

THE 21 DAY DETOX

Lifestyle & Weight Management

Calorie Intake Formula

FIGURE OUT YOUR INTAKE LEVEL:

Your current weight _____ X 11 = _____

Your caloric baseline (from above) _____ + 400 (fix calorie burn) = _____

The fix calorie burn (from above) _____ - 750 (calorie deficit) = _____

That is roughly how many calories you're going to NEED TO EAT.




If you're final # is below 1,200 - round up to 1,200. If it's more than 2,300 - round down to 2,300.

Serving Chart

FIND THE CALORIE BRACKET THAT CORRESPONDS WITH YOUR CALORIE LEVEL

Below you will see food categories and several colored squares, on the left side bar. If you are using containers or measuring cups, that number is the amount of servings you are allowed each day. If there is a 4 after the Vegetable category that means you will be filling the 1 cup measuring cup or green container 4x each day (4 cups / servings).

Don't starve yourself thinking that eating less will do more! This is a myth and a sure way of putting your metabolism into a starvation mode. Do your best to consume the adequate servings recommended.

Food Category	Serving Size	1,200-1,499 calories	1,500-1,799 calories	1,800-2,099 calories	2,100-2,300 calories
Vegetables 	1 cup	3	4	5	6
Fruit 	1 cup	2	3	3	4
Proteins 	3/4 cup	4	4	5	6
Complex carbs 	1/2 cup	2	3	4	4
Nuts, Dairy, Good Fats 	1/3 cup	1	1	1	1
Seeds, Olives, Dressings 	2 tbsp.	1	1	1	1
Oils, Nut & Seed Butters	1 teas.	2	4	5	6