



Live Fit Life

Diet Chart



CUSTOMIZED DIET PLAN

Name	Janaha Sri
LFL-ID	PTC1116
Age	21
Weight	61.5
Height	154
Body fat	35%
BMR (With Body Mass)	1312
BMR (With Lean Mass)	1157.64
TDEE	1921
Target Calories	1600
Goal	FAT LOSS
Country	Indian
Diet Plan	Keto - NV

Dear Janaha Sri,

As we have clearly analysed your current diet and what you have been going through, and based on your health analysis, we would like to suggest you **“Keto”** for fat loss. In this diet you will be consuming less than your maintenance calories with a minimum amount of carbohydrate, moderate protein and appropriate fat to use your stored fat as energy.

For this you have to keep your daily activity level as 5-6 days in a week. Every day you have to be engaged in any sort of physical exercise or sports. Your Burning calories should be more than intake calories.

In the initial days we will be observing your health & Body condition based on the diet change, if anything needs to be eliminated or included from the diet then will suggest you to proceed with that after a consultation.

Do's & Don'ts

- Aim to drink 3 – 4 litres 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 starvation. Intake all the mentioned macros quantity within that day.
- Do not sauté or deep fry the food, avoid processed , artificial foods. (canned, ketchups, sauces)
- Take any mentioned meal or snacks for every 3 hours. Feeding healthy nutrition for every 2.5 – 3 hours will keep your body in 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.

Your wakeup time is the start of the day & your sleep time is the end of the day.

After Wakeup:

2 glass of water (500 ml)

It will activate your internal organs and help in preparing your body for the day routine.

Time	Food	Quantity	Carbs	Protein	Fats	Calories
After wakeup	1 Glass of water	250 ml	0	0	0	0
	Butter	20g	0	0	16	144

	Black coffee	100 ml	0.4	0	0	2
	Coconut oil	1 tbsp	0	0	13.5	121

Make Paneer Bhurji Or Egg & Paneer Omelette or Egg & Veg Fry

Time	Food	Quantity	Carbs	Protein	Fats	Calories
Breakfast	Paneer	50g	2.5	8.1	11	142
	Coconut Oil	0.5 tbsp	0	0	7	63
	Broccoli/Cauliflower/Beans/Capsicum	75g	3.3	2.1	0.3	25.5
	Butter	12g	0	0.1	9.7	86
	Eggs	2 Full Eggs	0	12	10	140

Alternatives	Replace with one of below
Paneer	Cheese cubes 2 , Mozzarella cheese 50g
Eggs	You can add 25g of paneer of 1 egg for Veg Diet

Snacks

- Taking Snacks in between can reduce your hunger.
- You can include the snacks in any of the meals as well.

Time	Food	Quantity	Carbs	Protein	Fats	Calories
Snacks	Greek Yogurt	50g	1.8	5	0.2	29.5
	Detox Drink (Lemon + Ginger/Cumin Seeds)	100ml (1 tsp of each)	1.3	0.4	0.5	9
	Almonds	3	0.8	0.8	1.8	21

Lunch

- Make Palak Chicken or Chicken with other vegetables salad with chicken.

- Make Cauliflower rice instead of palak - <https://youtu.be/qZ3kW3oBmGg>

Time	Food	Quantity	Carbs	Protein	Fats	Calories
Lunch	Coconut Oil	1	0	0	14	126
	Spinach Palak	1/2 bowl	1.55	1.25	0.95	16.5
	Butter	12g	0	0.1	9.7	86
	Chicken breast	130g	0	31.2	1.43	137.8

Alternatives	Replace with one of below
Spinach Palak	Cauliflower/Broccoli/Spinach/ Brussel Sprouts/Capsicum/ Bitter Gourd/ Asparagus/Okra

**** Choose Veg Replacement for Veg Diet**

Alternatives	Replace with one of below	Quantity
Chicken 130g	Mutton (Lean) + (Reduce 0.5 tbsp oil)	145g
	Catla Fish	145g
	Crab	170g
	Prawn (Large Tiger)	130g
	Tuna Fish + Reduce 0.5 tbsp oil	130g
	Egg Whites	5
	whey protein	2. scoop
	Lean Beef	195g
	Soya Chunks + Reduce 20g of oats	54.4
	Cottage Cheese/Paneer + Reduce 1 tbsp oil	195g

Evening Snacks

Time	Food	Quantity	Carbs	Protein	Fats	Calories
Snacks	Almonds	3	0.8	0.8	1.8	21
	Green tea with lemon	100 ml	0.4	0	0	2

Time	Food	Quantity	Carbs	Protein	Fats	Calories
Post Workout	Whey protein	1 scoop	2	25	1	120

Dinner

- You can make any recipe you want with soup, salad, burji, curry, fry, cutlet.
- When replacing with Paneer, make sure the quantity is matched with nutrition content.
- Make Cauliflower rice instead of palak - <https://youtu.be/qZ3kW3oBmGg>

Time	Food	Quantity	Carbs	Protein	Fats	Calories
Dinner	Coconut Oil	0.5 tbsp	0	0	7	63
	Broccoli/Cauliflower/Beans/Capsicum	75g	3.3	2.1	0.3	25.5
	Eggs	2 Full Eggs	0	12	10	140
	Butter	12g	0	0.1	9.7	86

**** Choose Veg Replacement for Veg Diet**

Alternatives	Replace with one of below
Paneer	Cheese cubes 2 , Mozzarella cheese 50g
Eggs	You can add 25g of paneer of 1 egg for Veg Diet

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

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 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.

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 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 checkup on their existing or current health issues.

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.

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 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.

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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