



# Live Fit Life

Diet Chart



---

## CUSTOMIZED DIET PLAN

Name	Mrs Umarani
LFL-ID	LPC1008
Age	57
Weight	60
Height	145
Body fat	46%
TDEE	1658.25
Target Calories	1200
Goal	Balanced Nutrition
Country	Indian
Diet Plan	LCD IF

*Dear Umarani,*

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 Low Carb - Intermittent Fasting Diet.

In this diet, you will be consuming 107g of carbohydrates 73g of Protein and 43.7g of fat

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.

**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 + 2 pinches of cinnamon + 1 tsp of black jeera soaked in water		Helps to remove toxins from your body
Early morning	06:00	1	Black Coffee	#Refreshment Beverage - Take this without sugar
		2	Black Tea	
		3	Lemonade	
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 (0.5 Scoop) OR Amway Protein (2 Scoops)		Take Protein powder with 200 ml of water
<b>Calories: 60</b>				
Meal	Time	Options	Foods	Recipes Notes
Meal 1	(First Meal after 16 Hours from last meal) @10.30 am	1	Overnight oats (3/4 cup)	Use Rolled Oats (40g) + Unsweetened almond / peanut butter (1 tbsp) + 150ml Unsweetened cows / almond milk + Seasonal fruit
		2	(2 nos) - Idli OR (1 nos) - Dosa / Uttapam + 3/4 cup dhal sambar / 2 egg or NV curry	Use thick dhal and vegetables for making sambar / Use 100g any NV (lean) to make curry
		3	Rice (3/4 cup) + Dhal veggies sambar (1 cup) OR 2 eggs curry	Include veggies to the sambar OR Take as a salad
		4	Sambar / Curd rice (3/4 cup) + 1 boiled egg	Use thick dhal or hung curd to make this recipe
		5	Kichadi / Upma with peas (1 cup) + Sambhar (3/4 cup) / 2 eggs curry	Use handful of peanuts to the recipes
		6	Millet porridge (1 cup) + Veg salad (1 cup)	Use any millet flour (50g) + Nuts (Snacks quantity) to make this recipe
Meal notes		Take 100g of seasonal fruit along with the every breakfast meal		
		Every meal should include one cup of mixed vegetables in any form (salad, kuttu, poriyal, aviyaal, or thovayal), or you can add them to the dishes		

		<b><i>*Only 1 teaspoon of ghee / butter / coconut oil / olive oil should be added to the entire dish</i></b>		
		<b><i>*Choose low calories fruits &amp; vegetables (Refer below document) - Avoid citrus fruits</i></b>		
<b>Calories: 450</b>				
<b>Snacks</b>	<b>After 4 hours from Meal 1</b>	Trail mix (Mixed seeds 0.5 tbsp + Nuts 3 -4 nos)		#You could also eat it with breakfast
	<b>Anytime during feeding window</b>	1 glass of green tea - without sugar / TCW		
	<b>Anytime during feeding window</b>	Buttermilk (1 glass)	Use 100g hung curd for making this OR take along with 2 meal	
<b>Calories: 200</b>				
<b>Meal</b>	<b>Time</b>	<b>Options</b>	<b>Foods</b>	<b>Recipes Notes</b>
<b>Meal 2</b>	<b>(Within 8 hours from the first meal) @6.30 Pm</b>	1	Jeera / Mushroom rice (3/4 cup) + Grilled chicken (150g) / 2 eggs gravy	Incorporate 1 cup of mixed vegetables along with the recipe
		2	Chapati / Paratha / Naan - (small 2 nos) + Chicken or Paneer curry (3/4 cup) + Veg salad (1 cup)	You can take 70g of paneer or any 100g NV (lean) to make the curry
		3	Egg Pulao/Pasta with Mixed veggies (1 cup)	Use half cup rice/Pasta, add 2 full eggs and cup of mixed vegetables for making this recipe
		4	Idiyappam (2 nos) / Upma (3/4 cup) + Peas sambar (1 cup)	Use 3/4 cup of boiled peas for making peas sambar, *Use mixed veggies for making upma
<b>Meal notes</b>		<i>Every meal should include one cup of mixed vegetables in any form (salad, kuttu, poriyal, aviyal, or thovayal), or you can add them to the dishes</i>		
		<b><i>Every meal should be accompanied by a glass of buttermilk made with 100g of curd or Greek yogurt</i></b>		
		<b><i>*Only 1 teaspoon of ghee / butter / coconut oil / olive oil should be added to the entire dish</i></b>		
		<b><i>*Choose low calories vegetables (Refer below this document)</i></b>		
<b>Calories: 500</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).

---

## 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)**