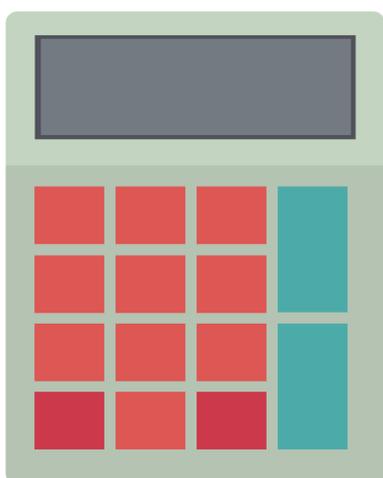


JP's Simple Calorie Calculator

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DISCLAIMER

The information in this article is offered for educational purposes only; the reader should be cautioned that there is an inherent risk assumed by the participant with any form of any nutrition protocols. With that in mind, those participating in any dietary changes should consult their physician before making any serious changes. Anyone participating in these activities should understand that such changes may be dangerous if performed incorrectly. The author assumes no liability for health complication; this is purely an educational manual to guide those already proficient with the demands of such protocols.

INTRO

Welcome to my simple calorie calculator.

I've got a confession to make. It's not actually a calculator.

You have to do some math.

This is also not going to be a crash diet. This is a moderate deficit.

This means that you should lose about 0.5-1lb per week.

If you are losing more than that, I recommend increasing calories by 100-200.

If you are losing less than that, I recommend increasing activity a bit more, and reducing calories by 100.

Grab a calculator, pen and paper and let's begin.

I am going to give you 3 different options based on convenience and simplicity.

Option 1

Take your goal body weight and multiply it by 12.

Example:

Jen has a goal to weigh 135 pounds.

$$135 \times 12 = 1620 \text{ Calories}$$



9 times out of 10 this method is the simplest and easiest to use, and it is usually right on the money for sustainable fat loss.

Option 2

Take your current body weight and multiply by 15.

Then subtract 500-700.

Example:

Jen weighs 165 pounds

$$(165 \times 15) - 500 = 1975$$



This method is a bit more conservative usually, but is a good starting point without cutting calories too low too quickly.

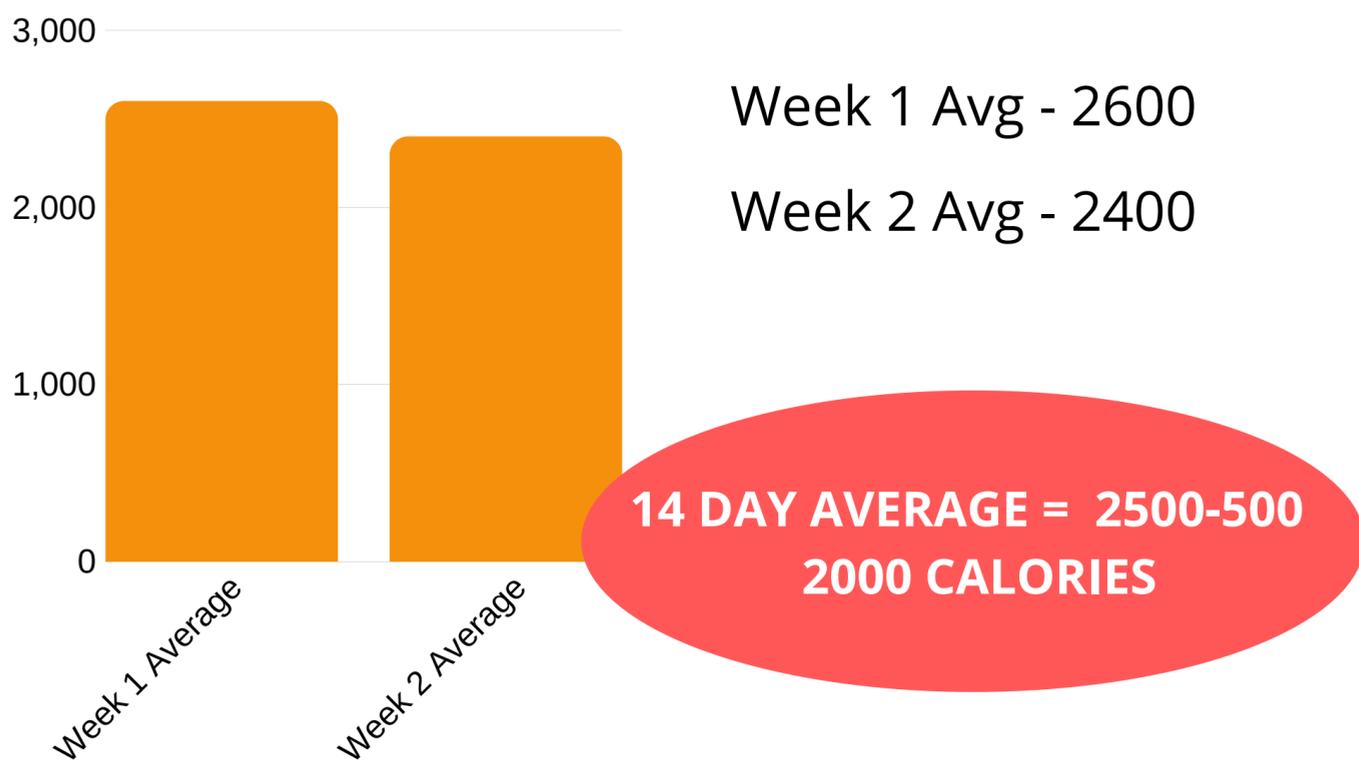
Option 3

Track your current diet for the next 2 weeks, meticulously.

Once you have 14 days worth of calories add them up and divide by 14.

Once you have that number, subtract 500.

Example:



This method is probably the most accurate due to it actually taking an average of what you are currently eating.

Final Thoughts

There are many ways to get to the same goal. The most important this is that you are **PATIENT**.

Once you start seeing weight loss of 0.5-1lb per week, stick with it for 4 weeks before adjusting.

There will be lots of times when you want to adjust and keep cutting calories, but resist the urge. You will only make the process more challenging on yourself.

After some time, you will lose fat, and you will plateau. This is where you will need to readjust your calories slightly. My advice? Be patient and reduce slowly by 100-200 calories. The slower you go, the better chance of the weight staying off long term.

Keep it slow and steady my friend, and you will find yourself on a trajectory towards your goals.

Any questions? Hit me up anytime at
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Talk soon.

-JP