



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Muthu Karupasamy
LFL-ID	LPC1116
Age	47
Weight	82
Height	160
Body fat	34%
BMR (With Body Mass)	1590
BMR (With Lean Mass)	1311
TDEE	2032.05
Target Calories	1500
Goal	FAT LOSS
Country	India
Diet Plan	LCD NV

Dear Muthu,

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

Based on your preference we have created a Balanced Diet. In this diet, you will be consuming 150g of carbohydrates, 84g of Protein, and 59.1g 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.

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.

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 - better not to continue supplements more than 3 months without blood test)

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.

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
	Lemon tea with mint / Black coffee	1 cup	Immunity booster	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	0.5 scoop	Take half scoop with 200 ml of water	60
Time	Food	Quantity	Notes	Calories
Breakfast	Idli or Dosa or Roti or Uttapam / Bread slices	2 slices / 40g / 1 to 2 nos	Recipes Idea: 1) Bread omelet 2)Dosa or idli or roti + dal sambar or egg curry	150
	Ghee / Butter	1 tsp		45
	Eggs 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 (Include a variety of vegetables on a regular basis)	100g	(Incorporate to recipes or eat as a salad) *Choose low calories/carbs fruits & vegetables (Eg. mushroom, pumpkin, cauliflower, guava, papaya, melone, etc)	31
	Seasonal Fruit	100g		68
Multivitamin Supplement - (After Breakfast)				
Time	Food	Quantity	Notes	Calories
Lunch	Chapati / Rice / any millets	2 nos / 3/4 cup	Recipes Idea: 1)Sambar rice + 1 boiled egg 2)curd rice + egg + Kuttu 3)Rice or Chapati + egg or paneer curry 4) Egg rice or pulav	200

	Paneer / eggs / any pulses or lentils or sprouts or NV	50g / 2 full eggs / 90g	#high quality protein foods: aids in meeting the body's protein requirements	150
	Seasonal / Mixed Vegetables (Include GLV at least thrice per week)	100g	(Make a Kootu / Poriyal / Aviyal / Tovayal) *Choose low calories/carbs vegetables (Eg. Cabbage, broccoli, cucumber, etc)	31
	Ghee / Butter	1 tsp	# Avoid any allergic causing foods	45
	Curd / Buttermilk	50g / 150 ml	Use 50g curd for making 150 ml of buttermilk	29.5
Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)				
Time	Food	Quantity	Notes	Calories
Snacks	Trail mix (Mixed seeds 1 tsp + Nuts 1 -2 nos)	10g	Helps in overall growth and Immunity	48.5
Time	Food	Quantity	Notes	Calories
Dinner	Idli or Dosa or uttapam or Roti / Daliya upma or kichadi / bread slices	1 - 2 nos / half cup / 2 slices	Recipes Idea: 1)Idli or dosa with panner or tofu kurma 2)egg uttapam with vegetables and veg chutney 3)egg dosa + veg curry 4) Ragi dosa + chicken curry	150
	Eggs / Paneer / Soyachunks / Tofu or Chicken breast	2 eggs / 50g / 25g / 100g		179
	Mixed Vegetables (Include a variety of vegetables on a regular basis)	100g	(Make a Veg Sambar / veg chutney / sabzi) *Choose low calories/carbs vegetables (Eg. Carrot, beetroot, drumstick, spinach, radish, etc)	31
	Ghee / Butter	1 tsp	#Be conscious of the quantity	45
	Curd / Buttermilk	50g / 150 ml	Use 50g curd for making 150 ml of buttermilk	29.5
Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)				
Total Calories:				1486.5

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

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 traveling 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