



# Live Fit Life

Diet Chart



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## CUSTOMIZED DIET PLAN

Name	Mrs Vanessa
LFL-ID	PTC1149
Age	41
Weight	68
Height	161
Body fat	37%
BMR (With Body Mass)	1320.25
BMR (With Lean Mass)	1068.25
TDEE	1655.7875
Target Calories	1150
Goal	FAT LOSS
Country	India
Diet Plan	LCD - NV

***Dear Vanessa,***

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 (during travel / at home).

In this diet, you will be consuming carbohydrates (64g), Protein (98g) and Fat (54.5g).

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.

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**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).**

**Do's & Don'ts:**

- Keep yourself hydrating - Aim for 3 to 4 liters of water per day,
- 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 oil intake than the usual (Preferably less than 1 tbsp/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:

During at Home						
Time	Food	Quantity	Carbs	Protein	Fats	Calories
After wakeup	1 Glass of warm water +A pinch of cinnamon powder + Lemon (squeeze a small wedge)	250 ml	2	0	0	8
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	Whey protein	1 scoop	2	25	1	120
Time	Food	Quantity	Carbs	Protein	Fats	Calories
Breakfast @8 a.m	Eggs / Paneer / Tofu or boiled any sprouts	2 nos / 50g / 120g	0	12	10	156
	Mixed Vegetables	100g	3.4	1.7	0.3	27.2
	Ghee / Olive oil	1 tsp	0	0	4.5	40
	Seasonal fruit	100g	16.5	0.83	0.44	66
Multivitamin Supplement - (After Breakfast)						
Time	Food	Quantity	Carbs	Protein	Fats	Calories
Lunch @1 pm	Rice or Roti / Qunioa or Barley	0.5 cup or 1 nos / 50g	22	1.1	0.2	103
	Fish or Chicken breast or Dhal or any pulses / Paneer	100g / 70g	0	22	12	206
	Any mixed vegetables / GLV	100g	3.4	1.7	0.3	27.2
	Ghee / Olive oil	1 tsp	0	0	4.5	40
	Greek Yogurt or Curd /Buttermilk	50g/100ml	1.8	5	0.2	29.5
Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)						
Time	Food	Quantity	Carbs	Protein	Fats	Calories
Before Dinner	Mixed nuts (almonds / walnuts / pista)	15g (1 to 2 nos each)	6.65	2.1	4.2	67.9

Dinner @8 pm	Fish or Chicken breast or Tofu / Panner	100g / 70g	0	22	12	206
	Mixed Vegetables	100g	3.4	1.7	0.3	27.2
	Ghee / Olive oil	1 tsp	0	0	4.5	40
<b>Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)</b>						
<b>Total:</b>			<b>63.85</b>	<b>98.33</b>	<b>54.54</b>	<b>1186</b>

## After Wakeup:

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

## 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/sprouts salad
- Panner/eggs bhurji + mixed veggies
- Boiled egg + Veg/sprouts 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/dhal curry
- Egg pulav
- Veg/sambar 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

## Diet Summary:

During Travel			
Time	Food	Quantity	Calories
After wakeup	1 Glass of warm water / lemon tea or black tea	250 ml / 1 cup	8
Time	Food	Quantity	Calories
Post workout	Whey protein	1 scoop	120
Time	Food	Quantity	Calories
Breakfast	Toasted bread with eggs / Bread omelet / french toast with scrambled eggs / egg sandwich / baked beans (half portion)	2 slice bread + 1 eggs + (1 cup of mixed vegetables or salad)	280
	Seasonal fruit	100g	70
Multivitamin Supplement - (After Breakfast)			
Time	Food	Quantity	Calories
Lunch	chicken / lamb / Prawn / potato pie or chicken / lamb / fish salad or paneer steak or rice + chicken (100g)	half pie or 1 cup	202
	Veg soup / Salad	1 cup	50
	Greek or Normal Yogurt / Curd	50g	30
Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)			
Time	Food	Quantity	Calories
Evening / Before Dinner	Trail mix	1 tbsp	67.9
Dinner	Veg soup / salad	1 cup	50
	baked veggies or paneer or tofu / chicken noodles or pasta / roti + chicken or egg curry	0.5 cup / 1 roti + half cup chicken curry	270
	Greek or Normal Yogurt / Curd	100g	59
Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)			
Total calories:			1206.9

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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 '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](mailto:Nutrition@livefitlife.in)**