



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Mr. Sivakumar
LFL-ID	PTC1056
Age	45
Weight	80
Height	167
Body fat	29%
BMR (With Body Mass)	1623.75
BMR (With Lean Mass)	1391.75
TDEE	2157.2125
Target Calories	1300
Goal	India
Country	Fat Loss
Diet Plan	LCD IF - VEG

Dear Sivakumar,

Based on your request we are changing your diet plan to LCD IF diet, Kindly start the diet from tomorrow to keep the diet on track.

In this diet, you will be consuming carbohydrates (143g), Protein (87g) and Fat (35.6g).

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. **Shelcal (Calcium + Vitamin D3) - After Lunch**
3. **Omega 3 (1000 to 1500mg) - 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).**
- 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
	Lemon or Green tea with mint / Black coffee or tea	1 cup	Refreshment beverage
During workout (Morning / Evening)	Lemon water + Salt	200 ml + Pinch of salt	Can take 500 ml of water with half lemon squeezed with a pinch of salt
Post Workout (Morning / Evening)	Whey Protein	32g/1 Scoop	Take one scoop with 200 ml of water
Time	Food	Quantity	Notes
Lunch @1 p.m	Rice Idli or Dosa or Bread slices / Upma / Poha / Daliya kichadi or cooked cereals	1 - 2 nos or 3/4 cup	Recipes Idea: 1) butter bread or toasted bread + Peanut butter 3) Mixed sprouts poha 4) Dosa or idli or roti + dal sambar 5) Kichadi + Peas curry
	Sprouted Green peas or any pulses / unsweetened Peanut butter	50g / 0.5 tbsp	For pulses: choose (Green gram/peas or Horse gram or kidney bean)
	Mixed Vegetables (Include a variety of vegetables on a regular basis)	150g	(Incorporate to recipes or eat as a salad) *Choose low calories/carbs fruits & vegetables (Eg. mushroom, broccoli, pumpkin, guava, papaya, melone, etc)
	Seasonal fruit	100g	
	Ghee / Cooking oil	0.5 tbsp	# Avoid any allergic causing foods
	Buttermilk + Ginger and cumin seeds	250ml	Use 150g curd for making 250 ml of buttermilk
Multivitamin Supplement - (After Breakfast)			
Time	Food	Quantity	Notes
Snacks	Trail mix (Mixed seeds 2 tsp + Nuts 3 - 4 nos)	20g	Helps in overall growth and Immunity
Shelcal Supplement; (Calcium + Vitamin D3) - (After Snacks / @ 2 pm)			
Time	Food	Quantity	Notes

Dinner @9 pm	Rice or Quinoa or Millets or Pasta / Idli or Dosa or uttapam or Roti or bread slices / Daliya upma or kichadi	3/4 cup / 1 - 2 nos / 1 cup	Recipes Idea: 1) Veg rice or pulav with peas 2) Rice or Idli or dosa or roti with peas kurma or tofu curry 3) Millet khichdi or Upma with peas 4) Veg uttapam + dhal sambar
	Tofu or any Pulses / Legumes	2 nos / 50g / 100g	(Incorporate with recipes or take as a salad) *Choose low calories/carbs vegetables (Eg. Carrot, beetroot, cabbage, drumstick, spinach, radish, etc)
	Seasonal / Mixed Vegetables (Include GLV at least thrice per week)	150g	
	Ghee / Cooking oil	0.5 tbsp	#Be conscious of the quantity
	Buttermilk + Ginger and cumin seeds	250ml	Use 150g curd for making 250 ml of buttermilk
Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)			

***Every meal should include at least one source of protein**

***The protein food sources are highlighted in sky blue.**

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 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 '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