



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Mrs Karen
LFL-ID	PTC1152
Age	42
Weight	85
Height	157
Body fat	47%
BMR (With Body Mass)	1460.25
BMR (With Lean Mass)	1060.25
TDEE	1643.3875
Target Calories	1300
Goal	India
Country	Fat Loss
Diet Plan	VLCD - NV

Dear Karen,

Based on your preference we revised your non veg Very **Low Carbohydrate** Diet. In this diet, you will be consuming 84g of carbohydrates, 91g of Protein, and 57.9g 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 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 it 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	Protein smoothie (1 glass) + Vegetable salad (1 cup)	Make with Whey protein and fruit (take whey protein from post workout)
		2	Eggs Omelet / Scrambled eggs + Vegetable salad (1 cup)	Use 2 full eggs or 50g of paneer for the recipes
		3	Eggs bhurji / Paneer bhurji with vegetables	
		4	Sprouts mixed with vegetables (1 cup)	
		5	Chicken / Egg salad with mixed vegetables	Use 100g of chicken or 2 full eggs for the recipes
Meal notes		<i>*Should take Seasonal fruit (100g) + Mixed Vegetables (1 cup) along with every meal</i>		
		<i>*Use only 1 tsp of ghee / butter / coconut oil / olive oil for the all recipes</i>		
		<i>*You can eat a 100g fruit as part of your breakfast</i>		
		<i>*Choose low calories/carbs fruits & vegetables (Eg. mushroom, cauliflower, pumpkin, cauliflower, guava, papaya, melone, etc)</i>		

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 or a protein shake
Multivitamin Supplement - (After Breakfast)				
Calories: 400				
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 / egg curry - 2 eggs + 100g Veg salad	
		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	
		6	Millet Kichadi / Veg Pulao (3/4 cup) + dal sambar (1 cup)	#Avoid any allergic causing foods
Meal notes		<i>*Mixed Vegetables (1 cup) *Choose any form of veggies (Salad / Kuttu / Poriyal / Aviyal / Thovayal)</i>		
		<i>Buttermilk (1 Glass) *You can combine all recipes with one glass of buttermilk made with 50g of curd.</i>		
		<i>*Use only 1 tsp of ghee / butter / coconut oil / olive oil for the all recipes</i>		
		<i>*Include green leafy vegetables at least thrice per week</i>		
Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)				
Calories: 450				
Meal	Time	Options	Foods	Recipes Notes
Dinner	After 6 hrs from lunch	1	Eggs Omelet / Scrambled eggs (2 full eggs) + Vegetable Soup (1 cup)	use 2 tsp of cream with the soup
		2	Grilled Paneer / Chicken or	Use 70g paneer or 100g

			Fish + Veg salad (1 cup)	chicken breast for grill
		3	Green gram dosa / Idli (1 nos) + Mint chutney (1 kat)	
		4	Besan chila (1 nos) + veggies sambar (1 cup)	Use thick dhal for making the sambhar
		5	Paneer - 100g of tofu - 100g salad / Bhurji with veggies (1/2 cup)	
		6	Boiled chickpea - 1 cup add 100g of mixed veggies	
Meal notes	<i>*Mixed Vegetables (1 cup) *Choose any form of veggies (Salad / Kuttu / Poriyal / Aviyal / Thovayal)</i>			
	<i>Buttermilk (1 Glass) *You can combine all recipes with one glass of buttermilk made with 50g of curd.</i>			
	<i>*Use only 2 tsp of ghee / butter / coconut oil / olive oil for the all recipes</i>			
	<i>*Choose low calories/carbs vegetables (Eg. Cabbage, broccoli, cucumber, capsicum, etc)</i>			
Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)				
Calories: 300				

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