



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

| | |
|----------------------|----------|
| Name | Aasiya |
| LFL-ID | ZC1003 |
| Age | 25 |
| Weight | 55 |
| Height | 152 |
| Body fat | 32% |
| BMR (With Body Mass) | 1216.5 |
| BMR (With Lean Mass) | 1040.5 |
| TDEE | 1612.775 |
| Target Calories | 1300 |
| Goal | India |
| Country | Fat Loss |
| Diet Plan | LCD - NV |

Dear Aasiya,

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 Carbohydrate** Diet.

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.

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.

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.

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.

Monday:

| Monday | | |
|---|---|--|
| Meals | 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) | |
| Post Workout | 1 Besan chilla + Green chutney + Mixed nuts | 30g 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) | |
| | Multivitamin Supplement - (After Breakfast) | |
| Lunch | Chapati + dal curry | 1 chapati / 1/2 cup rice or Quinoa |
| | | 40g 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 | |
| Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch) | | |
| Evening Snack / Along with BF | 15g Mixed nuts (2-3 nos in each nut) | |
| Dinner | Dosa + Paneer veg curry | 1 dosa or idli / chapathi |
| | | 40g paneer / dhal / peas/ tofu + 50g vegetables |
| | | 0.5 tbsp Ghee or Oil |
| Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time) | | |

Tuesday:

| Tuesday | | |
|-------------------------------|---|---|
| Meals | 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) | |
| Post Workout | Eggs bhurji along with veggies + Mixed nut | Whole egg - 1 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) | |
| | Multivitamin Supplement - (After Breakfast) | |
| Lunch | 1/2 cup rice + Paneer/Peas kurma | 1/2 cup rice or Quinoa / 1 chapati |
| | | 40g 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 | |
| | Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch) | |
| Evening Snack / Along with BF | 15g Mixed nuts (2-3 nos in each nut) | |
| Dinner | Chapati + Paneer butter masala | 1 chapati / dosa / appam / idli |
| | | 40g Paneer / peas / tofu + 50g vegetables |
| | | 0.5 tbsp Ghee or Oil |
| | Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time) | |

Wednesday:

| Wednesday | | |
|--|---|--|
| Meals | 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) | |
| Post Workout | Chicken / paneer / egg sandwich + Mixed nuts | 2 whole wheat bread |
| | | 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) | |
| | Multivitamin Supplement - (After Breakfast) | |
| Lunch | Veg Paratha + Paneer curry | 1 Veg paratha / aloo paratha / mooli paratha |
| | | 30g 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 | |
| | Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch) | |
| Evening Snack / Along with BF | 15g Mixed nuts (2-3 nos in each nut) | |
| Dinner | 1/2 cup Veg rice + paneer or tofu fry | 1/2 cup veg rice or veg Quinoa |
| | | 40g paneer / tofu / Peas / dhal + 20g Soya chunk / tofu |
| | | 0.5 tbsp Ghee or Oil |
| Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time) | | |

Thursday:

| Thursday | | |
|-------------------------------|---|---|
| Meals | 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) | |
| Post Workout | 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) | |
| | Multivitamin Supplement - (After Breakfast) | |
| Lunch | 3/4 cup Sambar/curd rice + GLV Sabzi | 3/4 cup chana Pulao / Rajma pulav |
| | | 100g any green leafy vegetable |
| | | 0.5 tbsp Ghee or Oil |
| | 50g of curd / Yogurt / 1 glass of buttermilk | |
| | Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch) | |
| Evening Snack / Along with BF | 15g Mixed nuts (2-3 nos in each nut) | |
| Dinner | Chapati + dal curry | 1 chapati or 1 Uttapam (small) / 1 idli |
| | | 40g dhal / peas/ panner / tofu (include 100g of veggies along in the curry) |
| | | 0.5 tbsp Ghee or Oil |
| | Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time) | |

Friday:

| Friday | | |
|-------------------------------|---|--|
| Meals | 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) | |
| Post Workout | Paneer or dal or tofu paratha + vegetable chutney + mixed nuts | 35g of Paratha |
| | | 1 katori of any vegetable chutney |
| | | 2 almonds and 2 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 / 3/4 cup rice or Quinoa |
| | | 1 cup mixed vegetables + Half handful 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 / Along with BF | 15g Mixed nuts (2-3 nos in each nut) | |
| Dinner | Dosa/Idli + veg peas curry | 1 dosa or idli or chapati / 1 Veg paratha |
| | | 40g peas / paneer / dal / tofu + 100g vegetables |
| | | 0.5 tbsp Ghee or Oil |
| | Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time) | |

Saturday:

| Saturday | | |
|--|--|--|
| Meals | 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) | |
| Post Workout | 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 2 walnuts |
| Morning Snacks | Seeds 0.5 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume) | |
| | Multivitamin Supplement - (After Breakfast) | |
| Lunch | Quinoa Salad With Feta & Roasted Veg | 1/2 cup Quinoa or rice / poha |
| | | 1 cup roasted vegetables (+ greens) + 35g 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 | |
| | Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch) | |
| Evening Snack / Along with BF | 15g Mixed nuts (2-3 nos in each nut) | |
| Dinner | Veg Paratha + Paneer curry | 1 Veg paratha / aloo paratha / mooli paratha |
| | | 35g paneer / dhal / peas/ tofu (include 100g of veggies along in the curry) |
| | | 0.5 tbsp Ghee or Oil |
| Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time) | | |

Sunday:

| Sunday | | |
|--|---|--|
| Meals | 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) | |
| Post Workout | 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 |
| | | 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) | |
| | Multivitamin Supplement - (After Breakfast) | |
| Lunch | 1 cup veg Pulav + Tofu fry | 3/4 cup veg Quinoa pulao |
| | | 40g tofu / 20g Peas / dhal / paneer / soya chunks / |
| | | 0.5 tbsp Ghee or Oil |
| | 50g of curd / Yogurt / 1 glass of buttermilk | |
| | Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch) | |
| Evening Snack / Along with BF | 15g Mixed nuts (2-3 nos in each nut) | |
| Dinner | 1 Veg Uttapam + matar paneer | 1 veg paratha |
| | | 35g paneer / tofu / Peas / dhal + 100g vegetables |
| | | 0.5 tbsp Ghee or Oil |
| 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 traveling 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