



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Mrs Karen
LFL-ID	PTC1152
Age	42
Weight	83
Height	157
Body fat	46%
BMR	1440.25
BMR	1058.25
TDEE	1640.2875
Target Calories	1300
Country	India
Goal	Fat Loss
Diet Plan	LCD - NV

Dear Karen,

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. In this diet, you will be consuming 100g of carbohydrates, 86g of Protein, and 48.4g 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.

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 on every wednesday and sunday, 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:

Meal	Time	Options	Foods	Recipes Notes
After Wakeup		Glass of warm / normal water		Helps to remove toxins from your body
Early morning	06:00	1	Lemonade	#Refreshment beverage - Take it without sugar
		2	Black Coffee	
		3	Black Tea	
		4	Green Tea	
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 half scoop with 200 ml of water
Calories: 66				
Breakfast	Within 2 hrs from waking up	1	Eggs Omelette / Scrambled eggs (3 full eggs) + Vegetable Soup (1 cup)	use 1 tsp of cream with the soup
		2	Green gram dosa / Idli - (2 nos) + Mint chutney (1 kat) OR (Dhal sambar 1 cup)	
		3	Besan chila (1 nos) + veggies sambar (1 cup) + 1 boiled egg	Use thick dhal for making the sambhar
		4	Boiled chickpea - 1 cup add 100g of mixed veggies	
		5	Protein smoothie (1 glass) + Vegetable salad (1 cup) + 1 egg omelet	Make with Whey protein and fruit (take whey protein from post workout)
Meal notes		<i>Take 100g of seasonal fruit along with the every breakfast meal</i>		
		<i>*Use only 1 tsp of ghee / butter / coconut oil / olive oil for the all recipes</i>		
		<i>Every meal should be accompanied by a glass of buttermilk made with 50g of curd or Greek yoghurt</i>		
Multivitamin Supplement - (After Breakfast)				
Snacks	After 2.5 hours from	Trail mix (Mixed seeds 1 tsp + Nuts 1 -2 nos)		#You could also eat it with breakfast

breakfast / lunch				
Calories: 450				
Meal	Time	Options	Foods	Recipes Notes
Lunch	After 5 hrs from Breakfast	1	Rice / any millets (1/2 cup) + Veggies Sambar (1.5 cup) / Chicken or Fish curry (1 cup)	Use thick dhal for making the sambhar OR Use 100g chicken breast / fish/any NV to make the curry
		2	Roti (1 nos) + Channa/ Any pulse (1 cup curry) / 2 eggs bhurji + Veg salad (1 cup)	Use 100g boiled channa to make this recipe
		3	Sambar / Curd rice (1/2 cup) + 1 Cup veg subji or poriyal + 1 omelet	Use thick dhal for making the sambarrice / use hung curd for making curd rice
		4	Jeera / Mushroom rice (1/2 cup) + 1 boiled egg / Grilled chicken OR any NV (70g)	Incorporate 1 cup of mixed vegetables along with the recipe
		5	Millet Kichadi / Veg Pulao (1/2 cup) + dal sambar (1 cup) + 1 boiled egg	#Avoid any allergic causing foods
	After 30 - 45 from lunch	1 glass of green tea - without sugar		
Meal notes	<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>			
	<i>Every meal should be accompanied by a glass of buttermilk made with 50g of curd or Greek yoghurt</i>			
	<i>*Use only 1 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: 400				
Dinner	After 7 hrs from Lunch	1	(2 nos) - Idli OR (1 nos) - Dosa / Uttapam + Sambar (1 cup) / 3/4 cup dhal sambar / 2 egg or NV curry	Use thick dhal and vegetables for making sambhar / Use 100g any NV (lean) to make curry

		2	Chapati / Paratha / Naan - 1 nos + Eggs or paneer curry (1 cup) + Veg salad (1 cup)	You can take 1 full egg / 50g of Paneer or 100g of any NV to make this recipe
		3	Chicken Pulao/Pasta with Mixed veggies (2 cup)	Use half cup rice/Pasta, 100g chicken breast / 2 full eggs / ANY NV and cup of mixed vegetables for making this recipe
		4	Idiyappam (1 nos) / Upma (1/2 cup) + Peas sambar (1 cup)	Use 3/4 cup of boiled peas for making peas sambar, *Use mixed veggies for making upma
Meal notes		<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>		
		<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: 400				

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