



# Live Fit Life

Diet Chart



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## CUSTOMIZED DIET PLAN

Name	Nagaroopaa
LFL-ID	PTC1035
Age	40
Weight	56.5
Height	149
Body fat	36%
BMR (With Body Mass)	1135.25
BMR (With Lean Mass)	931.25
TDEE	1443.4375
Target Calories	1200
Goal	Fat Loss
Country	Australia
Diet Plan	LCD - EGG

***Dear Nagaroopaa,***

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.

In this diet, you will be consuming carbohydrates (91.6g), Protein (68g) and Fat (59.5g).

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 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 / 1 cup of lemon tea or black tea	250 ml	2	0	0	8
Time	Food	Quantity	Carbs	Protein	Fats	Calories
Post Workout	Protein Powder	2 spoon / 12g	0	10	0.4	40
Time	Food	Quantity	Carbs	Protein	Fats	Calories
Breakfast	Eggs / Boiled - any pulses	2 nos / 50g / 100g	0	12	10	156
	Mixed Vegetables	100g	3.4	1.7	0.3	27.2
	Coconut Oil / Ghee	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	Rice or Roti / Quinoa or Barley or millets	1 cup or 2 nos / 100g	44	2.2	0.4	206
	Paneer / Eggs / Tofu or Dhal or any pulses	50g / 2 full eggs / 100g	2.3	10	11	148
	Any mixed vegetables / GLV	100g	3.4	1.7	0.3	27.2
	Coconut Oil / Ghee	1 tsp	0	0	4.5	40
	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
Evening Snacks	Trail mix (Seeds 8g + Nuts 10g)	20g	9.5	3	6	97
Dinner	Paneer / Eggs / Tofu	75g / 3 full eggs / 150g	3.5	15	16.5	222
	Mixed Vegetables	100g	3.4	1.7	0.3	27.2
	Coconut Oil / Ghee	1 tsp	0	0	4.5	40
Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)						
<b>Total:</b>			<b>91.6</b>	<b>68.13</b>	<b>59.54</b>	<b>1203.6</b>

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## After Wakeup:

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

## 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 egg rice + Veggies raita
- Rice + egg/paneer curry
- Paneer pulav
- Veg rice + Grilled paneer/boiled egg

## Dinner:

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

- Grilled / tandoori paneer + Veg salad
- Panner/egg bhurji + mixed veggies
- Egg salad / egg omellete
- Scrambled eggs + Veggies

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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

**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.

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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)**