



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Mrs Vijaya
LFL-ID	PTC1137
Age	51
Weight (Kg)	86
Height (Cms)	148
Body fat	52%
BMR (With Body Mass)	1369
BMR (With Lean Mass)	921
TDEE	1427.55
Target Calories	1300
Goal	FAT LOSS
Country	Indian
Diet Plan	LCD IF - VEG

Dear Vijaya,

Based on your request we are changing your diet plan to an Intermittent Low Carb diet in veg. Kindly start to follow from tomorrow to keep the diet on track.

Ketogenic is a hormonal process that starts when you follow this diet for 3 to 4 continuous days. Once the ketosis starts in your body, it will start to burn fat as your primary energy source.

Kindly Use the **Live Fit Life** Application to track your macros intake. Calculating the ingredients will help you to stick to the diet plan. Watch the video on how to use the application to feed your input.

Note: Exceeding the carbs more than the quantity mentioned in the diet chart can break the ketogenic process. Once the keto diet is broken, it will take another 3 to 4 days to start the ketosis process again. One time break will take 3 days of your effort, so think twice before you break the keto. But following the diet for 3 - 4 weeks continuously can give enormous benefits.

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 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) - after Dinner.**

Do's & Don'ts:

- Aim to drink 3 – 4 litres of water in a day. Keep yourself hydrating.
- Make sure you weigh all your foods with a kitchen weighing scale.
- Macros calculations are important to be followed to achieve your goal.
- Your Mealtime is 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 Ketogenic diet, reduce your salt intake than the usual (Preferably less than 2-3g or 1 tsp/day).**
- Take any mentioned meal or snacks for every 3 hours. Feeding healthy nutrition for every 2.5 – 3 hours will keep your body in an anabolic state throughout the 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	250 ml	0	0	0	0
	Lemon Tea / Lemonade	100 ml	0.4	0	0	2
Time	Food	Quantity	Carbs (g)	Protein (g)	Fats (g)	Calories
Post Workout	Whey Protein	1.5 Scoop	3	37.5	1.5	180
Time	Food	Quantity	Carbs (g)	Protein (g)	Fats (g)	Calories
First Meal after 16 Hours	Brown bread	2 Slices/40g	29.3	6.8	2.26	160
	Papaya	100g	3.4	0.9	0.7	24.6
	Broccoli / Cauliflower	100g	0.4	4.6	0.15	30.1
	Paneer	50g	0	10.2	14.3	179
	Coconut Oil	0.5 Tbsp/8g	0	0	7	63
Multivitamin Supplement - (After First Meal)						
Time	Food	Quantity	Carbs (g)	Protein (g)	Fats (g)	Calories
Anytime during the feeding window	Greek Yogurt	100g	3.6	10	0.4	29
	Boiled Chickpea	50g	9.5	4.5	1.3	82
	Almonds	10 nos	3	3	6	70
Shelcal Supplement; (Calcium + Vitamin D3) - (Mid of Snacks)						
Time	Food	Quantity	Carbs (g)	Protein (g)	Fats (g)	Calories
Within 8 hours from the first meal (end of feeding window)	Paneer	100g	0	20.4	29.6	179
	Chappathi	50g	32.5	7.5	2.5	177.5
	Coconut Oil	0.5 Tbsp/8g	0	0	7	63
	Button Mushroom	100g	1	3.6	0.4	27
Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)						
Total Macros (g):			85.7	109	73.11	1264.2

Detailed Information:

After Wakeup:

Your wakeup time is the start of the day & your sleep time is the end of the day.

Post Workouts:

- Drink at least 200ml of water after workouts.
- Whey protein 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 (first meal after 16 hrs):

- Make Paneer sandwich / bread omelet / idli / dosa or any other recipes with the given ingredients only.
- Fruits are an excellent source of essential vitamins and minerals, and they are high in fiber.

Alternatives:

Alternatives	Replace	Quantity
Brown Bread 2	Little Millet (Samai)	45g
	Finger Millet (Ragi)	45g
	Barnyard Millet	45g
	Cereals	45g
	Cooked rice	100g
	Ragi	45g
	Wheat Flour	45g
	Idli or Dosa	3 nos or 2 piece
	Kodo Millet	45g
	Jowar	45g
Papaya 100g	Grapes (Blue) / Orange / Pears / Raspberry / Strawberries	85g

	Figs	100g
	Guava / Custard apple / Pomegranate	60g
Broccoli / Cauliflower (100g)	Carrots/Beetroot/Radish/Yam	45g
	Broccoli/Okra/Spinach/Lettuce/Turkey Berry (Sundakkai)/Green Beans/Bitter Gourd/Capsicum/Beans/Brinjal/ Ash Gourd/Bottle Gourd/Brinjal/Capsicum/Cucumber, Drumstick, Beans, Field Beans/pumpkin/Snake/mushroom/Gourd/Zucchini/Cabbage	100g
Paneer 50g	Cheese cubes	40g
	Tofu + oil	100g + 8g
	Full eggs	2 nos

Anytime during feeding window:

- Soak almonds for at least 4 to 6 hrs and peel the skin of almonds, it helps to absorb more nutrients from the food.
- Greek yoghurt contains probiotics, which helps to healthy digestion and may prevent colon cancer.

Alternatives:

Alternatives	Replace	Quantity
Almonds 10	Chia Seeds	8g
	Pistachio/Hazelnuts	16g
	Cashews	8 nos
Chickpeas (50g)	Urad Dhal	50g
	Bengal Gram Dhal	50g
	Cow peas	50g
	Green Gram	50g
	Red Gram	50g
	Kidney Beans	50g

Dinner (8 hrs from the first meal):

- Make chapati with paneer curry or make any other recipes with the given ingredients.
- Adding green leafy vegetables is mandatory for fiber sources.
- If you use alternative ingredients, kindly check carefully.

Alternatives:

Alternatives	Replace	Quantity
Paneer 100g	Cheese cubes	160g
	Tofu + oil	300g + 32g
	Mozzarella cheese	100g
	Full eggs	4 nos
Chappathi 50g	Little Millet (Samai)	50g
	Finger Millet (Ragi)	50g
	Barnyard Millet	50g
	Cereals	50g
	Cooked rice	150g
	Ragi	50g
	Wheat bread	2 nos
	Idli or Dosa	2 nos or 1 piece
	Kodo Millet	50g
	Jowar	50g
Button Mushroom 100g	Carrots/Beetroot/Radish/Yam	60g
	Broccoli/Okra/Spinach/Lettuce/Turkey Berry (Sundakkai)/Green Beans/Bitter Gourd/Capsicum/Beans/ Ash Gourd/Bottle Gourd/Brinjal/Capsicum/Cucumber, Drumstick, Beans, Field Beans/pumpkin/Snake Gourd/Zucchini/Cabbage	150g

Things can be used optionally (Max use up to 5 ingredients/day)	
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