



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Mr.Nikil
LFL-ID	PTC1075
Age	16
Weight	56
Height	171
Body fat	17%
BMR (With Body Mass)	1553.75
BMR (With Lean Mass)	1458.55
TDEE	2005.50625
Target Calories	2350
Goal	Lean Muscle Gain
Country	Australia
Diet Plan	BND - NV

Dear Nikil,

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 238g of carbohydrates, 123g of Protein, and 80.2g 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.

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

Name	Suggested Brand	Dosage	Time to be taken and Duration
Multi vitamin	A to Z OR Zincovit OR Nutrilite	1 Tablet / Day	After Breakfast for 60 days
Shelcal (Calcium + Vitamin D3)	Shelcal M	1 Tablet / Day	After Lunch for 60 days
Omega 3	HealthKart HK Vitals OR Neuherbs OR Wow Life Science	(1000 to 1500mg) - 1 tablet / day	Before bed time (Night) for 60 days

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.

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	Green Tea	
Meal	Time	Options	Foods	Recipes Notes
Breakfast	Within 2 hrs from waking up	1	Protein Shake	Use - Whey protein (from post workout) + Unsweetened almond / peanut butter (3 tbsp) + 250ml Unsweetened cows / almond milk + Seasonal fruit + Nuts
		2	Overnight oats (1 cup)	Use Rolled Oats (100g) + Unsweetened almond / peanut butter (1.5 tbsp) + 200ml Unsweetened cows / almond milk + Seasonal fruit
		3	3 to 4 nos - Idli / Dosa / Uttapam + Dhal veggies Sambar (1.5 cup) / 2 egg curry	Use thick dhal and vegetables for making sambar / Use 100g any NV to make curry
		4	Butter bread / Toasted bread + Peanut butter + Veg salad (1 cup)	Use 4 slices of bread and 5 tbsp unsweetened peanut butter
		5	Egg sandwich	Use 4 slices of bread and 3 full eggs for this recipe
		6	Kichadi / Upma with peas (1.5 cup) + Sambhar (1.5 cup)	Use handfull of peanuts to the recipes
		7	Millet porridge (2 cup) + Veg salad (1 cup)	Use any millet flour (70g) + Nuts (Snacks quantity) to make this recipe
Meal notes		Take 100g of seasonal fruit along with the every breakfast meal		
		Use only 1 tsp of ghee / butter / coconut oil / olive oil for the all recipes		
		*Choose low calories/carbs fruits & vegetables (Refer below document)		

Multivitamin Supplement - (After Breakfast)				
Snacks	After 2.5 hours from breakfast		Trail mix (Mixed seeds 0.5 tbsp + Nuts 3-4 nos)	#You could also eat it with breakfast
Calories: 850				
Meal	Time	Options	Foods	Recipes Notes
Lunch	After 5 hrs from Breakfast	1	Rice / any millets (1.5 cup) + Veggies Sambar (2 cup) / Chicken or Fish curry (1 cup)	Use thick dhal for making the sambhar OR Use 100g chicken breast / fish / 2 full eggs / any NV to make the curry
		2	Roti (2 -3 nos) + Channa/ Any pulse (1.5 cup) + Veg salad (1 cup)	Use 100g boiled channa to make this recipe
		3	Sambar / Curd rice (1.5 cup) + 1 Cup veg subji or poriyal + 2 boiled eggs	Use thick dhal for making the sambhar rice / use hung curd for making curd rice
		5	Millet Kichadi / Veg Pulao (1.5 cup) + dal sambhar (1 cup)	#Avoid any allergic causing foods
Meal notes		<i>*Mixed Vegetables (1 cup) *Choose any form of veggies (Salad / Kuttu / Poriyal / Aviyal / Thovayal)</i>		
		<i>*Use only 2 tsp of ghee / butter / coconut oil / olive oil for the all recipes</i>		
		<i>*Include green leafy vegetables at least thrice per week</i>		
Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)				
Calories: 630				
Snacks	After 3 hours from lunch		Trail mix (Mixed seeds 0.5 tbsp + Nuts 3-4 nos)	#You could also eat it with breakfast
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
Calories: 200				

Meal	Time	Options	Foods	Recipes Notes
Dinner	After 7 hrs from Lunch	1	Jeera / Mushroom rice (1 cup) + Grilled chicken (250g)	Incorporate 1 cup of mixed vegetables along with the recipe
		2	Chapati / Paratha / Naan - 2to3 nos + Eggs or Tofu curry (1 cup) + Veg salad (1 cup)	You can take 4 full eggs / 200g of tofu or any NV to make this recipe
		3	Chicken Pulao/Pasta with Mixed veggies (2 cup)	Use half cup rice/Pasta, 200g chicken breast / 4 full eggs / ANY NV and cup of mixed vegetables for making this recipe
		4	Idiyappam (3 - 4 nos) / Upma (1.5 cup) + Peas sambar (1.5 cup)	Use 1 cup of boiled peas for making peas sambar, *Use mixed veggies for making upma
Meal notes	<i>*Mixed Vegetables (1 cup) *Choose any form of veggies (Salad / Kuttu / Poriyal / Aviyal / Thovayal)</i>			
	<i>*Use only 1 tsp of ghee / butter / coconut oil / olive oil for the all recipes</i>			
	<i>*Choose low calories/carbs vegetables (Refer below this document)</i>			
Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)				
Calories: 670				

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