



# Live Fit Life

Diet Chart



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## CUSTOMIZED DIET PLAN

Name	Nagaroopaa
LFL-ID	PTC1035
Age	40
Weight	57
Height	149
Body fat	36%
BMR (With Body Mass)	1140.25
BMR (With Lean Mass)	935.25
TDEE	1449.6375
Target Calories	1200
Goal	Fat Loss
Country	Australia
Diet Plan	LCD - EGG

***Dear Nagaroopaa,***

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

Based on your preference we have created a Low Carb Diet.

In this diet, you will be consuming 96g of carbohydrates, 83g of Protein, and 50.6g 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.

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**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 liters 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:

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
Brunch	11:00 AM	1	Idli / Dosa / Uttapam - (2 - 3 nos) + Sambar (1 cup)	Use thick dhal and vegetables for making sambhar
		2	Kichadi / Upma / Pongal (1 cup) + Sambhar (1 cup)	Use handful of peanuts to the recipes
		3	Rice (1 cup) + Dhal veggies sambar (1 cup)	
		4	Butter bread / Toasted bread + Peanut butter + Veg salad (1 cup)	Use 2 slices of bread and 2 tbsp unsweetened peanut butter
		5	Curd rice (3/4 cup) + 1 boiled egg	
		6	Chapati (1 -2 nos) + Channa curry (1 cup)	Use 100g boiled chana for making curry
Meal notes		Take 100g of seasonal fruit along with the every breakfast meal		
		Buttermilk (1 Glass) *You can combine all recipes with one glass of buttermilk made with 50g of curd. / Take 50g of greek yogurt		
		Use only 2 tsp of ghee / butter / coconut oil / olive oil for the all recipes		
		*Choose low calories/carbs fruits & vegetables (Refer below this document)		
Snacks	After 2.5 hours from	Trail mix (Mixed seeds 1 tsp + Nuts 1 -2 nos)		#You could also eat it with breakfast

	breakfast / lunch			
<b>Multivitamin Supplement - (After Breakfast)</b>				
<b>Calories: 650</b>				
Meal	Time	Options	Foods	Recipes Notes
Dinner	After 8 hrs from Brunch	1	Eggs Omelette / Scrambled eggs (4 full eggs) + Vegetable Soup (1 cup)	use 2 tsp of cream with the soup
		2	Grilled Paneer / Chicken or Fish + Veg salad (1 cup)	Use 80g paneer or 150g chicken breast for grill
		3	Green gram dosa / Idli (2 nos) + Mint chutney (1 kat) + 1 boiled egg	
		4	Besan chila (2 nos) + veggies sambar (1 cup) + 1 boiled egg	Use thick dhal for making the sambhar
		5	Paneer - 100g or tofu - 100g salad / Bhurji with veggies (1/2 cup)	
		6	Boiled chickpea - 1 cup add 100g of mixed veggies	
<b>Meal notes</b>		*Mixed Vegetables (1 cup) *Choose any form of veggies (Salad / Kuttu / Poriyal / Aviyal / Thovayal)		
		Buttermilk (1 Glass) *You can combine all recipes with one glass of buttermilk made with 50g of curd. / Take 50g of greek yogurt		
		*Use only 2 tsp of ghee / butter / coconut oil / olive oil for the all recipes		
		*Choose low calories/carbs vegetables (Eg. Cabbage, broccoli, cucumber, capsicum, etc)		
<b>Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)</b>				
<b>Calories: 450</b>				

Low Calories Foods	
< 100 Kcal / 100g	
Vegetables	Fruits
Cauliflower	Berries
Cabbage	Pear
Green leafy Vegetables	Papaya
Cucumber	Guava
Beetroot	Gooseberry
Bitter gourd	Pomegranate
Carrots	Watermelon
Drumstick	Fig
Raddish	Apple
Pumpkin	Grapes Black (Seedless)
Broccoli	Palm Fruit
Mushroom	Musk Melon Yellow
Capsicum	Peach
Bottle gourd	Pear
Ridge gourd	Litchi
Snake gourd	Gooseberry
Okra	
Brinjal	
Cho-cho marrow	
Beans	
Zucchini	

**(Here are a few low-calorie fruits and vegetables that we recommend you use in accordance with your chart)**

**\*\*\*If you have any allergies to any of the foods on the above list, please do not include those in your diet.**

<b>Things can be used optionally (Max use up to 5 ingredients/day)</b>	
Tomato	100g
Onion	half (30g)
Chili	2,3
Ginger Garlic paste	1 tsp (10g)
Seasoning	Yes
Curry, coriander leaves	Yes
Lemon	Yes
Turmeric Powder	Yes
Chili 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 (based on your diet)
- 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)**