



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Hema
LFL-ID	PTC1082
Age	46
Weight	62.5
Height	155
Body fat	38%
BMR (With Body Mass)	1202.75
BMR (With Lean Mass)	964.75
TDEE	1495.3625
Target Calories	1300
Goal	FAT LOSS
Country	US
Diet Plan	KETO NV

Dear Hema,

Based on your request we are changing your diet plan to a Ketogenic diet, Kindly start the diet from post detox.

In this diet, you will be consuming 48.3g of carbohydrates, 131.9g of Protein and 107.7g of Fat

Ketosis is a process which forces the body to burn fat instead of carbs. The ketosis sets in your body when after 3-4 days of following the keto 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.

Note: Exceeding the carbs more than the quantity mentioned in the diet chart can break the ketosis process. Once the ketosis is broken, it will take another 3 to 4 days to start the ketosis process again. One time break will take 3 days of your effort, so think twice before you break the keto. Following the diet for 3 - 4 weeks continuously can give enormous benefits.

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.

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	Keto bulletproof coffee (1 cup)		Use coconut oil 1 tsp + butter 1 tsp
During Workout	*Based on your workout timing	Lemon Water		Can take 500 ml of water with half lemon squeezed with a pinch of salt
Calories: 90				
Meal	Time	Options	Foods	Recipes Notes
Breakfast	Within 2 hrs from waking up	1	Protein Shake	Use - Whey protein (1 scoop) + Unsweetened almond / peanut butter (3 tbsp) + 250ml Unsweetened almond milk + Nuts (from snack)
		2	Keto salmon-filled avocados	Take 75g salmon fish and avocado 60g for this recipe
		3	Fried fish with green beans	Use 100g any fish or red meat and 1 cup veggies to make this recipe
		4	Scrambled eggs / Boiled eggs with veggies salad	Use 3 full eggs and cup of mixed vegetables to make this recipe
		5	Keto bread omellete	Use 2 slices of keto bread with 2 full eggs
Meal notes		<p>*Only 0.5 tbsp of ghee / butter / coconut oil / olive oil should be added to the entire dish</p> <p>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</p> <p><i>*Choose low carbs vegetables (Refer below document)</i></p>		
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: 420				

Meal	Time	Options	Foods	Recipes Notes
Lunch	After 5 hrs from Breakfast	1	Egg fried rice with grilled fish	Use cauliflower rice 200g, any fish 100g, 1 full eggs
		2	Panner/Egg salad with veggies	Use 75g panner / any 100g cheese / 3 full eggs with a cup of veggies to make this recipe
		3	Egg muffins	Use 3 full eggs and cup of mixed veggies
		4	Baked salmon/Chicken with grilled veggies	Use 100g of salmon or 150g Chicken breast or any NV
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>*Only 0.5 tbsp of ghee / butter / coconut oil / olive oil should be added to the entire dish</i>		
		<i>*Include green leafy vegetables at least thrice per week</i>		
Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)				
Mid - afternoon	Within 45 mins to 1.30 hrs from lunch	1	Black Coffee	#Refreshment beaverage - Take this without suagr
		2	Green Tea	
Calories: 330				
Meal	Time	Options	Foods	Recipes Notes
Dinner	After 7 hrs from Lunch	1	Keto roti with panner or tofu curry	use keto or almond flour (40g) for roti and 50g panner or 100g tofu or 2 full eggs for curry
		2	Asparagus, Mushroom and Goat's Cheese Casserole	Use 1 bowl veggies and 60g goat cheese
		3	salmon with goat cheese	Use 100g salmon / 150g any NV / 4 Full eggs and 50g cheese
		4	Grilled chicken with baked beans	Use 200g chicken breast or 150g any NV with 1 cup of veggies
		5	Shrimp Fried Cauliflower Rice	Use 150g shrimp and 2 cup of cauliflower rice
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>*Only 0.5 tbsp of ghee / butter / coconut oil / olive oil should be added to the entire dish</i>		
		<i>*Choose low calories/carbs vegetables (Refer below this document)</i>		
Calories: 430				

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