

pureabs

HOW TO GET *Fit* THIS Ramadan



INTRODUCTION

Ramadan is a time for self-reflection, self-control, prayer and charity. In addition to your mind and soul being cleansed, your body goes through some remarkable changes, as well.

By the end of Ramadan, your body would have undergone a full detoxification process. Your physical and mental energy will be fully charged and ready for the next 11 months!

In this short Ramadan fitness guide, we will show you how to take full advantage of this month and finish it feeling leaner, cleaner and even stronger than before!

THINGS TO AVOID (this is the painful bit!)

In order to realise the full benefit of Ramadan, you will need to make sure you are eating and drinking the proper things, but more importantly, avoiding the bad ones!

These are the main foods and drinks to avoid during Ramadan:

- **High salt foods** – consuming a large amount of salt will make you thirsty. Most people fasting will struggle more with thirst than hunger, so in order to keep your body hydrated, cut down the salt!
- **Fried foods** - so no samosas!
- **High fat foods** – as delicious as it sounds, stay away from pizza!
- **Sugary drinks** – avoid fizzy drinks, but fresh, natural fruit juice is fine.
- **Processed foods** – your body needs fresh ingredients, which are lower in fat and higher in minerals and vitamins.
- **White foods** – white bread, white rice, white pasta. The brown (wholemeal, wholegrain, whole wheat) alternatives of each are better.
- **Low calorie, 'diet', and 'light' foods** – You will have to avoid 'low calorie' food because you need calories! Since you need "good" calories, you should avoid things like Special K cereal!
- **Tea/Coffee** – since you need to retain water when fasting and tea/coffee act as diuretic, drinking them will cause you to lose water!



THE BEST FOODS TO EAT DURING RAMADAN



When fasting, the two biggest challenges you will face are thirst and hunger. So, you need to consume healthy food and drink that will slowly release energy and will help your body to stay hydrated.

Here's a list of foods/drink that you should consume during Ramadan!

- **Water** – this is the most important. If you take nothing else away from reading this guide, remember this: you need to drink water...and lots of it!
- **Dates** – There's a reason why the Prophet Muhammad (pbuh) opened his fast with this amazing fruit. It contains natural sugar, which will provide you with energy from the moment you open your fast. Furthermore, dates are packed full of essential minerals and vitamins!
- **Fruit & Vegetables** – High in fibre, resulting in an increased feeling of fullness and prevents constipation.
- **Brown Carbohydrates** – These take longer to digest than their white alternatives, resulting in sustained energy for longer periods!
- **Protein** – chicken, fish, etc. Eating protein helps to repair and maintain body muscle and will also help prevent muscle regression.
- **Eggs** – a great source of protein, brilliant at Suhoor.
- **Oats** – a bowl of porridge will go a long way during your day! Oats provide a slow release of energy, perfect during a day of fasting.
- **Coconut water** – If you have ever seen Usain Bolt after training, he always has a coconut in his hand with a straw in it. The reason for that is coconuts hydrate you remarkably fast! Coconut water contains electrolytes which help your body to rehydrate following exercise or long periods of fasting.
- **Smoothies/Soups** – both are a great way to add water into your diet as well as food and nutrients!
- **BCAA's (branched chain amino acids)** – great for suhoor as they help your body to maintain lean muscle mass. This will help to avoid losing your hard earned muscle and strength whilst fasting.

SUHOOR

(Pre-dawn Meal)

What you put into your body during this meal is going to sustain your body for the next 12-20 hours...so you better choose wisely!

Here is a list of foods and drinks that are best to eat for Suhoor, as well as the ones you must avoid!

Good to eat/drink	Don't you dare
Water, water, water, water, water...	Salt, salt, salt, salt, salt, salt, salt...
Oats (porridge)	Did I mention salt?
Protein (eggs)	Fried/oily foods
Dates	White carbohydrates
Fruit	Sugary drinks (fizzy pop)
Brown rice/bread	Sugary foods
And finally...yep you guessed it, water!	Pasta (fast release energy, you need slow release)

IFTAR

(POST-SUNSET MEAL)

This is the more complicated meal of the day.

You are going to have to exercise self-control big time here, in particular during the first 10-15 minutes after opening your fast.

Here is a great ritual to follow: open your fast by following the Sunnah with 3

dates and a glass of water. Then, have a short break of 3-5 minutes (perfect for praying Maghrib salah). After this short break you can then proceed to having your meal.

One important rule to fol-

low for your meals: only use small plates. By using plates smaller than the circumference of your hand, you will find it much easier to eat less and not over-eat!



HERE ARE THE THINGS YOU SHOULD BE EATING:

Good to eat/drink	Avoid
Water	Salt
Protein (meat, fish, lentils)	Fried food (sorry samosa lovers)
Vegetables	Sugary foods/desserts
Brown rice	Sugary drinks
Coconut water	High fat foods – cheese sauces
Dates	Low calorie/diet foods
Water...again	Over-eating!!

EXERCISE



You can definitely incorporate some form of training into your day when fasting.

The type, length and intensity of your training will depend largely on the duration of your fasts.

So here is a breakdown of how you can safely and effectively train while fasting, depending on how long you will be fasting for each day:

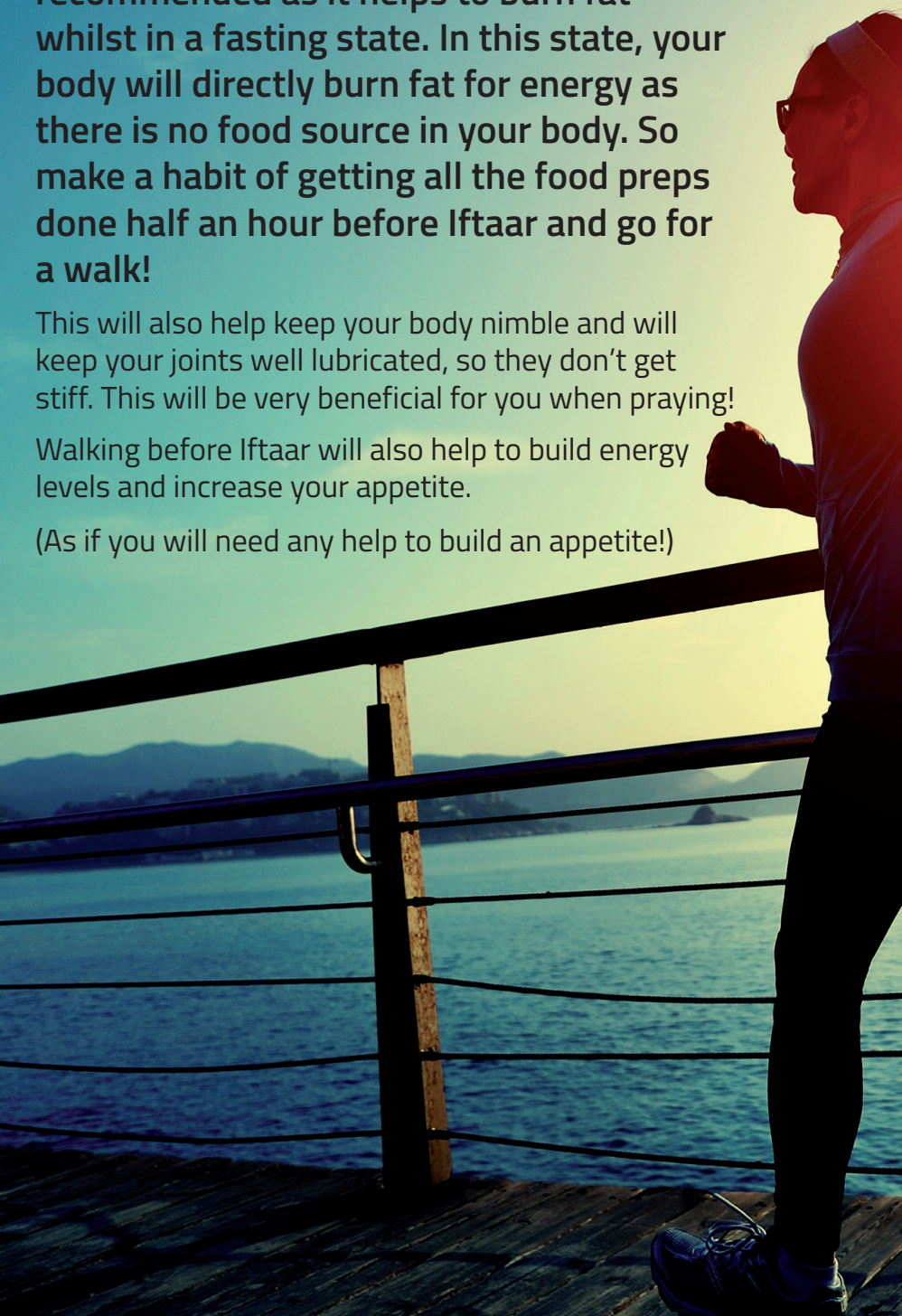
	Duration of fast		
	10-14 hours	14-18 hours	18+ hours
Strength training	<ul style="list-style-type: none"> ▪ High reps, low weight ▪ 2-3 times per week ▪ After Iftaar 	Not advised	Not advised
Walking	<ul style="list-style-type: none"> ▪ Everyday ▪ Before Iftaar ▪ Max 30 mins 	<ul style="list-style-type: none"> ▪ Everyday ▪ Before Iftaar ▪ Max 30 mins 	<ul style="list-style-type: none"> ▪ Everyday ▪ Before Iftaar ▪ Max 30 mins
Stretching / Yoga	<ul style="list-style-type: none"> ▪ Stretching and yoga are OK ▪ Either morning or 1-2 hours after Iftaar 	<ul style="list-style-type: none"> ▪ Stretching and yoga are OK ▪ Either morning or 1-2 hours after Iftaar 	<ul style="list-style-type: none"> ▪ Only stretching, Yoga is not advised ▪ Either morning or 1-2 hours after Iftaar
HIIT (High Intensity Interval Training)	<ul style="list-style-type: none"> ▪ Only if energy levels are feeling high ▪ 2 hours after Iftaar ▪ Max 30 mins ▪ 2-3 times per week 	Not advised	Not advised

Walking before Iftaar is highly recommended as it helps to burn fat whilst in a fasting state. In this state, your body will directly burn fat for energy as there is no food source in your body. So make a habit of getting all the food preps done half an hour before Iftaar and go for a walk!

This will also help keep your body nimble and will keep your joints well lubricated, so they don't get stiff. This will be very beneficial for you when praying!

Walking before Iftaar will also help to build energy levels and increase your appetite.

(As if you will need any help to build an appetite!)



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Suhoor (Pre-dawn meal)	Porridge (max 1 brown sugar), 1 banana, 3 medjool dates	2 boiled eggs 1 Wholemeal toast with peanut butter Homemade Smoothie	Porridge (max 1 brown sugar), 1 banana, handful of blueberries	2 Weetabix (max 1 brown sugar), 3 medjool dates, 1 banana	Porridge (max 1 brown sugar), 1 banana, 3 medjool dates, handful of grapes	2 wholemeal toast with peanut butter, 2 scrambled eggs
Iftar (post sunset meal)	1 [2 for men] small chicken breast, 3 cups of your favourite salad	1 [2 for men] grilled tuna steak 2 cups boiled or steamed vegetables 2 cups wholegrain rice	1 cup quinoa 1 [2 for men] chicken breasts with 2 cups of salad	2 cups wholegrain rice 1 salmon fillet Green beans and 1 cup of salad	Roast chicken with vegetables and potatoes	Salmon, sweet potato and avocado (season avocado; red onion, salt, pepper, lime juice, olive oil, coriander)
Snacks & Drinks	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily
	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Suhoor (Pre-dawn meal)	3 cups Greek yoghurt topped with handful of nuts, raisins and granola/muesli	Porridge (max 1 brown sugar), 1 banana, handful of blueberries and handful of raisins	2 boiled eggs 2 wholemeal toast 1 banana 3 medjool dates	Porridge (max 1 brown sugar), 1 banana, handful of blueberries, handful of nuts	Porridge (max 1 brown sugar), 1 banana, 3 medjool dates	2 boiled eggs 1 Wholemeal toast with peanut butter Homemade Smoothie
Iftar (post sunset meal)	Chicken and vegetable stir fry	1 [2 for men] Mackerel fillet(s) with asparagus, carrots, green beans and sweet potato	Healthy soup (homemade) with 2 slices wholemeal bread	1 [2 for men] small chicken breasts baked with pesto sauce topped with sliced tomatoes	1 [2 for men] small chicken breast, 3 cups of your favourite salad	1 [2 for men] grilled tuna steak 2 cups boiled or steamed vegetables 2 cups wholegrain rice
Snacks & Drinks	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily
	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
Suhoor (Pre-dawn meal)	Porridge (max 1 brown sugar), 1 banana, handful of blueberries	2 Weetabix (max 1 brown sugar), 3 dates, 1 banana	Porridge (max 1 brown sugar), 1 banana, 3 medjool dates, handful of grapes	2 wholemeal toast with peanut butter, 2 scrambled eggs	3 cups no fat Greek yoghurt topped with handful of nuts, raisins and granola/muesli	Porridge (max 1 brown sugar) topped with handful of blueberries and handful of raisins
Iftar (post sunset meal)	1 cup quinoa 1 [2 for men] chicken breasts with 2 cups of salad	2 cups wholegrain rice 1 salmon fillet Green beans and 1 cup of salad	Roast chicken with vegetables and potatoes	Salmon, sweet potato and avocado (season avocado; red onion, salt, pepper, lime juice, olive oil, coriander)	Chicken and vegetable stir fry	1 [2 for men] Mackerel fillet(s) with asparagus, carrots, green beans and sweet potato
Snacks & Drinks	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily
	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
Suhoor (Pre-dawn meal)	2 boiled eggs 1 banana 3 medjool dates	Porridge (max 1 brown sugar), 1 banana, handful of blueberries, handful of nuts	Porridge (max 1 brown sugar), 1 banana, 3 medjool dates	2 boiled eggs 1 Wholemeal toast with peanut butter Homemade Smoothie	Porridge (max 1 brown sugar), 1 banana, handful of blueberries	2 Weetabix (max 1 brown sugar), 3 medjool dates, 1 banana
Iftar (post sunset meal)	Healthy soup (homemade) with 2 slices wholemeal bread	1 [2 for men] small chicken breasts baked with pesto sauce topped with sliced tomatoes	1 [2 for men] small chicken breast, 3 cups of your favourite salad	1 [2 for men] grilled tuna steak 2 cups boiled or steamed vegetables 2 cups wholegrain rice	1 cup quinoa 1 [2 for men] chicken breasts with 2 cups of salad	2 cups wholegrain rice 1 salmon fillet Green beans and 1 cup of salad
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	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
Suhoor (Pre-dawn meal)	Porridge (max 1 brown sugar), 1 banana, 3 medjool dates, handful of grapes	2 wholemeal toast with peanut butter, 2 scrambled eggs	3 cups no fat Greek yoghurt topped with handful of nuts, raisins and granola/muesli	Porridge (max 1 brown sugar) topped with handful of blueberries and handful of raisins	2 boiled eggs 1 banana 3 medjool dates	Porridge (max 1 brown sugar), 1 banana, handful of blueberries, handful of nuts
Iftar (post sunset meal)	Roast chicken with vegetables and potatoes	Salmon, sweet potato and avocado (season avocado; red onion, salt, pepper, lime juice, olive oil, coriander)	Chicken and vegetable stir fry	1 [2 for men] Mackerel fillet(s) with asparagus, carrots, green beans and sweet potato	Healthy soup (homemade) with 2 slices wholemeal bread	1 [2 for men] small chicken breasts baked with pesto sauce topped with sliced tomatoes
Snacks & Drinks	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily	2 pieces of any fruit Handful of nuts 2L water daily

*Sauces and marinades are fine to add to any meal (avoid fatty ones such as cheese sauce or mayonnaise)

*If there are any meals you don't like, simply swap this meal with any other meal on the plan

SUMMARY

That is everything you need to know about enjoying a safe, healthy and fit Ramadan.

You should have everything you need to finish this Ramadan feeling leaner, cleaner and ready to smash your fitness goals for the next 11 months!

Following Ramadan, take advantage of the fact that your body doesn't need three large meals per day. Instead, try to eat smaller meals often and avoid eating fatty, salty or sugary foods as much as possible. This will ensure you'll keep the fat off and keep you looking trim until next year's Ramadan detox!

