



# Live Fit Life

Diet Chart



---

## CUSTOMIZED DIET PLAN

Name	Sindhu
LFL-ID	LPC1114
Age	30
Weight	86
Height	167
Body fat	42%
BMR (With Body Mass)	1312.75
BMR (With Lean Mass)	950.75
TDEE	1473.6625
Target Calories	1400
Goal	Fat Loss
Country	India
Diet Plan	LCD - NV

**Dear Sindhu,**

Based on your preference we have created a Low carb diet in Non Veg charts, Kindly start the following diet from tomorrow onwards. If you have any doubts related to diet, you can ping ask in our support group or drop a mail to [nutrition@livefitlife.in](mailto:nutrition@livefitlife.in).

In this diet, you will be consuming carbohydrates (97.4g), Protein (95.3g) and Fat (65.1g).

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.

---

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 information can be transferred via the session to the trainer, which helps us to keep track of it without missing.

If you have any doubts about diet please let us know and you can always reach out to us on [nutrition@livefitlife.in](mailto:nutrition@livefitlife.in).

**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. **D Rise 60000 IU (Once a week - upto 8 weeks) - After Lunch**
3. **Orofer XT (Take every day upto next 3 months) - 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 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	Notes	Calories
After wakeup	1 Glass of water	250 ml	Helps to eliminate toxins from the body	0
	Digestion Booster drink	1 tbsp cumin seeds + 1 tbsp ajwain + 1 tbsp fennel seeds	Boil them in double the required amount of water and bring it down to half (for example take 1000 ml water and boil it down to 500 ml ml with the ingredients)	4
Time	Food	Quantity	Notes	Calories
During Workout	Lemon water	2 glass	Can take 500 ml of water with half lemon squeezed with a pinch of salt	2
Post Workout	Whey protein	1 scoop	Take 1 scoop with 200-300 ml of water	120
Time	Food	Quantity	Notes	Calories
Meal 1	Bread slices / Muesli or oats or cereals or poha / Idli or Dosa or Roti	2 slices / 40g / 1 to 2 nos	<b>Recipes Idea:</b> Egg omelet / scrambled eggs / toasted bread + Peanut butter / Mixed sprouts poha	150
	Ghee / Butter	1 tsp		45
	Eggs / Paneer / Tofu or Sprouts or pulses/ unsweetened Peanut butter	2 full eggs / 50g / 100g / 1 tbsp	For pulses: choose (Boiled - Green gram/peas or Horse gram or kidney bean)	188
	Mixed Vegetables	100g	*Choose low calories/carbs fruits & vegetables (Eg. mushroom, pumpkin, cauliflower, guava, papaya, melone, etc)	31
	Seasonal Fruit	100g		68
<b>Multivitamin Supplement - (After Breakfast)</b>				
Time	Food	Quantity	Notes	Calories
Meal 2	Ghee / Butter	1 tsp	<b>Recipes Idea:</b> Rice or Chapati + egg or NV curry / Millet khichdi or Upma + Boiled egg / Egg rice/ pulav	45
	Chapati / Rice / any millets	1 nos / 0.5 cup		100

	Mixed Vegetables	100g	*Choose low calories/carbs vegetables (Eg. Cabbage, broccoli, cucumber, capsicum, etc)	31
	Chicken breast / any red meat or Paneer / eggs / dal or lentils	100g / 50g / 2 full eggs / 90g	<b>#Avoid allergy-causing pulses / NV foods</b>	150
	Curd / Buttermilk	50g / 150 ml	Use 50g curd for making 150 ml of buttermilk	29.5
<b>D Rise 60000 IU (Once a week - upto 8 weeks)</b>				
<b>Time</b>	<b>Food</b>	<b>Quantity</b>	<b>Notes</b>	<b>Calories</b>
<b>Snacks</b>	Trail mix (Mixed seeds 1 tsp + Nuts 1 -2 nos)	10g	Helps in overall growth and Immunity	48.5
<b>Time</b>	<b>Food</b>	<b>Quantity</b>	<b>Notes</b>	<b>Calories</b>
<b>Meal 3</b>	Eggs / Paneer / Soya Chunks	3 eggs / 75g / 50g	<b>Recipes Idea:</b> Egg/Paneer bhurji / egg omelet / soya chunks fry/ grilled paneer / boiled eggs + Veg salad	268.5
	Ghee / Butter	1 tsp		45
	Mixed Vegetables	200g	*Choose low calories/carbs vegetables (Eg. Carrot, beetroot, drumstick, spinach, radish, etc)	62
	Curd / Buttermilk	50g / 150 ml	Use 50g curd for making 150 ml of buttermilk	29.5
<b>Orofer XT (Take every day upto next 3 months)</b>				
<b>Total Calories:</b>				<b>1417</b>

<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.

---

## **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)**