



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Mr Madhu Kancharala
LFL-ID	PTC1054
Age	39
Weight	106
Height	156
Body fat	45%
BMR (With Body Mass)	1845
BMR (With Lean Mass)	1338
TDEE	2073.9
Target Calories	1300
Goal	Australia
Country	Fat Loss
Diet Plan	LCD IF NV

Dear Madhu,

You have been following your previous diet for quite a long time and you were progressing well, now we figured out that your weight has been stabilized and it's time to change the calories. Based on your preference we have created a Low Carb Diet.

This diet was created after considering the below condition(s):

- Constipation

In this diet, you will be consuming carbohydrates (73g), Protein (109g) and Fat (60.4g).

Kindly Use the **Live Fit Life** Application to track your macros and calories intake. Calculating the ingredients will help you to stick to the diet plan.

Weight Management: Please share your weight update information can be transferred via the session to the trainer, which helps us to keep track of it without missing.

While Being on a diet it is important to intake Micronutrients supplements to keep our internal functionality healthy. So kindly take the below supplements.

1. **Multivitamin - After Breakfast**
2. **Shelcal (Calcium + Vitamin D3) - After Lunch**
3. **Omega 3 (1000 to 1500mg) + Lsabgol (5g) - after Dinner.**

Important Notes:

- Keep yourself hydrating - Aim for 4 to 5 litres of water per day, with at least 500ml consumed during workouts.
- Don't skip vegetables in your meal because they contain fibre and can help you relieve constipation.
- For the next three weeks, take 5g of Lsabgol (Powder / Tablet) with lukewarm water before bed.

Do's & Don'ts:

- Make sure you weigh all your foods with a kitchen weighing scale.
- Macros calculations are important to be followed to achieve your goal.
- Your Mealtimes are not super mandatory, following a regular time can help you avoid a starvation state. Intake all the mentioned macros quantity within that day.
- Do not sauté or deep fry the food, avoid processed, artificial foods. (canned, ketchup, sauces)
- **Note: For a diet, reduce your salt intake than the usual (Preferably less than 2-3g or 1 tsp/day).**
- Keep us updated with your weight progress twice in a week to monitor your progression. We will have to change the diet if required.

Diet Summary:

Time	Food	Quantity	Carbs	Protein	Fats	Calories
After wakeup	1 Glass of water + pinch of Jeera and Cinnamon	250 ml	2	0	0	8
	Overnight soaked figs and raisins	Figs 20g + Raisins 10g	11.3	0.4	0.2	44.7
Time	Food	Quantity	Carbs	Protein	Fats	Calories
During Workout	Lemon Water with chia seeds	1 glass + 1 tsp chia seeds	2.7	3.2	0.1	22
Post Workout	Amway Plant Protein Powder	2 scoop / 20g	0.6	16	1	80
Time	Food	Quantity	Carbs	Protein	Fats	Calories
Breakfast @10 a.m	Eggs / Paneer	2 nos / 50g	0	12	10	156
	Mixed Vegetables	200g	6.8	3.4	0.6	54.4
	Coconut Oil / Ghee	0.5 tbsp	0	0	7	60
	Greek Yogurt /Buttermilk	100g/200ml	3.6	10	0.4	59
Multivitamin Supplement - (After Breakfast)						
Time	Food	Quantity	Carbs	Protein	Fats	Calories
Lunch @2 pm	Rice or Roti / Qunioa or Barley	half cup or 1 nos / 50g	22	2.1	0.2	103
	Chicken breast / Paneer	100g / 50g	0	31	3.4	165
	Any mixed vegetables + GLV	100g	3.4	1.7	0.3	27.2
	Coconut Oil / Ghee	0.5 tbsp	0	0	7	60
	Greek Yogurt /Buttermilk	100g/200ml	3.6	10	0.4	59
Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)						
Time	Food	Quantity	Carbs	Protein	Fats	Calories
Before Dinner	Trail mix	20g	9.5	3	6	97
Dinner @6 pm	Paneer Or Chicken breast /Tofu	75g or 150g	3.5	15	16.5	222
	Mixed Vegetables	100g	3.4	1.7	0.3	27.2
	Coconut Oil / Ghee	0.5 tbsp	0	0	7	60
Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)						
Lsabgol (5g) - Follow next 3 weeks - (Before Bed Time)						
Total:			72.4	109.5	60.4	1304.5

After Wakeup:

- Your wakeup time is the start of the day & your sleep time is the end of the day.
- Soak cumin seeds in a cup of water overnight, then add cinnamon powder in the morning. Boil it for a few minutes, then drink this nutritious concoction.
- Soak 20g figs and 10g raisins at night in ½ cup water and let it remain soaked overnight. Eat it the next morning on an empty stomach.

During Workout:

- Add 1 tsp of chia seeds to a full glass of water and add freshly squeezed lemon juice to taste. Stir and let chia seeds absorb water; after up to 15 minutes, stir once more and drink.

Post Workout:

- Drink at least 200ml of water after workouts.
- Protein powder is a good supplement, it provides muscle strength & increases the quality of lean muscle.
- Exercise can help to improve mental function, reduce the risk for chronic disease and manage your weight.

Breakfast:

I've included a few recipe ideas below, but you can use the ingredients to create your own.

- Eggs Omelet + Veg sabzi
- Paneer fry + Veg salad
- Panner/eggs bhurji + mixed veggies
- Boiled egg + Veg salad

Lunch:

I've included a few recipe ideas below, but you can use the ingredients to create your own.

- Fried chicken rice + Veggies raita
- Rice + Chicken/fish curry
- Paneer pulav
- Veg rice + Grilled chicken

Dinner:

I've included a few recipe ideas below, but you can use the ingredients to create your own.

- Grilled / tandoori chicken/paneer + Veg salad
- Panner bhurji + mixed veggies
- Lemon chicken / Chicken piccata
- Chicken / Paneer salad

Things can be used optionally (Max use up to 5 ingredients/day)	
Tomato	100g
Onion	half (30g)
Chilli	2,3
Ginger Garlic paste	1 tsp (10g)
Seasoning	Yes
Curry, coriander leaves	Yes
Lemon	Yes
Turmeric Powder	Yes
Chilli Powder	Yes
Tomato Sauce	1 tsp
Chili Sauce	1 tsp
Soy Sauce	1 tsp

Weight Loss Tips:

- Drink plenty of water
- Eat balanced meals at least every 3 hours
- Engage in regular physical activity and exercise
- Get enough sleep.

General Dietary Guidelines

- Start your day with one or two glasses of water. Also, drink water throughout the day.
- Timing used as generic, please have the meal in your timing accordingly.
- You can swap food at different times as per your convenience, but all the food should have been taken before the end of the day.
- You can replace protein for protein, fat for fat, do not replace or swap both. Please check with me before you do.
- If you want to replace ingredients, the given alternatives only take.
- Have small meals frequently and regularly. The aim is to never let yourself be excessively hungry.
- Be it having healthy snacks, try to eat more frequently.
- Plan your food if you are travelling out, maintaining this diet as 100% is the mandatory criterion.
- Cut back on restaurant eating, prefer homemade foods.
- Don't super-size your meals. Practice portion control.
- Input a new recipe (with given ingredients only) and always weigh it out. Keep track using an app like 'Myfitnesspal'.
- If any difficulties/allergies/health issues kindly let us know as soon as possible.
- Follow your regular exercise routine/as per schedule.

A well-balanced diet is always for weight loss but it can also be a way to retain overall health and have great skin and hair.

The Food and supplements mentioned in the diet chart or in any other document are only suggestions to improve your health in a better way to reach your goals. We are providing the best suggestions based on scientific research on human body functionality with regards to nutrition & supplement.

However, kindly check with your general practitioner or doctor before you proceed with anything further. Live Fit Life Pvt Ltd and any of its employees will not be responsible for any allergies symptoms or any side effects which may occur due to non-prior checkups on their existing or current health issues.

For further details contact: Nutrition@livefitlife.in