



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Mrs. Thanujja Natesa
LFL-ID	LPC 1002
Age	42
Weight	110
Height	175
Body fat	48%
BMR (With Body Mass)	1822.75
BMR (With Lean Mass)	1294.75
TDEE	2006.8625
Target Calories	1400
Goal	FAT LOSS
Country	US
Diet Plan	LCD IF VEG & EGG

Dear Thanujja,

Based on your request we changed your diet plan to LCD Intermittent Fasting. Kindly start to follow up tomorrow to keep the diet on track.

In this diet, you will be consuming 141g of carbohydrates, 102g of Protein and 36.2g 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, 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.**

Diet Summary:

Time	Food	Quantity	Notes
After wakeup	1 Glass of water	250 ml	Helps to eliminate toxins from the body
	Lemon water / Aloe vera juice + 1 tsp of kalonji powder	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
Post Workout	Whey Protein	32g/1 Scoop	Take one scoop with 200 ml of water
Time	Food	Quantity	Notes
Breakfast / Brunch @10 a.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) Bread omelet 2) scrambled eggs + butter bread 3) toasted bread + Peanut butter 4) Mixed sprouts poha 5) Dosa or idli or roti + dal sambar or egg curry 6) Kichadi + boiled egg
	Egg / Sprouted Green peas or any pulses / unsweetened Peanut butter	1 full egg / 50g / 0.5 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)	150g	(Incorporate to recipes or eat as a salad) *Choose low calories/carbs fruits & vegetables (Eg. mushroom, pumpkin, guava, papaya, melone, etc)
	Seasonal fruit	100g	
	Coconut or Olive Oil / Ghee / Butter	0.5 tbsp	# Avoid any allergic causing foods
	Buttermilk + Ginger and cumin seeds	200ml	Use 100g curd for making 200 ml of buttermilk
Multivitamin Supplement - (After Breakfast)			
Time	Food	Quantity	Notes
Snacks	Trail mix (Mixed seeds 2 tsp +	20g	Helps in overall growth and

	Nuts 3 - 4 nos)		Immunity
	Whey Protein	32g/1 Scoop	Take one scoop with 200 ml of water
Shelcal Supplement; (Calcium + Vitamin D3) - (After Snacks / @ 2 pm)			
Time	Food	Quantity	Notes
Dinner @6 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) Millet khichdi or Upma + Boiled egg 2) Egg rice or pulav 3) Rice or Idli or dosa or roti with paneer korma or egg curry 4) egg uttapam or dosa
	Eggs / Paneer/ Tofu /soya chunks	2 nos / 50g / 100g	(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
	Greek Yoghurt	100ml	Or can take 150ml of normal yoghurt or a small cup (75g) of hung curd
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 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