

SIMPLE CALORIE CALCULATOR

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INTRO

Figuring out how many calories you should be consuming for fat loss can be confusing and overwhelming. I want to make it SUPER simple for you.

I do have to admit, the title of this guide is a tad deceiving because I don't have a fancy app in this article to do all the calculations for you. :)

You will have to do some calculations and math.

Sorry. But, it really isn't too bad.

Before we get into it, I want you to keep in mind that these calculations are not for rapid fat loss. I rarely prescribe rapid fat loss for my clients unless they have A LOT of weight to lose.

The reason being, it isn't sustainable and can create a poor relationship with food.

I'm going to give you **3 simple options** to calculate your calorie deficit number.

They are more moderate + sustainable so you can be more consistent with this.

A sustainable calorie deficit will create sustainable fat loss.

With these calculations, you should lose about 0.5lb-1lb per week.

Keep this in mind if you get frustrated that you aren't losing weight more quickly. Okay, let's get started!

OPTION 1

STEP 1: Figure out your goal weight. This should be a weight that you feel most comfortable at and it needs to be realistic. If you're currently 160 lbs and have an ideal body weight of 120 lbs and you've never been 120 lbs, I'd recommend rethinking it. Choose a realistic number where you truly feel you will be your best self at. Also, keep in mind that this number can change over time. You may decide you're more comfortable at a higher weight. This is just a baseline to get you started.

STEP 2: Take your goal body weight and multiply it by 12.

Example:

Nancy currently weighs 150 lbs but wants to weight 135 lbs.

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

That's it. Pretty simple!

OPTION 2

STEP 1: Track your current diet for the next 2 weeks. Be accurate and be meticulous.

STEP 2: Once you have 14 days worth of calories, add them up and divide by 14.

STEP 3: Once you have that number, subtract 500.

Example:

Week 1 Average - 2400

Week 2 Average - 2200

14 Day Average = 2300

$2300 - 500 = 1800$

This method is probably the most accurate since you're actually taking an average of what you're currently eating.

OPTION 3

STEP 1: Take your current body weight and multiply by 15

STEP 2: Subtract that by 500-700

Example:

Nancy currently weighs 160 lbs.

$$(160 \times 15) - 500 = 1900$$

This method can be a bit more conservative, but it's a good starting point without cutting calories too low, too quickly.

If you find that you aren't losing at least 0.5 lbs per week, you can try increasing activity and reducing the calories by 100.

CALORIE DEFICIT FOR BREASTFEEDING MOMS

If you're currently breastfeeding, here are some things to keep in mind.

First, you need to know that this may take some trial and error. You will need to pay attention to your milk supply and adjust as needed.

On average, women burn 500-700 calories daily while breastfeeding. There's about 20 calories in each ounce of breast milk so if you're producing 25 ounces/day, that's 500 extra calories you're burning.

The amount of calories burned daily depends on your baby's age, how often you're nursing/pumping, growth spurts, if your baby supplements with formula, if your baby is eating solids, and of course how much milk you're producing.

500-700 calories is a lot! It's no wonder you're ravenous while breastfeeding!

As a side note, some women tend to lose weight easily while breastfeeding, while for some, it's much more difficult. This could be due to a number of reasons: hormones being a big one!

HORMONES

Prolactin is a hormone that tells your milk glands in your breasts to make more breast milk.

Every time your baby latches, prolactin is released.

Studies show that (non-breastfeeding) people who have high prolactin levels often gain weight, feel tired, and have less energy.

While breastfeeding, you have about 10 times as much prolactin as the average person.

Prolactin suppresses the hormone Adiponectin.

Adiponectin promotes a faster metabolism, gives you energy, and helps break down fat.

So, in essence, prolactin can be a fat metabolism inhibitor.

Sounds like a big bummer, but there are ways you can continue to breastfeed and also work to increase Adiponectin.

Here are 3 suggestions that you can easily incorporate into your lifestyle:

1. Exercise. Shoot for at least 30 minutes, 3 times a week.
2. Fiber. This can increase your levels by 60-115%!
3. Fish Oil. Fish, omega-3s, avocados, nuts, olives. This can increase your levels by 14-60%.

In order for anyone to lose weight, you need to be in a caloric deficit.

This means that your calories out needs to be greater than your calories in. This can be tricky while breastfeeding because you don't want to lose your milk supply.

Here are some tips to avoid losing your milk supply while in a calorie deficit:

1. Wait at least 2-3 months before doing anything consciously to lose weight. This will allow your body to establish a healthy milk supply. Also, you are recovering! Give yourself a break.
2. Drink lots of water. Shoot for 100oz.
3. Don't cut out too many calories. Kelly Mom recommends that you eat at least 1500-1800 calories per day and that women should stay in the high end of this range. Please note, that some women will require more, so just pay attention to your body. You don't want to starve yourself.
4. Don't try to lose more than 1 or 1.5lbs per week. This should be a gradual process.
5. Focus on adding foods to your diet.
 1. Foods high in protein and fiber will keep you full for longer and help you feel more satisfied. You'll end up eating fewer calories in the long run. As a new mom, you are sleep deprived which can make you more snacky and munchy, but these foods can help combat that.
 2. Add Fruits and Veggies to every meal. They're full of vitamins and minerals and will also help crowd out more processed foods.
6. AVOID quick fix solutions or diets. Say NO to liquid diets, low-carb diets, fad diets, weight loss supplements, juice cleanses. Throw all of that in the garbage, PLEASE do not let their marketing suck you in.
7. Exercise. If it's safe to do so and your doctor gives you the green light, begin exercising. Strength training is so important to help you build muscle. The more muscle you have, the more calories your body will burn daily while just resting.

How to Determine Your Calorie Deficit?

OPTION 1:

1. Search TDEE online for a calculator to determine your Total Daily Energy Expenditure.
2. ADD 200-250 calories to your TDEE. Remember, this is an estimate to give you a starting point. You might need to add 400 calories instead. This is where I recommend you watch your milk supply and re-evaluate often to determine if you need more calories

OPTION 2:

1. Multiply your bodyweight (in pounds) by 15
2. Add 200 calories to this number. Remember, this is an estimate to give you a starting point. You might need to add 400 calories instead. This is where I recommend you watch your milk supply and re-evaluate often to determine if you need more calories

I can't stress enough how important it is to listen to your body and monitor your milk supply. When entering a calorie deficit, it produces some stress on your body. Keep this mind if you are sleep deprived and stretched in other ways due to motherhood, returning to work, etc.

The answer might be to wait until you're done breastfeeding to do a calorie deficit. Every woman is different and every pregnancy/postpartum is different so it's very individual.

WHAT'S NEXT?

Now that you have your daily calorie goal, what should you do now?

In order to see the most progress, aim for 80-90% consistency.

You do not need to be 100% perfect! I don't want you to be. You need to have a day or 2 to have a mental and physical reset from cutting.

What does 80-90% consistency look like?

In a month of 30 days, this means you are on track with your daily calorie goals 24-27 of those days. That means you have 3-6 days where you are not hitting your calorie goal perfectly.

How long should I be in a cut?

In terms of timeline, you can choose. I would give it at least 4 weeks before you try something different.

You can go 4 weeks and then back to maintenance for 2 and then back to cutting for 4. Or you could stay in a cut for a little longer and then back to maintenance.

Everyone is different and will have different needs based on your body, goals, lifestyle, fitness, etc.

I want you to be patient and remember that sustainable fat loss takes time.

If you feel like you aren't getting results, don't give up and don't change up your calories before 4 weeks of 80-90% consistency. You need to stick with it for at least 4 weeks before changing your plan.



Another thing to keep in mind is that the scale is fickle! Your weight will fluctuate day to day. There are many reasons for this with the main culprit being water retention. I go into more detail in [this article](#).

You got this!

Don't give up.

Let me know if you need any help! Seriously, email me.

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And as always, if you want more individualized help, check out my 1:1 coaching page for more info. ☺

Christy