



# Live Fit Life

Diet Chart



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## CUSTOMIZED DIET PLAN

Name	Priya
LFL-ID	PT1159
Age	36
Weight	73.2
Height	155
Body fat	42%
BMR (With Body Mass)	1359.75
BMR (With Lean Mass)	1052.75
TDEE	1631.7625
Target Calories	1200
Goal	Fat loss
Country	India
Diet Plan	<b>LCD</b>

**Dear Priya,**

Based on your request we are changing your diet plan to LCD (Low Carbs Diet). Kindly start to follow tomorrow to keep the diet on track. In this diet, you will be consuming 102g of carbohydrates 88g of Protein and 46.2g of Fat

Since you were on a keto diet, when switching to a low carb diet you may gain some pounds but that will be purely water weight because every gram of carbohydrate will hold 4 grams of water, so you can ignore the change in weight.

Once the low carb diet sets in well, it will take a week to see the changes, patience is the key in a low carb diet. 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.

Important Note: There is a high possibility that you might deviate from the diet by adding little extra carbs than the recommended, so be very cautious on measuring the ingredients properly.

### What is a Low Carbohydrate Diet (LCD)?

A low carbohydrate 40% 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.

Prediction Chart	Week1	Week2	Week3	Week4	Week5	Week6	Week7
	(Mar 21st to 27th)	(28th to Apr 4th)	(5th to 11th)	(12th to 18th)	(19th to 25th)		
Recommended Workout – (5 Days / week)							
Calories	1200	1200	1200	1200	1200	STC	STC
Target Weight Loss	0 to 0.5 kg	0.2 to 0.5 kg	0.3 to 0.5 kg	0.3 to 0.8 kg	0.2 to 0.5 kg		
	73.2	72.9	72.6	72	71.7	**Subject to change	

**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.**

Supplement 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 30 days *For B complex - can take until the quantity runs out
B Complex	Healthvit OR Pfizer Capsules	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 - can take until the quantity runs out
Isabgol	Cipla OR Dabur OR Patanjali	5g OR 1 Tsp / 3 days in a week	

**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.

## 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	*Based on your workout timing	*Mandatory	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	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)
Meal notes		<b>Take 100g of seasonal fruit along with the every breakfast meal</b>		
		<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>		
		<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)		<p><b>*Consider your 1st day of period as day one</b></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 (1 to 2 nos in each)		*Choose nuts alternatively (Almonds, Walnut, Pistachio, Hazelnuts, Cashews)
<b>Multivitamin Supplement - (After Breakfast)</b>				
<b>CARBOHYDRATE:18g, PROTEIN: 19.1g, FAT: 19.3g, CALORIES: 340kcal</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 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 sambarrice / 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>
<b>Meal notes</b>		<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	1	Sundal (1/2 cup)	*Mixed chana - (Green pea / horsegram / green gram / chickpea)

	<b>Lunch</b>	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: 26.4g, FAT: 8.9g, CALORIES: 385kcal</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	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	<b>Find the bellow attachment for alternatives</b>
<b>Meal notes</b>		<p><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></p> <p><i>*Only 1 teaspoon of coconut oil / Sunflower oil / olive oil / ghee / Butter should be added to the entire dish</i></p> <p><i>*Choose low calories/carbs vegetables (Refer below this document)</i></p>		
<b>Omega 3 Supplement; (1000 to 1500 mg) - (Before Bed Time)</b>				
<b>CARBOHYDRATE:34g, PROTEIN: 14.6g, FAT: 11g, CALORIES: 321kcal</b>				

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<b>Ingredient</b>	<b>Alternatives</b>	<b>Quantity</b>
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



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).

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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)**