

DIET DESIGNING

Ayurvedic Masterclass



**5 Days 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 5 days 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/-

