



# Live Fit Life

Diet Chart



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## CUSTOMIZED DIET PLAN

|                      |           |
|----------------------|-----------|
| Name                 | Anshu     |
| LFL-ID               | YC1027    |
| Age                  | 30        |
| Weight               | 76        |
| Height               | 159       |
| Body fat             | 41%       |
| BMR (With Body Mass) | 1433.25   |
| BMR (With Lean Mass) | 1121.25   |
| TDEE                 | 1737.9375 |
| Target Calories      | 1500      |
| Goal                 | Fat Loss  |
| Country              | Indian    |
| Diet Plan            | LCD - NV  |

***Dear Anshu,***

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

Based on your preference we have created a Non veg Low Carb Diet. The diet was created after considering the below condition(s):

- Multiple food intolerance

In this diet, you will be consuming 156g of carbohydrates, 93g of Protein, and 53.7g of Fat.

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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.

**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  |
| Breakfast            | Within 2 hrs from waking up   | 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 handfull of peanuts to the recipes                                 |
|                      |                               | 3   | Sprouts with mixed Vegetables (1 CUP)                            |  |
|                      |                               | 4   | Butter bread / Toasted bread + Peanut butter + Veg salad (1 cup) | Use 2 slices of bread and 2 tbsp unsweetened peanut butter             |
|                      |                               | 6   | 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 2 tsp of ghee / butter / coconut oil / olive oil for the all recipes |  |  |
|                      |                               | *Choose low calories/carbs fruits & vegetables (Refer below document)         |  |  |

|                      |   |  |   |  |
|----------------------|---|--|---|--|
| <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>Calories: 650</b> |   |  |   |  |
| <b>Meal</b>          | <b>Time</b>                                   | <b>Options</b>   | <b>Foods</b>  | <b>Recipes Notes</b>   |
| <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 + Veg salad (1 cup)                  |  |
|                      |   | <b>3</b>   | Rice + 1 Cup Kurma + Veg salad (1 cup)                            |  |
|                      |   | <b>4</b>   | Paneer rice with mixed vegetables - (1 cup)                       | *Use 50 g paneer to the rice recipe  |
|                      |   | <b>5</b>   | Sambar / Curd rice (1 cup)  | 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>Calories: 400</b> |   |  |   |  |
| <b>Meal</b>          | <b>Time</b>                                   | <b>Options</b>   | <b>Foods</b>  | <b>Recipes Notes</b>   |
| <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>  | Paneer Pulao with Mixed veggies (1 cup) | Use half cup rice, 50g of Paneer and cup of mixed vegetables for making this recipe |
|                      |  | <b>4</b>  | Paneer saute with Vegetables (1/2 bowl) | *Use 70g of paneer / 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>Calories: 330</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)**