



# Live Fit Life

## Diet Chart



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## CUSTOMIZED DIET PLAN

Name	Mr. Sivakumar
LFL-ID	PTC1056
Age	45
Weight	78.7
Height	167
Body fat	29%
BMR (With Body Mass)	1673.19
BMR (With Lean Mass)	1360.419
TDEE	2108.64945
Target Calories	1600
Goal	Fat Loss
Medical History	NIL
Diet Plan	LCD - Egg & Veg (For Veg Diet, Replace 6 Egg White with 100g of paneer and remove 25g of fat from other source)

Time	Food	Quantity	Carbs	Protein	Fats	Calories	Diet Notes
After Wakeup	1 glass of water	250 ml	0	0	0	0	Drinking water on empty stomach, helps to activate internal organs
	Green tea with lemon	100 ml	0.4	0	0	2	Helps to boost Immunity
Post Workout	Whey protein	1 scoop	2	24	1	120	Drink 200ml of water after workout
Breakfast	Oats	40g	27.4	4.7	3.8	163	Or use Replacements
	Black berry	50g	5.3	0.5	0.3	27	
	Tofu	200g	4.8	16.4	9.4	164	
	Eggs	5 Egg White	0	17.5	0.5	102	
Snacks	Soaked Almonds	5	1.3	1.3	3	35	
	Detox Tea (Lemon + Ginger/Cumin Seeds)	100ml (1 tsp of each)	1.3	0.4	0.5	9	Support healthy Digestion

Time	Food	Quantity	Carbs	Protein	Fats	Calories	Diet Notes
Lunch	Broccoli/Cauliflower/Beans/Capsicum	150g	9.9	4.2	0.6	51	Adding Leafy Vegetable is mandatory for fiber
	Chappathi	3 piece / 50g	30	6.75	6	162	
	Eggs	6 Egg White	0	21	0.6	102	
	Tofu	200g	4.8	16.4	9.4	164	
	Coconut Oil	8g	0	0	7	63	
Snacks	Soaked Almonds	5	1.3	1.3	3	35	Soaked in water for 6 - 8 hours
	Greek Yogurt	50g	1.8	5	0.2	30	Support healthy Digestion
Dinner	Brussel Sprouts / White Mushroom	100g	9	3.4	0.3	43	Excellent Source of Vitamins & Minerals
	Coconut Oil	8g	0	0	7	63	Make Egg curry with Veggies or use replacements
	Tofu	200g	4.8	16.4	9.4	164	
	Eggs	6 Egg White	0	21	0.6	102	
Total			104.1	160.25	62.6	1601	

## Notes:

1. Timing used as generic, please have the meal in your timing accordingly
2. You can swap food in different timing as per your convenience, but all the food should have been taken before EOD
3. You can replace protein for protein, fat for fat, do not replace or swap both. Please check with me before you do
4. Plan your food if you are travelling out, maintaining this diet as 100% is mandatory criteria in Ketogenic Diet.

Alternatives	Replace	Quantity
Broccoli/Cauliflower/Beans 150g	Broccoli/Cauliflower/Okra/Spinach/Lettuce/Turkey Berry (Sundakai)/Green Beans/Bitter Gourd/Capsicum	150g
Brussel Sprouts / White Mushroom 100g	Broccoli/Cauliflower/Okra/Spinach/Lettuce/Turkey Berry (Sundakai)/Green Beans/Bitter Gourd/Capsicum	150g
Oats 50g	Cereals	50g
	Wheat Bread	3 slices
	Corn flakes	45g
	Muesli	45g
Chapati 3 / 50g	White Rice	150g
	Wheat Dosa/Idli	3
Soaked Almonds 5	Chia Seeds	6g
	Cashews	4 Pieces
Tofu 200g	Cheese 100 & remove 18g fat from other food	100- 18g
	Paneer 100- 16g fat	100g - 16g
Egg Whites (5)	Paneer	100g + Remove 25g of fat from other source
Coconut Oil 0.5 tbsp	Extra Virgin Olive Oil	0.5 tbsp
	Butter	8 g

Things can be used optionally (Max use upto 5 ingredients/day)	
Onion	Half (30g)
Chilli	2,3
Ginger Garlic paste	1 tsp (10g)
Seasoning	Yes
Curry, coriander Leaves	Yes
Lemon	Yes
Turmeric Powder	Yes
Chilli Powder	Yes
Tomato Sauce	1 tsp
Chili Sauce	1 tsp
Soy Sauce	1 tsp

### " The First Wealth is Health "

#### Weight Loss Tips:

1. Drink plenty of water cumin seeds 1 tsp
2. Eat balanced meals at least every 3 hours
3. Engage in regular physical activity and exercise
4. Get enough sleep

#### 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.

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- 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 travelling 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 'Myfitnesspal'.
  - 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.

### **Frequently asked questions:**

#### **What is a healthy diet?**

The fundamental principle to a healthy diet comes down to one word; balance. Many other factors are included to ensure a balanced diet, but essentially eating enough food that provides the range of nutrients your body requires encourages the promotion of good health. It is important to ensure this variety of foods, guaranteeing a broad range of the nutrients, vitamins and minerals that your body needs. When you are receiving too little or too much of certain elements, this can result in health problems. That is why moderation and control of your diet is important. For example, fats are a necessary part of your diet, but when they exceed the body's required amount, it can be stored in the body, potentially causing problems, most importantly cardiovascular issues.

#### **How can you benefit from a healthy diet?**

Eating a healthy diet most obviously will assist you in losing weight, but healthy eating has many other benefits. Changing your diet can significantly improve your general health, tackling diseases associated with heart conditions and cholesterol, as well as aiding diabetes, types of cancers, and even depression. Those who eat a balanced and healthy diet are generally considered to live longer lives because of these health benefits. Diet changes can also boost energy levels as high sugar and fat based foods are generated into energy quickly and so run out quickly, leaving us fatigued. Healthier foods release energy at a slower rate, producing a slower and more sustainable release of energy over a longer period of time. Healthy eating can not only improve your body but can change your mood; making you feel more positive and more relaxed, particularly when combined with exercise.

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## **How can you achieve a healthy diet?**

The general rules for healthy eating is that natural foods are generally healthy, and if a product has been overly processed it may contain unhealthy ingredients such as added sugars or 'bad' fats. Cutting down on sugars, fats and salts is usually a good place to start when changing a diet as these elements are usually the problem, and instead, replace them with natural products such as fruits, veg, nuts, seeds grains and so on. The key to a healthy diet is balance and ensuring the correct amounts of each dietary element. Your diet should include a range of carbs, proteins, vitamins and minerals, fats and dairy, which in appropriate amounts can help you feel the health benefits that follow with a healthy diet.

## **What is the relationship between eating healthily and calories?**

Calories are your body's source of fuel. We need to refuel our energy supply by eating food, yet many diets have branded calories as our enemy for weight, yet calories are a necessary part of our lives. A regular man should aim for around 2500 calories, and a woman around 2,000 calories per day for a healthy diet, unless trying to lose weight. Generally high calorie foods indicate a higher amount of salt, sugars or fat, yet some foods that are naturally high in calories are a useful, nutritious inclusion to a healthy diet. Corn, nuts, avocados, olive oil, and whole grain breads are all calorie-rich but beneficial foods, providing a variety of nutrients needed in your diet and also providing long lasting satisfaction to other healthy foods that fail to fill you up.

## **Are carbs unhealthy?**

Many popular diets brand carbs as bad for your waistline and therefore your health, which when consumed excessively with other nutrients can have a negative effect, but carbs are an essential element to your diet. Many different foods contain carbs, including the typical foods such as pastas and breads, yet fruits and vegetables also contain carbohydrates, which are a healthy source of not only energy but also vitamins and nutrients. Processed carbohydrates can impact your health, and when trying to lose weight restricting carbs may be helpful, but carbs are a significant element to a balanced diet and when consumed sensibly contribute greatly to your healthy eating.

## **Are foods that contain sugar unhealthy?**

Sugar can be an enemy to a healthy diet, tasting so delicious in a variety of foods and even hidden in foods that you wouldn't suspect. Yet it is important to address the difference between natural and added sugars for a healthy diet. Sugars are carbs which provide a vital source of energy and nutrition, yet many popular foods have sugar added to them, this is when sugars become unhealthy. Fruits and some



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vegetables contain naturally occurring sugars which are considered healthy when not consumed in overly excessive amounts, but added sugars provide nearly no nutritional value and contribute significantly to weight gain, damaging your health diet. It is therefore important to check the labels to ensure no products contain hidden added sugars.

### **How can a healthy diet affect cholesterol?**

Cholesterol is a fat based substance that is needed within the body, but when present in excessive amounts can cause serious health problems. Low density cholesterol will cause blocks in the arteries, significantly increasing the risk of heart disease, all is not lost however as the levels of bad cholesterol can be reduced by what you eat. Not eating enough protective fats such as nuts and seeds, along with

eating high saturated fat foods increases the cholesterol found in the blood. Basic changes such as consuming more fruits, vegetables, lean or fat-free animal products and high fibre foods will reduce your cholesterol levels and reduce the risk of cardiovascular diseases.

### **What is omega-3 and why should you eat it?**

As healthy eating and fitness become more present in the consciousness of society, much debate has surrounded whether fats should be included into a healthy diet and if so which fats. As the tag word 'superfood' has emerged, omega-3 has been branded as the superfood of the fat group, proving to be particularly beneficial for many issues. These include depression, memory loss, heart issues, joint and skin problems, and the general promotion of health and wellbeing, both physically and mentally. Found most richly in fish based foods, omega-3 is considered as an essential fatty acid for a healthy diet.

### **How important are fruit and veg?**

To achieve a healthy diet, vegetables and fruit must be a vital feature to ensure the access to a mixture of vitamins and minerals that are abundant within them. Not only do fruit and veg provide a rich source of vitamins, minerals and antioxidants, they also serve as a source of energy, aid weight loss and can be an influential tool in the prevention of disease. Vegetables and fruit can improve the functions of the heart, kidneys, and bones and prevent the onset of cancers, diabetes and other diseases. Without the inclusion of fruits and veg, your body will be considerably deficient in vital nutrients needed for all bodily functions from the working of the brain to growing hair and nails.

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**In what way is fiber healthy?**

Fiber is an essential element for any balanced diet, its main purpose is the promotion of digestive health and the movement of the digestive system, but fiber also has many other health benefits. Prevention of heart disease, diabetes, weight gain, cancers and so on is all influenced by fiber, making it a necessary part of a healthy lifestyle. Both soluble, being ingested into the body to assist with the reduction of cholesterol and nutritional value, and insoluble, assisting the movement of food through the digestive system, are very important for the smooth functioning of the body and when deficient can result in serious health problems. Fiber can be found in a variety of foods such as oats, cereals, breads, rice, vegetables and fruits and so on are easily implemented into any type of diet and lifestyle.

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