



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Ramanathan & Family
Target Calories	Generic
Country	Australia
Diet Plan	Covid - Immune boosting

Dear Ramanathan,

We regret that you and your family are suffering from COVID. This is a general diet plan for boosting the immune system and hasty recovery. However, if you experience any particular covid-related symptoms, please let us know.

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

Diet Summary:

MEAL	TIME	FOOD OPTION WITH QUANTITY
On waking up		1 cup of Immunity Boosting concoction* PLUS ½ Handful of nuts (walnuts, almonds) + 1 tbsp of seeds (mix of sunflower seeds and flax seed)
Breakfast	Within 2 hrs from waking up	OPTION - 1 2 medium size idly / rava idly / onion coriander uttapa /2 phulka / 1 vegetable stuffed paratha + 1 katori of mint chutney / ginger chutney / onion chutney + 1 cup drumstick sambar /1 cup dal /2 eggs + 2 tsp of ghee + 100g of seasonal fruit
		OPTION - 2 100g poha / steal cut oats upma / daliya upma / pepper pongal (make with onions, ginger, and vegetables) + 1 katori of mint chutney / ginger chutney / onion chutney + 1 cup drumstick sambar / 1 cup dal /2 boiled eggs + 2 tsp of ghee + 100g of seasonal fruit
Mid morning	2.5 post breakfast	1 cup black tea + Lemon drops OR 1 Glass mosambi juice / Lemon, Pomegranate and Amla water / Beetroot juice without sugar
Lunch	2.5 hrs from mid-morning snack	OPTION - 1 1 cup of vegetable soup* + 100g of Boiled rice / 2 phulkas + 1 Katori sambhar / 150g pulse curry / chicken curry + 1 Katori rasam + 100g of green leafy vegetable 2 tsp of ghee

		<p>OPTION - 2 1 cup of vegetable soup* + 1 cup of Kichadi + 100g of green leafy vegetable 2 tsp of ghee</p> <p>OPTION - 3 100g of salad (onion, tomato, carrot, beetroot) + 1 cup Tomato rice / Mint rice / mixed vegetable pulav rice (with seasoning) / 1 vegetable paratha + 100g of Boiled channa / rajma / lobia / sprouts + 2 tsp of ghee</p>
Evening snacks	2.5 hrs from lunch	100g of seasonal fruit + 1 glass of Sattu* / Ragi malt / 1 cup of masala Tea* (in case of having tea, have it half an hour after or before having the fruit)
Dinner	2.5 hrs from evening snacks	Can repeat the lunch options
Bed time		Boil 1 glass water with pepper, 1 clove garlic, 1 pinch of turmeric and pepper

RECIPES FOR COVID-19 CARE

DIGESTION BOOSTER:

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

MASALA TEA:

Make tea with the following ingredients:

- 2 cups boiling water
- Few black / green tea leaves
- 3 to 4 cardamom
- 1 inch cinnamon
- 2 cloves
- 1 star anise

SOUPS:

- Choose seasonal vegetables / peas / chicken with broth
- Make soup with your usual method
- Add basil, carrot, ginger, garlic, onions, mild salt, pepper and turmeric.

SATTU DATES DRINK:

Take 3 tbsp of Roasted Bengal gram powder (sattu) + Handful of nuts (Almond, Pistachio and cashew nut) + 1 tbsp of chopped dates + 2 cups milk (can use soy milk as an alternative as well) + saffron and cardamom (optional, can add to the milk while boiling) - Grind the dry ingredients, Boil the milk, add the ground paste to the milk and heat it for 1 minute. Remove from the heat and serve it hot or cold.

MOON MILK:

Make tea with the following ingredients: Boil water + Chamomile leaves / chamomile tea bag + ¼ tsp of nutmeg powder + ¼ tsp of cinnamon powder + ¼ tsp of cardamom powder + ¼ tsp of turmeric + 1 tsp of organic honey / jaggery (optional)

MEAL REPLACEMENT SMOOTHIE:

Blend the following and have it unstrained

- 100g of fruit of your choice +
- 1 vegetable (carrot / beetroot / spinach leaves) +
- 1 handful of nuts (Almond, cashew and pistachio) +
- 150 ml of milk / curd / soy milk / almond milk +
- 2 tbsp of peanut butter (home made) +
- 1 tbsp of soaked chia seeds / sabja seeds (add to the smoothie post blending)

IMMUNITY BOOSTING CONCOCTION:**Ingredients**

- 1 inch piece ginger/1 tsp dried ginger powder +
- 1 cinnamon stick / ¼ tsp cinnamon powder +
- ½ tsp tulsi +
- 1 tsp peppercorns +
- 2 crushed elaichi +
- ¼ tsp fennel seeds +
- ¼ tsp of ajwain +
- ¼ tsp jeera/cumin +
- 1–2 cloves of crushed garlic (optional) +
- 1 crushed Ajwain leaves +

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- 1 small star anise

Instructions

Boil the ingredients in 2 cups of water for 10 minutes and then simmer; strain and sip warm (can add pure raw honey).

SATTU COOLER:

Add 3 tbsp roasted gram flour (sattu), 4 mint leaves/pudina (finely chopped), 2 tbsp coriander/dhania leaves (finely chopped), 1 green chilli (finely chopped), 1 tbsp lemon juice, 1/2 tsp cumin powder (jeera), 1/2 tsp black salt (kala namak), 2 cups water and Salt to taste. Stir and consume.

NOTE:

- 1 Bowl = 200 g
- 1 Cup = 1 Glass = 150g/ 150 ml
- ½ Cup = 75 g
- 1 small katori – 50g
- 1 Tablespoon = 15 g
- 1 Teaspoon = 5g
- 100g of fruits = 10 to 12 ice cubed size pieces (melons, pineapple, papaya etc) or 1 medium size fruit (apple, guava, orange etc) or ⅔ cup (grapes, Pomegranate etc)

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