



# Live Fit Life

Diet Chart



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## CUSTOMIZED DIET PLAN

Name	Arun Nehru
LFL-ID	LPC 1115
Age	37
Weight	87
Height	168
Body fat	31%
BMR (With Body Mass)	1740
BMR (With Lean Mass)	1470
TDEE	2278.5
Target Calories	1600
Goal	Fat Loss
Country	Indian
Diet Plan	KETO - NV

*Dear Arun,*

I hope you are super excited to follow your Diet Journey with our team!

Based on your preference we have created a non veg - **Ketogenic** Diet. In this diet, you will be consuming 37.4g of carbohydrates, 145.3g of Protein, and 86g of Fat.

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.

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The first 10 days of your diet period will be considered as an observation period. It is very common to face some challenges to follow the diet in the initial period, such as mild headache, low in energy, puking, all because of the change in your body. However if you feel any abnormal symptoms like diarrhoea, allergic, fainting, Kindly inform us immediately to analyse your body.

**Weight Management:** Please share your weight update, The information can be transferred via the trainer during the session, which helps us to keep a track. Send the weight data in the below format,

Start date - Weight in kg - ( )

After Detox - Weight in kg - ( )

Next check date - Weight in kg - ( )

For Eg:

28/06 - 86.3 kg

30/06 - 85.3 Kg

05/07 - 84.4 Kg

07/07 - 84.0 Kg

11/07 - 83.7 Kg

14/07 - 82.8 Kg

**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. (NOTE - preferably post blood test done)**

Kindly go through the diet and In case of any queries related to diet, you can message us on our support group or drop a mail to [nutrition@livefitlife.in](mailto:nutrition@livefitlife.in).

## Diet Summary:

Time	Food	Quantity	Net Carbs	Protein	Fats	Calories
After wakeup	1 glass of water	250 ml	0	0	0	0
	Butter	1 tsp / 5g	0	0	4	36
	Black coffee	100 ml	0.4	0	0	2
	Coconut Oil	1 tsp / 5g	0	0	4	36
Time	Food	Quantity	Net Carbs	Protein	Fats	Calories
Post workouts / along with BF	Whey Protein	0.5 scoop	1	12.5	0.5	60
	Full cream milk / fresh buffalo milk	1 cup	12	7.7	7.9	149
Breakfast	Mixed Nuts (almonds / walnuts / cashews / Pista)	10g	1.3	1.3	3	35
	Scrambled eggs / egg omellete	3 nos	0	18	15	234
	Mixed Vegetables (Carrot / Beans / Capsicum / Cauliflower)	100g	3.3	2.1	0.3	25.5
	Coconut Oil	1 tsp / 5g	0	0	4	36
<b>Multivitamin Supplement - (After Breakfast)</b>						
Time	Food	Quantity	Net Carbs	Protein	Fats	Calories
Snack	Mixed Seeds	10g / 1 tbsp	2.9	1.8	4.2	53.4
Time	Food	Quantity	Net Carbs	Protein	Fats	Calories
Lunch	Cauliflower rice / Vegetable sabzi (Carrot / Beans / Capsicum / Cauliflower)	1 cup	7	5	0.7	66
	Any fish / any Red meat or chicken	200g / 150g	0	38	4	222
	Any cheese / egg / Butter	25g / 1 full egg / 3 tsp	1.1	7.5	6.5	88.25
	Greek Yogurt / Curd / Buttermilk	50g	1.8	5	0.2	29.5
<b>Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)</b>						

Time	Food	Quantity	Net Carbs	Protein	Fats	Calories
Evening	Black coffee / Green tea + Coconut oil	100 ml + 1 tsp	0.4	0	4	38
Time	Food	Quantity	Net Carbs	Protein	Fats	Calories
Dinner	Almonds / Keto Flour chapathi or pan cake	1 nos / 30g	2.9	6.3	16.4	182
	Vegetable sabzi (Carrot / Beans / Capsicum / Cauliflower)	100g	3.3	2.1	0.3	25.5
	Any fish / any Red meat or chicken / Panner or Eggs	200g / 150g or 5 nos	0	38	4	222
	Coconut Oil / Butter	0.5 tbsp	0	0	7	62
<b>Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)</b>						
<b>Total Macros (g):</b>			<b>37.4</b>	<b>145.3</b>	<b>86</b>	<b>1602.15</b>

## Detailed Information:

### After Wakeup:

- Your wakeup time is the start of the day & your sleep time is the end of the day.
- Make Keto Coffee / Bulletproof Coffee + pinch of Cinnamon.
- <https://youtu.be/5EmV7yWIOUE>

### Post Workouts & Breakfast:

- 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.
- You can make protein shakes (with full cream milk / buffalo milk + nuts) and egg omelets / scrambled eggs / boiled eggs.

## Lunch:

- You can make the following recipes or make any other recipes with the given ingredients. - Cheesy fish/NV fry with cauliflower rice / chicken salad / Grilled or BBQ chicken or NV with veg salad.
- Fish is an excellent source of EFA.
- Adding green leafy vegetables is mandatory for fiber sources.
- Greek yoghurt contains probiotics, which helps to healthy digestion and may prevent from colon cancer.

## Dinner:

- You can make Keto chapati with matar paneer (75g)/eggs or NV curry or you can make any other recipes with the given ingredients only.
- [Recipe link:](#)

Keto Chappathi: [https://youtu.be/xUPgex\\_Krbs](https://youtu.be/xUPgex_Krbs)

Paneer matar: <https://youtu.be/VyUSHuzyL4g>

Alternatives	Replace	Quantity
Keto atta (30g)	Almond flour	30g
	Flax Seed Flour	30g

## Do's & Don'ts:

- Aim to drink 3 – 4 liters 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.

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

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## **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 'Live Fit Life'.
- 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](mailto:Nutrition@livefitlife.in)**