



THE FIT UMMAH'S GUIDE TO SMART SNACKING

Elevate Your Fat Loss with Strategic Snacking

Islamic Perspective on Snacking



"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)



This hadith reminds us that moderation is key. Snacking should complement our nutrition, not lead to overconsumption.



Core Snacking Principles



WHOLE FOODS

Prioritize whole foods -
80% of your diet should
come from foods you
cook/prepare yourself



MEAL PREP

Meal Prep - Planning
ahead prevents poor
performance and
impulsive choices



PROTEIN

Focus on protein and
fiber - These nutrients
promote satiety and stable
energy



PORTION CONTROL

Practice portion control -
Even healthy foods can
lead to weight gain when
consumed in excess



HYDRATION

Stay hydrated - Thirst
is often mistaken for
hunger

Core Snacking Principles



MINDFUL

Be mindful - Eat with intention, not distraction.
(Watching screens while eating leads to weight gain)



TRACK

Track your intake -
What gets **measured** gets **managed**



BALANCE

Balance macronutrients -
Different nutrients serve different purposes



EMBRACE

Embrace flexibility -
Sustainable nutrition includes foods you enjoy

My Go Tos



**Greek yogurt
(170g) (17g
protein, 100 kcal)**



**Protein shake
(25g protein, 120
kcal)**



**Hard-boiled eggs
(6g protein, 60
kcal)**



**Beef jerky
(12g protein, 80 kcal
per serving)**



**Rice cakes (2) with tuna
(22g protein, 180 kcal)**



**Cottage cheese (1 cup)
(24g protein, 180 kcal)**



My Recommendations

**Protein smoothie - protein powder mixed with ice or frozen fruit. Add Greek yogurt for more protein
(25g protein, 120-200 kcal)**



**Protein bars - Quest, Grenade, or Kirkland
(20-25g protein, 180-220 kcal)
*Most protein bars taste like garbage. These mentioned are good. With others – experiment.**



**Protein ice cream - blended frozen fruit, Greek yogurt, protein powder, Guar/Xanthan gum
(20g protein, 200 kcal)**



Low-Calorie Snacks



- Rice cakes (plain) - 2 cakes (35 kcal, 1g protein)



- Air-popped popcorn - 3 cups (100 kcal, 3g protein)



- Cucumber slices with salt (15 kcal per cup)



- Rice crispies bar (80 Kcal)



- Cauliflower with spices (25 kcal per cup)



- Brussels sprouts, roasted (65 kcal per cup)

- Kale chips, homemade (50 kcal per cup)

- Bell pepper strips (30 kcal per cup)

- Pickles (5 kcal per spear)

- Sugar-free jello (10 kcal per serving)



- Seaweed snacks (30 kcal per package)

- Celery sticks with hot sauce (20 kcal)

- Lettuce wraps with lean meat (100 kcal, 15g protein)

- Frozen grapes (60 kcal per cup)

- Watermelon cubes (45 kcal per cup)



- Strawberries (50 kcal per cup)

- Blueberries (85 kcal per cup)

- Zucchini, sliced (20 kcal per cup)



Zero-Calorie Drinks & Diet Sodas



- Diet sodas and zero-calorie drinks are safe for consumption



- Most studies that have showed any negative effects have been done on RATS consuming 20x their weight in artificial sweeteners. You'll be fine bi'ithnillah.

- Only concern: Bad for teeth due to acidity

- Simple solution: drink through a straw, rinse with water afterward, and don't brush immediately after consumption (wait 30 minutes)
- Opt for sparkling water- won't affect teeth while still providing same benefits as soda.





Pre-Workout Snacks



Best consumed 1-2 hours before training:

- Avg serving of Dates (15g carbs, 70 kcal)



- Honey (1 tbsp) (22g carbs, 60 kcal)



- Figs (3-4) (20g carbs, 100 kcal)



- Pinch of salt or electrolyte drink



A simple combination of salt, honey, and lemon in water provides adequate electrolytes and quick energy needed to boost and sustain your workout. This natural mix helps prevent muscle cramps, maintains hydration, and fuels performance without expensive supplements.



As Ibn Taymiyah stated, "Dhikr (remembrance of Allah) gives strength to the body." Incorporate dhikr into your pre-workout routine for more gains.



Post-Workout Snacks



Contrary to popular belief, the "anabolic window" for protein doesn't exist.

Recent research shows total daily protein intake matters more.

And you can consume more than 30g of protein in a meal. Your body will absorb all of it over time.

Good options include:

- Protein shake with banana (25g protein, 30g carbs, 250 kcal)



- Greek yogurt with berries (17g protein, 20g carbs, 200 kcal)



- Rice cakes (4) with tuna (22g protein, 30g carbs, 230 kcal)



These can be whatever foods you enjoy - moderation is key. The 80/20 approach (80% nutritious, whole foods, 20% flexible choices) keeps your diet sustainable and your mental health balanced:

Remember, these "fun" foods keep you sane and make your nutrition plan sustainable long-term. Restriction often leads to binges, while planned flexibility leads to consistency.

Thus, I don't encourage cheat meals or cheat days. Try to be balanced- don't restrict yourself too much but don't go off the deep end either

**Do you want to BE a
snack or LOOK like a
snack?**

**Other
Snacks
(20% of
your
diet)**



Snacks to Limit



Sometimes, the best way to add is to subtract. Limiting these problematic snacks can dramatically improve your nutrition:

- Fruit juices (concentrated sugar without fiber): Eat real fruit instead. Or zero calorie alternatives
- Dried fruits (calorie-dense with concentrated sugars)
- Cereal (they are pretty much candy)
- Trail mix (extremely calorie-dense and easy to overeat)

I am not saying to completely eliminate this if you like them, but if your goal is fat loss, limit them.



Conclusion

- "The believers eat with one intestine while the disbeliever eats with seven intestines" (Sahih al-Bukhari).
- This hadith reminds us that moderation in eating is part of our faith.
- Consistency in healthy habits is better than perfection. Implement these snacking strategies alongside your overall nutrition plan for optimal results.
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