

STEP 1

Use the 3 steps below to determine your Daily Calories

1. Your Current Weight in Pounds x 11

Take your current weight and multiply that number by 11.

Example: **170 x 11 = 1870**

2. Your Baseline + 400 (Fix Calorie Burn)

Using the number determined above (Step 1), add 400.

Example: **1870 + 400 = 2270**

3. Your Caloric Needs – 750 (Deficit)

Using your Step 2 number, subtract 750.

Example: **2270 - 750 = 1520**

The number you calculate from Step 3 is your Calorie Target for each day

NOTE: If the number you calculated in Step 3 is below 1200, you should round back up to 1200. If your number was above 2300, then you should round down to 2300. DO NOT go below 1200 calories and **DO NOT** go above 2300 calories.

STEP 2

Below your daily calorie count, you'll find the number of servings you are allowed every day for each food group.

PORTION	1200 – 1499 Calories	1500 – 1799 Calories	1800 – 2099 Calories	2100 – 2300 Calories
Vegetables: 1 Cup, 250 ml	3	4	5	6
Fruits: 1 Cup, 250 ml	2	3	3	4
Lean Protein: 3/4 Cup, 200 ml	4	4	5	6
Carbohydrates: 1/2 Cup, 150 ml	2	3	4	4
Cheese or Nuts: 1/3 Cup, 100 ml	1	1	1	1
Seeds: 2 Teaspoons	1	1	1	1
Oils or Nut Butter: 1 Teaspoon	2	4	5	6