

Magic Formula for Weight Loss

The magic amount of calories for weight loss is about 1100 per day. A little more (about 1200) if a woman is very active – exercising a lot. The calories have to be in the right ratio of protein, carbohydrate and fat in order for the person to get the right nutrients and not feel hungry.

Your daily allowances should be as follows:

(Approximate amounts are fine)

Protein 21-28 grams per meal -> around 77-98 grams per day

Carbohydrate 27-36 grams per meal -> 99-126 grams per day

Fat 4.5-9 grams per meal -> 19.5-33 grams per day

On the days you work out consume towards the higher ends of grams for each.

Now the carbohydrates have to be vegetables so keep in mind the following:

Example - one cup of cooked broccoli has about 10 grams of carbs. So to add up between 27 - 36 you have to eat 3-4 cups. When your carbohydrates are vegetables, you have to eat a lot of them to get enough.

Potatoes have more carbs per serving, so you eat less of those