



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Jagadha
LFL-ID	LPC1011
Age	41
Weight	57
Height	162
Body fat	31%
BMR (With Body Mass)	1216.5
BMR (With Lean Mass)	1039.5
TDEE	1611.225
Target Calories	1150
Goal	Fat Loss
Country	US
Diet Plan	LCD IF - EGG

Dear Jagadha,

Based on your request we revised your diet plan to 3 Meal LCD-IF (Low Carbs Diet - Intermittent Fasting). Kindly start to follow from tomorrow to keep the diet on track.

In this diet, you will be consuming 114g of carbohydrates 87g of Protein and 41.8g of Fat

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.

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. **Isabgol 5g - 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 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	Notes
After wakeup	1 Glass of water	250 ml	Helps to eliminate toxins from the body
	Lemon or Green tea with mint / Black coffee or tea	1 cup	Refreshment beverage
During workout	Lemon water + Salt	200 ml + Pinch of salt	Can take 500 ml of water with half lemon squeezed with a pinch of salt
Time	Food	Quantity	Notes
Post Workout / Breakfast @10 AM	Whey Protein	32g/1 Scoop	Make a protein shake with the given ingredients
	Trail mix (Mixed seeds 2 tsp + Nuts 3 - 4 nos)	20g	
	Coconut milk / Almond milk or Cow's milk	half cup or 1 cup	
	Seasonal fruit	100g	*Choose low calories / low carbs fruits
Mid morning	Veg Salad	1 cup	Choose low calorie vegetables and greens
Multivitamin Supplement - (After Breakfast)			
Time	Food	Quantity	Notes
Lunch @2PM	Rice or Quinoa or Millets or Pasta / Idli or Dosa or uttapam or Roti or bread slices	1/2 cup / 1 - 2nos	Recipes Idea: 1) Millet khichdi or Upma + Boiled egg 2) Egg rice or pulav 3)Rice or roti with paneer kurma or egg curry or dal curry
	Eggs / Paneer or any cheese / Tofu or any Legumes	1 nos / 25g / 50g	(Incorporate with recipes or take as a salad) *Choose low calories/carbs vegetables (Eg. Carrot, beetroot, drumstick, spinach, radish, etc)
	Seasonal / Mixed Vegetables (Include GLV at least thrice per week)	150g	
	Coconut or Olive Oil / Ghee / Butter	0.5 tbsp	#Be conscious of the quantity
	Buttermilk + Ginger and cumin seeds	200ml	Use 100g curd for making 200 ml of buttermilk

Time	Food	Quantity	Notes
Dinner @6PM	Eggs / Paneer or any cheese / Tofu or any Legumes	2 nos / 50g / 100g	Recipes Idea: 1) Paneer or egg bhurji with vegetables 2) Dal curry with vegetables 3) eggs or paneer salad
	Seasonal / Mixed Vegetables (Include GLV at least thrice per week)	150g	(Incorporate with recipes or take as a salad) *Choose low calories/carbs vegetables (Eg. Carrot, beetroot, drumstick, spinach, radish, etc)
	Coconut or Olive Oil / Ghee / Butter	0.5 tbsp	#Be conscious of the quantity
	Buttermilk + Ginger and cumin seeds	200ml	Use 100g curd for making 200 ml of buttermilk
Isabgol (5g) - (After Dinner)			

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

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