

BEGINNERS GUIDE TO



FIND OUT HOW MUCH YOU NEED TO EAT FOR QUICK AND EASY WEIGHT LOSS!

Must READ IF YOU'RE...

1. Tired of dieting and going hard at the gym and NOT seeing any results.
2. Ready to do something that actually works and fits in with your lifestyle.
3. Confused about how many calories you need to eat to lose weight.



How Much Do I Need to Eat to Lose Weight?

You need to eat less than the required number of calories to maintain your current bodyweight, and more than the amount required for your body to not be in survival mode and shut down your metabolism.

This is the simple answer to how much you need to eat to lose weight.

The two variables *you* control when it comes to losing weight are:

- 1.) Eating less
- 2.) Increasing your activity levels

Our bodies require fat for survival as a stored energy source. If your body thinks that there is no food coming in, this might affect your survival and your body will stop your attempts at losing weight.

To lose weight, your daily calorie intake must be *above* your healthy metabolism point and *below* your daily required calories for your current weight, so your body can start working towards a calorie intake to support a smaller you.



Working out is a important factor for losing weight, but your calorie intake is the foundation for weight loss.

STOP.

To skip reading this Guide and Get Started Quickly:

Follow these boxes, and get started in less than 5 minutes.

Fat Loss is All About Energy Balance

Everything you eat must be Accounted for...

There are some “nutrition experts” out there who will try to tell you that calories from certain foods don’t count.

This couldn’t be further from the truth and numerous amounts of research has proved this to be false.

Every single food you consume contains an amount of energy (i.e. calories).
No matter the type of food.

Fact Box:

“If we eat more calories than our body requires, we will gain weight. If we eat less calories than our body needs, we will lose weight”

- Dr. Layne Norton

Yes, even vegetables have calories and need to be counted into your daily calorie intake, which I will talk about more later in the section.



Weight Loss is Easy

Most people fail in their weight loss attempts because of this following reason:

They simply eat more than they burn.

It’s not your metabolism, or your lack of willpower. It’s simply eating more than you burn.

Fact Box:

“It is estimated that you need to burn about 3,500 calories to lose a pound, or you gain a pound every 3,500 calories you consume above your maintenance calories.”

For Example:

If your daily calorie intake to lose weight comes to 2200 and you consume an extra 250 calories in protein or vegetables,

you created a calorie surplus.

Making it impossible for you to lose weight.

Now that we explained the importance of eating less and burning more calories,

and the fact that every calorie you consume is either *aiding* your weight loss or *hindering* it,

You probably want to know how to determine the number of calories you need to eat to lose weight.

Before we determine that, we need to first determine your maintenance calories.

How Much to Eat Daily for Easy Fat Loss

To summarize everything we have learned so far:

To lose weight we need to create a calorie deficit, which is eating lesser calories than our maintenance calories.



Your maintenance calories are the total number of calories your body burns in a day to maintain your current weight.

Therefore,

In order to burn fat and lose weight, you must eat 20% less calories than your maintenance caloric amount, to allow your body to use your stored body fat as fuel.

Knowing your maintenance calories allows you to get the best results in the least amount of time.

It also tells you how many calories you should be consuming to reach your weight loss goals.

To figure out your maintenance calories you have to do some simple math.

First,

Easy method:

To skip the calculations, use this fast and easy calculator to find your estimated maintenance level calories - and continue on step 6 below.

<https://tdeecalculator.net>



We start out with determining your BMR (Basal Metabolic Rate), which is part of your maintenance calories.

To lose weight you have to know how much to eat and adjust the amount as you progress to prevent your body from hitting a plateau.

Your BMR is the estimated amount of calories your body needs at rest without any activity added at all.

Your BMR is calculated using the popular Muller Equation.

The Muller Equation is calculated using the variables of *gender, body weight, Lean Body Mass, and Body Fat percentage*.

The equation itself is not complicated to perform.

To save time, online calculators are provided on various sites to give individuals an accurate BMR reading.

*** You can scroll to the bottom of this section to plug in your number in the calculator link provided to obtain your maintenance calorie number***

Having an accurate BMR is important for anyone wanting to lose weight.

When you have determined your BMR, it can be used as a foundation for your ultimate weight loss goal.

Remember the results from this equation are just an estimate, which you're going to use as a starting point.

I will show you how to make accommodations to this calorie number later in the guide.

Lets get **STARTED!**

Muller Equation

$(13.587 \times \text{Lean Body Mass}) + (9.613 \times \text{Fat Mass}) + (198 \times \text{Sex}) - (3.351 \times \text{Age}) + 674$
=BMR

Female

for **Sex**, you insert a 0



Male:

for **Sex**, you insert a 1

Step 1: Find Your Body Fat Percentage

How to find your Body Fat Percentage

Use one of the following:

Skin fold callipers

BIA

DXA scans

Underwater weighing

Bod Pod

Navy Body Fat Measurement

*** If you cannot determine your body fat percentage at this moment, you can scroll to the bottom of this section and the link provided will let you calculate your body-fat without a body fat calculation***

Step 2: Find Your Lean Body Mass

LBM (LEAN BODY MASS) = body weight (kg) – (body Fat Percentage (decimal) x body weight (kg))

For Example,

A 25-year-old woman weighs 70kg and has 27% body fat

LBM = body weight (kg)- (body fat (dec.) x body weight (kg))

LBM = 70 – (0.27 x 70) = 52kg

Step 3: Find your Fat Mass (FM)

FM = body weight - LBM

FM (FAT MASS) = 70kg-52kg= 18kg



Female

$$(13.587 \times \text{LBM}) + (9.613 \times \text{FM}) + (198 \times \text{Sex}) - (3.351 \times \text{Age}) + 674 = \text{BMR}$$

$$(13.587 \times 52) + (9.613 \times 18) + (198 \times 0) - (3.351 \times 25) + 674 = 1470 \text{ Calories}$$

Now that you know your BMR you have to determine the second part of your Maintenance calories.

Which are the calories you burn while you exercise.

The range starts at 1.2 and goes to 1.9

Step 4: Find Your Activity Level

Activity Factor guide

1.2: Sedentary

1.375: Light Activity

1.55: Moderate Activity

1.725: Very Active

1.9: Extra Active



Step 5: Calculate Your Maintenance Calories

Select your appropriate activity level and multiply it with your BMR, which equals your Maintenance calories.

For Example,

Our 70kg woman.

$$1470 \text{ (BMR)} \times 1.55 = 2279 \text{ (Maintenance)}$$

If you don't want to do these calculations, click this link <https://tdeecalculator.net>. To get an estimated Maintenance calorie number.

Step 6: Now Determine Your Daily Calorie Intake to Lose Weight *(Final Step)*

Subtract your Maintenance calorie number by 20%, to figure out the calories you should be eating daily to burn fat and lose weight at a steady long-term pace.

For Example,

$$(2279) \text{ Maintenance} \times 0.20 = 456$$
$$= 2279 - 456 = 1823 \text{ (daily calorie intake to lose weight)}$$

This will give you a good foundation to jumpstart your weight loss.

How Many Calories to Lose Weight:

Take the calories you calculated from the TDEE Calculator and Subtract 20% from the amount.

How Accurate Is This Number?

No calculation is 100% accurate.

To determine the most accurate Maintenance calorie number, you have to do a little experimenting.

The best way to figure out if your Maintenance number is accurate is to weigh yourself first thing every morning for a week.

You then take your weight from all 7 days, add them, and then divide them by 7 which will give you the average and let you if you stayed the same, or you lost weight.

Do this for 4 weeks.

For Example:

If in that period you lost 1 kg, then that means you are calorie deficit and you should stick with the number of calories you are consuming.

If you gained 1 kg then that means you are not calorie deficit, and you need to reduce the amount of calories you are eating by 5%.

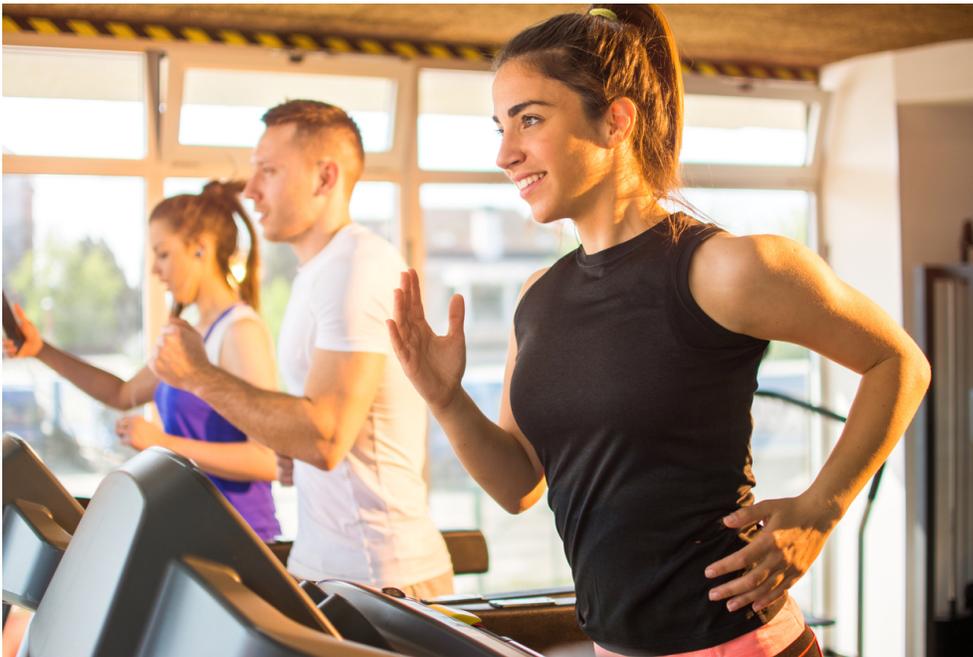
Get Started:

You now know enough to get started with your weight loss goals!

Take the Calorie amount you calculated to lose weight and eat this amount each day.

Adjust the formula again each time you hit a wall.

How Much Weight Do I Need to Lose?



How much weight you need to lose is dependent on the amount of body fat percentage you have compared to your body's ideal amount of body fat percentage.

The total weight loss required = body fat loss required / % of weight from body fat

*** (0.713, this number is given and is the standard % of weight from body fat)*

How to reach your ideal body fat percentage:

Female Chart:

Age	Athlete	Ideal	Average	Overweight	Obese
16-25	12-19%	20-23%	24-30%	31-33%	34+%
25-35	13-20%	21-26%	27-32%	33-35%	36+%
36-45	14-23%	24-27%	28-35%	36-38%	39+%
46-55	15-24%	25-30%	31-37%	38-40%	41+%
55+	16-28%	29-33%	34-38%	39-41%	42+%

Male Chart:

Age	Athlete	Ideal	Average	Overweight	Obese
16-25	3-8%	9-16%	17-22%	23-25%	26+%
25-35	6-12%	13-18%	26-28%	26-28%	29+%
36-45	7-13%	14-22%	28-30%	28-30%	31+%
46-55	9-18%	19-25%	31-33%	31-33%	34+%
55+	10-20%	21-26%	33-35%	33-35%	36+%

Looking at the chart the 25-year-old 70kg woman has 27% of body fat and needs to lose 7% to be her ideal body fat percentage of 20%. Therefore, the equation for her **body fat loss required** is:

Body fat loss required = current body weight x body fat you need to lose (dec.)
= 70kg x 0.07 = 5 Kg
her body fat loss required is 5 Kg

To figure out your total weight loss required, you use the equation below:
Total weight loss required = body fat loss required / 0.713

Continuing with the woman's example:
5kg / 0.713 = 7kg is total weight loss required.

Now that you know how much weight you need to lose, next we will cover how long it will take you to lose the excess weight.



How Long Will it Take Me to Reach My Goal Weight?

It's recommend to lose 0.6% of body weight per week.

The average range is 0.4-0.8% of body weight per week.

To figure out *how long* it's going to take you to lose weight, first you have to figure out *how much* weight you need to be losing per week.

For Example:

The woman who weighs 70kg.

If she loses a standard of 0.6% (0.006 dec.) of her body weight per week:

Weight loss per week = $0.006 \times \text{current body weight}$

so that's $0.006 \times 70\text{kg} = 0.42 \text{ kg}$ of weight loss per week.

To Figure Out the Total Amount of Time it Will Take You to Reach Your Ideal Weight:

Total number of weeks = $\text{total weight loss required} / \text{weight you lose per week}$.

$7 \text{ kg} / 0.42 = 17 \text{ weeks}$

Now that we know how long it's going to take you to lose the weight to reach your goal weight, you're on your way to burning off the fat and transforming how you look and feel!

In Summary



I know all these calculations may seem like a lot of math and planning, but this step is vital in your weight loss progress.

Without knowing how much you need to eat to lose weight, the results you want won't happen.

Because, at the end of the day, weight loss is **calories in and calories out**.

What's Next?

Want to figure out how many **Carbs, Proteins** and **Fats** you should be eating to take your weight loss to the next level?

Look out for our next Macro Nutrient Fat Burn Guide to understand exactly what kind of calories you need to be consuming to shape your dream body!

