



# Live Fit Life

Diet Chart



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## CUSTOMIZED DIET PLAN

Name	Sai Krithika
LFL-ID	LPC1113
Age	18
Weight	80
Height	160
Body fat	42%
BMR (With Body Mass)	1549
BMR (With Lean Mass)	1213
TDEE	1880.15
Target Calories	1100
Goal	FAT LOSS
Country	India
Diet Plan	5:2 - VEG

**Dear Sai Krithika,**

I hope you are doing well. You have been following your previously recommended diet for quite some time and you were progressing well, now we figured out that your weight has been stabilised and it's time to change the diet to see better progression. Based on your preference we have created a 5:2 Diet

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.

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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 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.

## Diet Summary:

(For 5 Days a week)

5 days a week		
Time	Food Options	Meal Notes
On waking up	Black cumin and cinnamon water	Soak one tsp of black cumin in water overnight – add a pinch of cinnamon to it in the morning and consume
Brunch Option 1	Salad – 100g	
	Sundal or sprouts – 75-100g Or Add 2 tbsp – around 20-30g of peanuts to the above vegetable salad	
	Brown rice – 75g – cooked	
	Veg subji – 1 cup	If skipping the salads take 2 cups of veg subji Weekly thrice comp greens to be added as veg subji
	Can take a one cup of dal or sambar or rasam	
Bruch option 2	Salad – 100g	
	Sprouts -100g	
	3/4 cup of Rajma rice or Paneer pulao or Soy chunks biryani + 1 small cup of vegetable mixed raita	Try making using millets, if choosing rice the Rajma / paneer /soy chunks quantity needs to be more than the rice in the ratio of 70:30
Bruch option 3	Salad – 1 bowl	
	Besan, Rolled oats cheela – 2 nos	
	Half cup of curd	
Mid morning	1 glass of buttermilk	Make using 50g curd
	100g of fruit	

<b>Evening snacks - Preferably post milk workout</b>	½ scoop of whey protein isolate in 200-300ml of water	
	Trail mix	1 tsp of seeds with 3 to 4 mixed nuts
<b>Dinner Option 1</b>	Sauteed vegetables and paneer	Use one cup of veggies with 100g of paneer
	100g of curd	
<b>Dinner Option 2</b>	3/4 cup of quinoa vegetable pulav	
	100g of curd with veggies raita	
<b>Dinner Option 3</b>	2 keto atta roti	
	100g of tofu and vegetable curry or 30 - 40g of soy chunks (uncooked) weight curry	
<b>Dinner Option 4</b>	3/4 cup of Hummus	freshly made at home
	1 cup of grilled or salad veggies	
	50-75g of Greek yogurt / Curd	
<b>Before Bedtime</b>	Fenugreek powder – 1 tsp	*Powder these separately and store in an airtight container in a refrigerator and use it as mentioned above. Can mix in water and have them
	Black cumin powder – half tsp	
	Ajwain powder – half tsp	

**(For 2 Days a week)**

<b>2 Days a week</b>	
<b>Time</b>	<b>Food Options</b>
<b>On waking up</b>	Black cumin and cinnamon water
<b>Brunch</b>	1 bowl of salad can use homemade salad dressings with 50g of paneer
	With 1 glass of buttermilk with 50g of curd
<b>Mid morning</b>	1 TCW or Lemon with salt and jaggery – 1 tsp
<b>Evening snacks</b>	½ scoop whey protein
	Trial mix as mentioned above
<b>Dinner</b>	One bowl of unstrained vegetable soup or Boiled vegetables with added 2 tsp of butter or coconut oil or olive oil
	With 1 glass of buttermilk with 50g of curd
<b>Bed time</b>	Ajwain, Black cumin and fenugreek powder as given above

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)**