



# Live Fit Life

Diet Chart



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## CUSTOMIZED DIET PLAN

Name	Mrs Umarani
LFL-ID	LPC1008
Age	57
Weight	60
Height	145
Body fat	42%
BMR (With Body Mass)	1060.25
BMR (With Lean Mass)	810.25
TDEE	1255.8875
Target Calories	1200
Goal	Balanced Nutrition
Country	Indian
Diet Plan	LCD - Veg & Egg

*Dear Umarani,*

You have been following your previous diet for quite a long time and you were progressing well, now we figured out that your weight has been stabilized and it's time to change the calories. Based on your preference we have created a Low Carb diet.

In this diet, you will be consuming carbohydrates (112g), Protein (84g) and Fat (41.3g)

Kindly 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.

**Weight Management:** Please share your weight update information can be transferred via the session to the trainer, which helps us to keep track of it without missing.

**While Being on a 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
Multi vitamin	A to Z OR Zincovit OR Nutrilite	1 Tablet / Day	After Breakfast for next 60 days
Shelcal (Calcium + Vitamin D3)	Shelcal M	1 Tablet / Day	After Lunch for next 60 days
Omega 3	HealthKart HK Vitals OR Neuherbs OR Wow Life Science	(1000 to 1500mg) - 1 tablet / day	Before bed time (Night) for next 60 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).**
- 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
<b>Calories: 126</b>				
Meal	Time	Options	Foods	Recipes Notes
Breakfast	Within 2 hrs from waking up		Idli / Dosa / Uttapam - 1nos + Sambar (1 cup)	Use thick dhal and vegetables for making sambhar
			Kichadi / Upma / Pongal (3/4 cup) + Sambhar (1/2 cup)	Use handful of peanuts to the recipes
			Sprouts with mixed Vegetables + 1 boiled egg	
			Butter bread / Toasted bread + Peanut butter + Veg salad (1 cup)	Use 1 slices of bread and 2 tbsp unsweetened peanut butter
			Scrambled eggs / Boiled eggs + Veg salad (2 cup)	Use 3 full eggs
			Mixed Sprouts poha (1 cup)	Use half cup sprouts, poha and vegetables each
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)		

<b>Snacks</b>	<b>After 2.5 hours from breakfast / lunch</b>	Trail mix (Mixed seeds 1 tsp + Nuts 1 -2 nos)		#You could also eat it with breakfast
<b>Multivitamin Supplement - (After Breakfast)</b>				
<b>Calories: 330</b>				
Meal	Time	Options	Foods	Recipes Notes
<b>Lunch</b>	<b>After 2.5 hrs from mid-morning snack</b>	<b>1</b>	Rice / any millets (3/4 cup) + Veggies Sambar (1 bowl)	Use thick dhal for making the sambhar
		<b>2</b>	Roti - 2 nos + Channa -1 cup / 1 egg curry + Veg salad (1 cup)	
		<b>3</b>	Rice +1 egg curry + Veg salad (1 cup)	
		<b>4</b>	Egg / Panner rice with mixed vegetables - (1 cup)	*Use 50 g panner / 2 full eggs to the rice recipe
		<b>5</b>	Sambar / Curd rice (1 cup) + 1 Boiled egg	Take 1 cup veggies sabzi along with meal
		<b>6</b>	Millet Kichadi / Veg Pulao (3/4 cup) + dal sambar (1 cup)	<b>#Avoid any allergic causing foods</b>
<b>Meal notes</b>		<i>*You can take any form of veggies (Salad / Kuttu / Poriyal / Aviyal / Thovayal) along with meal</i>		
		<i>*You should drink 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>		
<b>Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)</b>				
<b>Calories: 400</b>				
Meal	Time	Options	Foods	Recipes Notes
<b>Dinner</b>	<b>After 6 hrs from lunch</b>	<b>1</b>	1 nos - Idli / Dosa / Uttapam + Sambar/Paneer curry (1 cup)	Use thick dhal and vegetables for making sambhar / use 50g of paneer to make curry

		<b>2</b>	Roti / Paratha - 1 nos + Channa curry (1 cup) + Veg salad (1 cup)	
		<b>3</b>	Egg / Paneer Pulao with Mixed veggies (1 cup)	Use half cup rice, 2 full eggs / 50g of Paneer and cup of mixed vegetables for making this recipe
		<b>4</b>	Paneer or Soya Chunks / Tofu saute with Vegetables (1/2 bowl)	*Use 70g of panner or soya chunks (Cooked weight) / 150g of tofu with 1 cup of mixed vegetables
<b>Meal notes</b>		<i>*You should drink 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>		
<b>Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)</b>				
<b>Calories: 330</b>				

<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

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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)**