



# Live Fit Life

Diet Chart



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## CUSTOMIZED DIET PLAN

Name	Mrs Vanessa
LFL-ID	PTC1149
Age	41
Weight	65
Height	161
Body fat	36%
BMR (With Body Mass)	1290.25
BMR (With Lean Mass)	1056.25
TDEE	1452.34375
Target Calories	1300
Goal	FAT LOSS
Country	India
Diet Plan	LCD - NV

**Dear Vanessa,**

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 diet.

In this diet, you will be consuming 102g of carbohydrates 94.1g of Protein and 55.7 g 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.

## 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.

**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 90 days
Shelcal (Calcium + Vitamin D3)	Shelcal M	1 Tablet / Day	After Lunch for next 90 days
Omega 3	HealthKart HK Vitals OR Neuherbs OR Wow Life Science	(1000 to 1500 mg) - 1 tablet / day	Before bedtime (Night) for next 90 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 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	Black Coffee	#Refreshment beverage - Take this without sugar
		2	Black Tea	
		3	Green Tea	
Pre Workout	<b>*Based on your workout timing</b>	<b>*Mandatory</b>	Unsweetened Peanut / Almond Butter (0.5 tbsp)	
During Workout			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
<b>CARBOHYDRATE:7g, PROTEIN: 28g, FAT: 7g, CALORIES: 167kcal</b>				
Meal	Time	Options	Foods	Recipes Notes
Breakfast	Within 2 hrs from waking up	1	Eggs Omelette / Scrambled eggs (1 full egg + 2 white) + Vegetable Soup unstrained with cream (1 cup)	use 2 tsp of cream with the soup
		2	Green gram dosa / Idli (1-2 nos) + Mint OR Green chutney (1 kat)	
		3	Besan chila (1 nos) + veggies sambar (1 cup)	Use thick dhal for making the sambhar
		4	Paneer or tofu - salad / Bhurji with veggies (1/2 cup)	Use 60g of Paneer or 130g of Tofu to make this salad
		5	Mixed sprouts salad with vegetables (3/4 cup)	*Mixed chana - (horse gram / green gram / chickpea)
<b>Meal notes</b>		<b>Take 100g of seasonal fruit along with the every breakfast meal</b>		
		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		
		<b>*Only 1 teaspoon of coconut oil / Sunflower oil / olive oil / ghee / Butter should be added to the entire dish</b>		

Snacks	After 2.5 hours from breakfast / lunch	Seeds (1 tsp)		Prefer Mixed seeds
		Mixed nuts (1 to 2 nos in each)		*Choose nuts alternatively (Almonds, Walnut, Pistachio, Hazelnuts, Cashews)
<b>Multivitamin Supplement - (After Breakfast)</b>				
<b>CARBOHYDRATE:20g, PROTEIN: 19.1g, FAT: 24.3g, CALORIES: 386kcal</b>				
Meal	Time	Options	Foods	Recipes Notes
Lunch	After 5 hrs from Breakfast / 2 pm	1	Rice / any millets (3/4 cup) + Veggies Sambar (1.5 cup) / Chicken or Fish curry (1 cup) + 1 omlette	Use thick dhal for making the sambhar OR Use 80g chicken breast / fish to make the curry
		2	Roti (1 nos) + Channa/ Any pulse (1 cup curry) / 2 eggs bhurji + Veg salad (1 cup)	Use 80g boiled channa to make this recipe
		3	Sambar / Curd rice (3/4 cup) + 1 Cup veg subji or poriyal + 1 omelet	Use thick dhal for making the sambar rice / use hung curd for making curd rice
		4	Millet Kichadi / Veg Pulao (3/4 cup) + dal sambar (1 cup) + 1 boiled egg	<b>#Avoid any allergic causing foods</b>
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>*Only 1 teaspoon of coconut oil / Sunflower oil / olive oil / ghee / Butter should be added to the entire dish</i>		
		<i>*Include green leafy vegetables at least thrice per week</i>		
<b>Shelcal Supplement; (Calcium + Vitamin D3) - (After Lunch)</b>				
Evening	After 3 hours from Lunch	1	Sundal (1/2 cup)	*Mixed chana - (Green pea / horse gram / green gram / chickpea)
		2	Boiled / Scrambled egg - 1 egg	
		Green tea / Black coffee (1 cup)		Give break of 15-20 mins between your coffee or tea and other evening snacks
<b>CARBOHYDRATE:44g, PROTEIN: 32.4g, FAT: 13.4g, CALORIES: 460kcal</b>				

Meal	Time	Options	Foods	Recipes Notes
Dinner	After 6 hrs from Lunch	1	Jeera / Mushroom rice (1/2 cup) + 1 boiled egg / Grilled chicken (70g)	Incorporate 1 cup of mixed vegetables along with the recipe
		2	Chapathi / Paratha / Naan - 1 nos + Paneer or Tofu curry (3/4 cup) + Veg salad (1 cup)	You can take 75g of paneer or 150g of tofu to make this recipe
		3	Egg / Chicken Pulao with Mixed veggies (3/4 cup)	Use half cup rice, 1 full egg+1 white / 90g chicken breast and cup of mixed vegetables for making this recipe
		4	Idiyappam (1 -2 nos) / Upma (3/4 cup) + Peas sambar (1 cup)	Use 1/2 cup of boiled peas for making peas sambar / upma, *Use mixed veggies for making upma
		No carb meal replacement	Chicken breast (200g) with any form of veggies (1 cup) / 3 full eggs with Veggies salad	Find the below attachment for alternatives
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 1 teaspoon of coconut oil / Sunflower oil / olive oil / ghee / Butter should be added to the entire dish</i>			
	<i>*Choose low calories/carbs vegetables (Refer below this document)</i>			
<b>Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)</b>				
<b>CARBOHYDRATE:34g, PROTEIN: 14.6g, FAT: 11g, CALORIES: 321kcal</b>				

Ingredient	Alternatives	Quantity
Chicken breast (200g)	Mutton (Lean) + Reduce oil	180g + 1 tsp
	Any fish	190g
	Crab	200g
	Prawn (Large Tiger)	170g
	Full eggs + white	3 + 1
	Whey protein	2 Scoop
	Lean Beef	260g
	Paneer + Reduce oil	150g + 1 tsp

### 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
<b>Recommended Workout – (5 Days / week)</b>							
<b>Calories</b>	1300	1300	1300	1300	1300	STC	STC
<b>Target Weight Gain</b>	<b>0.5 to 1 kg</b>	<b>0.5 to 1 kg</b>	<b>0.3 to 0.8 kg</b>	<b>0.3 to 0.5 kg</b>	<b>0.2 to 0.5 kg</b>		
	<b>64.5 kg</b>	<b>64 kg</b>	<b>63.7 kg</b>	<b>63.5 kg</b>	<b>63.2 kg</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**

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- 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)**