



CALORIE COUNTING FOR WEIGHT LOSS



 Health Beet

STEP 1 FIND CALORIE GOAL

Determine daily calorie goal using the widget at <https://healthbeet.org/calorie-counting-for-weight-loss/>

DAILY CALORIE GOAL:

STEP 2 PLAN YOUR MEALS

Fill in daily calorie planner with your favorite foods for breakfast, lunch, snack and dinner. Choose any eating style or diet program that you'll ENJOY the food on.

STEP 3 ADD THE CALORIES

Search each food you added to your planner using MyFitnessPal, Google, or Nutritiondata.self.com. Determine the amount of each food needed at to reach, and not exceed your daily calorie goal.

STEP 4 SHOP

Plan your shopping list so you are prepared to eat the meals on your planner. It's OK to eat the same meals for several days in a row to keep it simple.

STEP 5 EAT & TRACK

Track your food after you eat, on paper or in an app that tracks calories. Keep your planner visible so you can follow your plan and stay within your calorie budget.