



# Live Fit Life

Diet Chart



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## CUSTOMIZED DIET PLAN

Name	Lavanya
LFL-ID	PT1166
Age	42
Weight	69
Height	5.4
Body fat	36%
BMR (With Body Mass)	1335
BMR (With Lean Mass)	1086
TDEE	1683.3
Target Calories	1450
Goal	Fat Loss
Country	India
Diet Plan	LCD - NV

**Dear Lavanya,**

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 156g of carbohydrates, 111g of Protein, and 45g 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
<b>Recommended Workout – (5 Days / week)</b>							
<b>Calories</b>	1450	1450	1450	1450	1450	STC	STC
<b>Target Weight Loss</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>67 kg</b>	<b>66.5 kg</b>	<b>66.1 kg</b>	<b>65.8 kg</b>	<b>65.7 kg</b>		

**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 Nutralite	1 Tablet / Day	After Breakfast - For 90 days
Shelcal (Calcium + Vitamin D3)	Shelcal M	1 Tablet / Day	After Lunch - For 90 days
Omega 3	HealthKart HK Vitals OR Neuherbs OR Wow Life Science	(1000 to 1500mg) - 1 tablet / day	Before bed time (Night) - For 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](mailto:nutrition@livefitlife.in).

## 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 one 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	Overnight oats (3/4 cup)	Use Rolled Oats (30g) + Unsweetened almond / peanut butter (0.5 tbsp) + 150ml Unsweetened cows / almond milk + Seasonal fruit
		2	(2 nos) - Idli OR (1 nos) - Dosa / Uttapam + 3/4 cup dhal sambar / 1 full egg + 1 white or NV curry	Use thick dhal and vegetables for making sambar / Use 80g any NV (lean) to make curry
		3	Butter bread / Toasted bread + Peanut butter + Veg salad (1 cup)	Use 2 slices of bread and 0.5 tbsp unsweetened peanut butter
		4	Chicken or Egg sandwich	Use 2 slices of bread and 80g of NV (lean) or 1 full egg + 1 white for this recipe
		5	Kichadi / Upma with peas (3/4 cup) + Sambhar (3/4 cup) / 2 eggs curry	Use handful of peanuts to the recipes
		6	Millet porridge (3/4 cup) + Veg salad (1 cup)	Use any millet flour (40g) + Nuts (Snacks quantity) to make this recipe

<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, aviyaal, 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	*Mandatory	Seeds (1 tsp)	<p>*Consider your 1st day of period as day one</p> <ul style="list-style-type: none"> <li>● <b>Day 1 to Day 14</b> - Take Pumpkin seed and Flax seed (freshly ground)</li> <li>● <b>Day 14 to Day 28</b> - Take Black sesame seed and sunflower seed</li> </ul>
			Mixed nuts (2 to 3 nos in each)	*Choose nuts alternatively (Almonds, Walnut, Pistachio, Hazelnuts, Cashews)
<b>Multivitamin Supplement - (After Breakfast)</b>				
<b>CARBOHYDRATE:66g, PROTEIN: 13.5g, FAT: 12.7g, CALORIES: 376kcal</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 omelet	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 chana 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 sambhar / 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>
	After 30 - 45 from lunch	1 glass of green tea - without sugar		
<b>Meal notes</b>		<b>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</b>		

		<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>				
<b>CARBOHYDRATE:39g, PROTEIN: 27.4g, FAT: 10.4g, CALORIES: 390 kcal</b>				
<b>Evening</b>	<b>After 3 hours from Lunch</b>	<b>*Mandatory</b>	Whey Protein	Take half scoop with 200 ml of water
		1	Sundal (1/2 cup)	*Mixed chana - (Green pea / horse gram / green gram / chickpea)
		2	Boiled / Scrambled egg - 1 egg	
<b>CARBOHYDRATE: 6g, PROTEIN: 17.5g, FAT: 3.5g, CALORIES: 156 kcal</b>				
<b>Meal</b>	<b>Time</b>	<b>Options</b>	<b>Foods</b>	<b>Recipes Notes</b>
<b>Dinner</b>	<b>After 6 hrs from Lunch</b>	1	Jeera / Mushroom rice (1/2 cup) + 1 boiled egg / Grilled chicken (70g)	Incorporate 1 cup of mixed vegetables along with the recipe
		2	Chapati / 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
<b>Meal notes</b>		<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 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>*Choose low calories/carbs vegetables (Refer below this document)</i>		

<b>Bed Time</b>	<b>30 to 45 mins before bed time</b>	<b>*Optional</b>	<b>Chamomile tea</b>	<b>Helps to better sleep</b>
<b>Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)</b>				
<b>CARBOHYDRATE: 38g, PROTEIN: 24.6g, FAT: 11.4g, CALORIES: 380 kcal</b>				

## Medical Guidelines

### Hypothyroidism:

Hypothyroidism is a condition in which the thyroid gland doesn't produce enough thyroid hormones. While there isn't a specific diet for hypothyroidism, some foods may interfere with thyroid function and medication absorption, and thus it is recommended to avoid or limit them. Here are some foods that people with hypothyroidism may want to avoid or limit:

1. **Soy products:** Soy contains compounds called isoflavones, which can interfere with thyroid hormone production and absorption.
2. **Cruciferous vegetables:** Vegetables such as broccoli, cauliflower, cabbage, and kale contain goitrogens, which can interfere with thyroid function by blocking the uptake of iodine.
3. **Gluten-containing grains:** Some people with hypothyroidism may have an autoimmune condition called Hashimoto's thyroiditis, which is associated with gluten sensitivity. Avoiding gluten-containing grains like wheat, barley, and rye may help improve symptoms.
4. **Fatty and processed foods:** Fatty foods can interfere with thyroid hormone production and absorption, and processed foods often contain added sugars and unhealthy fats that can contribute to weight gain, which is a common problem for people with hypothyroidism.
5. **Sugary foods:** High sugar intake can lead to insulin resistance, which can interfere with thyroid hormone production and exacerbate hypothyroid symptoms.

It is important to note that these foods do not need to be completely avoided, and some people may be able to consume them in moderation without any negative effects.



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**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.**

<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).

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## 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](mailto:Nutrition@livefitlife.in)**