



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Sukumar
LFL-ID	PTC1077
Age	36
Weight	69
Height	162
Body fat	25%
BMR (With Body Mass)	1527.5
BMR (With Lean Mass)	1354.5
TDEE	2099.475
Target Calories	1600
Goal	Fat loss
Country	Australia
Diet Plan	LCD NV

Dear Sukumar,

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. In this diet, you will be consuming 176g of carbohydrates, 100g of Protein, and 47.9g of Fat.

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.

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. (NOTE - preferably post blood test done)**

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 Ketogenic 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

Meal	Time	Options	Foods	Recipes Notes
After Wakeup		Glass of warm / normal water		Helps to remove toxins from your body
Early morning	06:00	1	Lemonade	#Refreshment beverage - Take this without sugar
		2	Black Coffee	
		3	Black Tea	
		4	Green Tea	
During Workout	*Based on your workout timing	Lemon water		Can take 500 ml of water with half lemon squeezed with a pinch of salt
Post Workout		Whey Protein		Take one scoop with 200 ml of water
Calories: 126				
Meal	Time	Options	Foods	Recipes Notes
Breakfast	Within 2 hrs from waking up	1	Egg sandwich / Bread omelet + Veg Salad (1 cup)	Use 2 slices of bread and 1 full egg for the recipe
		2	Butter bread / Toasted bread + Peanut butter + Veg salad (1 cup)	Use 2 slices of bread and 2 tbsp unsweetened peanut butter
		3	Scrambled eggs / Boiled eggs + Veg salad (2 cup)	Use 4 full eggs
		4	Mixed Sprouts poha (1 cup)	Use half cup sprouts, poha and vegetables each
		5	1 to 2 nos - Idli / Dosa / Uttapam + Sambar (1 cup)	Use thick dhal and vegetables for making sambhar
		6	Kichadi / Upma (1 cup) + Sambhar (1 cup)	Use handful of peanuts to the recipes
Meal notes		Take 100g of seasonal fruit along with the every breakfast meal		
		Use only 1 tsp of ghee / butter / coconut oil / olive oil for the all recipes		
		*Choose low calories/carbs fruits & vegetables (Eg. mushroom, cauliflower, pumpkin, cauliflower, guava, papaya, melone, etc)		
Snacks	After 2.5 hours from breakfast / lunch	Trail mix (Mixed seeds 1 tsp + Nuts 1 -2 nos)		#You could also eat it with breakfast
Multivitamin Supplement - (After Breakfast)				

Calories: 500				
Meal	Time	Options	Foods	Recipes Notes
Lunch	After 2.5 hrs from mid-morning snack	1	Rice / any millets (3/4 cup) + Veggies Sambar (1 cup)	Use thick dhal for making the sambhar
		2	Roti - 2 nos + Channa -1 cup / 2 egg curry + Veg salad (1 cup)	
		3	Rice + Chicken or Fish / 2 egg curry + Veg salad (1 cup)	*Use only 100g of chicken breast, fish, or NV for your portion of lunch. *Use 70 g paneer for paneer rice recipe
		4	Egg / Chicken / Panner rice with mixed vegetables - (1 cup)	
		5	Sambar / Curd rice (1 cup) + 1 Boiled egg	Take 1 cup veggies sabzi along with meal
		6	Millet Kichadi / Veg Pulao (3/4 cup) + dal sambar (1 cup)	#Avoid any allergic causing foods
Meal notes		*You can take any form of veggies (Salad / Kuttu / Poriyal / Aviyal / Thovayal) along with meal		
		*You should drink one glass of buttermilk made with 50g of curd		
		*Use only 1 tsp of ghee / butter / coconut oil / olive oil for the all recipes		
		*Include green leafy vegetables at least thrice per week		
Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)				
Calories: 450				
Meal	Time	Options	Foods	Recipes Notes
Dinner	After 6 hrs from lunch	1	1 to 2 nos - Idli / Dosa / Uttapam + Sambar (1 cup)	Use thick dhal and vegetables for making sambhar
		2	Roti / Paratha - 1 nos + Channa (1 cup) + Veg salad (1 cup)	
		3	Egg / Chicken Pulao with Mixed veggies (1 cup)	Use half cup rice, 2 full eggs / 100g chicken breast and cup of mixed vegetables for making this recipe
		4	Egg sandwich / Bread omelet + Veg Salad (1 cup)	Use 2 slices of bread and 1 full egg for the recipe
Meal notes		*You should drink one glass of buttermilk made with 50g of curd		
		*Use only 1 tsp of ghee / butter / coconut oil / olive oil for the all recipes		
Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)				
Calories: 480				

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