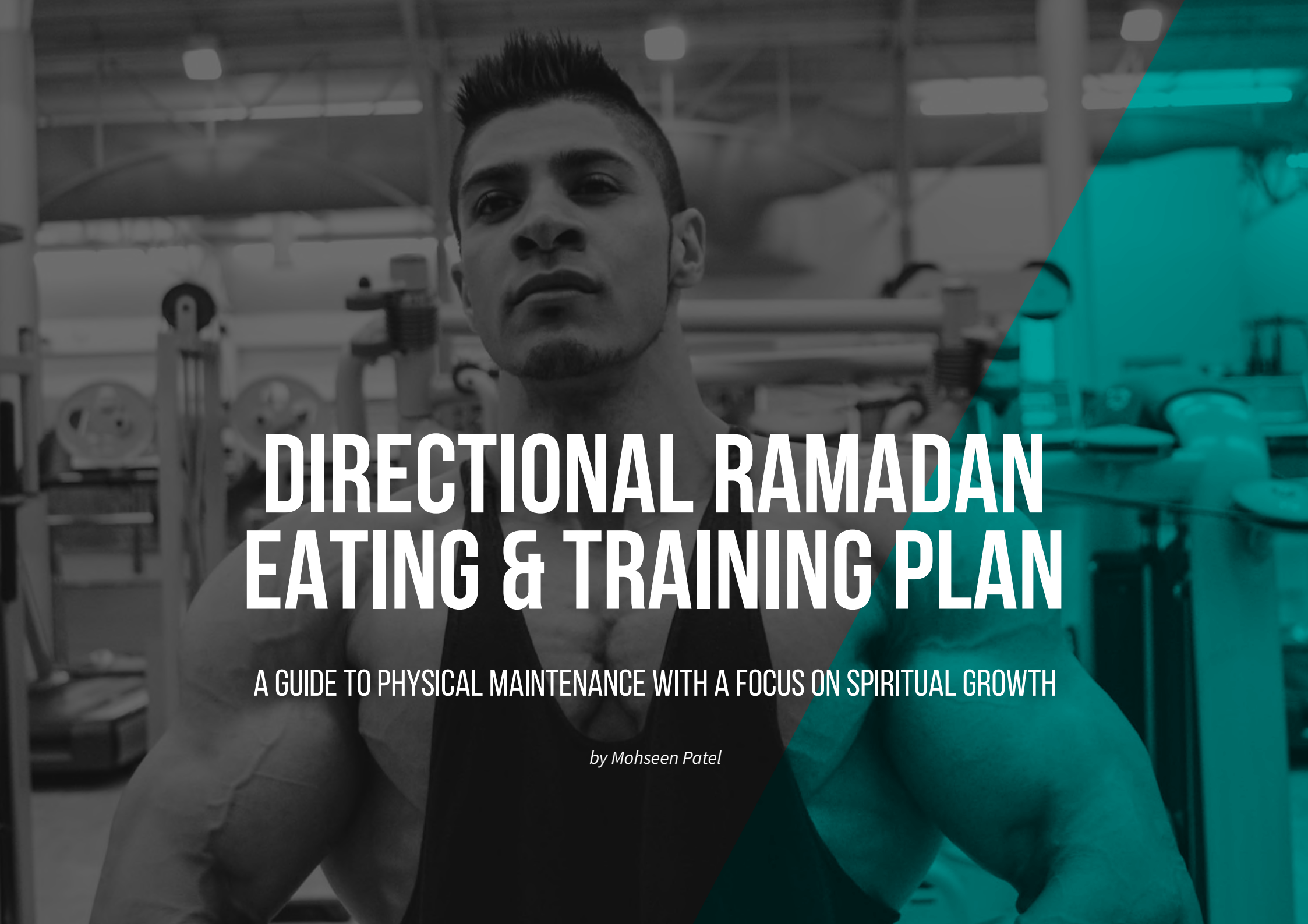
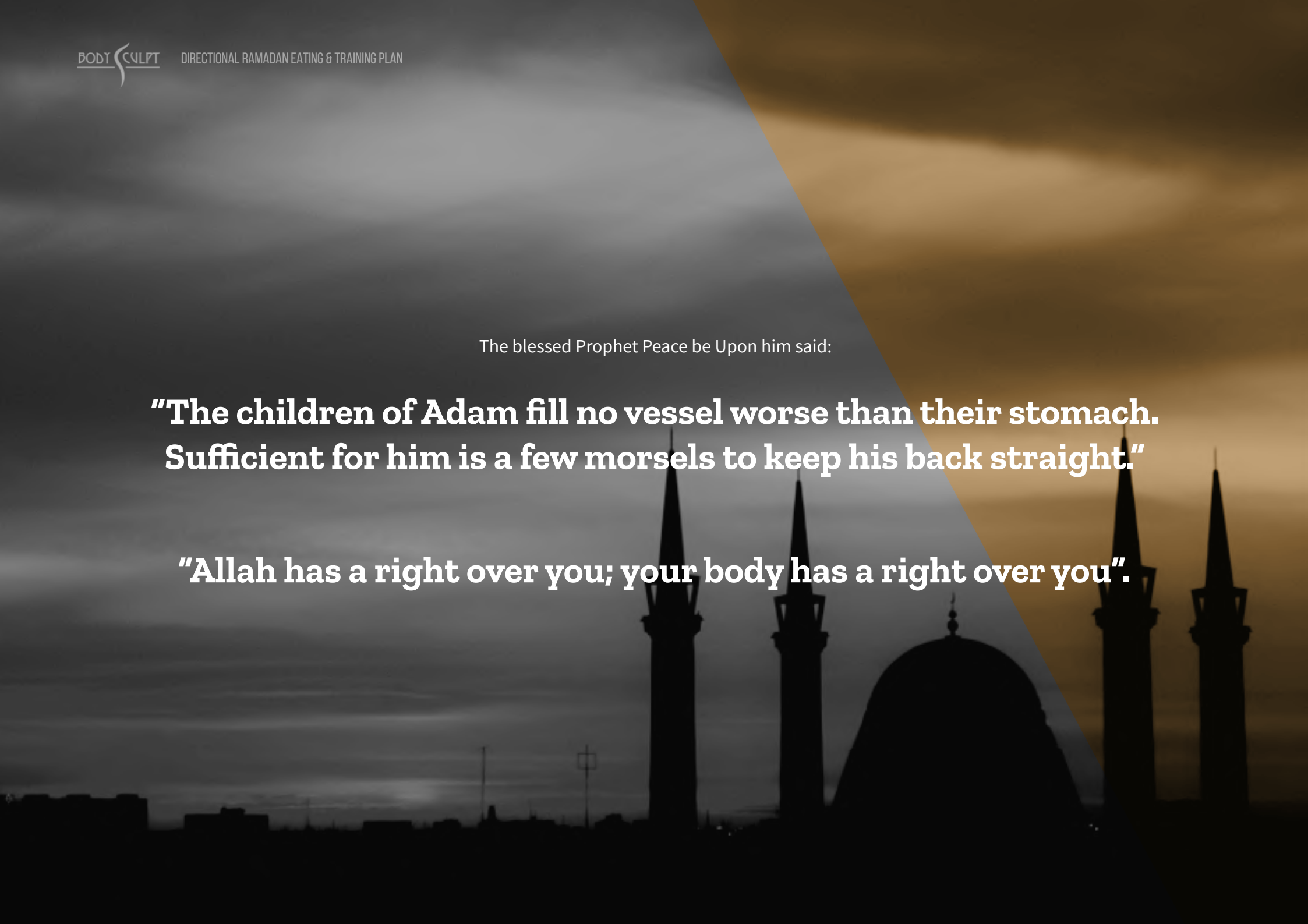


DIRECTIONAL RAMADAN EATING & TRAINING PLAN

A GUIDE TO PHYSICAL MAINTENANCE WITH A FOCUS ON SPIRITUAL GROWTH

by Mohseen Patel



The blessed Prophet Peace be Upon him said:

"The children of Adam fill no vessel worse than their stomach. Sufficient for him is a few morsels to keep his back straight."

"Allah has a right over you; your body has a right over you".

Ramadan is the most sacred month for Muslims and a time for spiritual reflection and implementation.

With the month of Ramadan dawning upon us, Death by Conditioning Online Coaching (DBC) shares a directional plan, optimised for:

- maximising muscle retention
- prevention of fat gain
- maintaining health & fitness

all while minimising intrusion to the obligations of this blessed month.

Due to nutritional and time limitations and depending on an individual's metabolism our bodies can lose weight, gain weight and undergo muscle catabolism (breakdown), during Ramadan.

If these are your concerns, enjoy this short eBook.

THE SPIRITUALITY OF FASTING

Before we get started…

Ramadan instructs us to practice greater spirituality.

A part of that spirituality is the appreciation of food.

Specified eating times highlight the blessings of nutrition and for that we are most grateful.

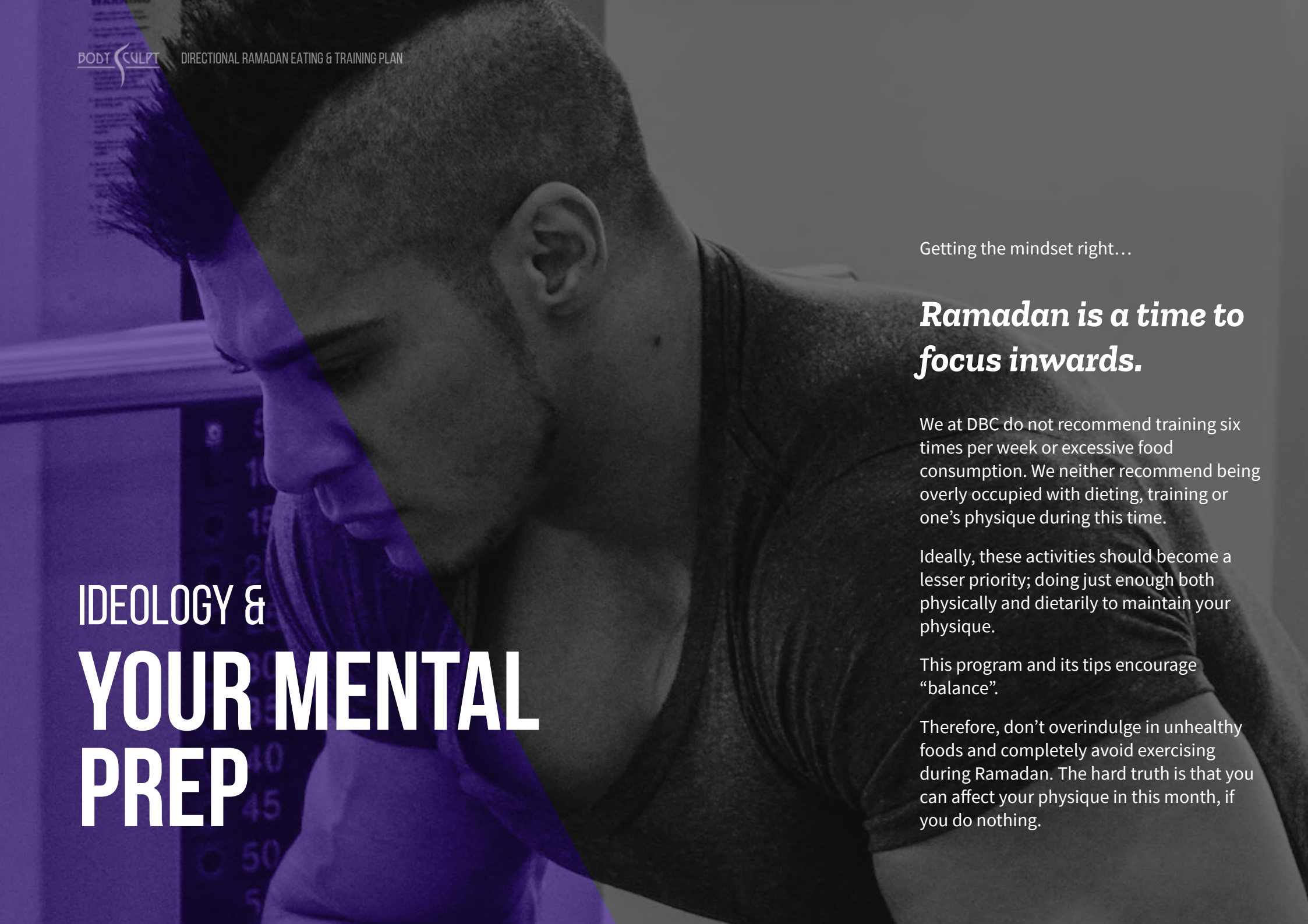
This is the first benefit of Ramadan.

THE ADVANTAGES OF FASTING

FOR THE BODY AND MIND

The positives…

- **Detoxication**. Research shows fasting improves organ function.
- **Fat Breakdown**. Fat stores are more readily used for energy. This aids weight loss, an action that can reduce cholesterol and blood pressure levels.
- **Restoring insulin sensitivity**. This bodily reboot leads to enhanced metabolism and better nutrient partitioning which is the process where energy from foods are used by the body.
- Enhanced growth hormone output and **improved hormonal balance**.
- Forging **greater mental discipline**.
- **Focus** on religious priorities and practices.



IDEOLOGY & YOUR MENTAL PREP

Getting the mindset right…

Ramadan is a time to focus inwards.

We at DBC do not recommend training six times per week or excessive food consumption. We neither recommend being overly occupied with dieting, training or one's physique during this time.

Ideally, these activities should become a lesser priority; doing just enough both physically and dietarily to maintain your physique.

This program and its tips encourage "balance".

Therefore, don't overindulge in unhealthy foods and completely avoid exercising during Ramadan. The hard truth is that you can affect your physique in this month, if you do nothing.

DIET

Tweaking your eating…

In order to maintain physique, healthy foods in accurate proportions must be consumed.

The aim of consumption should be to eat healthily, with the purpose of providing our bodies with the nutrients it requires to:

- endure the challenges of fasting
- maintain muscle constituency
- prevent fat accumulation

in the healthiest possible way.

EATING

Eating complex **carbohydrates** are important as they provide much needed energy and stabilise blood sugar levels, for at least a portion of the day. (oats, bran, whole grain, brown and white long grain rice are healthy low gi carb options).

Sufficient **protein** intake, preferably chicken, fish and eggs, which aid in both cellular and muscular health should be prioritised. Lean red meat is also a viable protein source to preserve muscle.

Always balance your meals with good **fats** such as olive/coconut oil, nuts, seeds and avocados to maintain healthy brain and body function.

Include **vegetables** for satiety, fibre, enhanced gut health and digestion. The vitamins and minerals, phytonutrients and anti-oxidants from these food sources aid with cell function, immune boosting, vitality and detoxification.

HYDRATION

Water intake is a critical aspect of optimal health during Ramadan.

Drinking sufficient water aids digestion, avoids constipation and dehydration.

Drink at least 2-3 litres of water between Iftar and bed time. Coconut water is also an effective fluid intake option because of its enhanced hydration properties.

FOODS
TO AVOID

Limit heavily-processed foods that contain refined carbohydrates particularly in the form of sugar, desserts, pastries, and white flour.

Minimise bread intake.

Fatty and oily deep-fried foods are also discouraged. So too are fizzy drinks which contain high sugar levels. These liquids together with caffeinated beverages negatively impact digestion.

Caffeinated beverages also have a diuretic effect causing dehydration.

HEALTHY ALTERNATIVES

- Whole grains
- Soups
- Stews
- Green juices
- Smoothies
- Yogurt bowls

ALTERNATIVE COOKING METHODS

- Grilling or baking food is a healthier cooking option. (*Apart from its nutritional benefits, these preparations retain the original flavour better than frying*).
- Replace Canola and Sunflower oil with Olive or Coconut oil.

ADDITIONAL DIETARY AIDS & PHILOSOPHIES

Plan your meals well in advance. Procrastinating will most likely lead to making poor food choices.

Be aware of food choices and portion control. Consume in moderation. It is easy to overeat when you have been fasting all day.

Understand and know your own daily macronutrient needs. These should be based on your specific goals. Then eat accordingly.

Create healthy food environments. Do not keep unhealthy food options at home.

Reduce caffeine intake (coffee, tea, energy drinks) a week before fasting. Delaying your morning caffeine intake to noon is a good way to transition into Ramadan. This reduces the risk of withdrawal headaches when Ramadan begins.

Eat oats at Suhoor time. It is a good carbohydrate option, especially if you add bananas and dates to it. The combination provides an energy flow for approximately the first 6 hours of the day.

Do not eat high carbohydrate and fatty meals immediately at Iftar. They are particularly difficult to digest which can cause fatigue during evening prayers.

Eat light meals after Iftar with a larger meal later on.

Consume 1-2 fruit portions per day. They contain valuable nutrients.

TRAINING

TIPS

Continuing the grind…

“Minimum stimulus” should be the primary training goal during Ramadan. This training concept focuses on preservation of fitness levels, muscle mass and strength, as well as prevention of fat accumulation.

Workouts should be planned around your religious commitments.

Training should be customised for the body’s maintenance and healthy functionality.

Ramadan training should be viewed as a much-needed deload. The reduced activity generates rest and recovery after the year’s intense training.

Limit Ramadan workout sessions to 30-40 minutes, 4 or 5 times per week.

Train adequately to stimulate enhanced blood flow to the muscle being trained. This can prevent muscle atrophy, regression in performance and a total crash of your metabolism.

Decrease weight lifting by 30-40%. Opt for low to moderate volume and low intensity training.

Do not engage in excessive cardiovascular exercise. Deliberately creating a further calorie deficit leads to fatigue and increased muscle breakdown.

TIMES

The best times to train would either be:

- after Taraweeh salaah
- or an hour before Iftar

They have differing benefits.

Training before Iftar is a better opportunity to burn fat because the body is calorie deficient and in a state of “ketosis". During this time the body uses stored fat for energy. (*Training before Iftar should comprise of even lighter weight loads because the body is neither hydrated nor adequately fueled*).

Training after Taraweeh also burns extra calories and stimulates the metabolism but less so as training before Iftar. The hydration and additional calories post-iftar allows for a stronger and easier workout.

Our bodies respond differently so explore what times and exercises work best for you.

SLEEP

Rest sufficiently.

This allows your body and muscles to recover. Adequate sleep also contributes to proper functioning of the immune system.

SUPPLEMENTATION

Completing the gaps…

Usage of supplements are necessary to maintain ones physique. DBC favourite Ramadan supplements include:

- A comprehensive Multi-Nutrient
- Additional Vitamin C
- Whey protein
- Casein protein
- Amino Acids: BCAA's/EAA'. (*BCAAs are more suitable for persons meeting their total daily protein needs, whilst EAAs are best suited for those who fall short of their protein requirements*)
- Glutamine
- HMB
- Omega 3
- Natural fat burner and/or CLA
- Phosphatidylserine. (*This supplement is important as it reduces cortisol, the catabolic hormone which is produced whilst fasting. It also acts as a natural feel good supplement for those edgy days*)

CONCLUSION

Deep reflection…

Fasting in the month of Ramadan is an opportunity to make significant changes to improve our lives. If seized, the sacrificial resolve can strengthen us to make healthier lifestyle choices for the year ahead.

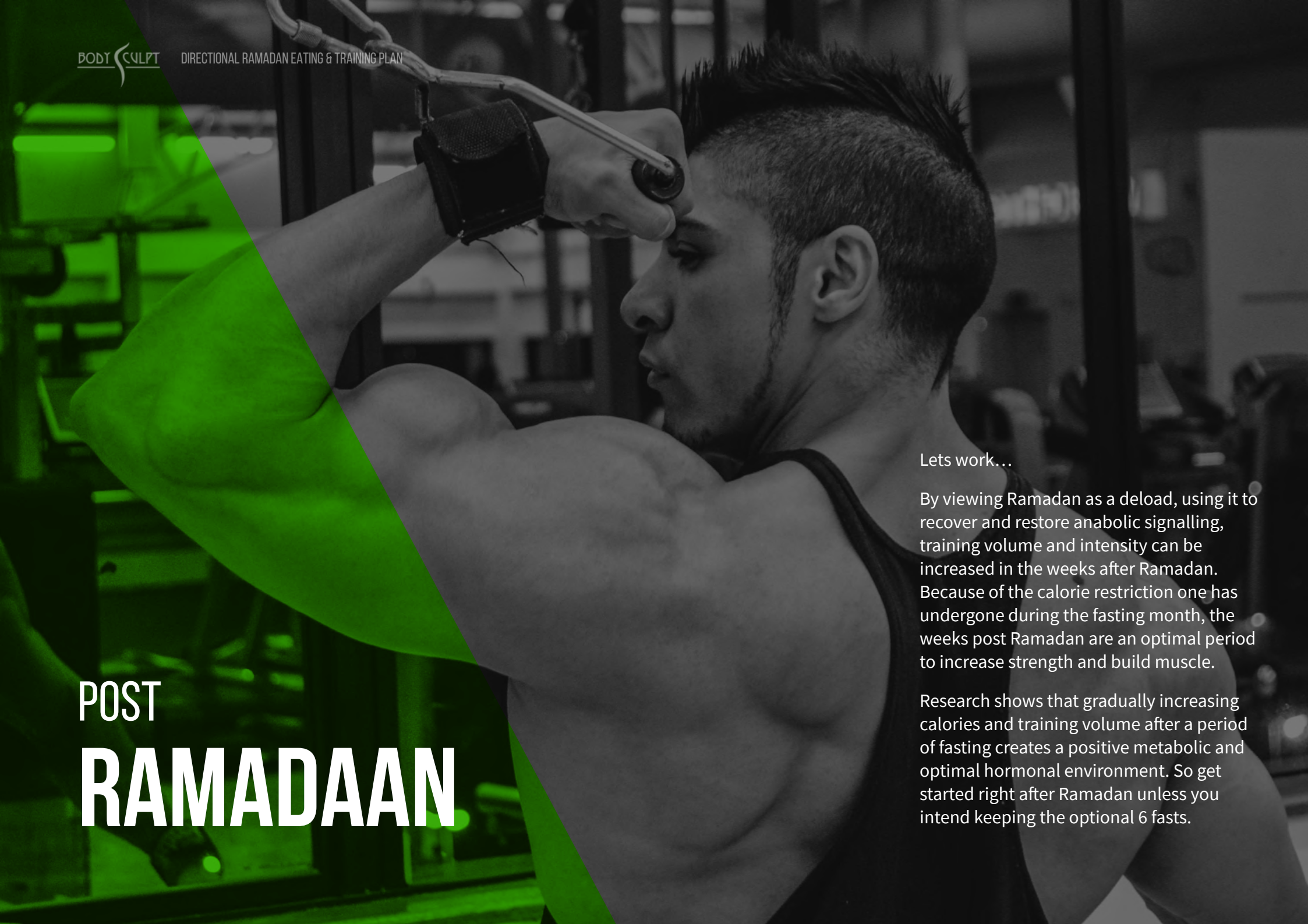
Treat your body as it was handed to you as a gift by Allah, an amaanah (in trust) and look after it.

Life is about balance.

Striking the balance between the combinations of nutrition, fitness and spirituality can yield impressive results *no matter* the month.

Enjoy Ramadan this year and every other year. Maximize the spiritual benefits, and use these guidelines to help steer you, when it comes to training and diet.

Ramadan Kareem! Remember us in your duas and may Allah accept all of yours.



POST RAMADAAN

Lets work…

By viewing Ramadan as a deload, using it to recover and restore anabolic signalling, training volume and intensity can be increased in the weeks after Ramadan. Because of the calorie restriction one has undergone during the fasting month, the weeks post Ramadan are an optimal period to increase strength and build muscle.

Research shows that gradually increasing calories and training volume after a period of fasting creates a positive metabolic and optimal hormonal environment. So get started right after Ramadan unless you intend keeping the optional 6 fasts.

CONTACT INFO

For more information on training, diet and supplementation email us at:

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For customised and advanced health plans join DBC now. DM or email to discuss your goals:

DEATH BY CONDITIONING

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View some of our impressive client transformations and group workouts at:

www.instagram.com/mozza_patel/

www.facebook.com/mohseenpatelfitness/

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Please consult your physician to provide the most accurate advice as he/she has access to your medical history.