

# DIET DESIGNING

## Ayurvedic Masterclass



**3 Hours session  
to Design your  
own diet plan for  
weight / fat loss**

STEP BY STEP GUIDE TO  
WEIGHT/FAT LOSS &  
SUSTAIN IT FOR BETTER  
HEALTH



**HEALTH AT YOU  
ISO CERTIFIED**



# Basic Guidelines

- This course will give you a well rounded insight on Diet Designing as per Ayurveda & how to manage weight loss or fat loss and how to sustain it for better health
- The session is a 3 Hours masterclass; live interactive session
- The session will be held in English & Hindi on zoom / google meet application
- Health At You will reward a course completion certificate ( ISO CERTIFIED )
- Plan is Non - Refundable





# Plan Structure

## Below Topics to be Covered :

1. Ayurveda
  - Definition
  - Health As per Ayurveda
  - Difference between modern Nutrition & Ayurveda
2. Concept of Tridosha & Prakriti
3. Eating as per Dosha's
  - Six Tastes
  - Diet as per Dosha
  - Foods as per seasons
4. Dinacharya
5. Correct way of fasting
6. Importance of mealtime
7. Why low calorie diets don't work
8. Psychological management of weight gain / obesity
9. Do's and Don'ts for weight gain / obesity
10. How to curb sugar & salt cravings
11. How to manage eating out
12. Incompatible food combinations
13. Herbs for weight loss / fat loss
14. Role of Physical activity to manage obesity
15. Diet Designing

**Charges: ₹ ~~7999/-~~**

**Limited offer: ₹ 799/-**

