



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Mrs Ambika
LFL-ID	PTC1010
Age	38
Weight	67.3
Height	156
Body fat	39%
BMR (With Body Mass)	1297
BMR (With Lean Mass)	1034
TDEE	1602.7
Target Calories	1600
Goal	Fat loss
Country	India
Diet Plan	BND - VEG

Dear Ambika,

I hope you are super excited to follow your Diet Journey with our team!

Based on your Health condition and preference we have created a Veg - Balanced 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.

While Being on diet it is important to intake Micronutrients supplements to keep our internal functionality healthy. So kindly take the below supplements.

Name	Suggested Brand	Dosage	Time to be taken and Duration
Biotin	WELLWOMAN HAIRFOLLIC / OZIVA PLANT-BASED BIOTIN 10000+ MCG / NUTRILITE BIOTIN	1 Tablet / Day	Post Breakfast for next 60 days
Probiotics	BIFILAC	2 Tablets	1 tablet on waking up and 1 tablet before bed for next 30 days

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 / Empty Stomach		Glass of warm / normal water + (1 tsp) Apple cider vinegar		Probiotic drink and helps to fat loss
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	Water		Can take 500 ml of water with pinch of salt and sugar
Post Workout		Vegan / Plant protein		Take one scoop with 200 ml of water
Meal	Time	Options	Foods	Recipes Notes
Breakfast	Within 2 hrs from waking up	1	Ragi - (1 to 2 nos) Idli / Dosa / Roti + Dal and veggies sambar	use thick dal for making this recipe
		2	Foxtail millet (Thinai) pongal (3/4 cup) + Sambar (1/2 cup) + Coconut chutney (1 Kat)	You can take 100g of mixed vegetables along with the recipes
		3	Millet porridge (1 cup) + Veg salad (1 cup)	Use - Soy milk (1/2 cup), Fruit (100g); [Don't use nuts / milk products / peanut butter / maple syrup]
		4	Overnight oats in soy milk with fruits + Veg salad (1 cup)	
		5	Millet upma + Sambar (1/2 cup) + Coconut chutney (1 Kat)	
		6	Tofu / Tempeh salad (1 cup)	use 150g tofu / tempeh with cup of mixed vegetables
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)		

Meal	Time	Options	Foods	Recipes Notes
Snacks	After 2.5 hours from breakfast		Mixed Seeds (1 tbsp)	#Avoid any allergic cause foods
Lunch	After 2.5 hrs from mid-morning snack	1	Foxtail millet (Thinai) Pulao with soya chunks (1 cup)	Pulao: Use - peas 100g / Soya Chunks 50g (cooked weight) and mixed vegetables 100g
		2	Ragi mudde (3/4 cup) with peas curry (1 cup)	
		3	Barnyard millet biryani (1 cup)	Use - boiled peas 100g + mixed vegetables 100g
		4	Quinoa with Peas and lemon (1 cup)	With Grilled vegetables
		5	Grated Cauliflower rice with veggies (1 cup)	Additional: boiled peas 100g + mixed vegetables 100g
		6	Kodo millet (varagu) - Sambar rice (1 cup)	use thick dal for making this recipe
Meal notes		*You can take any form of veggies (Salad / Kuttu / Poriyal / Aviyal / Thovayal) along with meal		
		*Use only 1 tsp of ghee / butter / coconut oil / olive oil for the all recipes		
		*Include green leafy vegetables at least thrice per week		
Meal	Time	Options	Foods	Recipes Notes
Dinner	After 6 hrs from lunch	1	Kodo millet (Varagu) - Idli / Dosa / Roti + Dal and veggies sambar	use thick dal for making this recipe
		2	Little millet (Samai) upma (1 cup) + tofu curry (1 cup)	
		3	Foxtail millet (Thinai) kichadi (1 cup) + sambar (1 cup)	Use - boiled 100g peas and thick dal
		4	Mixed sprouts salad with vegetables (1/2 bowl)	*Mixed chana - (horse gram / green gram / chickpea)
		5	Almond flour roti with soya chunks veggies curry	
Meal notes		*Use only 1 tsp of ghee / butter / coconut oil / olive oil for the all recipes		

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