tracking

process, and it's nearly as accurate as the calorie and macro approaches.

Some folks even like to start with the calories and macros, and then

switch to hand portions as they feel more comfortable.

Here's the general idea.

HAND PORTION

Allah swt has created us perfectly in everything. Including our hands. The easiest way to track calories and macros.

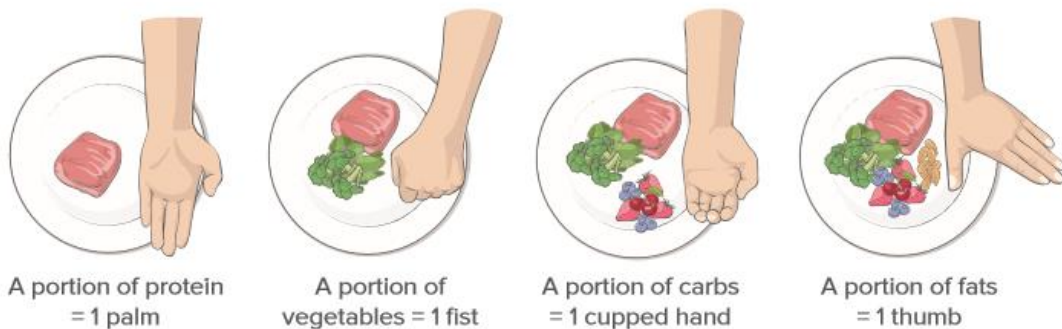
This hand portion system allows you to use your own hand as a personalized, portable portioning tool.

You're not actually measuring your food, but rather using your hand to gauge portion size.

It's highly effective for food tracking because your hand is proportionate to your body, its size never changes, and it's always with you.

Your hands are with you, so no need extra space or luggage to carry your own scale. You are on holidays! No time for you to track your calories through app! 😊

Here's a snapshot of how it works



This handy portion-measuring system works well for many reasons.

1. Hands are portable. They come with you to work lunches, restaurants, social gatherings, and even Grandma's house.
2. Hands are a consistent size. This provides a consistent portion reference.
3. Hands are proportional to the individual. Bigger people generally need more food, and tend to have bigger hands, so therefore get larger portions. Smaller people generally need less food, and tend to have smaller hands, so therefore get smaller portions.

Plus, the hand portion-measuring system provides appropriate amounts of nutrient-dense foods and their specific macronutrients.

	Hand Portion	Macronutrient	Conventional measurement
Carbs	1 palm	20-30gm	85-113 gm cooked meat, 2 whole eggs
Protein	1 cupped hand	20-30gm	1/2 - 1/3 cup cooked grains/legume
Fat	1 thumb	7-12gm	1 tbsp

This approach helps most of my clients meet their protein, vegetable, carb, fat, and calorie needs without having to count a gram or weigh an ounce of food.

So, it's you to decide which is suitable for you!

KNOW YOUR FOODS FOR YOUR BODY

BELOW ARE 3 STEP GUIDES FOR CHOOSING THE BEST FOODS FOR YOUR BODY

1 KNOW YOUR FOODS

Nutritional value varies, but don't think of food as "good" or "bad". Seeing it on a spectrum from "eat more" to "eat less" helps you make better choices without branding anything off limits.

EAT MORE		
PROTEIN	CARBS	FATS
Eggs and egg white Fish Shellfish Chicken Duck breast and thighs Turkey Lean beef Lamb Goat Camel Horse Kangaroo Plain Greek yogurt Cultured cottage cheese Tempeh Lentils and beans These are protein for plant based eaters and meatless meals, otherwise, they're considered sources of carbohydrates.	Beans and lentils Steel-cut, rolled and old-fashioned oats Buckwheat Quinoa Wholegrain, black and wild rice Sorghum Millet Sweet Potatoes Plain non-Greek yogurt Plain kefir Fresh and frozen fruit Taro Potatoes Yuca Bread or sprouted grain bagels, breads, English muffins, pastas, and wraps Moderation in this type of carbs.	Extra Virgin Olive Oil Olive oil for frying & cooking Walnut oil Avocado Oil Fresh avocado Cheese Egg yolks Seeds: Chia, flax, hemp, pumpkin and sesame. Cashews Pistachios Almonds Almonds butter Brazil nuts Pecans Peanuts Peanuts butter Olives Fresh unprocessed coconut
Important	Important	

Prioritize fresh, lean, minimally processed sources of protein and consider limiting red meat to 500gm per week or less.	Focus on whole, minimally processed sources of carbohydrates that pack lots of nutrition and fiber. Include mix of starches and colorful fruits.	
EAT SOME		
PROTEIN	CARBS	FATS
Uncultured cottage cheese Medium lean meats Tofu Edamame Meat jerky Beef bacon Sausages	Couscous White rice Granola Instant or flavored oats Milk (animal base) Vegetable juices Flavored yogurt Flavored kefir Pancakes & waffles Crackers Granola bars Dried fruits White bread or sprouted grain bagels, breads, English muffins, pastas, and wraps	Sesame oil Flaxseed oil Coconut oil Peanut oil Dark chocolate Marinades and dressings with oil Fish & algae oil Cream Sunflower oil - These naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fat.
EAT LESS OR JUST AVOID IT!		
PROTEIN	CARBS	FATS
Fried meats Chicken fingers, nuggets and wings High fat ground meat High fat sausages Processed soy Processed deli meats	Cereal bars Store bought fruit juices Flavored milk Fruit syrup, jellies Canned and pureed fruit with added sugar	Butter Margarine Ghee Processed cheese Corn oil Canola oil Soybean oil

Pepperoni sticks Protein bars Protein powders High mercury fish	White sugar Soda drink Crackers Pretzels TRY TO AVOID THESE FOODS Chips Fries Candy bar Donuts Cookies Pastries Muffins Cakes	Safflower oil Instant marinades and dressing Vegetable oil Fat rich foods added sugar Shortening
--	--	--

VEGETABLES



Veggies of varying colors provide different nutrients and health benefits. So make it a point to "eat the rainbow"!

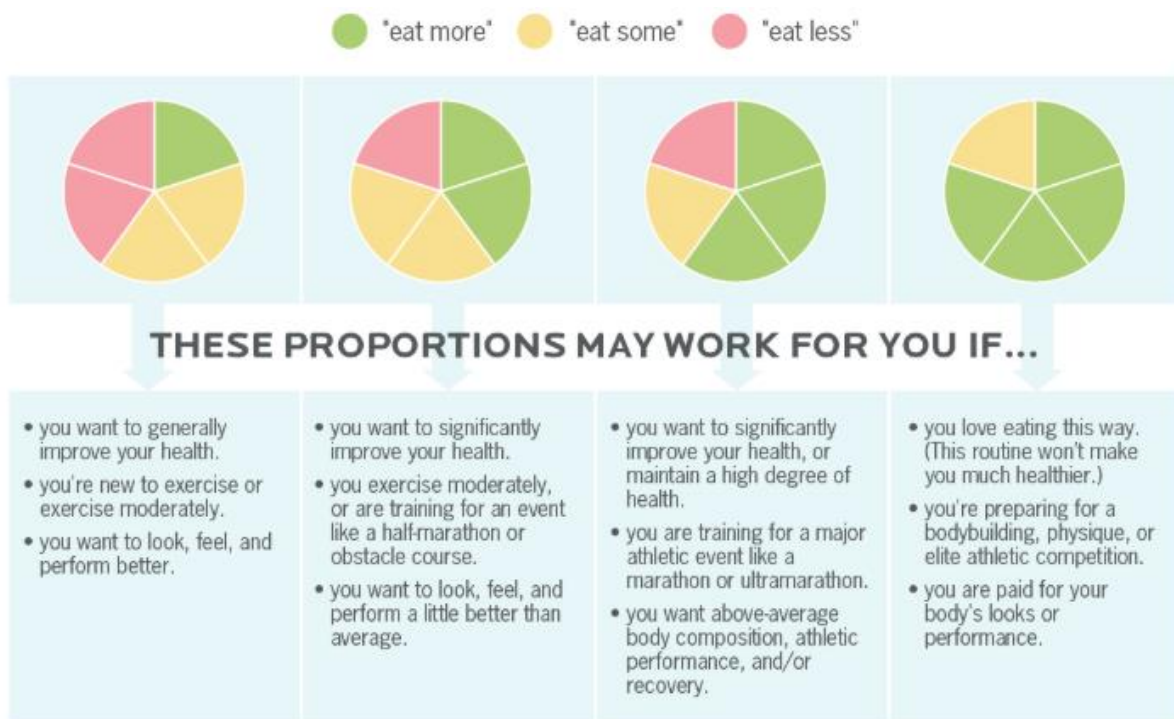
Eating a variety of colorful fruit and starchy vegetables (Like potatoes) also helps you "eat the rainbow", though these foods live in the carbohydrate category.

NOT A VEGGIES LOVER?

Add herbs, spices and aromatics which enhance flavor and provide additional health benefits.

2 BASE FOOD CHOICES ON YOUR GOALS

The proportions of your food intake that come from the "eat more", "eat some", and "eat less" categories will depend on how you eat now, and what your goals are.



3 ADJUST FOR YOUR PREFERENCES AND LIFESTYLE

Your "eat more", "eat some" and "eat less" list is unique to you and may evolve as your goals, likes and dislikes shift over time. Use the table below to note your preferred foods.

CREATE YOUR OWN SPECTRUM

PROTEIN	CARBS	FATS	VEGGIES
Green foods I like or want to try:	Green foods I like or want to try:	Green foods I like or want to try:	Red, orange and yellow veggies:
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Green, blue and purple veggies:
1	1	1	1
2	2	2	2
3	3	3	3
Red foods I want to indulge in:	Red foods I want to indulge in:	Red foods I want to indulge in:	White veggies:
1	1	1	1
2	2	2	2

CREATE YOUR OWN SPECTRUM

At some point, you're going to want to eat foods that aren't on our spectrums.
Here's how to categorize them.

FIRST, FIGURE OUT THE MACRO CATEGORY:



- **Which macronutrient delivers the majority of the calories?**

Classifying a food as the macronutrient that delivers the most calories is generally a safe bet.



- **Which eating style do you follow?**

For example, with most approaches, butternut squash would count as a veggie. For someone eating low-carb or keto, it might be a source of carbohydrates.



- **How is this food commonly eaten?**

Perhaps as a protein, starchy side, or fat-rich topping?

NOW, DETERMINE ITS PLACE ON THE SPECTRUM

How close is it to a whole food?

Generally, the more processed a food, the further it moves toward "eat less".



Apple



Applesauce



Apple juice

WEEK 1: FOLLOW SUNNAH

3 Principal of Eating Healthy by Rasulullah s.a.w

1- SUNNAH TO EAT FRUIT BEFORE MAIN MEAL

This recommendation is based on the Prophet s.a.w narrated,

"When one of you breaks his fast, let him break his fast with dates, for they are a blessing." (Narrated by Ahmad and Al-Tirmidhi)

The underlying reasons of eating fruit at least half an hour before meal is to help digestive system. As it told in Al-Quran and As-Sunnah, we do not encourage to eat excessively.

Fruit would be an alternative of low-calorie snacking. Our body will not eat greedily because fiber content in fruit has a longer satiety than fat and carbohydrate.

Fruits naturally are high in fiber. When we eat fruits before our meals, automatically our stomach will be full with fiber. Thus, we eat less rice or grains, which if are not burns later will transform into fat.

2- EAT IN MODERATION

Prophet Muhammad s.a.w stressed the practice of eating less to

prevent sickness and diseases, which is supported by doctors today. The Islamic practice of eating in **moderation** suggests your stomach should be filled by 1/3 of foods, 1/3 of liquid and 1/3 of breath.

Within the past 20 years, studies have shown that mindful eating can help you reduce overeating and binge eating, lose weight and reduce BMI, cope with eating problems and reduce anxious thoughts about your body and foods.

The Messenger of Allah ﷺ said:

'The human does not fill any container that is worse than his stomach. It is sufficient for the son of Adam to eat what will support his back. If this is not possible, then a third for food, a third for drink, and third for his breath.'

Al-Tirmidhi (Sahih)

3- SIMPLICITY

In order to achieve your goal through nutrition, you need to lead a simple one. If your nutrition regime is too complex, it's limits your ability to adapt as necessary.

Narrations state that the Prophet's food was as ordinary as his contemporaries. Based on Tabarsi's narration, the Prophet was not demanding with regards to what he ate. He never insisted on having a specific type of food; he ate whatever he was provided within the boundaries of its permissibility.

Of course, this does not contradict the narrations that specify the foods and fruits that the Prophet liked; if it was possible, the Prophet would have the beneficial foods or fruits he liked.

In most cases, the Prophet ate barley bread made with whole grain flour. In some narrations, barley bread has been introduced as the food of the prophets, as seen in this saying by Imam Ridha.

There has not been any prophet who has not invited people to eat barely bread and has not asked for its abundance. And it has not gone into any stomach without removing an illness. It is the food of the prophets and the righteous people, and God has

refused to place anything other than barley as their main food.

In another narration, Qutadah speaks of the simplicity of the Prophet's food: "Sometimes we would go to Anas Ibn Malik while his baker was working. One day, Anas turned to us and said, 'Eat from these pieces of bread, though I have not ever heard about the Prophet's having bread made with sifted flour without bran, and his having broiled mutton.'"

The Prophet's stew was also very simple. Imam Sadiq narrates that one day the Prophet went to his wife, Umm Salamah, who brought a slice of bread for the Prophet. When he asked her if she had any stew as well, she replied that she did not, and that she only had vinegar. The Prophet then said, "Vinegar is good stew. The house in which there is vinegar is not poor."

The Prophet sometimes would only have bread dipped in milk. Based on Kulayni's narration from Imam Sadiq, one morning the Prophet went out of his home for prayer while eating a slice of bread dipped in milk.

Etiquette of eating by Rasulullah s.a.w

Etiquette before eating:

1 - Washing the hands before eating. The hands should be washed before eating, so that they may be clean when a person eats with them, and so

that he will not be harmed by any dirt that may be on them.

2 - Part of the etiquette of eating is to ask about the food if you are a guest and you do not know what it is (i.e., what type of food it is), and you

are not sure about what has been offered to you. The Messenger (peace and blessings of Allaah be upon him) used not to eat food until he had been told about it or told what it was. Al-Bukhaari narrated from Khaalid ibn al-Waleed that he and the Messenger of Allaah (peace and blessings of Allaah be upon him) entered upon Maymoonah, who was his [Khaalid's] maternal aunt and the maternal aunt of Ibn 'Abbaas, and found that she had some roasted lizard that her sister Hafeedah bint al-Haarith had brought from Najd. She offered the lizard to the Messenger of Allaah (peace and blessings of Allaah be upon him), but he would rarely stretch forth his hand to food until he had been told what it was. The Messenger of Allaah (peace and blessings of Allaah be upon him) stretched forth his hand, then one of the women who were present said, "Tell the Messenger of Allaah (peace and blessings of Allaah be upon him) that what has been offered to him is lizard." The Messenger of Allaah (peace and blessings of Allaah be upon him) withdrew his hand from the lizard, and Khaalid ibn al-Waleed asked, "Is lizard haraam, O Messenger of Allaah?" He said, "No, but it is not found in the land of my people and I feel that I would have no liking for it. Khaalid said, Then I chewed it and ate it, and the Messenger of Allaah was looking at me.

(Narrated by al-Bukhaari, 5391; Muslim, 1946)

Ibn al-Teen said: He used to ask, because the Arabs would eat anything because food was hard to come by amongst them. The Prophet (peace and blessings of Allaah be upon him) may not have liked some things, so that was why he asked. It may be understood as meaning that he used to ask because some animals were forbidden in sharee'ah and some were allowed, but they (the Arabs) did not regard anything as forbidden, and they may have brought him some grilled or cooked meat that could not have been distinguished from another type except by asking.

Fath al-Baari, 9/534

3 - Hastening to eat when food is brought by the host. Part of honouring one's guest is to hasten to offer him something, and part of the guest's honouring the host is to hasten to accept his food and eat from it. If the host sees the guest not eating, he may think badly of him. So the guest has to reassure his hosts by hastening to eat his food, because that will reassure him.

4 - Mentioning the name of Allaah before eating. It is obligatory to mention the name of Allaah before eating. What is meant by that is saying "Bismillaah (in the name of Allaah)" when starting to eat. It was narrated from Umm Kalthoom from 'Aa'ishah (may Allaah be pleased with

her) that the Messenger of Allaah (peace and blessings of Allaah be upon him) said: "When any one of you eats, let him mention the name of Allaah. If he forgets to mention the name of Allaah at the beginning, then let him say 'Bismillaahi awwalahu wa aakhirahu (In the name of Allaah at the beginning and at the end).'"

(Narrated by al-Tirmidhi, 1858; Abu Dawood, 3767; Ibn Maajah, 3264. Classed as saheeh by al-Albaani in Saheeh Sunan Abi Dawood, 3202).

And 'Umar ibn Abi Salamah said: I was a young boy in the care of the Messenger of Allaah (peace and blessings of Allaah be upon him), and my hand used to wander all over the platter (of food). The Messenger of Allaah (peace and blessings of Allaah be upon him) said to me, "O young boy, say Bismillaah, eat with your right hand, and eat from what is directly in front of you."

(Narrated by al-Bukhaari, 5376; Muslim, 2022).

Etiquette whilst eating

1 - Eating with the right hand. It is obligatory for the Muslim to eat with his right hand; he should not eat with his left hand. It was narrated from Ibn 'Umar (may Allaah be pleased with him) that the Prophet (peace and blessings of Allaah be upon him) said: "No one among you should eat with his left hand, or drink with it, for the

Shaytaan eats with his left hand and drinks with it."

(Narrated by Muslim, 2020).

This applies so long as there is no excuse; if a person has an excuse for not eating and drinking with his right hand, such as sickness or injury etc., then there is nothing wrong with his eating with his left hand.

The hadeeth indicates that a person should avoid doing actions that resemble the actions of the Shaytaan.

2 - Eating from what is directly in front of one. It is Sunnah for a person to eat from the food that is directly in front of him, and not reach out to take food that is directly in front of others, or from the middle of the platter, because the Prophet (peace and blessings of Allaah be upon him) said to 'Umar ibn Abi Salamah, "O young boy, say Bismillaah, eat with your right hand, and eat from what is directly in front of you."

(Narrated by al-Bukhaari, 3576; Muslim, 2022).

For a person to eat from his companion's place is bad manners and impolite. His companion may find this off-putting, especially if the food is soupy etc. That is because Ibn 'Abbaas narrated that the Prophet (peace and blessings of Allaah be upon him) said: "The blessing descends in the middle of the

food, so eat from the edges and do not eat from the middle."

(Narrated by al-Tirmidhi, 1805; Ibn Maajah, 3277. Classed as saheeh by al-Albaani in Saheeh al-Jaami', 829).

But if the food is dates or something of that type, (the scholars) narrated that it is permissible to eat from all parts of the plate.

3 - Washing the hands after eating. The Sunnah may be done by washing with water only. Ibn Raslaan said: But it is better to wash the hands with potash or soap or something similar.

See Tuhfat al-Ahwadhi, 5/485.

So washing the hands is mustahabb both before and after eating, even if a person has wudoo'.

4 - Rinsing the mouth after eating. It is mustahabb to rinse the mouth after eating, because Basheer ibn Yassaar narrated that Suwayd ibn al-Nu'maan told him that they were with the Prophet (peace and blessings of Allaah be upon him) in al-Sahba' - which is some distance from Khaybar - and the time for prayer came. He called for food, but he did not find anything but some saweeq (barley mush). So he ate some and we all ate with him. Then he called for water and rinsed out his mouth, and then he prayed, and we prayed, and he did not do wudoo'.

(Narrated by al-Bukhaari, 5390).

5 - Praying for one's host. Anas narrated that the Prophet (peace and blessings of Allaah be upon him) came to Sa'd ibn 'Ubaadah who brought him some bread and oil, and he ate. Then the Prophet (peace and blessings of Allaah be upon him) said: "May fasting people break their fast with you, may the righteous eat your food, and may the angels send blessings upon you."

(Narrated by Abu Dawood, 3854; classed as saheeh by al-Albaani in Saheeh Sunan Abi Dawood, 3263).

6 - Eating with three fingers. The Sunnah is to eat with three fingers; eating with more than three fingers is a sign of greed and is bad manners, because there is no need for more than three in order to gather up a morsel. If it is necessary to use more than three, because the food is light and cannot be gathered in three fingers, then he may use the fourth or fifth.

See Fath al-Baari, 9/578

This applies if a person is eating with his hand. But there is nothing wrong with using a spoon etc, as we shall see below.

7 - Eating a piece of food that falls on the floor. If a piece of food falls on the floor, then the person eating should remove any dirt that gets onto it and eat it; he should not leave it for the Shaytaan, because he does not know where the blessing is in his food; it may be in the piece that fell,

and leaving it makes a person miss out on the blessing of the food. Anas ibn Maalik narrated that when the Messenger of Allaah (peace and blessings of Allaah be upon him) ate, he would lick his three fingers. Anas said: "And he said, 'If any one of you drops a piece of food, let him remove any dirt from it and eat it, and not leave it for the Shaytaan.' And he commanded us to clean the plate, and said, 'For you do not know where in your food the blessing is.'" (Narrated by Muslim, 2034).

8 - Not reclining whilst eating. That is because the Prophet (peace and blessings of Allaah be upon him) said: "I do not eat whilst I am reclining." (Narrated by al-Bukhaari, 5399). The scholars differed as to what reclining meant. Ibn Hajar said: The scholars differed as to what reclining meant. It was said that it means being too comfortable in sitting to eat in whatever manner; or that it meant leaning on one side; or that it meant resting with one's left arm on the ground... Ibn 'Adiyy narrated with a da'eef (weak) isnaad that the Prophet (peace and blessings of Allaah be upon him) rebuked a man for resting on his left arm when eating. Maalik said, this is a kind of reclining. I say, this indicates that Maalik regarded as makrooh everything that may be counted as reclining whilst eating, and he did not mention any one specific type thereof.

Fath al-Baari, 9/541

9 - Not spitting or blowing one's nose whilst eating, unless that is necessary.

10 - The etiquette of eating also includes: eating with a group; not speaking about haraam things whilst eating; eating with one's wives and children; not keeping a particular food to oneself unless there is a reason for that, such as it being for medicinal purposes - rather one should offer the best food to others first, such as pieces of meat and soft or good bread. If the guest has had enough and stops eating, his host should say, "Eat!" and repeat it, so long as he does not think that his guest has had enough, but he should not repeat it more than three times. He should clean between his teeth and not swallow any bits of food that come out from between his teeth.

Etiquette after finishing eating.

It is Sunnah to say the words of praise to Allaah and du'aa' after one has finished eating. When he had finished eating, the Prophet (peace and blessings of Allaah be upon him) used to say, "Al-hamdu Lillaahi hamdan katheeran tayyiban mubaarakan fihi ghayra makfiyyin wa laa muwadda'in wa laa mustaghnan 'anhu rabbana (Praise be to Allaah, much good and blessed praise. O our Lord, You are not in need of anyone, and we cannot do without Your favour nor dispense with it)." (Narrated by al-Bukhaari, 5458).

And whenever he ate food other than milk, the Prophet (peace and blessings of Allaah be upon him) would say, "Allaahumma baarik lana fihi, wa at'imna khayran minhu (O Allaah, bless it for us and feed us with better than it)." And when he drank milk he would say, "Allaahumma baarik lana fihi wa zidna minhu (O Allaah, bless it for us and give us more.)." (Narrated by al-Tirmidhi, 3377; classed as hasan by al-Albaani in Saheeh al-Jaami', 381).

Ibn 'Abbaas (may Allaah be pleased with him) narrated that the Messenger of Allaah (peace and blessings of Allaah be upon him) said: "Whoever is fed by Allaah, let him say, 'Allaahumma baarik lana fihi, wa at'imna khayran minhu (O Allaah, bless it for us and feed us with better than it).' And whoever is given milk to drink by Allaah, let him say, 'Allaahumma baarik lana fihi wa zidna minhu (O Allaah, bless it for us and give us more).'" (Narrated by al-Tirmidhi, 3455; classed as hasan by al-Albaani in Saheeh Sunan al-Tirmidhi, 2749).

General etiquette regarding food

1 - Not criticizing the food. Abu Hurayrah (may Allaah be pleased with him) narrated that the Prophet (peace and blessings of Allaah be upon him) never criticized any food. If he liked it he would eat it and if he did not like it he would leave it. (Narrated by al-Bukhaari, 3370; Muslim, 2046)

What is referred to here is permissible food; as for haraam food he would criticize it and forbid it.

Al-Nawawi said: Part of the confirmed etiquette of food is not to criticize it such as saying it is too salty, or too sour, or not salty enough, or thick, or thin, or not well-cooked, etc. Ibn Battaal said: This is part of good manners, because a person may not like food that others like, but there is nothing wrong with eating anything that is permitted in sharee'ah.

Sharh Muslim, 14/26.

2 - Part of the etiquette of eating is moderation in eating and not filling the stomach. The most that a Muslim is permitted to do in this regard is to divide his stomach into three thirds: one-third for food, one-third for drink and one-third for air. "A man does not fill any vessel worse than his stomach. It is sufficient for the son of Adam to eat enough to keep him alive. But if he must do that, then one-third for his food, one-third for his drink and one-third for his air." (Narrated by al-Tirmidhi, 2380; Ibn Maajah, 3349; classed as saheeh by al-Albaani in Saheeh al-Tirmidhi, 1939).

This keeps the body healthy and light, because eating one's fill makes the body heavy, which leads to laziness in worship and work. One-third is defined as being one-third of that which would make you feel full.

Al-Mawsoo'ah, 25/332

3 - Avoiding eating and drinking from vessels of gold and silver, because that is haraam. The Prophet (peace and blessings of Allaah be upon him) said: "Do not wear silk or brocade, and do not drink from vessels of gold and silver, or eat from plates thereof. They are for them in this world and for us in the Hereafter."

(Narrated by al-Bukhaari, 5426; Muslim, 2067)

And Allaah knows best.

4 - Praising Allaah after finishing eating. There is a great deal of virtue in this. It was narrated from Anas ibn Maalik that the Messenger of Allaah (peace and blessings of Allaah be upon him) said: "Allaah is pleased with His slave when he eats something and praises Him for it, or drinks something and praises Him for it." (narrated by Muslim, 2734).

Several ways of praising Allaah have been narrated from the Prophet (peace and blessings of Allaah be upon him):

1 - Al-Bukhaari narrated that Abu Umaamah said: When the Prophet (peace and blessings of Allaah be upon him) finished eating, he would say, "Al-hamdu Lillaah hamdan katheeran mubaarakan fihi ghayra makfiyyin wa laa muwadda'in wa laa mustaghnan 'anhu rabbana (Praise be to Allaah, much good and blessed praise. O our Lord, You are not in

need of anyone, and we cannot do without Your favour nor dispense with it)." (Narrated by al-Bukhaari, 5458).

Ibn Hajar said: " 'ghayra makfiyyin (You are not in need of anyone)' means that He has no need of any of His slaves but He is the One Who feeds His slaves and suffices them."

2 - It was narrated from Mu'aadh ibn Anas that his father said: The Messenger of Allaah (peace and blessings of Allaah be upon him) said: "Whoever eats some food then says, 'Al-hamdu Lillaahi allahi at'amani haadha wa razaqnihi min ghayri hawlin minni wa laa quwwata (Praise be to Allaah Who has fed me this and provided me with it with no power or strength on my part),' his previous sins will be forgiven." (Narrated by al-Tirmidhi, 3458; Ibn Maajah, 3285; classed as hasan by al-Albaani in Saheeh al-Tirmidhi, 3348).

3 - It was narrated that Abu Ayyoob al-Ansaari (may Allaah be pleased with him) said: "When the Messenger of Allaah (peace and blessings of Allaah be upon him) ate or drank anything, he would say, 'Al-hamdu Lillaah alladhi at'ama wa saqaa wa sawwaghahu wa ja'ala lahu makhrajan (Praise be to Allaah Who has given food and drink, made it easy to swallow and provided an exit for it).'" (Narrated by Abu Dawood, 3851 and classed as saheeh by al-Albaani).

4 - It was narrated from 'Abd al-Rahmaan ibn Jubayr that a man who served the Prophet (peace and blessings of Allaah be upon him) for eight years told him that he used to hear the Prophet (peace and blessings of Allaah be upon him) saying, when food was brought near him, "Bismillaah." And when he had finished eating he would say, "Allaahumma at'amta wa asqayta wa hadayta wa ahyayta, fa laka'l-hamd 'ala ma a'tayta (O Allaah, You have fed, given to drink, guided and brought to life, so praise be to You for what You have given)." (Narrated by Ahmad, 16159; classed as saheeh by al-Albaani in al-Silsilah al-Saheehah, 1/111)

Note: it is mustahabb to use all the words of praise that have been narrated to be said after finishing eating. So you can say one du'aa' on one occasion, another du'aa' on another occasion, and so on, so that you will have followed the Sunnah in all ways and attain the blessing of these du'aa's, as well as feeling the meanings of these words in your heart when you say them on various occasions, because if you get used to saying a particular du'aa' all the time, you think less about its meaning, because you have said it so often.

From al-Adaab by al-Shalhoob, p. 155.

YOUR POSTURE'S EFFECT ON DIGESTION

When you sit while you eat (like in the photo shown), you will divide your tummy into 3 parts as shown on another graph above.

Miqdam ibn Ma'd reported:
The Messenger of Allah, peace and blessings be upon him, said,

"The son of Adam cannot fill a vessel worse than his stomach, as it is

enough for him to take a few bites to straighten his back. If he cannot do it, then he may fill it with a third of his food, a third of his drink, and a third of his breath."

Source: Sunan al-Tirmidhi 2380
Grade: **Sahih** (authentic) according to Ibn Muflih

Sunnah way of eating is to sit on one's left foot with one's right knee set upright or on your knees.



The Sunnah, The Better.



Do you know sitting in this position will put pressure on appendix is suppress? If appendix is suppressed no foods can enter there and eventually you will never have infections or appendix issue. InshaAllah.

Why Sleep is Important for Losing Weight

7 Ways Sleep Can Help You Lose Weight

If you're trying to lose weight, the amount of sleep you get may be just as important as your diet and exercise. Unfortunately, many people aren't getting enough sleep. In fact, about 30% of adults are sleeping fewer than six hours most nights, according to a study of US adults.

Interestingly, mounting evidence shows that sleep may be the missing factor for many people who are struggling to lose weight. Here are seven reasons why getting enough sleep may help you lose weight.

1. Poor Sleep Is a Major Risk Factor for Weight Gain and Obesity

Studies have found that poor sleep is associated with weight gain and a higher likelihood of obesity in both adults and children.

2. Poor Sleep Can Increase Your Appetite

Poor sleep can increase appetite, likely due to its effect on hormones that signal hunger and fullness.

3. Sleep Helps You Fight Cravings and Make Healthy Choices

Poor sleep can decrease your self-control and decision-making abilities and can increase the brain's reaction to food. Poor sleep has also been linked to increased intake of foods high in calories, fats and carbs.

4. Poor Sleep Can Increase Your Calorie Intake

Poor sleep can increase your calorie intake by increasing late-night snacking, portion sizes and the time available to eat.

5. Poor Sleep May Decrease Your Resting Metabolism

Poor sleep may decrease your resting metabolic rate (RMR), although

findings are mixed. One contributing factor seems to be that poor sleep may cause muscle loss.

6. Sleep Can Enhance Physical Activity

Lack of sleep may decrease your exercise motivation, quantity and intensity. Getting more sleep may even help improve performance.

7. It Helps Prevent Insulin Resistance

Just a few days of poor sleep can cause insulin resistance that is a precursor to both weight gain and type 2 diabetes.

8 SUNNAH OF SLEEPING

The Sunnah Of the Prophet Muhammad (ﷺ) with regards to sleeping.

In this article we've researched many Sahih hadiths which will give you an outline of some of the traditions of the Prophet (ﷺ) did before going to bed.

Remember these are Sunnah of the Prophet and not fardh acts. These are not obligatory by any means but rather Mustahabb (recommended) or things which are makruh (disliked behaviors) and should be avoided.

By adopting such attitudes, habits, and behaviors you are improving in character.

"There has certainly been for you in the Messenger of Allah an excellent pattern for anyone whose hope is in Allah and the Last Day and [who] remembers Allah often." Surah Ahzab ayah 21.

SUNNAH OF WUDU BEFORE BED:

Narrated Al-Bara 'bin `Azib: The Prophet (ﷺ) said to me, "Whenever you go to bed perform ablution

like that for the prayer, lie on your right side and say,

اللَّهُمَّ أَسْلَمْتُ وَجْهِي إِلَيْكَ، وَفَوَّضْتُ أَمْرِي إِلَيْكَ، وَالْجَأْتُ
ظَهْرِي إِلَيْكَ، رَغْبَةً وَرَهْبَةً إِلَيْكَ، لَا مَلْجَأَ وَلَا مَنَاجَا
مِنْكَ إِلَّا إِلَيْكَ، اللَّهُمَّ أَمَنْتُ بِكِتَابِكَ الَّذِي أَنْزَلْتَ
وَبِنَبِيِّكَ الَّذِي أَرْسَلْتَ

"Allahumma aslamtu wajhi ilaika, wa fauwadtu `Amri ilaika, wa alja'tu Zahri ilaika raghbatan wa rahbatan ilaika. La Malja'a wa la manja minka illa ilaika. Allahumma amantu bikitabika-l-ladhi anzalta wa bina-biyika-l-ladhi arsalta"

O Allah! I surrender to You and entrust all my affairs to You and depend upon You for Your Blessings both with hope and fear of You. There is no fleeing from You, and there is no place of protection and safety except with You O Allah! I believe in Your Book (the Qur'an) which You have revealed and in Your Prophet (Muhammad) whom You have sent.

Then if you die on that very night, you will die with faith (i.e. or the religion of Islam)

Sahih Al-Bukhari 247

RECITING SURAH IKHLAS, FALAQ AND AN-NAS BEFORE BED:

The Prophet (ﷺ) used to seek refuge from satan at night by reciting Al-Mu'awwidhatan (both Surah Falaq and Surah Nas) as well as reading Surah Ikhlas.

Narrated 'Aisha: Whenever the Prophet (ﷺ) went to bed every night, he used to cup his hands together and blow over it after reciting Surat Al-Ikhlās, Surat Al-Falaq and Surat An-Nas, and then rub his hands over whatever parts of his body he was able to rub, starting with his head, face and front of his body. He used to do that three times.

Sahih Al-Bukhari 5017

HADITH BEFORE SLEEPING - CLEANING BED SHEETS

Narrated Abu Huraira: The Prophet (ﷺ) said, "When anyone of you go to bed, he should shake out his bed with the inside of his waist sheet, for he does not know what has come on to it after him, and then he should say: 'Bismika Rabbi Wada'tu Janbi wa bika arfa'uhu, In amsakta nafsi farhamha wa in arsaltaha fahfazha bima tahfazu bihi ibadakas-salihin."

Sahih Al-Bukhari 6320 and Sahih Muslim 2714

DHIKR AND TASBEEH BEFORE SLEEPING

The Sunnah of Prophet Muhammad (ﷺ) before sleeping was to recite **subhanallah**, **alhamdulillah**, and **allahu akbar** thirty times.

Narrated Ali bin Abi Talib: Fatima came to the Prophet (ﷺ) asking for a servant. He said, "May I inform

you of something better than that? When you go to bed, recite "Subhan Allah" thirty three times, 'Al hamduli l-lah' thirty three times, and 'Allahu Akbar' thirty four times. Ali added, 'I have never failed to recite it ever since.' Somebody asked, "Even on the night of the battle of Siffin?" He said, "Even on the night of the battle of Siffin."

Sahih Al-Bukhari 5362 and Sahih Muslim 2727

SLEEPING ON RIGHT SIDE

Narrated Hudhaifa: When the Prophet (ﷺ) went to bed at night, he would put his hand under his cheek and then say, "Allahumma bismika amutu wa ahya," (O Allah, in Your name I die and I live) and when he got up, he would say, "Al-Hamdu lil-lahi al-ladhi ah yana ba'da ma amatana, wa ilaihi an-nushur." (Praise be to Allaah who has brought us back to life after causing us to die, and to Him is the resurrection)

Sahih Al-Bukhari 6314

SUNNAH TO NOT SLEEP ON YOUR BELLY

It was narrated that Abu Dharr said: "The Prophet (ﷺ) passed by me and I was lying on my stomach. He nudged me with his foot and said: 'O Junaidib! This is how the people of Hell lie.'" Sahih (Darussalam) Sunan Ibn Majah 3724

RECITING AYATUL KURSI BEFORE SLEEPING

Allah's Apostle asked, "What did your prisoner do yesterday?" I replied, "He claimed that he would teach me some words by which Allah will benefit me, so I let him go." Allah's Messenger (ﷺ) asked, "What are they?" I replied, "He said to me, 'Whenever you go to bed, recite Ayat-al-Kursi from the beginning to the end -- Allahu la ilaha illa huwa-l-Haiy-ul-Qaiyum--.' He further said to me, '(If you do so), Allah will appoint a guard for you who will stay with you, and no satan will come near you till morning.' [...] The Prophet (ﷺ) said, "He really spoke the truth, although he is an absolute liar. Do you know whom you were talking to, these three nights, O Abu Huraira?" Abu Huraira said, "No." He said, "It was Satan."

Sahih al-Bukhari 2311

LAST TWO VERSES OF SURAH BAQARAH AT NIGHT

Rewards of reciting last 2 ayat of Surah Baqarah before going to bed.

Narrated Abu Mas'ud: The Prophet (ﷺ) said, "If somebody recited the last two Verses of Surat Al-Baqara at night, that will be sufficient for him." Sahih al-Bukhari 5009

CONCLUSION

Along with eating right and exercising, getting quality sleep is an important part of weight maintenance. Poor sleep dramatically alters the way the body responds to food.

For starters, your appetite increases, and you are less likely to resist temptations and control portions.

To make matters worse, it can become a vicious cycle. The less you sleep, the more weight you gain, and the more weight you gain, the harder it is to sleep. On the flip side, establishing healthy sleep habits can help your body maintain a healthy weight.

WEEK 2: INTERMITTENT FASTING & 5:2 DIET

Intermittent fasting (IF) inspired by RAMADHAN fasting

The backstory on intermittent fasting

IF as a weight loss approach has been around in various forms for ages, but was highly popularized in 2012 by BBC broadcast journalist Dr. Michael Mosley's TV documentary *Eat Fast, Live Longer* and book *The Fast Diet*, followed by journalist Kate Harrison's book *The 5:2 Diet* based on her own experience, and subsequently by Dr. Jason Fung's 2016 bestseller *The Obesity Code*. IF generated a steady positive buzz as anecdotes of its effectiveness proliferated.

This is very clear that we should eat more fruits and veggies, fiber, healthy protein, and fats, and avoid sugar, refined grains, processed foods, and for Allah's sake, stop snacking.

Intermittent fasting can help weight loss

IF makes intuitive sense. The food we eat is broken down by enzymes in our gut and eventually ends up as molecules in our bloodstream. Carbohydrates, particularly sugars and refined grains (think white flours and rice), are quickly broken down into sugar, which our cells use for energy. If our cells don't use it all, we

store it in our fat cells as, well, fat. But sugar can only enter our cells with insulin, a hormone made in the pancreas. Insulin brings sugar into the fat cells and keeps it there.

Between meals, as long as we don't snack, our insulin levels will go down and our fat cells can then release their stored sugar, to be used as energy. We lose weight if we let our insulin levels go down. The entire idea of IF is to allow the insulin levels to go down far enough and for long enough that we burn off our fat.

4 ways to use this information for better health

1. **Avoid sugars and refined grains.** Instead, eat fruits, vegetables, beans, lentils, whole grains, lean proteins, and healthy fats (a sensible, plant-based, Mediterranean-style diet).
2. **Let your body burn fat between meals.** Don't snack. Be active throughout your day. Build muscle tone.
3. **Consider a simple form of intermittent fasting.** Limit the hours of the day when you eat, and for best effect, make it earlier in the day (between 7 am to 3 pm, or even 10 am

to 6 pm, but definitely not in the evening before bed).

4. **Avoid snacking or eating at nighttime**, all the time.

5:2 Diet inspired by Monday and Thursday fasting

All diets achieve weight loss through the same equation — you take in less food energy each day than your body burns for normal activity. 5:2 diet achieves this goal by severely limiting calories during certain days of the week or during specified hours during the day. The theory is that 5:2 diet will help decrease appetite by slowing the body's metabolism.

With this system, you eat normally for five days of the week, but restrict food intake to just 500 to 600 calories on the two fasting days. Another variation of 5:2 diet calls for alternating "fast" days, in which you consume a quarter or less of your basic calorie requirement, with "feast" days, during which you eat whatever you choose.

CONCLUSION

Fasting for the sake of Allah swt by following sunnah of Rasulullah s.a.w is the best you need to follow rather than influenced by western style diet.

WEEK 3: SHOPPING SMART

Start at the FRESH AISLE of the grocery store

That's where you'll find the most healthful, freshest, least-processed options. Try to shop the produce, fish, lean meat, dairy, and bread sections of the store as much as possible to avoid the temptations lurking in the aisles containing snack cakes, chips, sodas, and other packaged and processed foods. Concentrate on filling your basket with healthful fruits, vegetables, whole grains, healthy fat dairy, and lean protein. After you've shopped the outer boundary of the store, use your list to navigate the rest of the aisles. Look above and below the center shelves for the most healthful selections.

Don't shop on an empty stomach

We all know what happens when you go to the grocery store when your stomach is rumbling! Everything looks good, especially those quick, easy-to-eat snacks. If you're hungry, have a healthful snack or meal before shopping. You'll be less tempted to fill your cart with impulse items.

Get organized

Make a list of foods you need. Do your menu planning for a week at a time and do your grocery shopping on the same day of each week. A simple routine eliminates the need for midweek trips to the store, which may tempt you to buy food that's not on your list.

Become a comparison shopper

Decide what's most important to you when selecting foods, whether it's sodium, fiber, sugar, calories, or healthful fat, and then home in on that nutrient by reading labels. You probably won't find the perfect food, but you will surely make better decisions by comparing labels. If you're trying to lose weight, pay particular attention to calories, macros and the serving size listed. Ignore the calories from total fat, though. A calorie is a calorie. (But do try to avoid foods whose fat comes mostly from trans fats or saturated fat.)

WEEK 4: GET ACTIVE

Fitness and diet go hand in hand. Increasing your activity level will complement all the work you're doing to improve your eating habits. A 2012 study of more than 600,000 adults of all ages found that leisure time physical activity was associated with longer life expectancy across a range of activity levels and BMI groups.

According to the Centers for Disease Control and Prevention, the perceived lack of time to exercise is among the top excuses we use to keep from being active. That is, in part, because our society often portrays "exercise" as something that requires a gym membership and hours of free time, but that's simply not true.

To fit physical activity into your routine, schedule it on your calendar just like you would a business meeting, even if it's just in 10-minute slots. Once you invest time in daily activity, you'll be buoyed to make diet changes by the motivating feeling of well-being that exercise yields.

How much should you do? Current Australia Department of Health and Human Services physical guidelines urge all adults including people with various disabilities to accumulate a weekly total of 150 minutes or more

of moderate aerobic activity, or 75 minutes or more of vigorous activity, or an equivalent mix of the two.

Keep these tips in mind:

- Ten minutes of vigorous activity equals approximately 20 minutes of moderate activity.
- Sessions of activity should last at least 10 minutes.
- Twice-weekly strength training sessions for all major muscle groups are also recommended.
- Balance exercises are also recommended, particularly for older adults at risk of falling.

In your day-to-day life, take a broader view of exercise: any amount of activity beats none. Even short stints of movement (five minutes of walking several times a day to help you build endurance) are a good first step toward meeting a bigger goal. In addition to aiming for cardiovascular health, a separate goal is to limit the amount of time you are sedentary. Straighten up the living room while you watch TV, for instance, instead of sitting, or stand or walk for part of your commute instead of sitting in a train, bus, or car.

WEEK 5: POWER OF INTENTION

Always check your intention

From the Amir al-Muminin Abu Hafsa 'Umar ibn al-Khattab, radiya'llahu 'anhu, that he said,

"I heard the Messenger of Allah, may Allah bless him and grant him peace, saying, 'Actions are only by intentions, and every man has only that which he intended. Whoever's emigration is for Allah and His Messenger then his emigration is for Allah and His Messenger. Whoever's emigration is for some worldly gain which he can acquire or a woman he will marry then his emigration is for that for which he emigrated.'" [Bukhari, Muslim]

Everything in this life has to be purely and solely to earn the pleasure of Allah[swt]. For the righteous actions that we do, we'll be able to earn the pleasure/rida'a/Qurb of Allah[swt] based on how noble our intention is - as the Prophet[saw] has said that a person is only going to have that which they intended.

Be realistic

Start from where you are now and try to improve. If, according to your food diary, for example, you ate lunch out five times in five days, a good goal to set for yourself would be to cut back to three restaurant or take-in lunches and bring your lunch to work two days. Once you get used to that change, you can add even more days

to your bring-lunch-from-home routine, so that eating lunch out eventually becomes the exception.

Keep goals specific

Specific, short-term, behavioral goals are more motivating and easier to measure than general, long-term, end result goals. Instead of "I want to lose 10 pounds by my birthday," for example, a specific, behavior-driven goal would be "I'll have a salad for lunch each day." Instead of "I'll stop snacking," make it your goal to set out a tangerine for your afternoon snack. Behavior-driven goals are easier to achieve because they focus on one step toward a result that can take months to accomplish.

Each week, when you reach your behavior-driven goal, you earn an opportunity to celebrate a personal achievement, which helps maintain motivation. At the end of each week, assess your progress and reward yourself for the small changes you made. For instance, you might treat yourself to a movie or another activity that gives you pleasure. Moving in the right direction deserves some acknowledgment to encourage you to continue positive change.

A note about wording: state your goals throughout this six-week journey as "I will...." It's a more

powerful proclamation than “I want to...” or “I’d like to....” Based on your food diary, what specific goals would

you like to set? List three goals for changes you will make in your diet in the coming weeks.

WEEK 6: KEEP IT GOING

KEEP UP THE GOOD WORK

Now you're really creating a new way of eating that you enjoy and can stick with for life. Here are steps to help you reinforce your new habits.

Reward yourself.

In addition to your food policies, be sure to fortify your motivation by rewarding yourself frequently. Behavior change is hard work because habits are so ingrained. By the time you're 40, you've eaten some 40,000 meals—and probably lots of snacks. The most successful people reward themselves for following their food policies, especially in the first six months they're implementing them.

After a week of cooking at home,

Three out of five weeknights, for example, you could acknowledge your progress by treating yourself to something you've been wanting, like a piece of clothing or some new music. Also, recognize other ways the changes you're making are benefiting your life. If cooking at home more often is saving you money, for example, once a week, you could put the money you didn't spend on eating out into a clear tip jar for a vacation, and then watch your rewards mount.

Find a workaround.

While you're at it, try to control your environment so old behaviors don't tempt you. If you're trying to break the fast-food habit, try driving a different route that doesn't take you

through the fast-food district. If you want to eat a healthful breakfast, put an apple on the kitchen table before you go to bed. Find a healthy substitute for any behaviors you're trying to eliminate. It might be, for example, taking swigs from your water bottle instead of opting for your usual 3 p.m. cola or sugar fix.

Don't give up when you slip up.

Once you put your food policies into action, realize that there will be times when you lapse into old behaviors. You're human. It will happen, and when it does, don't fall prey to thinking, "Well, I ate out every night this week, I might as well give up on the idea of cooking. It's just not happening." That's demotivating and counterproductive.

Instead, use the suffering that's associated with the slip as a learning opportunity so you can avoid it in the future. Ask yourself: What caused it? Was it something practical such as having an especially busy week? Or was it something emotional, such as feeling stressed about work? Once you think you know what caused the slip, let it go and forgive yourself. Often get right back to your new

routine. A slip doesn't need to become a fall. A lapse doesn't need to become a relapse. On the days you do follow through, pat yourself on the back. Just one day of making healthful food and physical activity choices such as not having doughnuts when someone brings them into the office and taking a brisk walk at lunch can boost your enthusiasm and self-esteem.

Finally, strengthen your resolve by seeking emotional encouragement from a support group or a network of friends. The help they provide can be a powerful motivator and make you feel accountable to someone. If you have other people watching your progress, you'll be less ready to break that commitment.

Questions & Answer

Not losing fat within realistic parameters?

Decrease your intake by about 250 calories a day, by cutting out some carbs and/or fats. Or simply remove 1-2 cupped handfuls of carbs and/or 1-2 thumbs of fats from your daily intake. (That's 2-3 total portions of carbs and fats, combined.)

Not gaining muscle within realistic parameters?

Increase your intake by about 250 calories a day, by adding some carbs and/or fats. Or simply add 1-2 cupped handfuls of carbs and/or 1-2 thumbs of fats to your daily intake. (That's 2-3 total portions of carbs and fats, combined.)

Losing too much lean mass when losing weight? Increase your daily protein intake by about 25 grams. Or simply add 1 extra palm of protein to your daily intake.

Gaining too much fat when adding muscle?

Increase your daily protein intake by about 25 grams, and decrease your daily carb and/or fat intake by about 250 calories. Or simply add 1 extra palm of protein to your daily intake, and remove 1-2 cupped handfuls of carbs and/or 1-2 thumbs of fats from your daily intake. (That's 2-3 total portions of carbs and fats, combined.)

How long should I wait before making adjustments?

In general, you should monitor your results about every two weeks before making further adjustments to your intake. And as you become more advanced, or progress closer to your final goal, it may take a full four weeks to see if your intake is working. Give it an appropriate amount of time before considering further adjustments.

Want to substitute some carb or fat portions?

You can substitute carb or fat portions for each other to suit your preferences. Pay attention to your response (e.g. appetite, energy levels, body change progress, etc.) and make further adjustments as desired.

What about snacks?

Your daily macro and portion totals can be divvied up as you prefer, so if you want to replace any meals with smaller snacks, feel free. Just make sure to compensate by adding appropriate portions to the remaining meals throughout the day. Again, your main goal is to reach your target intakes for the day.

So Much LOVE,



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Stay in touch! Follow me
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