

HEARTFELT NUTRITION MENTORING

Transforming Lives with Sunnah-Infused Nutrition

Discover how this unique blend of expertise can guide you towards a healthier, more balanced lifestyle, and embark on a journey to improved well-being like never before.

[Book a consultation](#)

Featured in...



WHO ARE WE

What is Inspire Nutritions?

Welcome to Inspire Nutritions. This is a space for Muslims to understand Nutrition and Diet in connection with our religion and to take practical steps toward a healthier lifestyle by combining both modern nutrition and Sunnah!

There are many verses in the Quran about food and many hadith, where our Prophet Muhammed SAWs, teaches us about healthy eating through his sayings or actions. Integrating this with modern nutrition and presenting this information to you in a simple, easy-to-implement manner is what Ilham aims to do!

ABOUT ILLHAM

Ilham Malick is a Registered Dietitian from the US and founder of Inspire Nutritions



She has a double Master's degree in Dietetics from the University of Vermont, USA, and is also a Gold Medalist in Master of Science in Dietetics, India.

She also has an Ijazah (Islamic Certification) in Hadith Studies, and her expertise lies in combining Islamic Nutrition with modern Nutrition and presenting it to a Muslim audience. She is a well-recognized public speaker in this field and has given numerous talks since 2017.

She lives in the Bay Area with her husband and is a mother to two little girls.



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"I am truly passionate about educating people on the connection between Sunnah and healthy living and believe that once people are empowered by this knowledge, they will actively seek and implement changes in their and their family's lives to lead healthier, more nourishing lifestyles.

Healthy eating is the cornerstone of leading physically, mentally, and spiritually healthier lives, and this can only begin with small changes.

Our religion started with the word Iqra (read), so let's read, learn, and increase our knowledge on how to live healthier starting today! Bismillah."

”

So eat from the good, lawful things which Allah has provided for you, and be grateful for Allah's favors, if you truly worship Him alone. Quran 16:114



What is the connection between Sunnah Nutrition and Modern Nutrition?

The Quran is a guide sent to all of mankind to guide us in every aspect of our lives, including diet and nutrition. The Quran, in just a few verses, succinctly sums up what years of modern nutrition have been unsuccessfully trying to teach us.

يٰۤاَيُّهَا النَّاسُ كُلُوْا مِمَّا فِى الْاَرْضِ حَلٰلًا طَيِّبًا وَلَا تَتَّبِعُوْا خُطُوٰتِ الشَّيْطٰنِ ۚ اِنَّهٗ لَكُمْ عَدُوٌّ مُّبِيْنٌ

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O Children of Adam! Take your adornment to every Masjid, and eat and drink, but waste not by extravagance, certainly He (Allah) likes not the wasteful.

O mankind! Eat of that which is lawful and good (HALAL and TAYYIB) on the earth, and follow not the footsteps of Shaytan (Satan). Verily, he is to you an open enemy.

[Ibn-Kathir Al-Qur'an Tafsir](#) > [Surah 7. Al-A'raf . Ayah 31](#)

[Ibn-Kathir Al-Qur'an Tafsir](#) > [Surah 2. Al-Baqara . Ayah 168](#)

Moreover, our beloved Prophet Muhammed (Peace be upon Him) was sent as a mercy to mankind, and in his every word and action, there is guidance for us, including what he ate, how he ate, and how he lived his life. The simplest and most profound hadith, which is easy to follow and applies to each of us and my personal favourite! is:

The Messenger of Allah, peace and blessings be upon him, said,

"The son of Adam cannot fill a vessel worse than his stomach, as it is enough for him to take a few bites to straighten his back. If he cannot do it, then he may fill it with a third of his food, a third of his drink, and a third of his breath/air."

~ Source: Sunan al-Tirmidhi 2380

Thus, my aim to take this wisdom of the Hadith and Sunnah and connect it to the research and the findings of modern nutrition and present this information to you so that you may use this to take simple, practical steps in your day to day living and eating habits for you and your family which will help you make healthier choices, and guide you on their journey to seek the best and healthiest version of themselves, all the while gaining rewards for following the Sunnah as well.

Remember, your body is an Amanah or a gift given to you by the most Merciful Allah SWT, and it is our duty to take care of it in the best way we can.

"Then on that day (the Day of Judgement), you shall be asked about the favours (of Allah)."

~ {Surah At Takathur (102) Verse 8}.

NABEEZ

Benefits of Nabeez

Nabeez, also known as Nabidh, is a traditional Islamic beverage made by soaking dates or raisins in water for a specific period. It is a popular drink in some Muslim cultures and is consumed for various reasons. Here are four potential benefits of consuming Nabeez:

Learn More



Hydration

Nabeez is primarily made by soaking ingredients in water, making it a refreshing and hydrating beverage. Especially during hot weather or while fasting during Ramadan, Nabeez can help maintain proper hydration levels in the body.



Digestive Benefits

Some ingredients used in Nabeez, such as dates or raisins, have digestive benefits it also acts as a probiotic. These ingredients can aid in digestion, alleviate bloating, and provide a soothing effect on the stomach.



Nutrient-Rich

Depending on the ingredients used, Nabeez can be nutrient-rich. For instance, when made with dates, it provides natural sugars for energy, dietary fiber, and essential vitamins and minerals like potassium, magnesium, and iron.



Spiritual and Cultural Significance

Nabeez has cultural and religious significance in some Muslim communities. It is often associated with Sunnah (the practices of the Prophet Muhammad) and is consumed during special occasions or as a way of following traditional customs and rituals.

Sunnah-Inspired Nutrition: Talks on Sunnah, Modern Nutrition and Islam.

Since 2017, I have been actively delivering talks in masjids, emphasising on the importance of a healthy diet in line with Sunnah and its relevance to Modern Nutrition and Islam. In this section, you will find flyers from the various talks that I have given, where I have provided a glimpse into the breadth and depth of the discussions I have led on this topic.

Ramadan Workshop for Sisters

A special program for sisters covering different topics on how to make the most of Ramadan.

Ustadha Ammarah Bholat
 Connecting with our creator this Ramadan

Sr. Lubna Qureshi
 Engaging our children in Ramadan

Sr. Ilham Malik
 Nutritionist, Health and Immunity Boosting tips from the Quran and Sunnah

Friday March 11th
After Maghrib (6:15-7:30)

Potluck Dinner will be served after the event.

Ramadan Reminders

APRIL 3RD AT 1:30PM

USTADHA AMMARAH BHOLAT
VIRTUES AND RULINGS OF ITIKA'AF IN RAMADAN

USTADHA SABIHA AMEEN
PERSONALIZE THE QURAN THIS RAMADAN.

ILHAM MALICK
WOMEN'S NUTRITION AND RAMADAN

[HTTP://MIXLR.COM/SKI-SISTERS](http://mixlr.com/ski-sisters)

"A Muslims Approach to Preventative Health" workshop

with **Sister Ilham Malik**
Masters in Dietetics, Certified Health Coach

Eating a healthy holistic diet has many health benefits including maintaining optimal weight, preventing disease, and boosting your mood. Learn all that you need to know regarding a healthy diet in this exclusive workshop.

Q/A Included
Practical demo
workshop will be for sisters only!

SATURDAY
NOVEMBER 5TH
DHUR SALAH

Centerville Islamic Center
3667 Thornton ave, Fremont, CA 94536

Rethinking Nutrition Ramadan Beyond

JOIN US FOR AN ENLIGHTENING SESSION ON MASTERING THE ART OF HEALTHY EATING IN RAMADAN & BEYOND

THIS WORKSHOP WILL COVER THE IMPORTANCE OF BALANCED DIETS, METABOLISM, WELLNESS & HOW TO INCORPORATE SUNNAH FOOD HABITS IN OUR DAY TO DAY LIVES.

SPEAKERS

SH. JABIR TABRI, M.S., AMFT, HFSAA WEST
 DIRECTOR
 THE SPIRITUALLY STRONG BELIEVER

SR. PAKEEZA ALL RN, MSN, BOARD CERTIFIED HOLISTIC NURSE COACH
 THE REFINEMENT OF THE MIND, BODY AND SOUL

SR. ILHAM MALICK, M.S., RD, CERTIFIED HEALTH COACH
 WITH A HEART TOWARDS A HEALTHY RAMADAN

SUNDAY, MARCH 10TH
1:40 PM - 4:00 PM

MCA ISLAMIC BANQUET HALL
3000 COTTELL BLVD, DUBLIN, CA 94568

REGISTRATION DETAILS:

*Check-in will promptly begin at 1:40 PM & end at 1:50 PM
 *Sunnah inspired refreshments will be served
 *For Special Needs Accommodations & Requests: Email: wellness@mcaofcalifornia.org
 *Free baby-sitting will be available for children ages 3-6 (pre-registered only)

\$0/Person - Register Here: <https://RamadanNutrition2024.eventbrite.com>

Ramadan Saturdays

with **Sr. Ilham Malik**

“How to continue healthy food habits after Ramadan”

Saturday, March 30
2:00 pm - 3:30 pm
Los Gatos Islamic Center,
16769 Farley Rd.

For the whole community.

RSVP @ bt.ly/wvma:saturdays

@wvmslim

A Sister's guide to a Successful Ramadan

Preparing for Ramadan Mentally, Spiritually and Physically

Ustadha Ammarah Bholat - A Spiritual Ramadan
 Ustadha Sabiha Ameen - Quran: My Companion, My Intercessor
 Ilham Malik, MS, RD - Tips & Tricks for a Healthier Ramadan
 Victoria Gonzalez (Certified Fitness Coach) - Fitness in Ramadan

ISEB (Lowry Masjid) - Multi Purpose Room
 February 17th - 2pm-4:30pm
 Refreshments will be served

Ramadan Readiness: Preparing for the Blessed Month

Speakers:
 Ustadha Shamira Chothia Ahmed
 Ustadha Ambirin
 Sr. Ilham Malik

SUNDAY
FEB 4TH

TIME
2PM-4PM

Centerville Islamic Center
3667 Thornton Ave Fremont, CA

SISTERS ONLY EVENT

Get Ready for Ramadan!

Incorporating Sunnah-Inspired Foods

There are many sunnah inspired foods we can incorporate daily into our routine and Islam, gaining the blessings of following a Sunnah and their health benefits, Insha Allah.

Join Registered Dietitian Ilham Malik in this free workshop where she shares practical insights on how and why to have a holistic diet in Ramadan and demonstrates a few easy Sunnah-inspired before and after meals.

6:30 p.m. to 8 p.m. | Friday, March 1 | Prayer Hall | Join us in-person or watch live at mixlr.com/ijah

Prophetic Medicine, Sunnah Foods, and Eating for Your Body Type

by **Ilham Malik**

Join Certified Health Coach, Ilham Malik, in this free workshop, where she shares practical insights on eating a healthy holistic diet in light of Sunnah, and how to maintain a healthy weight and practice personal wellness.

10 p.m. to 11:30 p.m. | Saturday, June 10 | Conference Room

Free; no registration needed | Join in person or watch live at mixlr.com/ijah

Prophetic Food & Medicine

with **Ilham Malik**

When Muslims think about food, we mostly tend to focus on the Halal aspect of it. But do you know how much our Prophet Muhammad SAWs ate? Do you know how often he ate meat? Or what was his favorite vegetable?

Join us as we discuss how to eat as more conscious Muslims through the Quran and Sunnah.

Saturday, April 1st

FROM ALL WALKS OF LIFE

We've seen our clients achieve sustainable, lifelong changes time and again.

Ilham is a remarkable nutritionist with an exceptional understanding of how food impacts bodily functions. She is a passionate advocate for sunnah foods and their profound benefits for both mind and body. Her unwavering professionalism and sincerity permeate every aspect of her work. Her professional demeanour and genuine care for her clients shine through in every interaction.

Ilham's comprehensive approach, coupled with cutting-edge interventions and in-depth personalised assessments, sets her apart as a truly exceptional nutritionist. She wholeheartedly believes in the transformative power of wholesome eating and proper nutrition, empowering her clients to swiftly achieve and sustain their personal health goals, ultimately leading to a happier and healthier life.

~ SHAZIA

Ilham is knowledgeable, straightforward, and kind in her approach. She gave me an insight on how to eat healthy and continue to enjoy my cultural foods. The thing I loved the most was the inclusion of prophetic foods and medicine along with sunnah practices. I highly encourage anyone looking for nutrition advice/counselling to seek her guidance. It will be well worth it.

~ ZAINAB

Wow, Alhamdulillah, Jazakallah Khair Sister, for your kindness and holistic food information for our health according to the Sunnah from our beloved Prophet. Peace unto him. I'm excited about this. I will definitely eat this way to help myself, to help others. Mashallah. Thank you.

~ REGINALD ANGLIN

We need a book by you, sister Ilham, which can be kept at home as a reference on diet and nutrition. May Allah reward you for your hard work and research.

~ ALIYA SHARAFI

"Thank you for teaching me what it means to be truly nourished."

When I initially started with my dietitian, I believed recovering from an eating disorder involved being bullied and shamed by a nutritionist into eating what was "right". Her warmth, empathy, and sense of humor have allowed me to develop a new understanding of food and nutrition, one that comes from a place of care instead of a place of punishment. ...She has expanded my world view and allowed me to accept myself as I am, body, mind, and spirit.

~ HANEEN

STOP STRUGGLING AND START CELEBRATING FOOD.

If you're ready to make a difference, we would love to meet you!



For Diet Counselling

To find out how to connect with Ilham and her team to book private diet consultations. All details regarding charges, blood tests to be conducted, and how to book appointments will be emailed to you.

She has over 12 years of extensive hands-on experience in nutritional counselling and planning therapeutic diets for conditions such as fat loss, PCOS, obesity management, heart disease, diabetic management, and preventive health.



For Webinars/Seminars

Ilham has given over 30 talks (in person and virtual) and conducted various workshops, seminars, and webinars.

If you would like to book her for a webinar/seminar please contact below.

Email - inspirenutritions@gmail.com

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Email Address



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