



# Live Fit Life

Diet Chart



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## CUSTOMIZED DIET PLAN

Name	Sekar
LFL-ID	YC1025
Age	24
Weight	68
Height	178
Body fat	15%
BMR (With Body Mass)	1677.5
BMR (With Lean Mass)	1575.5
TDEE	2442.025
Target Calories	1600
Goal	Balanced Nutrition
Country	Indian
Diet Plan	BND - NV

**Dear Sekar,**

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

Based on your preference we have created a veg / non 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,

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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.

## Diet Summary:

Meals	Monday	
	Recipe	Notes
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein (Mix with smoothie)	
Breakfast	Idli / Dosa (2-3 nos) + 1/2 cup peanut chutney	Use 50g of peanut to make a chutney
		Use 1 tsp oil
	Seasonal fruit (100g)	
Morning Snacks	Seeds 1 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	Multivitamin Supplement - (After Breakfast)	
Lunch	Rice (1 cup) + sambar (1 cup) + 1 boiled egg	
	100g of curd or using 1 glass of buttermilk	
Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)		
Evening Snack	15g Mixed nuts (2-3 nos in each nut)	
Dinner	Egg dosa 2 nos + Veg sabzi (1/2 cup)	Use 2 eggs
		Use 1 tsp oil
	1 cup Chamomile tea + lemon drops	
Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)		

Meals	Tuesday	
	Recipe	Notes
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein (Mix with smoothie)	
Breakfast	Pongal (1 cup) + veggies Sambar (1 cup)	Use mixed vegetables to make a sambar
		Use 1 tsp oil
	Seasonal fruit (100g)	
Morning Snacks	Seeds 1 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	<b>Multivitamin Supplement - (After Breakfast)</b>	
Lunch	Tomato rice (1 cup) + 1 egg omelet + 1 cup veg salad	
	50g of curd / Yogurt / 1 glass of buttermilk	
<b>Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)</b>		
Evening Snack	15g Mixed nuts (2-3 nos in each nut)	
Dinner	2 Chapati + Peas sambar	Use cup of peas or 2 eggs
		Use 1 tsp oil
	1 cup Chamomile tea + lemon drops	
<b>Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)</b>		

Meals	Wednesday	
	Recipe	Notes
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein (Mix with smoothie)	
Breakfast	Idli / Dosa (2-3 nos) + Veggies	Use thick dal for making sambar
	Sambar (1 cup)	Use 1 tsp oil
	Seasonal fruit (100g)	
Morning Snacks	Seeds 1 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	Multivitamin Supplement - (After Breakfast)	
Lunch	Sambar rice (1 cup) + 1 boiled egg	
	50g of curd / Yogurt / 1 glass of buttermilk	
Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)		
Evening Snack	15g Mixed nuts (2-3 nos in each nut)	
Dinner	2 nos Veg Paratha + Egg curry	Use 1 tsp oil
	1 cup Chamomile tea + lemon drops	
Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)		

Meals	Thursday	
	Recipe	Notes
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein (Mix with smoothie)	
Breakfast	Bread omelet	use 2 slices bread and 2 eggs + veggies
		Use 1 tsp oil
	Seasonal fruit (100g)	
Morning Snacks	Seeds 1 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	<b>Multivitamin Supplement - (After Breakfast)</b>	
Lunch	1 cup Sambar/curd rice + GLV Sabzi	
	50g of curd / Yogurt / 1 glass of buttermilk	
<b>Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)</b>		
Evening Snack	15g Mixed nuts (2-3 nos in each nut)	
Dinner	2 Chapati + 1 egg curry	medium size chapati / roti
		Use 1 tsp oil
	1 cup Chamomile tea + lemon drops	
<b>Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)</b>		

Meals	Friday	
	Recipe	Notes
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein (Mix with smoothie)	
Breakfast	Uttapam / chapati (2 nos) + veg sambar (1 cup)	Use thick dal for making sambar
		Use 1 tsp oil
	Seasonal fruit (100g)	
Morning Snacks	Seeds 1 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	<b>Multivitamin Supplement - (After Breakfast)</b>	
Lunch	Lemon rice (1 cup) + 1 egg omellete + 1 cup veg salad	
	50g of curd / Yogurt / 1 glass of buttermilk	
<b>Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)</b>		
Evening Snack	15g Mixed nuts (2-3 nos in each nut)	
Dinner	(2 - 3 nos) Dosa/Idli + veg sambar	Use thick dal for making sambar
		Use 1 tsp oil
	1 cup Chamomile tea + lemon drops	
<b>Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)</b>		



Meals	Saturday	
	Recipe	Notes
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein (Mix with smoothie)	
Breakfast	Idli / Dosa (2-3 nos) + 1/2 cup peanut chutney	Use 50g of peanut to make a chutney
		Use 1 tsp oil
	Seasonal fruit (100g)	
Morning Snacks	Seeds 1 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	<b>Multivitamin Supplement - (After Breakfast)</b>	
Lunch	chapati (2 nos) + Paneer butter masala (1 cup) + Veg salad (1 cup)	
	50g of curd / Yogurt / 1 glass of buttermilk	
<b>Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)</b>		
Evening Snack	15g Mixed nuts (2-3 nos in each nut)	
Dinner	Egg / Chicken fried rice + veg salad (1 cup)	use 2 eggs or 100g of chicken
		Use 1 tsp oil
	1 cup Chamomile tea + lemon drops	
<b>Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)</b>		

Meals	Sunday	
	Recipe	Notes
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein (Mix with smoothie)	
Breakfast	Scrambled eggs + Veg salad (1 cup)	Use 4 eggs
		Use 1 tsp oil
	Seasonal fruit (100g)	
Morning Snacks	Seeds 1 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	<b>Multivitamin Supplement - (After Breakfast)</b>	
Lunch	1 cup chicken Pulao	
	50g of curd / Yogurt / 1 glass of buttermilk	
<b>Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)</b>		
Evening Snack	15g Mixed nuts (2-3 nos in each nut)	
Dinner	1 Veg Uttapam + veggies (Sambar) 1 cup	Use mixed vegetables to make a sambar
		Use 1 tsp oil
	1 cup Chamomile tea + lemon drops	
<b>Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)</b>		

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<b>Things can be used optionally (Max use up to 5 ingredients/day)</b>	
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.

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## 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](mailto:Nutrition@livefitlife.in)**