



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Arun Nehru
LFL-ID	LPC 1115
Age	37
Weight	82
Height	168
Body fat	29%
BMR (With Body Mass)	1690
BMR (With Lean Mass)	1452
TDEE	2250.6
Target Calories	1400
Goal	Fat Loss
Country	Indian
Diet Plan	LCD EGG

Dear Arun,

Based on your request we are changing your diet plan to LCD (Low Carbs Diet). Kindly start to follow from tomorrow to keep the diet on track.

This diet was created after considering the below condition(s):

- Kidney stone / Urinary issue

In this diet, you will be consuming 150g of carbohydrates, 76g of Protein and 54.1g of Fat.

Since you were on a keto diet, when switching to a low carb diet you may gain some pounds but that will be purely water weight because every gram of carbohydrate will hold 4 grams of water, so you can ignore the change in weight. Once the low carb diet sets in well, it will take a week to see the changes, patience is the key in a low carb diet.

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.

Important Note: There is a high possibility that you might deviate from the diet by adding little extra carbs than the recommended, so be very cautious on measuring the ingredients properly.

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
After wakeup	1 Glass of water	250 ml	Helps to eliminate toxins from the body
	Ginger tea without milk and sugar	1 cup	Immunity booster
During Workout	Lemon water	2 glass	Can take 500 ml of water with half lemon squeezed with a pinch of salt
Post Workout	Whey protein	0.5 scoop	Take half scoop with 200 ml of water
Time	Food	Quantity	Notes
Breakfast	Bread slices / cereals or poha / Idli or Dosa or Roti or Uttapam	2 slices / 40g / 1 to 2 nos	Recipes Idea: 1)omelet / scrambled eggs /Peanut butter + Butter toasted bread + 2) Mixed sprouts poha 3)Dosa or idli or roti + dal sambar or egg curry
	Ghee / Butter	1 tsp	
	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)
	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)
	Seasonal Fruit	100g	
Multivitamin Supplement - (After Breakfast)			
Time	Food	Quantity	Notes
Lunch	Chapati / Rice / any millets	2 nos / 3/4 cup	Recipes Idea: 1)Rice or Chapati + egg or paneer curry 2) Millet khichdi or Upma + Boiled egg 3) Egg rice or pulav 4)Sambar rice + 1 boiled egg 5)curd rice + egg + Grilled veggies
	Paneer / eggs / any pulses or lentils or sprouts	25g / 1 full egg / 50g	#high quality protein foods: aids in meeting the body's protein requirements
	Seasonal / Mixed Vegetables (Include GLV at least thrice per week)	100g	(Incorporate to recipes or eat as a salad) *Choose low calories/carbs vegetables (Eg. Cabbage, broccoli, cucumber, capsicum, etc)

	Ghee / Butter	1 tsp	#Be conscious of the quantity.
	Curd / Buttermilk	50g / 150 ml	Use 50g curd for making 150 ml of buttermilk
Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)			
Time	Food	Quantity	Notes
Snacks	Trail mix (Mixed seeds 1 tsp + Nuts 1 -2 nos)	10g	Helps in overall growth and Immunity
Time	Food	Quantity	Notes
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 paneer or tofu curry 2)egg uttapam with vegetables and veg chutney 4) daliya upma + egg curry 5)egg dosa + veg curry
	Eggs / Paneer / Soyachunks / Tofu	2 eggs / 50g / 25g / 100g	
	Mixed Vegetables (Include a variety of vegetables on a regular basis)	100g	(Incorporate with recipes or take as a salad) *Choose low calories/carbs vegetables (Eg. Carrot, beetroot, drumstick, spinach, radish, etc)
	Ghee / Butter	1 tsp	#Be conscious of the quantity
	Curd / Buttermilk	50g / 150 ml	Use 50g curd for making 150 ml of buttermilk
Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)			

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 'Live Fit Life'.
- 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