



# Live Fit Life

Diet Chart



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## CUSTOMIZED DIET PLAN

Name	Saranya Natarajan
LFL-ID	PTC1115
Age	35
Weight	50.2
Height	164
Body fat	25%
BMR (With Body Mass)	1191
BMR (With Lean Mass)	1065.5
TDEE	1651.525
Target Calories	1800
Goal	FAT LOSS
Country	US
Diet Plan	Balanced Diet - NV

**Dear Saranya,**

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

Based on your preference we have created a non veg Balanced Diet. In this diet, you will be consuming 190g of carbohydrates, 135g of Protein, and 52.5g 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.

**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.

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**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
<b>After Wakeup</b>		Glass of warm / normal water + 2 pinches of cinnamon + 1 tsp of black jeera soaked in water		Helps to remove toxins from your body
<b>Early morning</b>	<b>06:00</b>	1	Black Coffee	#Refreshment beverage - Take this without sugar
		2	Black Tea	
		3	Green Tea	
<b>During Workout</b>	<b>*Based on your workout timing</b>	Water		Can take 500 ml of water with pinch of salt and sugar
<b>Post Workout</b>		Whey Protein		Take one scoop with 200 ml of water
<b>Calories: 126</b>				
Meal	Time	Options	Foods	Recipes Notes
<b>Breakfast</b>	<b>Within 2 hrs from waking up</b>	1	Egg sandwich / Bread omelet + Veg Salad (1 cup)	Use 2 slices of bread and 1 full egg and 2 egg whites for the recipe
		2	Butter bread / Toasted bread + Peanut butter + Veg salad (1 cup)	Use 2 slices of bread and 1.5 tbsp unsweetened peanut butter can add 2 egg whites
		3	Scrambled eggs / Boiled eggs + Veg salad (2 cup)	Use 2 full eggs + 2 whites
		4	Mixed Sprouts poha (1 cup)	Use half cup sprouts, poha and vegetables each
		5	Idli / Dosa / Uttapam - 2 to 3 nos + Sambar (1 cup)	Use thick dhal and vegetables for making sambhar
		6	Kichadi / Upma / Pongal (half cup ) + Sambhar (1 cup)	Use handful of peanuts and 3 tbsp of peas to the recipes
<b>Meal notes</b>		<i>Take 100g of seasonal fruit along with the every breakfast meal option</i> <i>Use only 1 tsp of ghee/ olive oil for the all recipes to cook - no topping with fat</i>		

		<i>*Choose low calories/carbs fruits &amp; vegetables (Refer below this document)</i>		
<b>Snacks</b>	<b>After 2.5 hours from breakfast / lunch</b>	Mixed Seeds (1 tsp)		
		Mixed nuts (4 to 5 nos)		<i>*Choose nuts alternatively (Almonds, Walnut, Pistachio, Hazelnuts, Cashews)</i>
<b>Calories: 500</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>	Salad + Rice / any millets (3/4 cup) + Veggies Sambar (1 cup)	Use thick dhal for making the sambhar
		<b>2</b>	Roti - 2 nos + Channa -1 cup / 2 egg curry + Veg salad (1 cup)	
		<b>3</b>	Rice + Chicken or Fish / 1 egg + 2 egg white curry + Veg salad (1 cup)	<i>*Use only 100g of chicken breast, fish, or NV for your portion of lunch</i>
		<b>4</b>	Chicken and egg white rice with mixed vegetables - (1 cup)	
		<b>5</b>	Salad + Sambar / Curd rice (1 cup) + 1 Boiled egg and 2 egg whites	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 100g of Yoghurt / curd (low fat)</i>		
		<i>Use only 1 tsp of ghee/ olive oil for the all recipes to cook - no topping with fat</i>		
		<i>*Include green leafy vegetables at least thrice per week</i>		
<b>Evening</b>	<b>After 2.5 hours from</b>	<b>1</b>	Sundal (1 cup) / Roasted channa or	<i>*Mixed chana - (Green pea / horse gram / green gram /</i>

	<b>Lunch</b>		moong - 30g	chickpea)
		<b>2</b>	Boiled / Scrambled egg - 1 full egg + 2 whites	
			Green tea / Black coffee (1 cup)	You can take along with other evening snack - without sugar
<b>Calories: 600</b>				
<b>Meal</b>	<b>Time</b>	<b>Options</b>	<b>Foods</b>	<b>Recipes Notes</b>
<b>Dinner</b>	<b>After 5 hrs from lunch</b>	<b>1</b>	Salad / Veg soup - 100g + 2 - Idli / Dosa / Uttapam + Sambar (1 cup)	Use thick dhal and vegetables for making sambhar and add green gram to the dosa batter to increase the protein quantity
		<b>2</b>	Roti / Paratha - 2 nos + Channa (1 cup) + Veg salad (1 cup)	
		<b>3</b>	salad + Chicken and egg white Pulao with Mixed veggies (1 cup)	Use half cup rice, 2 full eggs + 2 whites / 100g chicken breast and cup of mixed vegetables for making this recipe
		<b>4</b>	Egg sandwich / Bread omelet + Veg Salad (1 cup)	Use 2 slices of bread and 1 full egg with 2 egg whites for the recipe
<b>Meal notes</b>		*You should drink one glass of buttermilk made with 100g of Yoghurt / curd (low fat)		
		Use only 1 tsp of canola oil / olive oil for the all recipes		
<b>Calories: 550</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

**NOTES:**

- 1 Bowl = 200 g
- 1 Cup = 1 Glass = 150g / 150 ml
- ½ Cup = 75 g
- 1 Small katori = 50g
- 1 Tablespoon = 15 g
- 1 Teaspoon = 5g
- 100g of fruits = 10 to 12 ice cubed size pieces (melons, pineapple, papaya etc) or 1 medium size fruit (apple, guava, orange etc) or ⅔ cup (grapes, Pomegranate etc).



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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)**