



# Live Fit Life

Diet Chart



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## CUSTOMIZED DIET PLAN

Name	Uma
LFL-ID	YC1024
Age	36
Weight	70
Height	162
Body fat	37%
BMR (With Body Mass)	1371.5
BMR (With Lean Mass)	1112.5
TDEE	1724.375
Target Calories	1500
Goal	Fat Loss
Country	India
Diet Plan	LCD - NV

***Dear Uma,***

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

Based on your preference we have created a non veg Low Carb Diet.

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.

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**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. **Biotin (5000 to 10000mcg) - 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:

### Monday:

Meals	Monday	
	Recipe	Quantity
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein (Mix with smoothie)	
Breakfast	1 Besan chilla + Green chutney + Mixed nuts	40g of besan and one handful of chopped vegetables
		Mint/coriander/ spinach or a mix chutney + 50g of curd
		3 almonds and 3 walnuts
Morning Snacks	Seeds 0.5 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	<b>Multivitamin Supplement - (After Breakfast)</b>	
Lunch	Chappathi + Chicken curry	1 chapati / 0.5 cup rice or Quinoa
		100g chicken or 50g dhal / peas/ paneer / tofu Curry (include 50g of veggies along in the curry)
		0.5 tbsp Ghee or Oil
	50g of curd / Yogurt / 1 glass of buttermilk	
<b>Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)</b>		
Evening Snack	15g Mixed nuts (2-3 nos in each nut)	
Dinner	Dosa + Paneer veg curry	1 dosa or 2 idli / 1chappathi
		60g paneer / dhal / peas/ tofu + 50g vegetables
		0.5 tbsp Ghee or Oil
	1 cup Chamomile tea + lemon drops	
<b>Biotin Supplement; (5000 to 10000 mcg) - (Before Bed Time)</b>		

**Tuesday:**

Meals	Tuesday	
	Recipe	Quantity
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein (Mix with smoothie)	
Breakfast	Eggs bhurji along with veggies + Mixed nut	Whole egg - 2 nos + Egg white - 2nos
		Handful of chopped veggies like onion, tomato, carrot, chillies etc to add in burji
		3 almonds and 3 walnuts
Morning Snacks	Seeds 0.5 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	<b>Multivitamin Supplement - (After Breakfast)</b>	
Lunch	1/2 cup rice + Paneer/Peas kurma	0.5 cup rice or Quinoa / 1 chapati
		50g dhal / peas/ paneer / tofu (include 100g of veggies along in the curry)
		0.5 tbsp Ghee or Oil
	50g of curd / Yogurt / 1 glass of buttermilk	
	<b>Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)</b>	
Evening Snack	15g Mixed nuts (2-3 nos in each nut)	
Dinner	Chapati + Paneer butter masala	1 chapati / dosa / appam / 2 idli
		60g Paneer / peas / tofu + 50g vegetables
		0.5 tbsp Ghee or Oil
	1 cup Chamomile tea + lemon drops	
<b>Biotin Supplement; (5000 to 10000 mcg) - (Before Bed Time)</b>		

**Wednesday:**

Meals	Wednesday	
	Recipe	Quantity
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein (Mix with smoothie)	
Breakfast	Chicken / paneer / egg sandwich + Mixed nuts	2 whole wheat bread Slice
		Filling should include - 50g of chicken or paneer or 2 eggs with chopped veggies (carrot/onion/tomato/cabbage etc)
		2 almonds and 2 walnuts
Morning Snacks	Seeds 0.5 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	<b>Multivitamin Supplement - (After Breakfast)</b>	
Lunch	Veg Paratha + Egg curry	1 Veg paratha / aloo paratha / mooli paratha
		2 eggs or 50g paneer/ dhal / peas / tofu (include 50g of veggies along in the curry)
		0.5 tbsp Ghee or Oil
	50g of curd / Yogurt / 1 glass of buttermilk	
	<b>Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)</b>	
Evening Snack	15g Mixed nuts (2-3 nos in each nut)	
Dinner	3/4 cup Veg rice + paneer or tofu fry	3/4 cup veg rice or veg Quinoa
		50g paneer / tofu / Peas / dhal + 20g Soya chunk / tofu
		0.5 tbsp Ghee or Oil
	1 cup Chamomile tea + lemon drops	
<b>Biotin Supplement; (5000 to 10000 mcg) - (Before Bed Time)</b>		

## Thursday:

Meals	Thursday	
	Recipe	Quantity
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein (Mix with smoothie)	
Breakfast	Black channa / White / Rajma (Boiled / sprouts) Chat + mixed nuts	1/2 cup Channa or any pulse
		handful of chopped vegetables
		3 almonds and 3 walnuts
Morning Snacks	Seeds 0.5 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	<b>Multivitamin Supplement - (After Breakfast)</b>	
Lunch	1 cup Sambar/curd rice + GLV Sabzi	0.5 cup chana Pulao / Rajma pulav
		100g any green leafy vegetable
		0.5 tbsp Ghee or Oil
	50g of curd / Yogurt / 1 glass of buttermilk	
	<b>Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)</b>	
Evening Snack	15g Mixed nuts (2-3 nos in each nut)	
Dinner	Chapati + egg curry	1 chapati or 1 Uttapam / 2 idli
		2 eggs or 50g dhal / peas/ paneer / tofu (include 100g of veggies along in the curry)
		0.5 tbsp Ghee or Oil
	1 cup Chamomile tea + lemon drops	
<b>Biotin Supplement; (5000 to 10000 mcg) - (Before Bed Time)</b>		

**Friday:**

Meals	Friday	
	Recipe	Quantity
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein (Mix with smoothie)	
Breakfast	Paneer or dal or tofu paratha + vegetable chutney + mixed nuts	40g of Paratha
		1 katori of any vegetable chutney
		3 almonds and 3 walnuts
Morning Snacks	Seeds 0.5 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	Multivitamin Supplement - (After Breakfast)	
Lunch	1 cup vegetable poha	3/4 cup of poha /rice or Quinoa
		1 cup mixed vegetables + Half handfull of nuts / peas
		0.5 tbsp Ghee or Oil
	50g of curd / Yogurt / 1 glass of buttermilk	
	Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)	
Evening Snack	15g Mixed nuts (2-3 nos in each nut)	
Dinner	Dosa/Idli + veg peas curry	1 dosa or idli or chapati / 1 Veg paratha
		60g peas / paneer / dal / tofu + 100g vegetables
		0.5 tbsp Ghee or Oil
	1 cup Chamomile tea + lemon drops	
Biotin Supplement; (5000 to 10000 mcg) - (Before Bed Time)		



## Saturday:

Meals	Saturday	
	Recipe	Quantity
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein (Mix with smoothie)	
Breakfast	veggies added uttapam - 1 + Chicken curry + mixed nuts	add a handful of chopped veggies to the idly dosa batter
		1 cup of chicken curry
		3 almonds and 3 walnuts
Morning Snacks	Seeds 0.5 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	<b>Multivitamin Supplement - (After Breakfast)</b>	
Lunch	Quinoa Salad With Feta & Roasted Veg	3/4 cup Quinoa or rice / poha
		1 cup roasted vegetables (+ greens) + 50g feta cheese/paneer or (include 100g of veggies along in the curry)
		0.5 tbsp Ghee or Oil
	50g of curd / Yogurt / 1 glass of buttermilk	
	<b>Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)</b>	
Evening Snack	15g Mixed nuts (2-3 nos in each nut)	
Dinner	Veg Paratha + egg curry	1 Veg paratha / aloo paratha / mooli paratha
		2 eggs or 50g paneer / dhal / peas/ tofu (include 100g of veggies along in the curry)
		0.5 tbsp Ghee or Oil
	1 cup Chamomile tea + lemon drops	
		<b>Biotin Supplement; (5000 to 10000 mcg) - (Before Bed Time)</b>

## Sunday:

Meals	Sunday	
	Recipe	Quantity
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein (Mix with smoothie)	
Breakfast	2 egg pancakes with nuts and dry fruits topping	Make pancakes with wheat flour, milk and egg
		Add a handful of nuts and dryfruits to top the pancake (15g)
		6-7 vegetables stick (carrot, cucumber, celery, leeks etc)
Morning Snacks	Seeds 0.5 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	<b>Multivitamin Supplement - (After Breakfast)</b>	
Lunch	1 cup chicken Pulao	3/4 cup veg Quinoa pulao
		100g chicken or 40g tofu / 20g Peas / dhal / paneer / soya chunks /
		0.5 tbsp Ghee or Oil
	50g of curd / Yogurt / 1 glass of buttermilk	
<b>Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)</b>		
Evening Snack	15g Mixed nuts (2-3 nos in each nut)	
Dinner	1 Veg Uttapam + matar paneer	1 veg paratha
		50g paneer / tofu / Peas / dhal + 100g vegetables
		0.5 tbsp Ghee or Oil
	1 cup Chamomile tea + lemon drops	
<b>Biotin Supplement; (5000 to 10000 mcg) - (Before Bed Time)</b>		

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## DIGESTION BOOSTER:

Take 1 glass of this every day in the early morning or have it 30 mins after main meals / You can also fill your 500 ml bottle with the drink and keep sipping throughout the day till sunset.

1 tbsp cumin seeds + 1 tbsp ajwain + 1 tbsp fennel seeds - Boil them in double the required amount of water and bring it down to half (for example take 1000 ml water and boil it down to 500 ml ml with the ingredients)

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.

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## **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](mailto:Nutrition@livefitlife.in)**