



Are you **W**asting? While you are **F**asting?

9 Days of Fasting is something that is observed widely in India. While Fasting has few of its own benefits like easing digestion, being mindful and learning a sense of control, it also gives a chance to the body to reset itself, if done correctly and avoid Muscle Wasting.

Here is how you can observe your Navratri Fasts without affecting your Health and Fitness Goals.



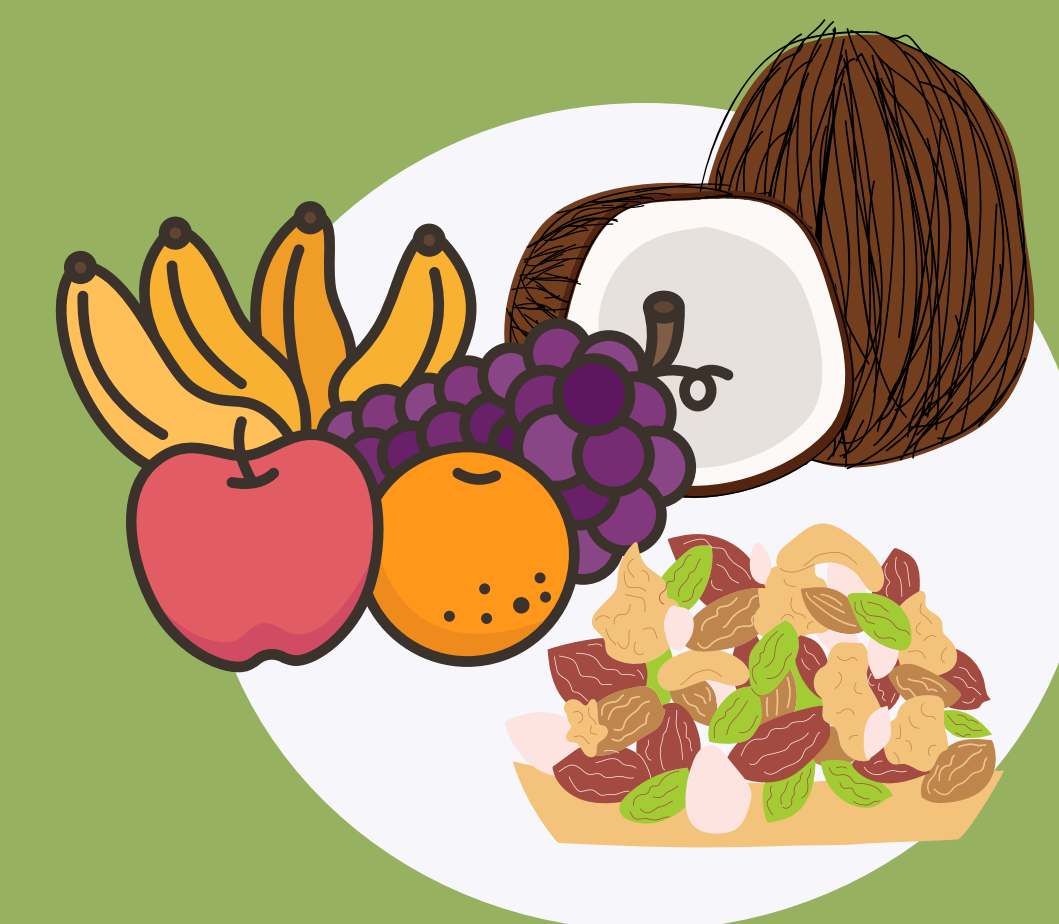
1. Choose Lunch as a Heavy Meal.

Include MILLETS/POTATOES/ RAW BANANA (carbs)
+ DAIRY (protein)
+ SEEDS/ NUTS (Fibre and Fat)

2. Wholesome Snack

Fruits/ Dried Fruits + Nuts are a complete combination. You can repeat this snack item 2-3 times a day when hungry in the day.

Note: A serving at a time only



3. Eat a Smart DINNER

Stick to Paneer. If you are a vegan prepare a Nut Based Energy Bar with little sweetness

OR

Simply include a Dairy with 1 tbsp of Nut Powder and 1/2 Banana/ Date as Sweetener

4. Hydrate

Intake= (400 ml X Ideal Weight)

eg- if your ideal body weight is 60kgs then 400 ml X60= 2.4 litres of water is what you should be targeting.



A BluePrint to Ace Fasting without Wasting

EMPTY STOMACH	Coconut Slices
BREAKFAST	Buckwheat Dosa/ Dhokla/ Rajgira and Buckwheat Thaalipeeth OR Fruit + Energy Ball/ Soaked Nuts (fist ful)
LUNCH	Dudhi Kuttu/ Rajgira Roti + Raita + 1 tbsp of Peanuts
EVENING SNACK	Glass of Buttermilk + 1 tbsp Flaxseeds OR 1 Fruit + Energy Ball
DINNER	Paneer Bhurjee/ Paneer Cubes/ Paneer Stir Fry + Baked Sweet Potato

CLIENT CORNER



“Hi, I never got a chance to say. Your Diet had really worked for me.

I had started at 74. I’m at 62 now. Followed your diet for about 6 months and lost 10 kgs.

Shared your contact with a few people after that. Including my gynaecologist!

Thank you!!”

Did You Know??

The Weight Loss you achieve during Long Fasting could mean you have lost Muscles instead of Fat. This means increased chances of Multiple Diseases and Difficulty in Movement in Future!!

DID YOU KNOW??

90% of People with Diabetes are at a High risk of Heart Attack and 38% high risk of Death within the first 5 Year

Are you allowing Diabetes to consume you every year when you have a choice to conquer it?

7 Free Slots Available !!

What are we offering:

- **An Assessment Session to help you Diagnose Root Cause**
- **Know if your Diabetes can be reversed**

First Come First Basis. Applicable for the month of October till 11th.

Simply Drop a whatsapp message “Beat” for the Slot