

Calorie Recommendations for Weight Loss: Daily Total / Calories to eat 5x a day at 3 hr intervals

Height	Ectomorph	Endomorph	Mesomorph
4' 10"	910 = 182	1050 = 210	1150 = 230
4' 11"	940 = 188	1080 = 216	1190 = 238
5'	970 = 194	1110 = 222	1230 = 246
5' 1"	1000 = 200	1140 = 228	1270 = 254
5' 2"	1040 = 208	1180 = 236	1310 = 262
5' 3"	1070 = 214	1210 = 242	1350 = 270
5' 4"	1100 = 220	1250 = 250	1400 = 280
5' 5"	1140 = 228	1290 = 258	1440 = 288
5' 6"	1180 = 236	1330 = 266	1480 = 296
5' 7"	1210 = 242	1370 = 274	1530 = 306
5' 8"	1250 = 250	1410 = 282	1580 = 316
5' 9"	1280 = 256	1450 = 290	1620 = 324
5' 10"	1320 = 264	1490 = 298	1670 = 334
5' 11"	1360 = 272	1530 = 306	1720 = 344
6'	1400 = 280	1570 = 314	1770 = 354
6' 1"	1440 = 288	1610 = 322	1820 = 364
6' 2"	1480 = 296	1650 = 330	1860 = 372
6' 3"	1520 = 304	1690 = 338	1920 = 384
6' 4"	1560 = 312	1730 = 346	1970 = 396
6' 5"	1600 = 320	1770 = 354	2020 = 408

Use this table as a GUIDE. After 2 weeks on this plan, evaluate your results. If you are losing weight too quickly (more than 3-5 pounds a week) add 50 calories into your daily plan until you find your balance.

- Your metabolism doesn't slow because you age, it slows because we tend to lose muscle as we age. Be sure to add or keep resistance training in your routine.
- Cardio exercise isn't just for weight loss. It's for heart health and disease prevention and mental health and better sleep and a bazillion other benefits. Be sure to add or keep your cardio no matter your age or weight goals.
- If you're in your 20's or are very muscular or very active, you can likely add 100 calories/day, or 20 calories per mini-meal.
- For every 10 years older than your 30's, you may need to subtract 100 calories/day, or 20 calories per mini-meal. So in your 40's subtract 100 calories/day; 50's -200; etc.

These are MINIMUM numbers. Do not eat LESS than this. Adjust to fit YOUR results. Focus on healthy choices.