

The most important factor is to be conscious of what is going in your body. If you stay within the A list foods your room for error drops dramatically. Track your food for a few days to see where you are at. After 3 to 5 days, you should have an idea where you are at. Keep it going if you find it beneficial.

Female Caloric Intake Low Days

Eat this much 4 to 5 days out of the week broken up into 6 meals								
Weight	Calories	Carbs	TD Carbs	Pro	TD Pro	Fat	TD Fat	Calories per meal
100	1100	23	138	14	83	4	24	183
105	1155	24	144	14	87	4	26	193
110	1210	25	151	15	91	4	27	202
115	1265	26	158	16	95	5	28	211
120	1320	28	165	17	99	5	29	220
125	1375	29	172	17	103	5	31	229
130	1430	30	179	18	107	5	32	238
135	1485	31	186	19	111	6	33	248
140	1540	32	193	19	116	6	34	257
145	1595	33	199	20	120	6	35	266
150	1650	34	206	21	124	6	37	275
155	1705	36	213	21	128	6	38	284
160	1760	37	220	22	132	7	39	293
165	1815	38	227	23	136	7	40	303
170	1870	39	234	23	140	7	42	312
175	1925	40	241	24	144	7	43	321
180	1980	41	248	25	149	7	44	330
185	2035	42	254	25	153	8	45	339
190	2090	44	261	26	157	8	46	348
195	2145	45	268	27	161	8	48	358
200	2200	46	275	28	165	8	49	367
205	2255	47	282	28	169	8	50	376
210	2310	48	289	29	173	9	51	385
215	2365	49	296	30	177	9	53	394
220	2420	50	303	30	182	9	54	403
225	2475	52	309	31	186	9	55	413
230	2530	53	316	32	190	9	56	422
235	2585	54	323	32	194	10	57	431
240	2640	55	330	33	198	10	59	440

TD= Total Daily

Pro = Protein

Carbs= Carbohydrates

Female Caloric Intake High Days

Eat this much 2 to 3 days out of the week broken up into 6 meals

Weight	Calories	Carbs	TD Carbs	Pro	TD Pro	Fat	TD Fat	Calories per meal
100	1450	30	181	18	109	5	32	242
105	1523	32	190	19	114	6	34	254
110	1595	33	199	20	120	6	35	266
115	1668	35	208	21	125	6	37	278
120	1740	36	218	22	131	6	39	290
125	1813	38	227	23	136	7	40	302
130	1885	39	236	24	141	7	42	314
135	1958	41	245	24	147	7	44	326
140	2030	42	254	25	152	8	45	338
145	2103	44	263	26	158	8	47	350
150	2175	45	272	27	163	8	48	363
155	2248	47	281	28	169	8	50	375
160	2320	48	290	29	174	9	52	387
165	2393	50	299	30	179	9	53	399
170	2465	51	308	31	185	9	55	411
175	2538	53	317	32	190	9	56	423
180	2610	54	326	33	196	10	58	435
185	2683	56	335	34	201	10	60	447
190	2755	57	344	34	207	10	61	459
195	2828	59	353	35	212	10	63	471
200	2900	60	363	36	218	11	64	483
205	2973	62	372	37	223	11	66	495
210	3045	63	381	38	228	11	68	508
215	3118	65	390	39	234	12	69	520
220	3190	66	399	40	239	12	71	532
225	3263	68	408	41	245	12	73	544
230	3335	69	417	42	250	12	74	556
235	3408	71	426	43	256	13	76	568
240	3480	73	435	44	261	13	77	580

TD= Total Daily

Pro = Protein

Carbs= Carbohydrates

Male Caloric Intake Low Days

Eat this much 4 to 5 days out of the week broken up into 6 meals

Weight	Calories	Carbs	TD Carbs	Pro	TD Pro	Fat	TD Fat	Calories per meal
150	1950	41	244	24	146	7	43	325
155	2015	42	252	25	151	7	45	336
160	2080	43	260	26	156	8	46	347
165	2145	45	268	27	161	8	48	358
170	2210	46	276	28	166	8	49	368
175	2275	47	284	28	171	8	51	379
180	2340	49	293	29	176	9	52	390
185	2405	50	301	30	180	9	53	401
190	2470	51	309	31	185	9	55	412
195	2535	53	317	32	190	9	56	423
200	2600	54	325	33	195	10	58	433
205	2665	56	333	33	200	10	59	444
210	2730	57	341	34	205	10	61	455
215	2795	58	349	35	210	10	62	466
220	2860	60	358	36	215	11	64	477
225	2925	61	366	37	219	11	65	488
230	2990	62	374	37	224	11	66	498
235	3055	64	382	38	229	11	68	509
240	3120	65	390	39	234	12	69	520
245	3185	66	398	40	239	12	71	531
250	3250	68	406	41	244	12	72	542
255	3315	69	414	41	249	12	74	553
260	3380	70	423	42	254	13	75	563
265	3445	72	431	43	258	13	77	574
270	3510	73	439	44	263	13	78	585
275	3575	74	447	45	268	13	79	596
280	3640	76	455	46	273	13	81	607
285	3705	77	463	46	278	14	82	618
290	3770	79	471	47	283	14	84	628

TD= Total Daily

Pro = Protein

Carbs= Carbohydrates

Male Caloric Intake High Days

Eat this much 2 to 3 days out of the week broken up into 6 meals

Weight	Calories	Carbs	TD Carbs	Pro	TD Pro	Fat	TD Fat	Calories per meal
150	2505	52	313	31	188	9	56	418
155	2589	54	324	32	194	10	58	431
160	2672	56	334	33	200	10	59	445
165	2756	57	344	34	207	10	61	459
170	2839	59	355	35	213	11	63	473
175	2923	61	365	37	219	11	65	487
180	3006	63	376	38	225	11	67	501
185	3090	64	386	39	232	11	69	515
190	3173	66	397	40	238	12	71	529
195	3257	68	407	41	244	12	72	543
200	3340	70	418	42	251	12	74	557
205	3424	71	428	43	257	13	76	571
210	3507	73	438	44	263	13	78	585
215	3591	75	449	45	269	13	80	598
220	3674	77	459	46	276	14	82	612
225	3758	78	470	47	282	14	84	626
230	3841	80	480	48	288	14	85	640
235	3925	82	491	49	294	15	87	654
240	4008	84	501	50	301	15	89	668
245	4092	85	511	51	307	15	91	682
250	4175	87	522	52	313	15	93	696
255	4259	89	532	53	319	16	95	710
260	4342	90	543	54	326	16	96	724
265	4426	92	553	55	332	16	98	738
270	4509	94	564	56	338	17	100	752
275	4593	96	574	57	344	17	102	765
280	4676	97	585	58	351	17	104	779
285	4760	99	595	59	357	18	106	793
290	4843	101	605	61	363	18	108	807

TD= Total Daily

Pro = Protein

Carbs= Carbohydrates

There are some people that don't count any calories at all and lose a ton of weight.

This may work for you. I don't recommend it, but if you do, stay within the A list foods, and your room for error drops dramatically.

I'd recommend you do both. Track your food for a few days to see where you are at. After 3 to 5 days, you should have an idea where you are at. Keep it going if you find it beneficial.

The phone app Fitness Pal is a great way to track your calories as well as the macronutrient ratio. The most important factor is to be conscious of what is going in your body.