



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Apsar
LFL-ID	PT1164
Age	29
Weight	74
Height	171
Body fat	22%
BMR (With Body Mass)	1668.75
BMR (With Lean Mass)	1505.75
TDEE	2333.9125
Target Calories	2000
Goal	Fat Loss
Country	India
Diet Plan	LCD - NV

Dear Apsar,

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

Based on your preference we have created a Veg & Non veg Low Carbohydrate Diet. In this diet, you will be consuming 221g of carbohydrates, 113g of Protein, and 62.6g 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.

What is a Low Carbohydrate Diet (LCD)?

A low carbohydrate diet is a dietary approach that restricts carbohydrate intake to 40% of total calorie intake, while increasing the proportion of protein and fat in the diet. The diet aims to promote weight loss and improve blood sugar control by reducing carbohydrate intake and emphasizing the consumption of whole, nutrient-dense foods.

High-carbohydrate foods such as bread, pasta, and rice are limited, while foods such as vegetables, fruits, lean proteins, and healthy fats are encouraged. Research suggests that this approach may be effective for weight loss and improving certain health markers.

How long should I stick to this diet?

If weight loss has stalled for 4-5 weeks while following a diet, it may be time to consider making some adjustments to the diet. One option could be to reduce calorie intake by 200-300 kcal per day, while still maintaining a low carbohydrate intake. This could help create a calorie deficit and promote weight loss.

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	2000	2000	2000	2000	2000	STC	STC
Target Weight Loss	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		
	73 kg	72.5 kg	72.2 kg	71.8 kg	71.7 kg		

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 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 - (Next 90 days)

**If you have been using the above supplement for more than 90 days, you may continue using them after a thorough health check and the advice of a doctor or a dietician.

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.

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	Chamomile tea	#Refreshment beverage - Take this without sugar
		2	Black Tea	
		3	Lemonade	
Pre Workout	*Based on your workout timing	1	Unsweetened Peanut / Almond Butter (1 tbsp)	
		2	Banana + 3 almonds	1 small banana with overnight soaked and peeled almonds
		3	Sesame seeds (0.5 tbsp)	Take roasted and powdered sesame seeds
During Workout		*	Lemon Water	Can take 500 ml of water with half lemon squeezed with a pinch of salt
Post Workout		Mandatory	Whey Protein	Take one scoop with 200 ml of water
NUTRITION VALUE		Carbohydrate: 25g, Protein: 27g, Fat: 3.3g, Calories: 232 kcal		
Meal	Time	Options	Foods	Recipes Notes
Breakfast	Within 2 hrs from waking up	1	Overnight oats (3/4 cup)	Use Rolled Oats (40g) + Unsweetened almond / peanut butter (1 tbsp) + 150ml Unsweetened cows / almond milk + Seasonal fruit
		2	(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 sambar / Use 100g any NV (lean) to make curry
		3	Butter bread / Toasted bread + Peanut butter + Veg salad (1 cup)	Use 2 slices of bread and 1 tbsp unsweetened peanut butter
		4	Chicken or Egg sandwich	Use 2 slices of bread and 100g of NV (lean) or 2 full eggs for this recipe

		5	Kichadi / Upma with peas (1 cup) + Sambhar (3/4 cup) / 2 eggs curry	Use handful of peanuts to the recipes
		6	Millet porridge (1 cup) + Veg salad (1 cup)	Use any millet flour (50g) + Nuts (Snacks quantity) to make this recipe
Meal notes		Take 100g of seasonal fruit along with the every breakfast meal		
		<i>Every meal should include one cup of mixed vegetables in any form (salad, kuttu, poriyal, aviyaal, or thogayal), or you can add them to the dishes</i>		
		*Only 1 teaspoon of ghee / butter / coconut oil / olive oil should be added to the entire dish		
		<i>*Choose low calories fruits & vegetables (Refer below document)</i>		
Multivitamin Supplement - (After Breakfast)				
NUTRITION VALUE		Carbohydrate: 67g, Protein: 19.5g, Fat: 13.3g, Calories: 500 kcal		
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
NUTRITION VALUE		Carbohydrate: 10g, Protein: 3g, Fat: 6g, Calories: 100kcal		
Meal	Time	Options	Foods	Recipes Notes
Lunch	After 5 hrs from Breakfast	1	Rice / any millets (1 cup) + Veggies Sambar (1 cup) / Chicken or Fish curry (1 cup)	Use thick dhal for making the sambhar OR Use 150g chicken breast / fish / any NV / 2 eggs to make the curry
		2	Roti (2 nos) + Channa/ Any pulse (1 cup) + Veg salad (1 cup)	Use 100g boiled chana to make this recipe
		3	Sambar / Curd rice (1 cup) + 1 Cup veg sabji or poriyal + 1 egg omelet	Use thick dhal for making the sambar rice / use hung curd for making curd rice
		4	Millet Kichadi / Veg Pulao (1 cup) + dal sambar (1 cup)	#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, aviyaal, or thovayal), or you can add them to the dishes</i>		

		<i>Every meal should be accompanied by a glass of buttermilk made with 100g of curd or Greek yoghurt</i>		
		<i>*Only 1 teaspoon 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>		
NUTRITION VALUE		Carbohydrate: 62g, Protein: 28g, Fat: 16.5g, Calories: 527 kcal		
Evening time		1	Sundal (1/2 cup)	*Mixed chana - (Green pea / horse gram / green gram / chickpea)
		2	Boiled / Scrambled egg - 1 egg	
NUTRITION VALUE		Carbohydrate: 5g, Protein: 5g, Fat: 3g, Calories: 70 kcal		
Meal	Time	Options	Foods	Recipes Notes
Dinner	After 7 hrs from Lunch	1	Jeera / Mushroom rice (1 cup) + Grilled chicken (150g) / 2 eggs gravy	Incorporate 1 cup of mixed vegetables along with the recipe
		2	Chapati / Paratha / Naan - (2 nos) + Chicken or Paneer curry (3/4 cup) + Veg salad (1 cup)	You can take 70g of paneer or any 100g NV (lean) to make the curry
		3	Chicken Pulao/Pasta with Mixed veggies (1.5 cup)	Use half cup rice/Pasta, 150g chicken breast OR any NV (lean) and cup of mixed vegetables for making this recipe
		4	Idiyappam (3 nos) / Upma (1 cup) + Peas sambar (1 cup)	Use 3/4 cup of boiled peas for making peas sambar, *Use mixed veggies for making upma
		5	Bread omelet	Use 3 slice brown bread + 3 full eggs + Veggies
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 100g of curd or Greek yoghurt</i>		
		<i>*Only 1 teaspoon of ghee / butter / coconut oil / olive oil should be added to the entire dish</i>		
		<i>*Choose low calories vegetables (Refer below this document)</i>		
NUTRITION VALUE		Carbohydrate: 53g, Protein: 30g, Fat: 20.5g, Calories: 537 kcal		

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.

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