

TITLE
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COVID 19 DIET

ACTIVITY
LEVEL ↓
HUNGER LEVEL
=
WEIGHT GAIN
∴ CALORIE
DEFICIT

QUICK
GUIDE

 - CARBS

 - PROTEIN

 - FATS

∞ - VEGGIES

WATER
INTAKE



4-5L

EXERCISE

+
DIET
= MUSCLE
MAINTAIN

DIET = ~~FA~~ MUSCLE
LOSS

IDEAL DIET

60% VEGGIES

20% CARBS

15% PROTEIN

5% FATS

HEALTHY
ALTERNATIVES

FRUITS > PACKET
SNACK

STEAMED > FRIED

FRESH > PROCESSED

SMALL FREQUENT
MEALS > LARGE
MEALS WITH
GAPS

CALORIE
COUNTING -
HEALTHIFY ME

DAIRY PRODUCTS
REDUCTION
FOR INCREASED
ENERGY
LEVELS.

ANTI-
INFLAMMATORY
ADDITIVES.
LEMON WATER
BUTTERMILK
CURD

BEHAVIOURAL
SMALL PLATES
PORTION
CONTROL

CHALLENGE
FOR TWO
WEEKS or
A MONTH

DAILY
JOURNAL
??

SLEEP
SCHEDULE

IMPORTANCE
AND ROLE