



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Nirrai Yazhini
LFL-ID	YC1030
Age	22
Weight	41
Height	156
Body fat	18%
BMR (With Body Mass)	1114
BMR (With Lean Mass)	1037
TDEE	1607.35
Target Calories	2200
Goal	Muscle gain
Country	Europe
Diet Plan	HCD - NV / PHASE 2

Dear Yazhini,

I hope you are super excited to follow your Diet Journey with our team!

Based on your preference we have created a non veg - High Carbohydrate Diet. In this diet, you will be consuming 250g of carbohydrates, 150g of Protein, and 67g 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 diarrhea, allergic, fainting, Kindly inform us immediately to analyze your body.

How long should I stick to this diet?

If your weight progression is going well, you should stick to this diet for 4 to 5 weeks; if your weight is stagnant, we should switch to the next phase of the same diet. The next phase means an increase of 200 - 300 kcal from the same diet.

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. Send the weight data in the below format,

Start date - Weight in kg - ()

After Detox - Weight in kg - ()

Next check date - Weight in kg - ()

For Eg:

28/06 - 86.3 kg

30/06 - 85.3 Kg

05/07 - 84.4 Kg

07/07 - 84.0 Kg

11/07 - 83.7 Kg

14/07 - 82.8 Kg

While Being on a 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 next 60 days
Shelcal (Calcium + Vitamin D3)	Shelcal M	1 Tablet / Day	After Lunch for next 60 days
Omega 3	HealthKart HK Vitals OR Neuherbs OR Wow Life Science	(1000 to 1500 mg) - 1 tablet / day	Before bedtime (Night) for next 60 days

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.

Roadmap of the progression:

This Data Should be filled by you on a regular basis to track your progression. Kindly find the details as accurate as possible. In our next consultation, we will be reviewing this document and accordingly will proceed further for the next Diet plan.

* STC – Subject to Change

	Week1	Week2	Week3	Week4	Week5	Week6	Week7
Recommended Workout – (5 Days / week)							
Calories	2200	2200	2200	2200	2200	STC	STC
Target Weight Gain	0.5 to 1 kg	0.5 to 1 kg	0.3 to 0.8 kg	0.3 to 0.5 kg	0.2 to 0.5 kg		
	41.5 kg	42 kg	42.3 kg	42.6 kg	42.8 kg		

Diet Summary:

Meal	Time	Options	Foods	Recipes Notes
After Wakeup		Glass of warm / normal water with lemon		Helps to remove toxins from your body
Early morning	06:00	1	Black coffee	#Refreshment beverage - Take this without sugar or use 1 tsp (optional)
		2	Black Tea	
		3	Green Tea	
Pre workout	*Based on your workout timing	1	1 Slice brown bread + Unsweetened Peanut / Almond Butter (1 tsp)	
		2	Banana / Apple + 3 almonds	1 small sized banana / Apple (140g) with overnight soaked and peeled almonds
*Mandatory		During Workout	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: 230 kcal - CARBOHYDRATE: 26g - PROTEIN: 26g - FAT: 3g				
Meal	Time	Options	Foods	Recipes Notes
Breakfast	Within 2 hrs from waking up / @8 to 9 am	1	Butter bread / Toasted bread + Peanut butter + Veg salad (1 cup)	Use 2 slices of wheat bread and 2 tbsp unsweetened peanut butter
		2	Bread omelet / Egg sandwich / Chicken sandwich	*Use 2 slices sandwich bread and 2 full eggs / 100g chicken
		3	Wheat / Ragi Dosa / Akki roti (2 nos) + egg curry or Sambar (1 cup)	*Use 50g flour to make dosa or roti and 2 eggs for curry

		4	Besan chila / Green gram dosa (2 nos) + Green chutney (2 kat)	*Use any greens to make chutney
		5	2 to 3 nos - Rice Idli / Dosa / Uttapam + Sambar (1 cup)	Use thick dhal and vegetables for making sambhar
		6	Protein Shake (1 glass) + 1 Egg omelet with veggies	*Use whey protein (take from post workout 1 scoop + 0.5 scoop), 200g of seasonal fruits, cup fresh cream and handful of nuts to make this recipe
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 making entire meal</i>		
		<i>*Choose low calories/carbs fruits & vegetables (Refer below document)</i>		
CALORIES: 470 kcal - CARBOHYDRATE: 60g - PROTEIN: 21g - FAT: 16.9g				
Snacks 1	After 2.5 hours from breakfast		Trail mix (Mixed - seeds 1 tsp + Nuts 1 to 2 nos)	#You could also eat it with breakfast
			0.5 tbsp Unsweetened Peanut butter	(optional - don't take more than twice in a week)
CALORIES: 49 kcal - CARBOHYDRATE: 5g - PROTEIN: 1.5g - FAT: 3g				
Multivitamin Supplement - (After Breakfast)				
Meal	Time	Options	Foods	Recipes Notes
Lunch	After 5 hrs from Breakfast	1	Chicken Rice / Pulao (2 Cup) with 1 boiled egg	*Use 150g Chicken and cup of mixed vegetables to make this
		2	Rice / any millets (1.5 cup) + Veggies Sambar or any NV Curry (1.5 cup)	Use thick dhal for making the sambhar
		3	Roti (2 nos) + Channa/ Any pulse / Paneer / Any NV (1.5 cup) curry + Veg salad (1 cup)	*Use 90g boiled chana OR Pulse / 50g Panner / 100g any NV to make this recipe

		4	Sambar / Curd rice (1.5 cup) + 1 Cup veg subji / Grilled Paneer (50g) or Tofu (100g)	*Use 100g hung curd to make curd rice
		5	Veg or NV Frankie Roll (2 roll) with Mayonnaise	
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 2 tsp of ghee / butter / coconut oil / olive oil for making entire meal</i>		
		<i>*Include green leafy vegetables at least thrice per week</i>		
CALORIES: 600 kcal - CARBOHYDRATE: 76g - PROTEIN: 29g - FAT: 23g				
Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)				
Snacks 2	After 3 hours from Lunch	*Mandatory	Whey Protein	Take one scoop with 200 ml of water
		1	Sundal (3/4 cup) / Roasted groundnut (50g)	*Mixed chana - (Green pea / horse gram / green gram / chickpea)
		2	Boiled OR Scrambled egg / Grilled Fish	*Use 2 full eggs or 180g any fish
CALORIES: 260 kcal - CARBOHYDRATE: 11g - PROTEIN: 35g - FAT: 7g				
Meal	Time	Options	Foods	Recipes Notes
Dinner	After 6 hrs from lunch	1	Egg - Pasta / Wheat Noodles (2 cup) with Veg salad (1 cup)	#Avoid any allergic causing foods
		2	BBQ / Grilled chicken (200g) with Tortilla (1 nos) and Veggies salad (1 cup)	
		3	Roti / Paratha (2 nos) with Soya / Tofu / paneer / NV curry (1.5 cup) + Veg salad	*Use 100g Soya or Tofu / 50g Panner / 100g any NV to make curry

		(1 cup)	
		4	Paneer / Chicken rice (2 cup) + veg salad (1 cup) *Use 60g paneer / 100g Chicken breast and cup of mixed vegetables to make this
		5	Bread omelet / Egg sandwich / Chicken sandwich *Use 2 slices sandwich bread and 2 full eggs / 100g chicken
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 2 tsp of ghee / butter / coconut oil / olive oil for making entire meal</i>		
CALORIES: 580 kcal - CARBOHYDRATE: 72g - PROTEIN: 39g - FAT: 14g			
Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)			

*** The above macros distribution is given for your convenience; you may combine the macros with other meals, but you must consume the total macros on the same day.

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