

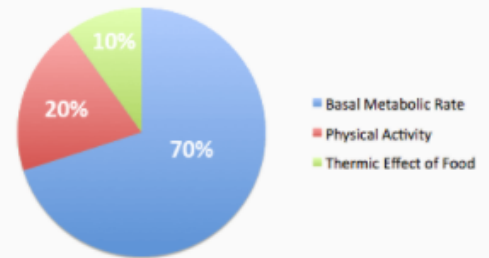


Nutrition Program Preparation

How TDEE Is Calculated

Your Total Daily Energy Expenditure (TDEE) is an estimation of how many calories you burn per day when exercise is taken into account. It is calculated by first figuring out your Basal Metabolic Rate, then multiplying that value by an activity multiplier.

Since your BMR represents how many calories your body burns when at rest, it is necessary to adjust the numbers upwards to account for the calories you burn during the day. This is true even for those with a sedentary lifestyle. Our TDEE calculator uses the best formulas and displays your score in a way that's easy to read and meaningful.



Step 1: Calculate your TDEE - Maintenance Calories

1. [Click here to find you Maintenance calories - https://tdeecalculator.net/](https://tdeecalculator.net/)
2. Review Results & Record your Lower Carb Maintenance Results

Step 2: Download “My Fitness Pal App” or “Cronometer App”

Step 3: Download [Nutrition Tracker, Shopping List, Meal Plan \(Create your own copy\)](#)

Lower Carb - Maintenance Calories

Calories per Day	Calories per week	Protein	Fats	Carbs

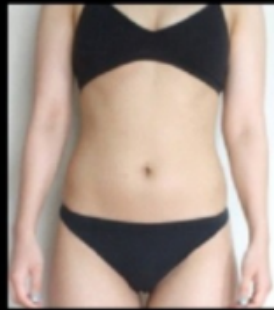
Female Body Fat %



15 to 19 %



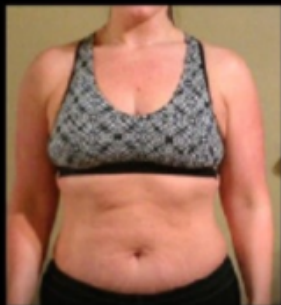
20 to 24 %



25 to 29 %



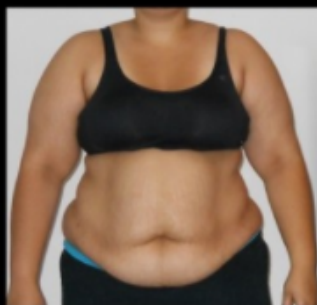
30 to 34 %



35 to 39 %



40 to 44 %



45 to 49 %

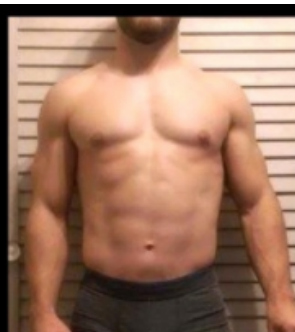


50 % and more

Male Body Fat %



5 to 9 %



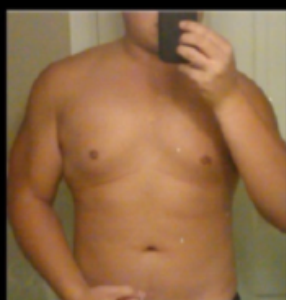
10 to 14 %



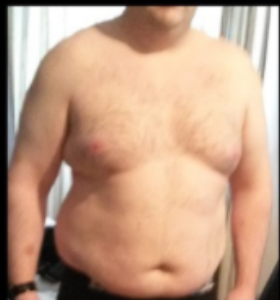
15 to 19 %



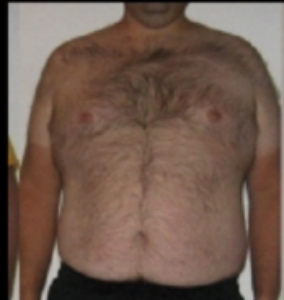
20 to 24 %



25 to 29 %



30 to 34 %



35 to 39 %



40 % and more