

**Eat Smart, Move More, Live Better!  
Your Heart Will Thank You!**

**VISIT OUR CARDIOVASCULAR HEALTH BOOTH  
FOR FREE DIET CONSULTATIONS & TIPS!**

# SAVE YOUR HEART FOR ANOTHER DAY

**YOUR HEART BEATS OVER 100,000 TIMES A DAY, WORKING NON-STOP TO KEEP YOU ALIVE. BUT MODERN LIFESTYLES' UNHEALTHY DIETS, STRESS, AND INACTIVITY ARE PUTTING IT UNDER CONSTANT STRAIN.**

**CARDIOVASCULAR DISEASES REMAIN THE LEADING CAUSE OF DEATH WORLDWIDE, YET MOST RISK FACTORS ARE PREVENTABLE. ONE OF THE STRONGEST PREDICTORS OF HEART HEALTH IS YOUR BODY MASS INDEX (BMI).**

**AS BMI INCREASES ESPECIALLY WITH EXCESS ABDOMINAL FAT, THE RISK OF HYPERTENSION, DIABETES, AND HEART DISEASE RISES SIGNIFICANTLY. THIS HAPPENS DUE TO INCREASED VASCULAR RESISTANCE.**

**MAINTAINING A HEALTHY WEIGHT IS THEREFORE NOT JUST ABOUT APPEARANCE, IT IS ESSENTIAL FOR PROTECTING CARDIOVASCULAR FUNCTION.**

**→ IN THIS BOOKLET, WE'LL SHOW YOU PRACTICAL, STUDENT-FRIENDLY WAYS TO ACHIEVE THIS USING DIFFERENT TYPES OF DIETS, HELPING YOU BUILD SUSTAINABLE HABITS THAT SUPPORT LONG-TERM HEART HEALTH AND IMPROVE OVERALL WELL-BEING**

# YOUR TOOLS

DIFFERENT METHODS BUT ONE GOAL, CHOOSE YOUR PATH TO A HEALTHY HEART

## DASH DIET

A heart-friendly eating style designed to lower blood pressure and protect the cardiovascular system.

It focuses on real, simple foods lots of fruits, vegetables, whole grains, and lean proteins while keeping salt and processed foods low.

## INTERMITTENT FASTING

An eating pattern that alternates between eating windows and fasting periods (e.g., 16:8).

It doesn't focus on what you eat, but when you eat, giving your body time to rest and regulate metabolism.



## CALORIE DEFICIT

A simple energy balance rule: you eat fewer calories than your body burns.

When this happens, your body uses stored fat for energy, leading to gradual weight loss and improved metabolic health.

## CARB CYCLING

A strategy that alternates high-carb and low-carb days depending on your activity level.

It helps balance energy, fat loss, and performance without fully cutting carbs.




# DASH DIET

Welcome to your DASH Diet guide

Here, you'll find everything you need to start: a simple grocery list, budget-friendly food options, and a full day meal plan so you can easily put the diet into practice.

## Grocery List

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Oats (500g), Rice (1kg), Buckwheat (500g), Whole grain\Arabic bread	12 - 18 GEL
	
Tomatoes (2kg), Cucumbers (1kg), Cabbage (1), Carrots (0.5kg), Eggplant (1kg), Zucchini (1kg), Onions (1kg), Garlic (1 bulb)	15 - 22 GEL
Apples (1.5kg), Bananas (1.5kg), Seasonal Fruits (1kg), Dates (300g)	12 - 18 GEL
Eggs (30pc), Chicken (1kg), Lentils (700g), Chickpeas (500g), Beans (500g)	25 - 32 GEL
Yogurt (2L), Milk (1.5L)	10 - 14 GEL
Sunflower Oil (500 ml), Olive Oil (250ml), Nuts (200g)	15 - 20 GEL
 	

# DASH DAY

lets see what a full day of eating on a DASH diet look like!

## Breakfast



### Option 1: Oats Bowl

Oats cooked with milk

Banana slices

Small handful of nuts

(Optional: a few dates)

High fiber + keeps you full longer

### Option 2: Savory Breakfast Plate

2 boiled eggs

Whole grain / Arabic bread

Tomato + cucumber

Yogurt



## Lunch

### Option 1: Chicken DASH Plate

Grilled chicken (100-150 g)

Rice or buckwheat

Tomato + cucumber + cabbage salad

Yogurt on the side

Classic balanced meal (protein + carbs + fiber)

### Option 2: Plant-Based Power Meal

Lentils or chickpeas

Rice or whole grain bread

Onion + tomato salad

Olive oil (small amount)

## Dinner



### Option 1: Lentil Soup Meal

Lentil soup (lentils + onion + garlic + cumin + lemon)

Small piece of bread

Cucumber or tomato on the side

Light but very filling

### Option 2: Veggie Omelet Plate

Omelet (eggs + tomato + onion + zucchini)

Cucumber + tomato salad

Yogurt

# INTERMITTENT FASTING

Ready to take control of your routine?

This Intermittent Fasting guide shows you how to structure your day, what to eat during your eating window, and includes a full day example to help you stay consistent.

## Grocery List

<b>Oats (500g), Rice (1kg), Buckwheat(500g), Whole grain\Arabic bread</b>	<b>12 - 18 GEL</b>
<b>Tomatoes(2kg), Cucumbers(1kg), Cabbage(1), Carrots(0.5kg), Eggplant(1kg), Zucchini(1kg), Onions(1kg), Garlic(1 bulb)</b>	<b>15 - 22 GEL</b>
<b>Apples (1.5kg), Bananas(1.5kg), Seasonal Fruits(1kg), Dates(300g)</b>	<b>12 - 18 GEL</b>
<b>Eggs (30pc), Chicken (1kg), Lentils (700g), Chickpeas (500g), Beans (500 g)</b>	<b>25 - 32 GEL</b>
<b>Yogurt (2L), Milk (1.5L)</b>	<b>10 - 14 GEL</b>
<b>Sunflower Oil (500 ml), Olive Oil (250ml), Nuts (200g)</b>	<b>15 - 20 GEL</b>

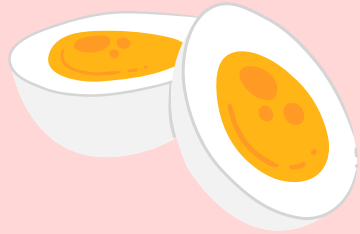


# INTERMITTENT FASTING DAY

BECAUSE OF THE LONG FASTING PERIOD, 2 MEALS AND A SNACK IS THE PICK

## BREAKFAST

12:00PM



### Option 1: Gentle Start Bowl

Lentil soup

Bread

Yogurt

Cucumber + tomato

Easy digestion, avoids stomach overload

### Option 2: Protein Start Plate

2-3 boiled eggs

Whole grain / Arabic bread

Tomato + cucumber

Small yogurt

Stabilizes blood sugar after fasting



**DINNER 3:00 -  
5:00PM**

### Option 1: Chicken Power Plate

Grilled chicken (100-150 g)

Rice or buckwheat

Salad (tomato, cucumber, cabbage)

Olive oil drizzle

Largest, most balanced meal of the day

### Option 2: Plant-Based Energy Meal

Lentils or chickpeas

Rice or bread

Onion + tomato salad

Yogurt

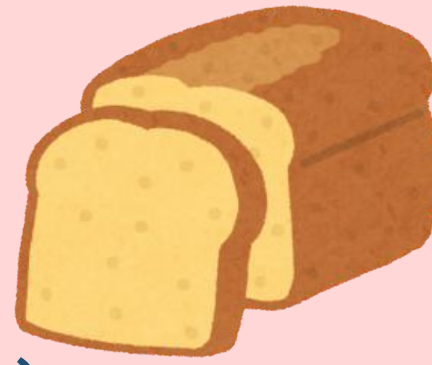
# CALORIE DEFICIT

Think you need to give up your favorite foods to lose weight? Think again. This Calorie Deficit guide shows you how to eat what you enjoy—just in smarter portions—plus a full day plan to make it easy.

## Grocery List

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Oats (500g), Rice (1kg), Buckwheat (500g), Whole grain\Arabic bread, Potatoes (1kg)



10 - 15 GEL

Tomatoes (2kg), Cucumbers (1kg), Cabbage (1), Carrots (0.5kg), Eggplant (1kg), Zucchini 1kg, Onions (1kg), Garlic (1 bulb)

15 - 22 GEL

Apples (1.5kg), Bananas (1.5kg), Seasonal Fruits (1kg)

10 - 14 GEL

Eggs (30pc), Chicken (1kg), Lentils (700g), Chickpeas (500g), Beans (500g), Yogurt (2L)

25 - 32 GEL



Sunflower Oil (500 ml), Olive Oil (250ml), Nuts (150g)

10 - 14 GEL

# CALORIE DEFICIT DAY

Maybe a decrease in your daily intake but a crazy health boost!!

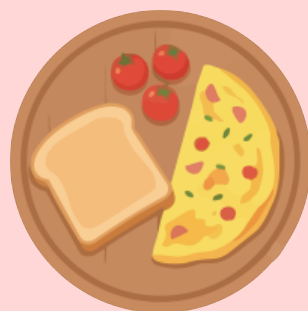
## Breakfast (400 kcal)



**Option 1: Light Energy Bowl**  
Oats (small portion)  
Milk or yogurt  
Banana (½-1)

**Option 2: Protein Breakfast**  
2 boiled eggs  
Tomato + cucumber  
1 slice whole grain bread

## Dinner (400 kcal)



**Option 1: Veggie Omelet**  
2 eggs  
Tomato + onion + zucchini  
Cucumber salad

**Option 2: Soup-Based Dinner**  
Lentil soup  
Small piece of bread  
Apple or yogurt



## Lunch (600 kcal)

**Option 1: Chicken Control Plate**  
Chicken (100-120 g)  
Rice or buckwheat (small portion)  
Large salad (tomato, cucumber, cabbage)

**Option 2: Plant-Based Fat Loss Meal**  
Lentils or chickpeas  
Small rice or bread portion  
Onion + tomato salad  
Yogurt (small portion)

This is an example of 1400 kcal but make sure you calculate your deficit on our website :)

# CARB CYCLING

Carbs? Yes. Every day? Not necessarily. This Carb Cycling guide shows you how to fuel your busy days, scale back on rest days, and follow an easy daily plan that fits your routine.

## Grocery List

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Oats (500g), Rice

12 - 18 GEL

(1kg), Buckwheat (500g), Whole grain\Arabic bread

Tomatoes (2kg), Cucumbers (1kg), Cabbage (1), Carrots (0.5kg), Eggplant (1kg), Zucchini (1kg), Onions (1kg), Garlic (1 bulb)

15 - 22 GEL

Apples (1.5kg), Bananas (1.5kg), Seasonal Fruits (1kg), Dates (300g)

12 - 18 GEL



Eggs (30pc), Chicken (1kg), Lentils

25 - 32 GEL

(700g), Chickpeas (500g), Beans (500g), Yogurt (2L)

Sunflower Oil (500 ml), Olive Oil

15 - 20 GEL

(250ml), Nuts (200g)



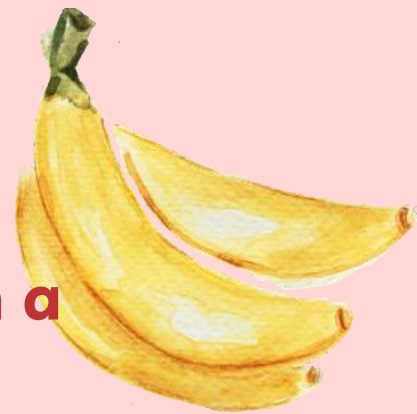
# CARB CYCLING DAY

We do not cut carbs here we play with it and we will indeed show you how

## High carb day

### Breakfast

Option 1:  
Oats + milk + banana



Option 2:  
Bread + yogurt + dates

### Lunch

Option 1:  
Chicken + rice  
Salad

Option 2:  
Lentils or beans + rice  
Yogurt



### Dinner

Option 1:  
Lentil soup + bread

Option 2:  
Omelet + small bread + vegetables

## Low carb day

### Breakfast

Option 1:  
2-3 eggs  
Tomato + cucumber

Option 2:  
Yogurt + nuts + small  
fruit

### Lunch

Option 1:  
Chicken + large salad (no  
rice)

Option 2:  
Lentils or chickpeas +  
vegetables (no bread/rice)



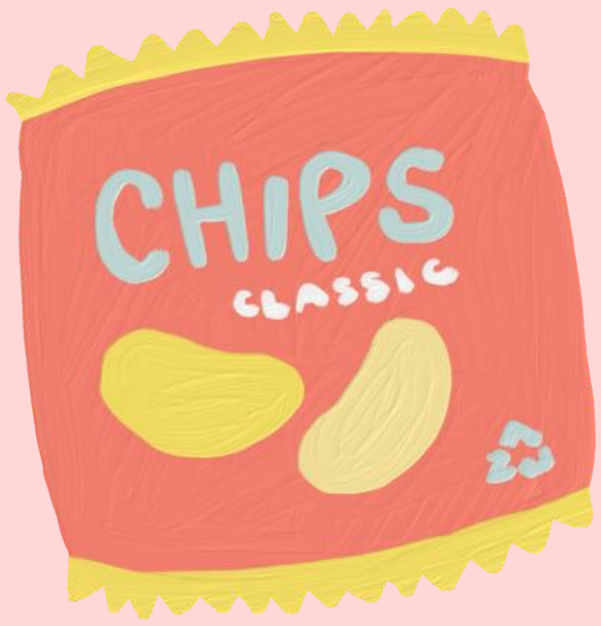
### Dinner

Option 1:  
Vegetable omelet

Option 2:  
Yogurt + salad + nuts

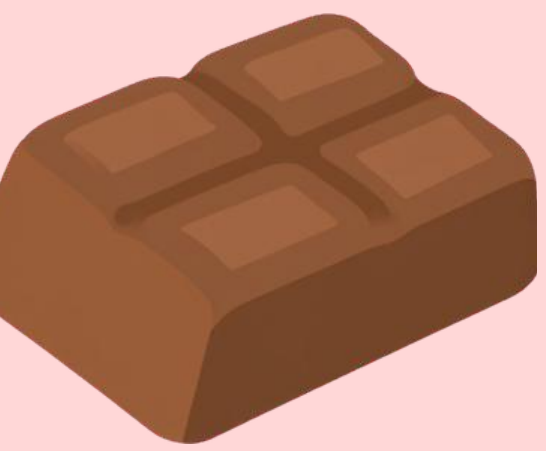
# SNACKS

Did we say you can't enjoy a midday snack while dieting?  
Absolutely not!



**30 g chips → ~150-170 kcal**

**1 scoop of ice cream (≈ 100 g) → ~180-220 kcal**



**3 cubes of chocolate (≈ 15-20 g) → ~80-120 kcal**

**30 g chips → ~150-170 kcal**



## Final Bite ❤️

Eating healthy doesn't have to be boring or expensive—it just needs to be smart!

Whether you're cycling carbs, fasting, cutting calories, or following DASH, your heart doesn't care about trends... it cares about consistency.

So pick your style, stick with it, and let your heart thank you later. 🍓 ✨

Don't forget to follow our  
Ig: @gsmh.global  
and for further inquiries, email us at:  
gsmh.org@gmail.com