



ONLINE TRAINING

Low Carb for Vegetarians



IN COLLABORATION WITH



A collaborative practitioner-facing course built by Metabolic Health India & Nutrition Network. This course includes building, coaching and applying low-carbohydrate & ketogenic approaches within a vegetarian framework – from endurance performance to metabolic disease and gut health.

Self-Paced

TRAINING OVERVIEW

The Low Carb for Vegetarians course from Nutrition Network and Metabolic Health India brings together multiple lectures from a mixed faculty of clinicians, dietitians, coaches and specialists, each addressing a different angle of how a lower-carbohydrate or ketogenic approach can be constructed and applied without meat.

The course moves from foundational diet construction through to specific clinical and lifestyle applications, including endurance sport, diabetes and gestational diabetes, gut health, mental health, weight management, body composition goals, and gut-sensitive clients.

About Nutrition Network

Nutrition Network is a CPD-accredited medical education and metabolic health training organisation. It trains healthcare professionals, coaches and advocates in therapeutic carbohydrate restriction and related fields of metabolic health.

About Metabolic Health India

Metabolic Health India is a pioneering organization dedicated to transforming lives and reversing chronic lifestyle conditions through therapeutic carbohydrate restriction and evidence-based lifestyle interventions. Founded by Shashikant Iyengar, on the principles of science, education, and patient empowerment, the institute bridges the gap between clinical research and practical, everyday health solutions.

WHAT THE PRACTITIONERS NEED TO UNDERSTAND

Vegetarian and vegan clients present unique challenges in low-carbohydrate nutrition – from meeting protein needs to managing carbohydrate-rich staples and micronutrient adequacy. This course equips practitioners with practical strategies to construct well-formulated, culturally adaptable vegetarian low-carb and ketogenic diets for real-world clients.

ABOUT THE TRAINING

Format: Online, self-paced.

EACH MODULE INCLUDES:

- Topic outline, learning objectives, and study overview
- Expert speaker presentation/lecture
- Downloadable references for relevant journal articles and literature

CERTIFICATE OF COMPLETION:

On completion, participants will be issued a Certificate of Completion.

WHO IS IT FOR:

- Medical professionals
- Allied healthcare workers
- Nutrition Network graduates
- Nutritionists and dietitians
- Health and wellness coaches

LECTURE OUTLINE

Vegetarian Low Carb Lifestyle & Endurance Running	<i>Sandeep Varma</i>
Diabetes Remission & Vegetarian Diet in GDM Constructing Vegetarian Low Carbohydrate / Ketogenic Diet	<i>Shashikant Iyengar</i>
Low Carbohydrate Diet in Autoimmune Conditions for Vegetarians	<i>Dr Jasmeet Kaur PhD</i>
Low Carb & Fasting For Weight Loss	<i>Mishal Sequeira</i>
Vegetarian & Vegan Keto for Metabolic and Mental Health	<i>Hannah Warren</i>
Vegetarian Low Carb For Optimum Women's Health	<i>Dr Sandhya Kulkarni, MD</i>
Implementing Low Carb Vegetarian Diet in the Gut Sensitive Client	<i>Sandesh Bhat</i>
Vegetarian Diet & Body Building	<i>Sidhesh Pathre</i>
Delicious Vegetarian Dishes & Cooking Videos	<i>Aashish Pabari</i>

MEET THE LECTURERS



Shashikant Iyengar

Metabolic Health Coach, Founder, Metabolic Health India®

As the Founder of Metabolic Health India and Organizer of the Metabolic Health Conference, Shashikant bridges science, nutrition, and real-world outcomes to tackle India's metabolic health crisis. His focus is helping individuals reverse conditions like type 2 diabetes, hypertension, mental health disorders, and insulin resistance using personalized, culturally adaptable low-carbohydrate strategies.



Dr Sandhya Kulkarni, MD

MBBS & MD from University of Mumbai

A passionate Doctor in private practice since 1999. Special interest in educating general population about Diabetes. Has regularly been conducting diabetes detection and education camps for the past 26 years.



Sandeep Varma

Certified Metabolic Health Coach

Helping individuals reverse lifestyle-driven metabolic conditions — including type-2 diabetes, obesity, and cardiovascular risk through evidence-based nutrition, movement, sleep, and behaviour-change coaching. Rooted in 35 years of pharmaceutical science and 30+ years of hands-on coaching experience, Sandeep bridges clinical knowledge with practical, sustainable lifestyle transformation



Dr Jasmeet Kaur PhD

PhD in Experimental Nuclear Physics & Scientific Researcher

Her work also encompasses gut and digestive health, autoimmune conditions, hormonal and metabolic dysfunction, and individualized approaches to improving health and physiological resilience.

MEET THE LECTURERS



Sandesh Bhat

CPD UK NSDC Certified Metabolic Health Coach

Certified Metabolic Health Coach helping clients reverse chronic conditions through evidence-based nutrition and lifestyle changes.



Mishal Sequeira

Human Performance Nutritionist and the founder of FastingDietCoach.com

Mishal has spent over a decade helping clients achieve sustainable fat loss and improve metabolic health through low-carbohydrate nutrition and strategic fasting. Her signature approach, Flexi-Fasting, is designed for real life—adapting to travel, demanding work schedules, family commitments, and the unpredictability that often makes rigid nutrition plans unsustainable.



Hannah Warren

Communications and Advocacy Manager - Baszucki Group and Metabolic Mind

After implementing ketogenic therapy in 2021 and achieving remission from bipolar 1 disorder, Hannah became dedicated to championing metabolic therapies as potential first-line treatments. She is the cofounder of Metabolic Collective, a nonprofit mobilizing advocates to grow the grassroots movement for metabolic psychiatry and neurology.



Aashish Madhukant Pabari

Low Carb enthusiast / T2D in remission / Co-founder of Reclaim Health India



Sidhesh Pathre

Health and fitness coach,

Certified nutrition and fitness professional with over seven years of coaching experience and a track record of guiding more than 300 individuals across fat loss, metabolic health, body composition, and performance nutrition. His approach combines evidence-based nutrition science with practical, real-world application, with a strong emphasis on sustainable behaviour change and long-term health outcomes.

HOW THIS KNOWLEDGE IS APPLIED

Practitioners learn to assess individual dietary patterns, set appropriate carbohydrate and protein targets, and build nutritionally adequate vegetarian low-carb or ketogenic meal plans. The knowledge can be applied to diverse clients, including those with obesity, insulin resistance, Type 2 diabetes and other metabolic health concerns, while respecting their dietary preferences.

WHY DO THEY NEED TO LEARN ABOUT VEGETARIANISM?

A significant number of people worldwide follow vegetarian or vegan diets for cultural, religious, ethical or personal reasons, and these dietary preferences are often a lasting part of who they are. Practitioners therefore need the skills to deliver effective low-carbohydrate nutrition without relying on meat or fish, while still meeting protein and micronutrient needs. *They deserve appropriate nutritional support too.*