

DIET PREPARATION & GROCERY LIST



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Lot of us including myself, have already tried to be on diet with whatever knowledge we have, but we couldn't get proper result, have you ever wondered why ?

$$X + Y = ?$$

This means if we don't know the input we have given, then we can't get the result we are expecting.

$$\text{"20 + 30 = 50"}$$

Our body is responding based on how much nutrition we are providing according to the activities we are doing in day to day life. So it is mandatory to calculate the macros (Protein, Carbs, Fat) in each and every meal to bring the result based on our goal.

Based on your goal our diet and nutrition team is preparing the diet by calculating each & every ingredients and crafting a perfect customized diet with proper protein, carbs & fat.





However the measurements and quantity mentioned in the chart can't give the result if you are not able to follow it 100%. There are two possible reasons which may interrupt your diet.

- Schedule your trips & travels .
- Keep all the required things available.

“ As If we fail to plan, we are planning to fail ”.

So it is mandatory to plan & stock the groceries and veggies for a week at least. So please buy the below things as per your requirement.

Get a Kitchen Weighing scale to measure the food & ingredients.

Long Stocks (* Mandatory)

1. *Coconut oil
2. *Paneer or cottage cheese
3. Cheese cubes,
4. Cheese slice,
5. Fresh cream,
6. Butter 500gm pack,





- 6.*Almonds,
- 7.Chilli sauce,
- 8.Tomato sauce,
- 9.Eggs 2-3 trays,
- 10.*Almond flour or keto Atta
- 11.*Unsweetened Peanut Butter or Almond Butter Soya chunks

Short Stocks:

Veggies - Get leafy and flower vegetables like (Broccoli, Lettuce, Mushroom, Cauliflower, Spinach, Cabbage)

Meat - Chicken, Or Fish Or Any other preferred meat.

Supplements:

Whey Protein Concentrates

Multivitamin - 1 Strip

Shelcal 500mg 1 Strip (Calcium + Vit D3)

Omega 3 (Recommended dosage 2000mg/per day)





All the Best for
your preparation...