



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Dabil Kazmi
LFL-ID	YC1028
Age	42
Weight	72
Height	167
Body fat	25%
BMR (With Body Mass)	1546.88
BMR (With Lean Mass)	1366.88
TDEE	2118.664
Target Calories	1600
Goal	FAT LOSS
Country	India
Diet Plan	LCD NV

Dear Dabil,

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 Carbohydrate Diet. The diet was created after considering your health status.

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.

While Being on diet it is important to intake Micronutrients supplements to keep our internal functionality healthy. So kindly take the below supplements.

1. **Multivitamin - After Breakfast**
2. **Shelcal (Calcium + Vitamin D3) - After Lunch**
3. **Omega 3 (1000 to 1500 mg) - after Dinner.**

(NOTE - preferably post blood test done)

Kindly go through the diet and In case of any queries related to diet, you can message us on our support group or drop a mail to nutrition@livefitlife.in.

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 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).**
- 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.

Monday:

Meals	Monday	
	Recipe	Quantity
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein	
Breakfast	1 Besan chilla + Green chutney + Mixed nuts	40g of besan and one handful of chopped vegetables
		Mint/coriander/ spinach or a mix chutney + 50g of curd
		3 almonds and 3 walnuts
Morning Snacks	Seeds 1 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	Multivitamin Supplement - (After Breakfast)	
Lunch	Chappathi + Chicken curry	1 chapati / 0.5 cup rice or Quinoa
		100g chicken or 50g dhal / peas/ paneer / tofu Curry (include 50g of veggies along in the curry)
		0.5 tbsp Ghee or Oil
	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	Dosa + Paneer veg curry	1 dosa or 2 idli / 1 chapati
		60g paneer / dhal / peas/ tofu + 50g vegetables
		0.5 tbsp Ghee or Oil
		Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)

Tuesday:

Meals	Tuesday	
	Recipe	Quantity
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein	
Breakfast	Eggs bhurji along with veggies + Mixed nut	Whole egg - 3 nos
		Handful of chopped veggies like onion, tomato, carrot, chillies etc to add in burji
		3 almonds and 3 walnuts
Morning Snacks	Seeds 1 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	Multivitamin Supplement - (After Breakfast)	
Lunch	1/2 cup rice + Paneer/Peas kurma	0.5 cup rice or Quinoa / 1 chapati
		50g dhal / peas/ paneer / tofu (include 100g of veggies along in the curry)
		0.5 tbsp Ghee or Oil
	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	Chapati + Paneer butter masala	1 chapati / dosa / appam / 2 idli
		60g Paneer / peas / tofu + 50g vegetables
		0.5 tbsp Ghee or Oil
Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)		

Wednesday:

Meals	Wednesday	
	Recipe	Quantity
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein	
Breakfast	Chicken / paneer / egg sandwich + Mixed nuts	2 whole wheat bread Slice
		Filling should include - 50g of chicken or paneer or 2 eggs with chopped veggies (carrot/onion/tomato/cabbage etc)
		3 almonds and 3 walnuts
Morning Snacks	Seeds 1 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	Multivitamin Supplement - (After Breakfast)	
Lunch	Veg Paratha + Egg curry	1 Veg paratha / aloo paratha / mooli paratha
		2 eggs or 50g paneer / dal / peas / tofu (include 50g of veggies along in the curry)
		0.5 tbsp Ghee or Oil
	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	3/4 cup Veg rice + paneer or tofu fry	3/4 cup veg rice or veg Quinoa
		50g paneer / tofu / Peas / dhal + 20g Soya chunk / tofu
		0.5 tbsp Ghee or Oil
Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)		

Thursday:

Meals	Thursday	
	Recipe	Quantity
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein	
Breakfast	Black channa / White / Rajma (Boiled / sprouts) Chat + mixed nuts	1/2 cup Channa or any pulse
		handful of chopped vegetables
		3 almonds and 3 walnuts
Morning Snacks	Seeds 1 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	Multivitamin Supplement - (After Breakfast)	
Lunch	1 cup Sambar/curd rice + GLV Sabzi	0.5 cup chana Pulao / Rajma pulao
		100g any green leafy vegetable
		0.5 tbsp Ghee or Oil
	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	Chapati + egg curry	1 chapati or 1 Uttapam / 2 idli
		2 eggs or 50g dhal / peas/ paneer / tofu (include 100g of veggies along in the curry)
		0.5 tbsp Ghee or Oil
	Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)	

Friday:

Meals	Friday	
	Recipe	Quantity
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein	
Breakfast	Paneer or dal or tofu paratha + vegetable chutney + mixed nuts	40g of Paratha
		1 katori of any vegetable chutney
		3 almonds and 3 walnuts
Morning Snacks	Seeds 1 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	Multivitamin Supplement - (After Breakfast)	
Lunch	1 cup vegetable poha	3/4 cup of poha /rice or Quinoa
		1 cup mixed vegetables + Half handful of nuts / peas
		0.5 tbsp Ghee or Oil
	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	Dosa/Idli + veg peas curry	1 dosa or idli or chapati / 1 Veg paratha
		60g peas / paneer / dal / tofu + 100g vegetables
		0.5 tbsp Ghee or Oil
	Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)	

Saturday:

Meals	Saturday	
	Recipe	Quantity
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein	
Breakfast	veggies added uttapam - 1 + Chicken curry + mixed nuts	add a handful of chopped veggies to the idli dosa batter
		1 cup of chicken curry
		3 almonds and 3 walnuts
Morning Snacks	Seeds 1 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	Multivitamin Supplement - (After Breakfast)	
Lunch	Quinoa Salad With Feta & Roasted Veg	3/4 cup Quinoa or rice / poha
		1 cup roasted vegetables (+ greens) + 50g feta cheese/paneer or (include 100g of veggies along in the curry)
		0.5 tbsp Ghee or Oil
	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	Veg Paratha + egg curry	1 Veg paratha / aloo paratha / mooli paratha
		2 eggs or 50g paneer / dhal / peas/ tofu (include 100g of veggies along in the curry)
		0.5 tbsp Ghee or Oil
		Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)

Sunday:

Meals	Sunday	
	Recipe	Quantity
After Wakeup	1 Glass / 250 ml of Cinnamon / lemon / ginger / cumin water	
Post Workout	0.5 Scoop of Whey Protein	
Breakfast	2 egg pancakes with nuts and dry fruits topping	Make pancakes with wheat flour, milk and egg
		Add a handful of nuts and dryfruits to top the pancake (20g)
		6-7 vegetables stick (carrot, cucumber, celery, leeks etc)
Morning Snacks	Seeds 1 tbsp - Chia seeds / Flax seeds / Pumpkin seeds / sunflower seeds (better mix and consume)	
	Multivitamin Supplement - (After Breakfast)	
Lunch	1 cup chicken Pulao	3/4 cup veg Quinoa pulao
		100g chicken or 40g tofu / 20g Peas / dhal / paneer / soya chunks /
		0.5 tbsp Ghee or Oil
	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	1 Veg Uttapam + matar paneer	1 veg paratha
		50g paneer / tofu / Peas / dhal + 100g vegetables
		0.5 tbsp Ghee or Oil
	Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)	

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.**

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

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