



TheFitUmmah Nutrition Guide

**Your
Nutrition
Roadmap**

Malik Djinadou



Table Of Contents

About Me	2
Prophetic Guidelines	4
Foods from the Sunnah	7
My Guidelines	9
The Alternatives	15
Must have foods in your diet	20
Foods to avoid	23
Sample Meal Ideas	25
Conclusion	32

01

About Me



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

All praise is due to Allah, Lord of the worlds, and may the peace and blessings of Allah be upon our Prophet Muhammad, his family, and all his companions.

"And say, 'My Lord, increase me in knowledge.'" - Surah Taha (20:114)

Before we begin, I'd like to introduce myself and set clear expectations for what this book offers. My name is Malik Djinadou. I hold a Master of Science degree in Health Sciences from the University of Ottawa, where my research focused on Health Literacy. I'm also an ISSA-certified personal Trainer with experience helping men achieve their health and fitness goals

It's important to note that while this book combines scientific research with Islamic lifestyle considerations, I do not claim to be either a medical professional or an Islamic scholar. For specific medical advice or religious rulings (fatawa), please consult qualified professionals in these respective fields.

Any benefit derived from this work is from Allah alone, and any mistakes are from myself and Shaytaan. I ask Allah to make this work beneficial for the Ummah and to place it in our scale of good deeds on the Day of Judgment

You can always reach out to me directly if you have any questions

TheFitUmmah@gmail.com

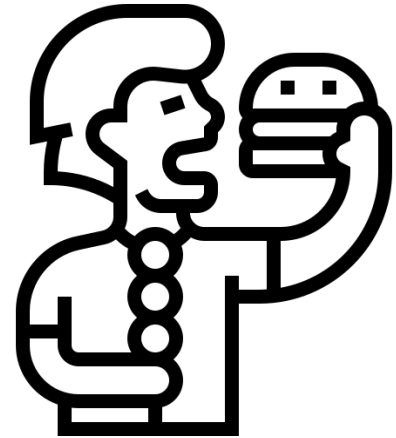


02

Islamic Guidelines



The Prophet (ﷺ) said: "The son of Adam does not fill any vessel worse than his stomach. It is sufficient for the son of Adam to eat a few mouthfuls to keep his spine straight. If he must fill it, then one-third for his food, one-third for his drink and one-third for his air." (Sunan Ibn Majah)



"And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient"

2:155

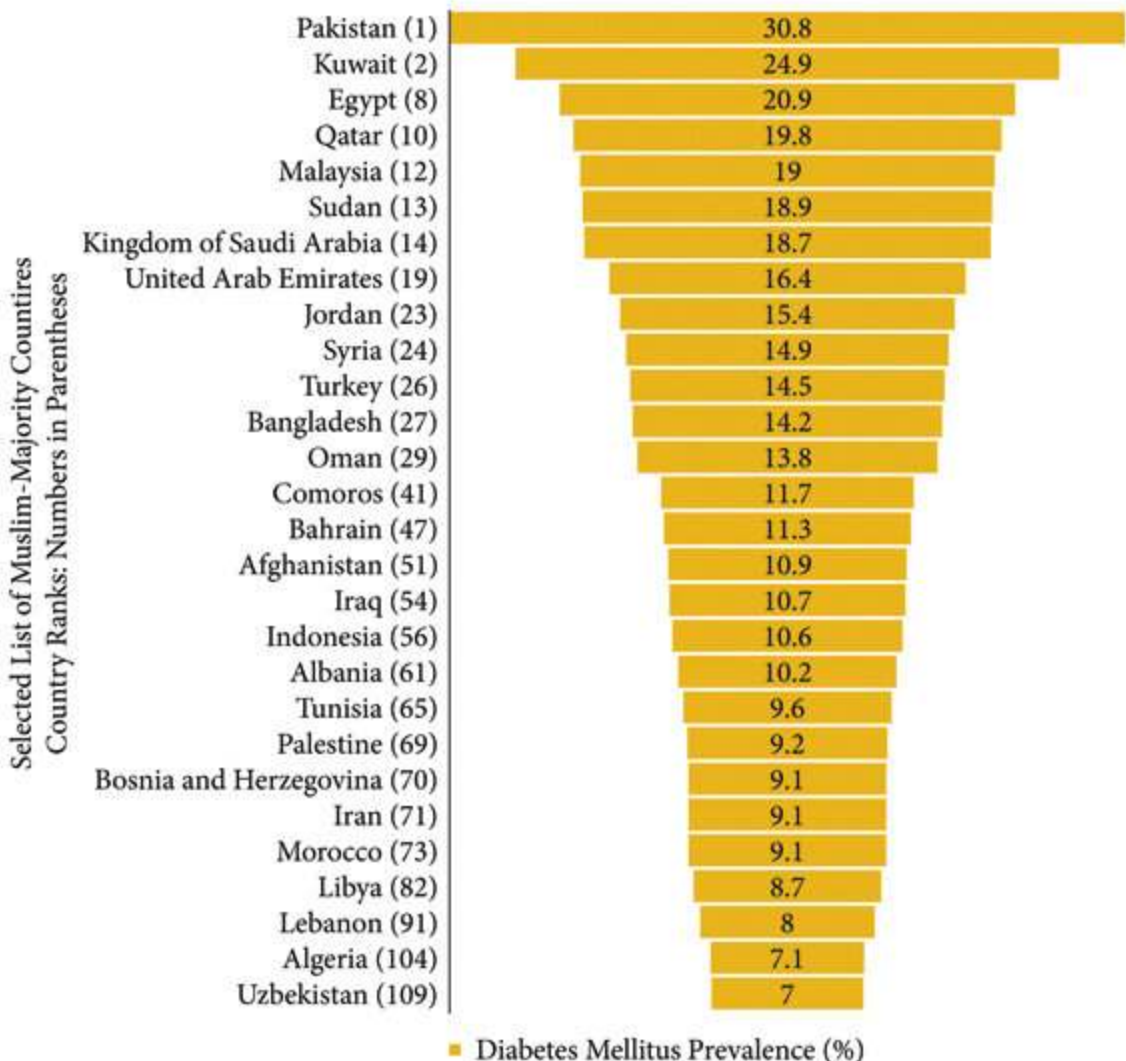
The Prophet (ﷺ) said: "The wise person is the one who subdues his desires and works for what comes after death; and the foolish person is the one who follows his desires and merely hopes in Allah." (Sunan al-Tirmidhī 2459)



"Whatever affliction befalls you is because of what your own hands have committed." 42:30

These excerpts from the Quran and Sunnah emphasize moderation, mindfulness, and accountability. By being mindful of our consumption, we can align our dietary practices with Islamic principles. This balanced approach not only benefits our physical health but also enhances our spiritual well-being, promoting a holistic lifestyle that honors our bodies as a trust from Allah.





Diabetes is a growing concern in the Muslim world, with several Muslim countries ranking among the highest globally in diabetes prevalence. This chart illustrates the alarming rates of diabetes mellitus in Muslim-majority countries, underscoring the urgent need for dietary awareness and lifestyle changes. If we claim to follow the sunnah of The Prophet ﷺ, understanding these statistics can motivate us to make informed choices that support our well-being.



03

Foods from the Sunnah



"The Prophet (ﷺ) said, 'Eat olive oil and use it as an ointment, for it comes from a blessed tree.'" (Ibn Majah)

Olive oil has anti-inflammatory properties and is heart-healthy.

The Prophet (ﷺ) said: "Use the Black Seed, for in it is healing for every disease except death." (Ibn Majah)

Black seed has antioxidant and immune-boosting properties.

Whoever takes seven 'Ajwa dates in the morning will not be effected by magic or poison on that day." (Bukhari)

Dates are rich in nutrients and provide quick energy.

"And your Lord inspired to the bee...There emerges from their bellies a drink, varying in colors, in which there is healing for people." (16:68-69)

Honey has antibacterial properties and can help with coughs/sore throats.



The Prophet (ﷺ) said: "If I had to mention a fruit that descended from paradise, I would say [Figs] because the paradisiacal fruits do not have pits...eat from these fruits for they prevent hemorrhoids, prevent piles and help gout." (Bukhari)

Figs are high in fiber and nutrients.

Sayyiduna 'Abdullah ibn 'Abbas (radiyallahu'anhuma) said: "There is not a pomegranate which does not have a pip from one of the pomegranates of the Garden (of Jannah) in it." (Tabarani)

Pomegranates are rich in antioxidants.

These are clear proofs as to why we should incorporate these into our diets.



Pro Tip: Mix these in a smoothie!



04

My Guidelines

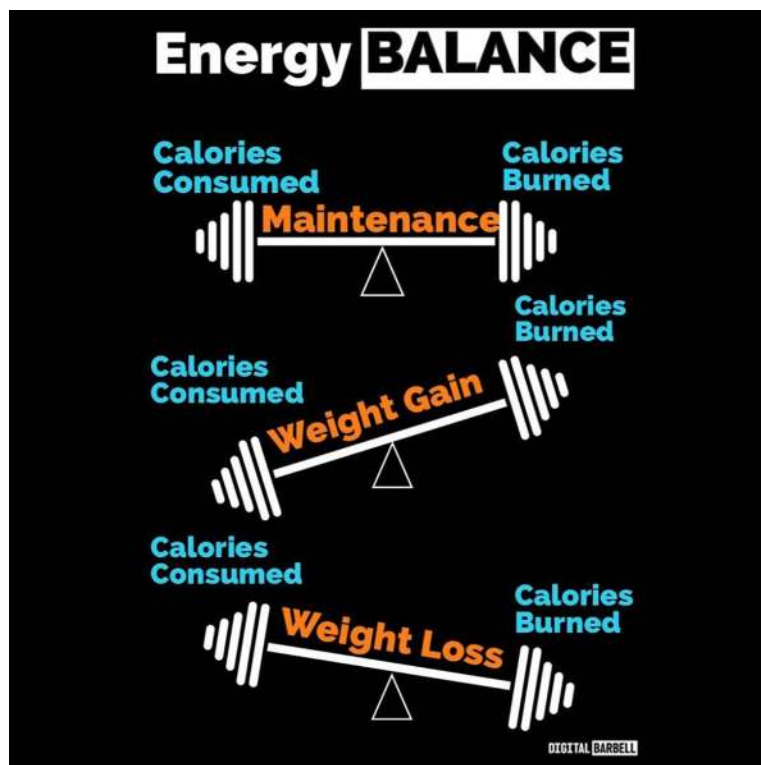


Understanding Energy Balance and Calorie Tracking

To achieve your health and fitness goals, understanding energy balance is crucial: Energy balance is the relationship between the calories you consume and the calories you burn.

What is Energy Balance?

- **Caloric Surplus:** Consuming more calories than you burn leads to weight gain. This is useful if your goal is to build muscle.
- **Caloric Deficit:** Consuming fewer calories than you burn results in weight loss. This is essential for shedding excess fat.
- **Caloric Maintenance:** Consuming calories equal to what you burn helps maintain your current weight.



How to Track Calories

Tracking your calories can seem daunting, but it's a powerful tool for achieving your goals. Here's how to get started:

1. Set Your Goals:

Determine whether you want to lose, gain, or maintain weight.

2. Calculate Your Caloric Needs:

Use an [online calculator](#) to estimate your daily caloric needs based on your age, gender, weight, height, and activity level.

3. Track Your Intake:

Log everything you eat and drink. Literally, everything you put in your mouth. TheFitUmmah app offers a user-friendly food logger to simplify this process.

4. Weigh Your Food:

- Use a digital kitchen scale to measure your food accurately. This helps ensure you're logging the correct portion sizes.
- You don't need to do this forever, but do this for a few weeks to understand portion sizes.

Tips for Success

- **Be Consistent:** Track your intake daily to get a clear picture of your eating habits.
- **Stay Flexible:** Allow yourself occasional treats, but remember the Prophet's (ﷺ) emphasis on moderation.



Is Calorie Tracking Necessary?

No, you don't need to track calories. But as **research** indicates, tracking your calories is the most consistent method in weight management.

It requires effort, and most of all, being honest to yourself.

There are no tricks or shortcuts – it all boils down to calories in versus calories out.

The more accurate you are with your food tracking, the quicker you will attain your goals.

And you don't have to track calories forever, it is just the best method to understand nutrition and your eating habits better until you can transition to an optimal level of intuitive eating.

Remember, your diet determines how you look and how you feel.



If It Fits Your Macros (IIFYM)

I am a MASSIVE proponent of (IIFYM) aka Flexible Dieting

The IIFYM diet is a flexible eating plan in which no foods are off limits, as *long as the food fits your macros.*

Let's understand what macronutrients are: They are the major nutrients your body needs to survive - Carbohydrates, Protein, and Fats.

Studies show that a **balanced** intake of these macronutrients are the key to metabolic health and reduced risk of chronic diseases.

So contrary to popular belief, you don't need to adopt a specific diet or eat super clean to achieve your goals. You just need to find the balance that works for *YOU.*



The **science** supports IIFYM as a dietary approach to get and stay healthy.

To optimize your diet, you should be focus on hitting protein and fiber goals,

Protein	Fiber
<p>Muscle Repair and Growth: Protein is essential for repairing and building muscles</p>	<p>Satiating: Fiber makes you fuller for longer</p>
<p>Enzyme and Hormone Production: Protein plays a key role in producing enzymes and hormones (Testosterone, Growth Hormone etc)</p>	<p>Blood Sugar Control: It slows down sugar absorption, helping maintain stable blood sugar levels.</p>
<p>Aim for 0.8 to 1.3 grams of protein per pound of body weight (or 1.76 to 2.86 grams per kilogram)</p>	<p>Aim for at least 25 grams of fiber per day.</p>



Macronutrients determine how you LOOK. Micronutrients determine how you FEEL.

Micronutrients are essential vitamins and minerals that our bodies need in small amounts to function properly. You find these in whole foods.

Which are your typical "healthy" foods.



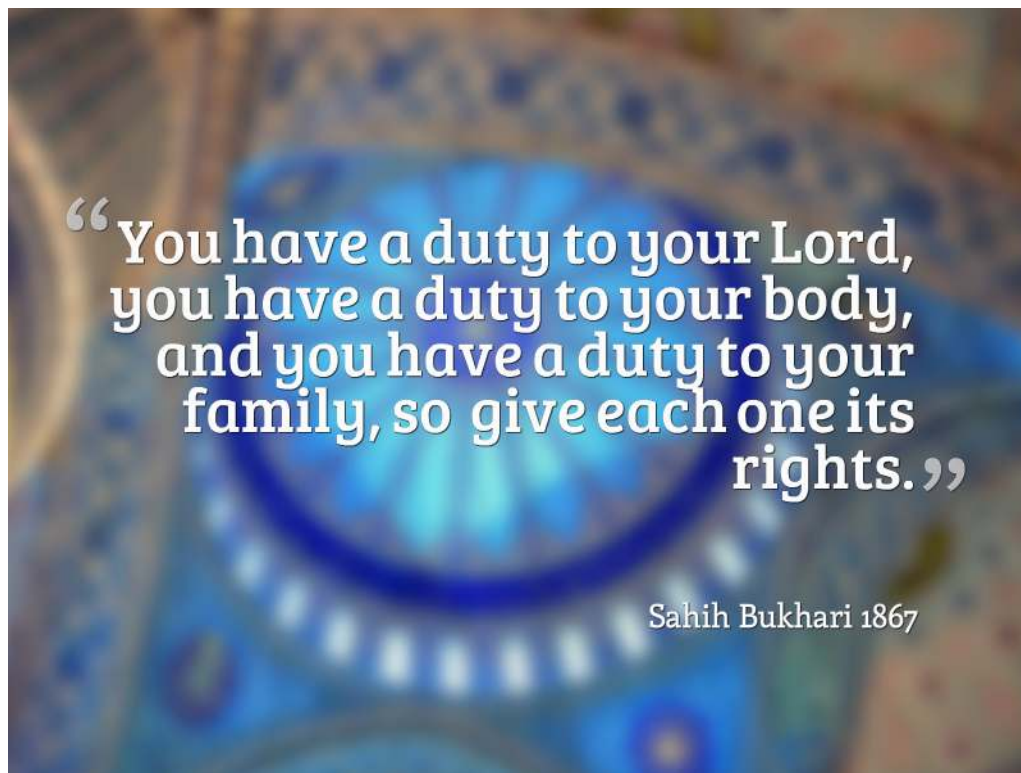
While IIFYM offers flexibility, there are some cons:

- Requires consistent tracking and measuring
- May lead to choosing less nutritious foods if not balanced properly
- Can be time-consuming to calculate macros for every meal

It's important to focus on nutrient-dense, whole foods most of the time.

TIP: 80% Whole foods, 20% processed foods

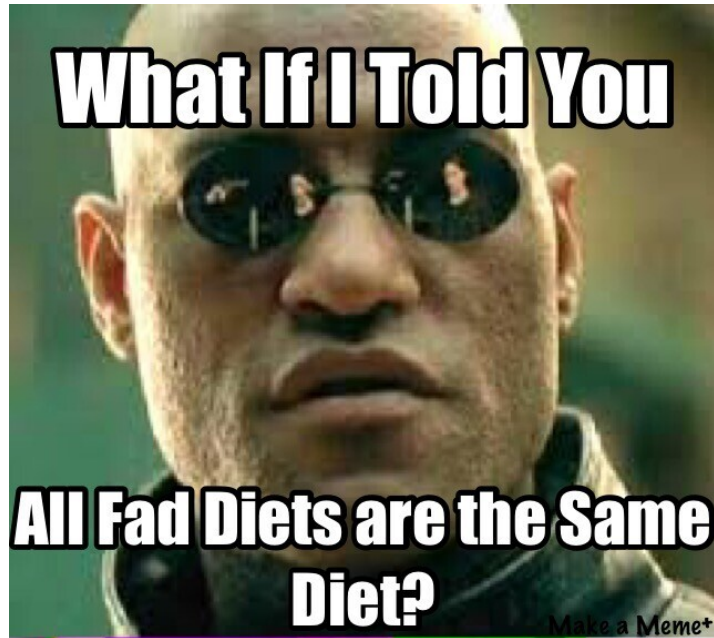
Use this approach to include occasional treats without guilt, but remember the Prophet's (ﷺ) emphasis on moderation.



05

The Alternatives





They're all different variations of managing calories and macros.

IIIFYM doesn't work for everyone.

Some of us are just children in adult bodies with money giving in to our desires.



Fortunately, there are many ways to achieve the same result:

Buy Pre Made Meals

If you can afford it (and you can if you don't cook), buying premade meals is the **BEST** thing you can do to attain your goals.

- Saves time: no need to shop, cook, wash dishes, or wait
- No need to track calories independently
- Preplanned meals provide clarity on calories and macros
- Reduces time and energy spent worrying about food



(Bukhari)



Fasting

- Fasting reduces overall calorie intake
- Fasting lowers insulin levels and helps access stored fat for energy
- Fasting shifts the body to burning fat, aiding in weight loss
- Fasting increases the production of norepinephrine, boosting metabolism
- Fasting simplifies meal timing

A SUNNAH A WEEK 10 Fasting on Mondays and Thursdays

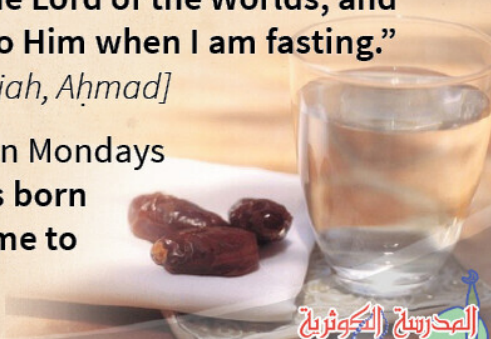
‘A’isha رضي الله عنها said: “The Messenger of Allah ﷺ was keen to fast on Mondays and Thursdays.” *[An-Nasāī]*

The Prophet ﷺ was asked about fasting on Mondays and Thursdays, and he said: “Those are two days on which people’s deeds are shown to the Lord of the Worlds, and I want my deeds to be shown to Him when I am fasting.”
[An-Nasāī, Ibn Mājah, Aḥmad]

He ﷺ was asked about fasting on Mondays and he said, “On that day I was born and on that day revelation came to me.” *[Muslim]*

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Regardless of your diet lifestyle, you should aim to incorporate fasting in your regiment.

With TheFitUmmah app, you'll receive weekly reminders and motivational content to help you stay on track and accountable. Let's crush those fitness goals together!



Popular Fad Diets

If I had to choose a popular diet lifestyle to adhere to, it would be the keto or carnivore diet:

- Overconsumption of carbs is one of the leading **causes** of obesity. With these diets, you eliminate this issue
- Protein rich diets are anabolic, fat burning, and satiating

To find out if a carnivore diet is for you, visit an all-you-can-eat buffet and only consume the meats. Not fried or doused in sauces. Trust me, you'll get full pretty fast.



Consult your healthcare provider before starting a diet



06

Recommended Foods





If you don't have an airfryer, get one

Protein Sources

- Meats (150-250 kcal/100g): Chicken breast, turkey, chicken thigh, beef, goat, lamb, lean ground meat.
- Eggs (70-80 kcal/large egg): Highly bioavailable protein.
- Greek Yogurt (100-150 kcal/170g): Good source of protein.
- Cottage Cheese (80-100 kcal/1/2 cup): Low calorie, high protein.
- Protein Bars (200-250 kcal/bar): Brands: Grenade, Quest, Kirkland.

Carbohydrates

- Potatoes (130-150 kcal/medium potato): Avoid using much oil. Air frying is a healthy option.
- Fruits (50-100 kcal/serving): Varies by type, include Sunnah fruits.
- Vegetables (25-50 kcal/serving): Same as fruits for calorie variability.





Fats

- Milk (80-160 kcal/cup): Skim for deficits, full for surpluses, raw like the Prophet (齋)
- Olive oil (120kcal/tbsp):



Other

- Artificial Sweeteners (0-5 kcal/serving): **They are safe**, have been found to curb sugar cravings and maintain weight loss more **successfully than water!**



Supplements

- Whey Protein and Creatine are effective.
- Everything else is likely a waste of money or **illegal**.
- No need for electrolyte supplements: Save money by drinking water with salt, honey, and lemon instead.



Meal Timing

- Meal frequency is flexible.
- Just ensure you meet your macro and calorie goals by the end of the day.



Hydration

- Drink plenty of water throughout the day.
- Aim for at least 8 cups (2 liters) daily.

Note: Calorie counts are approximate and can vary based on specific brands, preparation methods, and serving sizes.



07

Foods To Limit





High-Calorie Foods to Limit

- Nuts: High in calories, so avoid unless trying to gain weight. If consumed, do so in moderation.
- Dried Fruits: High in concentrated sugar and calories. Opt for fresh fruits instead.
- Granola: Usually high in calories and added sugars. Make your own for better control of ingredients.
- Fried Foods: High in unhealthy fats and calories. Choose air frying or baking as healthier alternatives.
- High-Fat Dairy Products: If trying to lose weight, choose low-fat or skim versions.



Processed Foods and Drinks to Limit

- Sugary Drinks: Includes juice, sodas and sweetened teas, which are high in empty calories. Opt for water or artificially sweetened drinks instead.
- Cereal: Typically high in sugar and low in nutrients—essentially candy for breakfast. Choose whole grain, low-sugar alternatives.
- Candy & Sweets: High in sugar and calories with little nutritional value. Enjoy occasionally and in small portions.
- Processed Foods: Low in micronutrients, protein and fiber. Limit intake and focus on whole foods.

Remember: Moderation is key. These foods aren't "forbidden," but limiting them can support your health and fitness goals. Always consider your specific nutritional needs and consult a healthcare professional if needed.



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Sample Meal Ideas



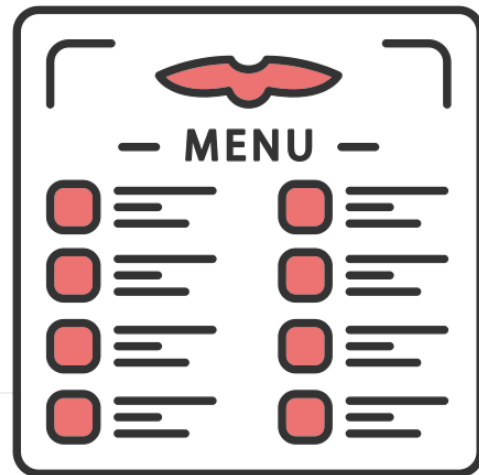
High-Protein Breakfast

Total Calories: 420

- 3-Egg Omelet with spinach
- Greek Yogurt with a small portion of berries

Macros:

- Protein: 41g
- Carbs: 17g
- Fat: 22g



Lunch

Total Calories: 460

- Grilled Chicken Breast with mixed vegetables
- Small portion of Brown Rice or Quinoa

Macros:

- Protein: 52g
- Carbs: 43g
- Fat: 6g

Dinner

Total Calories: 445



- Baked Fish (like salmon) with lemon
- Steamed Broccoli
- Small Baked Potato

Macros:

- Protein: 45g
- Carbs: 37g
- Fat: 13g



Sunnah-Inspired Snacks

Total Calories: 272 (if eating all)

- A few Dates
- Apple Slices with a small amount of honey
- Small portion of Pomegranate Seeds
- Grapes

Macros:

- Protein: 3g
- Carbs: 70g
- Fat: 0g



Protein-Rich Snack

Total Calories: 290

- Protein Bar
- Cottage Cheese with a sprinkle of black seed

Macros:

- Protein: 32g
- Carbs: 24g
- Fat: 10g

Note: These are just examples. Feel free to adjust portions and combinations based on your specific calorie and macro needs.

BONUS TIP

Choosing to eat the same meals regularly can simplify your nutrition journey and offer several benefits: it simplifies meal planning by reducing time and effort spent on planning and shopping, enhances nutritional consistency by ensuring you meet your dietary needs, facilitates accurate calorie and macronutrient tracking, reduces decision fatigue by conserving mental energy, and supports digestive health by helping your body adapt to familiar foods. While variety is important for a broad intake of nutrients, maintaining a core set of meals provides structure and stability, allowing you to focus on other important aspects of life, including spiritual and physical well-being. Remember to incorporate a range of fruits, vegetables, and Sunnah foods for a balanced diet.



09

Conclusion



All praise is due to Allah, Lord of the Worlds, and may the peace and blessings of Allah be upon our Prophet Muhammad (ﷺ), his family, and all his companions.

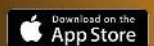
To conclude, we have explored various aspects of nutrition from both an Islamic and scientific perspective. We have seen how the teachings of our beloved Prophet Muhammad (ﷺ) align with modern nutritional science, emphasizing moderation, mindful eating, and the consumption of wholesome foods.

It is our duty as Muslims to take care of the bodies that Allah has entrusted us with. By following the guidelines presented in this guide, we hope to achieve physical health and fulfill our religious obligations.

Remember that seeking knowledge and applying it is a form of worship. As the Prophet (ﷺ) said: "Whoever follows a path in pursuit of knowledge, Allah will make easy for him a path to Paradise." (Ibn Majah)

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We ask Allah to make this information beneficial, to forgive our shortcomings, and to guide us all to what pleases Him. May Allah grant us the strength and willpower to implement these guidelines in our lives, and may He reward our efforts in taking care of our health.

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