



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Basic Details

Name	Menaka
LFL-ID	LPC1117
Age	27
Weight	62.5
Height	157
Body fat	34%
BMR (With Body Mass)	1310.25
BMR (With Lean Mass)	1097.25
TDEE	1700.7375
Target Calories	1300
Goal	Fat loss
Country	India
Diet Plan	KETO - PHASE 2

Dear Menaka,

Based on your request we are changing your diet plan to a Ketogenic diet phase 2. Kindly start the diet from tomorrow to keep the diet on track. In this diet, you will be consuming 38.8 g of carbohydrates, 95g of Protein and 79g of fat.

What is a ketogenic diet?

The main idea behind a keto diet is to shift your body's metabolism. Instead of mainly burning carbohydrates to obtain energy, your body will switch to burning fats and ketones. In

order to achieve this effect, you will need to change the proportion of your macronutrient intake. The typical keto macros ratio is 70% fats, 5% carbohydrates, and 25% protein.

Once the structure of your macros changes, your body will enter a state called ketosis. Since you're not providing enough carbohydrates to allow it to generate energy from glucose, your body will start burning fat. When your body breaks down fat stored in your cells to produce energy. The ketosis sets in your body after 3-4 days of following the keto diet.

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.

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.

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 diet it is important to intake Micronutrients supplements to keep our internal functionality healthy. So kindly take the below supplements.

Supplement Name	Suggested Brand	Dosage	Time to be taken and Duration
Multi vitamin	A to Z OR Zincovit OR Nutrilite	1 Tablet / 4 days in a week	After Breakfast for next 30 days *For B complex - follow till Keto
B Complex	Healthvit	1 tablet / 3 days in a week	
Shelcal (Calcium + Vitamin D3)	Shelcal XT	1 Tablet / Day	After Lunch for next 30 days
Omega 3	HealthKart HK Vitals OR Neuherbs OR Wow Life Science	(1000 to 1500mg) - 4 days in a week	Before bed time (Night) / Choose alternative days for next 30 days *For Isabgol & Biotin - follow till Keto
Isabgol	Cipla OR Dabur OR Patanjali	5g OR 1 Tsp / 3 days in a week	
Biotin			

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	1300	1300	1300	1300	1300	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		
	62 kg	61.5 kg	61 kg	60.5 kg	60 kg		

Note:

- If you do not exercise at least 4 to 5 days per week, the above-mentioned weight loss progression may not happen.
- Another important factor in achieving the target weight is sticking to a diet, stress management and adequate sleep.

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 / Glass of water + 1 tsp lemon juice		Helps to remove toxins from your body
Early morning	06:00	*Mandatory	Keto bulletproof coffee (1 cup)	Use coconut oil / 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
Post Workout			Whey Protein	Take half scoop with 200 ml of water
CARBOHYDRATE: 1g, PROTEIN: 12.5g, FAT: 5.5g, CALORIES: 100kcal				
Meal	Time	Options	Foods	Recipes Notes
Breakfast	Within 2 hrs from waking up	1	Protein Shake	Use - Whey protein (from post workout) + Unsweetened almond / peanut butter (3 tbsp) + 250ml Unsweetened almond/coconut milk + Nuts (from snack)
		2	Scrambled eggs / Boiled eggs with veggies salad	Use 3 full eggs and cup of mixed vegetables to make this recipe
		3	Paneer or Any red meat Grilled / Sauteed	
		4	Keto bread omelet	Use 2 slices of keto bread with 2 full eggs
Meal notes		<i>*Only 1 tsp coconut oil / Sunflower oil / olive oil / mixed oil should be added to the entire dish</i>		
		<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>*Choose low carbs vegetables (Refer below document)</i>		
B Complex / Multivitamin Supplement - (After Breakfast)				

Snacks	After 2.5 hours from breakfast	*Mandatory	Trail mix (Mixed seeds 0.5 tbsp + Nuts 3-4 nos)	#You could also eat it with breakfast
CARBOHYDRATE: 14.1g, PROTEIN: 30.3g, FAT: 21.1g, CALORIES: 370 kcal				
Meal	Time	Options	Foods	Recipes Notes
Lunch	After 5 hrs from Breakfast	1	Egg fried rice with grilled fish	Use cauliflower rice 1.5 cup, any fish 120g + 2 full eggs
		2	Panner/Egg salad with veggies	Use 70g paneer / any 70g cheese / 3 full eggs with a cup of veggies to make this recipe
		3	Chicken breast or Any Fish Grilled / Sauteed / Salad	Chicken breast OR any fish 200g / Any red meat 150g
		4	Veg Cauliflower fried rice with eggs omelet / Grilled chicken breast	Use 2 cup cauliflower rice with 3 full eggs OR 150g 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>*Only 1 tsp coconut oil / Sunflower oil / olive oil / mixed 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	#Boost metabolism- Take this without sugar
		2	Green Tea	
Evening	After 3 hours from Lunch	*Mandatory	Boiled / Scrambled egg - 1 egg	
CARBOHYDRATE: 15g, PROTEIN: 24.3g, FAT: 24.3g, CALORIES: 400 kcal				

Meal	Time	Options	Foods	Recipes Notes
Dinner	After 7 hrs from Lunch	1	Keto roti with paneer or tofu curry	use keto or almond flour (30g) for roti and 50g paneer or 100g tofu or 2 full eggs for curry
		2	Grilled chicken with baked beans	Use 250g chicken or 200g any NV with 1 cup of veggies
		3	Shrimp Fried Cauliflower Rice	Use 150g shrimp/Prawn and 2 cup of cauliflower rice
		4	Palak Paneer or Tofu with Veg salad	Use 75g paneer or 150g tofu / 3 full eggs + 1 tbsp fresh cream
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 tsp coconut oil / Sunflower oil / olive oil / mixed oil should be added to the entire dish</i>		
		<i>*Choose low carbs vegetables (Refer below document)</i>		
Isabgol (5g) / Omega 3 / Biotin Supplement; (1000 to 1500 mg) - (Before Bed Time)				
CARBOHYDRATE: 8.7g, PROTEIN: 27.5g, FAT: 27.7g, CALORIES: 400kcal				

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