



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Sindhu
LFL-ID	LPC1114
Age	30
Weight	84.6
Height	167
Body fat	42%
BMR (With Body Mass)	1578.75
BMR (With Lean Mass)	1222.75
TDEE	1895.2625
Target Calories	1200
Goal	Fat Loss
Country	India
Diet Plan	LCD - NV

Dear Sindhu,

I hope you are doing well. You have been following your previously recommended diet for quite some time and you were progressing well, now we figured out that your weight has been stabilized and it's time to change the diet to see better progression. Based on your preference we have created a Low carb diet.

In this diet, you will be consuming carbohydrates (93.8g), Protein (82.6g) and Fat (54.5g).

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.

If you have any doubts about diet please let us know and you can always reach out to us on nutrition@livefitlife.in.

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. **D Rise 60000 IU (Once a week - upto 8 weeks) - After Lunch**
3. **Orofer XT (Take every day upto next 3 months) - 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 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
	Lemon tea with mint / Black coffee	1 cup	Immunity booster
Time	Food	Quantity	Notes
During Workout	Lemon water	2 glass	Can take 500 ml of water with half lemon squeezed with a pinch of salt
Post Workout / Along with breakfast	Whey protein	0.5 scoop	Take half scoop with 200 ml of water
Time	Food	Quantity	Notes
Breakfast (Option - 1)	Mixed nuts / Egg	15g / 1 full egg	Recipes Idea: 1) Protein smoothie or shake (with whey protein and/or Nuts + fruits) 2) Egg omelet / scrambled eggs / Egg salad (take milk as a coffee or tea during the day - without sugar)
	Unsweetened almond or Cow's milk / Coconut milk	1 cup / half cup	
	Seasonal Fruit	200g	*Choose low calories/carbs fruits (Eg, guava, papaya, melone, etc)
	Ghee / Butter / honey (optional)	1 tsp	
Breakfast (Option - 2)	Almond or Wheat bread slices / Muesli or overnight oats or poha	2 slices / 40g	Recipes Idea: 1) Butter bread / Toasted bread + Peanut butter 2) Overnight soaked oats with fruits toppings 3) Almond bread egg sandwich 4) Almond bread + Peanut butter
	Ghee / Butter	1 tsp	
	Eggs / unsweetened Peanut butter	1 full egg / 0.5 tbsp	
	Seasonal Fruit	100g	*Choose low calories/carbs fruits & vegetables (Eg. mushroom, pumpkin, cauliflower, guava, papaya, melone, etc)

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 NV curry 2) Millet khichdi or Upma + Boiled egg 3) Egg rice or pulav 4) Sambar rice + 1 boiled egg 5) curd rice + NV + Grilled veggies
	Chicken breast or Fish / any red meat or Paneer / eggs / any pulses or lentils	100g / 50g / 2 full eggs / 90g	#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
D Rise 60000 IU (Once a week - upto 8 weeks)			
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 @8 pm	Fish / Chicken breast / any red meat or Panner or eggs	100g or 70g or 3 full eggs	Recipes Idea: 1) Grilled fish / chicken with veg salad 2) scrambled eggs / eggs omelet 3) chicken or eggs or paneer salad
	Mixed Vegetables (Include a variety of vegetables on a regular basis)	200g	
	Ghee / Olive oil	1 tsp	
	Curd / Buttermilk	50g / 150 ml	Use 50g curd for making 150 ml of buttermilk
Orofer XT (Take every day upto next 3 months)			

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 '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