

Calorie Deficit Chart

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The biggest mistake in calculating your calorie deficit is in assuming you burn more calories than you really do. When I started my cut for the first time, I ate about 2600 calories per day as a 6'1" 240 male. I didn't lose any fat for three weeks. So someone told me to shoot for 2200. When I did, the fat melted off over the next few weeks. When you're calculating how many calories you need to burn, it's *always* better to overcalculate the calories in the food you eat, and undercalculate the amount of calories you should be consuming.

A pound of fat = 3500 calories. Your daily calorie deficit is meant to accumulate so that over time, you lose pound after pound. If, after your first two weeks, you're not losing a sufficient amount of fat, lower your daily calorie intake by 100 calories and adjust accordingly. It is important to know what are your BMR and TDEE.

BMR =	Basal Metabolic Rate =	Daily calories you would burn in a coma.
TDEE =	Total Daily Energy Expenditure =	Daily calories you burn including <i>all</i> activity

The below chart is assuming you're working hard in a 5x5x5 program, with about an hour of cardio per week. Based on generic principles, this is about what you should consume each day. To get a more specific calculation, visit the website below. But remember: it's *always* better to round down on your calorie deficit, *not up*. Otherwise, you're wasting your time. The goal during a cut isn't to become strong or fast, but to lose fat. If your energy is low and you feel deflated, that's because you're consuming less energy (calories) than you're accustomed to. Don't fudge on your calorie deficit because you think you need to "fuel" your workouts. That's what your extra body fat is *there* for.

	TDEE	Approx. 20-25% deficit
240 Pounds	3000	2350
220 Pounds	2800	2100
200 Pounds	2600	2000
180 Pounds	2400	1850
160 Pounds	2200	1600
140 Pounds	2000	1550
120 Pounds	1800	1350

TDEE Calculator: <https://www.muscleforlife.com/tdee-calculator/>