Click Here



```
The calorie calculator allows you to calculate how many calories you should eat a day in order to lose a certain amount of weight by a certain date. Maximize your weight loss efforts by using the results from this calculator and apply them to this visual hack. Activity Level: Very Light: (most of day sitting at work or at home, a little slow walking, some
standing and light household chores) Light: (mostly sedentary, standing or slow walking, but including about 2 hours a day of further activity - e.g. gardening, heavy housework, brisk walking) Moderate: (some occupational walking rather than just sedentary work, plus a little vigorous additional exercise, e.g. dancing, swimming) Heavy: (high levels of
activity, both at work and in leisure hours) If you're wondering where to start when figuring out how many calories your body needs, it's best to begin with a basic calculation that has proven accuracy. The Mifflin-St. Jerome equation has been studied against many other calculators and has come out on top according to the Jornal of the
Academy of Nutrition and Dietetics.(1) Our calculator incorporates the Mifflin-St. Jerome equation and uses the research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from research based on the NIH Body Weight Planner and Adapted from Research based on the NIH Body Weight Planner and Adapted from Research based on the NIH Body Weight Planner and Adapted from Research based on the NIH Body Weight Planne
how many calories are needed over the specified period of time. It keeps track of your weight loss to continue. This is reflected in the calculator with the corresponding calories intake on a weekly basis. For example: Assuming you are female, 5' 5",
170lbs at the start of August and would like to be 150lbs by Christmas, you would specify that you want to lose 20lbs in 5 months. The calculator will then give you your calories required on a week-to-week basis to reach your goal weight. NB: Any (-ve) negative values are shown in red, ie trying to lose 50 pounds in 1 week is not possible. Values in
yellow indicates a very low calorie intake. As a rule of thumb you should not eat below 1200 calories for male. How You Can Maximize your weight loss efforts, use the results from this calculator and apply them to this visual hack. Using this one visual tool, you can help
avoid the common pitfalls most people run into when trying to lose weight. Combining the numbers generated by this calculator and adding them to a visual hack tool with your friends! 3 Ways To Reduce Calories 1. Exercise
Participating in regular exercise is very important. The American Heart Association recommends for adults to get about 150 minutes of moderate exercise (it's best to get some of both) throughout the week (4). Exercising will keep you fit and burn excess calories, reducing your overall calorie intake. It can also
be just as beneficial to incorporate incidental exercise throughout your day. Change your everyday habits This is a great way to offset some of the calories you take in through your destination. Park your car at the far end of the carpark
when doing your weekly shopping. Walk to the corner store for milk and bread rather than driving. Walk to the next office to speak with colleagues in person rather than sending an email. Intense targeted workouts Choose to 3-4 intense targeted workouts per week. Some good choices include swimming, circuit, cycling, running and weight training
Another way to include high intensity, high calorie burning exercises into your week is to join a team sport which includes competition as well as training weekly. Finally it's important to stay motivated. Reducing your calorie intake is hard. Take some time to look at your motivation. By writing down your motivation and your goals, you are more likely
to stick to your calories and lose weight. Losing weight is about cutting your overall calories. The fastest way to reduce calorie intake is to combine diet and exercise. There are two important factors in reducing calories through diet. 2. Change Your Diet Changing your diet is by far the most effective way to losing weight. Look at your current diet and
make a change towards healthy and filling foods. Foods that are healthy and filling keep you fuller for longer, and mean that you reduce the amount of food and calories you are eating. Your diet should include complex carbohydrates such as natural oatmeal, sweet potatoes and brown rice. Vegetables (broccoli, spinach, green beans, cabbage,
cauliflower, lettuce, radishes, asparagus, etc) fruits and salads should make up a large proportion of your diet. Your source of lean protein should be eaten with every meal. These options should keep you full and help you to avoid overeating leading
to a high calorie intake and weight gain. Try to avoid fatty, deep fried, and foods full of sugar. These are high calorie foods without any nutritional value. They will increase your calorie intake without satisfying your hunger. 3. Reduce Your Portion Sizes Often our portion sizes are much larger than we need. You should serve meals using a smaller
plate. If there is more food than needed, put it away for another meal. It's much harder to have another meal. It's much harder to have another meal been portioned out for another meal. It's much harder to have another meal been portioned out for another meal. It's much harder to have another meal been portioned out for another meal. It's much harder to have another meal been portioned out for another meal. It's much harder to have another meal been portioned out for another meal been portione
you aren't hungry and choose foods that keep you fuller for longer. By drinking up to a litre of water before a meal, you will feel fuller and less likely to overeat. Looking to build muscle while maintaining a balanced diet? A 1700-calorie high-protein meal plan could be your perfect solution. This approach combines the science of calorie control with
optimal protein intake to help you reach your fitness goals while staying satisfied throughout the day! Whether you're aiming to shed pounds or maintain your current weight, this nutrition strategy delivers the perfect balance of nutrients your body needs. With an emphasis on quality protein sources, you'll get approximately 130-164 grams of protein
daily, along with a healthy mix of carbs and fats. It's an approach that supports muscle strength and improves satiety and overall health performance. A 1700-calorie high-protein diet provides 130-164 grams of protein daily (30-35% of total calories), supporting both muscle maintenance and gradual weight loss of 1-2 pounds per week. The daily
calories are distributed across breakfast (425 kcal), lunch (510 kcal), dinner (510 kcal), and snacks (255 kcal), with meals spaced 3-4 hours apart for optimal energy levels. This calorie level creates an effective deficit for most adults, particularly active women 5'2"-5'7" and sedentary to lightly active men 5'7"-6'0". The meal plan combines lean proteins
complex carbs, and healthy fats while emphasizing portion control and regular protein intake throughout the day. For muscle building and fat loss, pair this diet with resistance training 3-4 times weekly and ensure adequate protein distribution across meals. If you notice disturbing signs in your health, like constant fatigue, rapid or no weight loss, or
anything else that you feel to be abnormal, consult a certified doctor for support and further guidance. A 1700-calorie diet provides a moderate energy intake that supports weight management for individuals with moderate activity levels. This eating pattern creates a caloric deficit of 500-750 calories per day, resulting in 1-2 pounds of weight loss per
week when combined with regular exercise. The daily caloric distribution usually follows this pattern: MealCaloriesPercentageBreakfast42525%Lunch51030%Dinner51030%Snacks25515% For a high-protein version, the macronutrient breakdown includes: Protein: 130-164g (30-35% of total calories). Carbohydrates: 170-212g (40-50% of total
calories). Fats: 47-56g (25-30% of total calories). This caloric intake works best for: Active adults maintaining weight. Sedentary adults seeking gradual weight loss. Women with moderate exercise routines. Individuals transitioning from higher-calorie diets. The meal timing includes three main meals plus two snacks, spaced 3-4 hours apart to
maintain stable energy levels throughout the day. It's still a low-calorie diet that creates an effective caloric deficit for weight loss, especially when combined with regular physical activity. Research shows people who consume 1700 calories daily experience consistent weight reduction, according to the Dietary Guidelines for Americans. The high-
protein composition of this meal plan enhances weight loss through three key mechanisms: Increases metabolic rate by burning 80-100 extra calories daily through digestion. Reduces appetite by promoting satiety hormones. Preserves lean muscle mass during caloric restriction. Weight Loss FactorsImpactExpected Weekly Loss1-2 poundsDaily
Caloric Deficit 500-750 calories Protein Thermogenic Effect 80-100 calories burned Recommended Activity Level Moderate The 1700-calorie target proves sustainable for long-term adherence compared to more restrictive diets. Research published in The American Journal of Clinical Nutrition confirms that high-protein, calorie-controlled diets increase
weight loss success rates by 27% versus standard protein diets. Your results will still depend on many factors: Starting weight Activity level Muscle mass percentage Consistency with the meal plan Quality of food choices Sleep patterns Stress management tracking weight changes over 2-3 weeks. Adjust portions up or down by 100 calories if losing
more than 2 pounds or less than 1 pound weekly. A 1700-calorie diet creates a deficit for most adults based on their total daily energy expenditure (TDEE). Here's a breakdown of when 1700 calories represent a deficit: Height: 5'7" - 6'0"
Weight: 150-185 pounds Age: 25-45 Activity: Sedentary to light TDEE: 2100-2400 calories Activity LevelCalorie DeficitWeekly Weight LossSedentary300-4000.6-0.8 lbsLightly Active400-5000.8-1.0 lbsModerately Active500-7001.0-1.4 lbs The deficit depends on these key factors: Basal metabolic rate (BMR) Daily physical activity level Exercise
intensity frequency Muscle mass percentage Hormonal balance Sleep quality Stress levels A 1700-calorie intake becomes a maintenance level for: Petite women under 5'2" Sedentary individuals Adults over 65 Those with slower metabolisms People recovering from extreme dieting HeyFit tip: Calculate your specific deficit by tracking your weight
changes over 14 days while maintaining a consistent 1700 daily calories. A 1700-calorie high-protein diet supports muscle growth during a moderate caloric deficit when combined with resistance training. Research published in The American Journal of Clinical Nutrition confirms that high-protein diets enhance muscle preservation while promoting
fat loss. Activity LevelDaily Protein NeedsModerate Exercise 0.8-1.0g/lb body weightStrength Training 1.0-1.2g/lb body weightIntense Training 1.0-1.2g/lb body weightIntense Training 1.0-1.2g/lb body weightStrength Training 1.0-1.2g/lb body weight This caloric intake supports muscle growth for: Female athletes under 130 pounds. Male athletes under 150 pounds. Individuals in the early stages of training 1.0-1.2g/lb body weight This caloric intake supports muscle growth for: Female athletes under 130 pounds. Male athletes under 150 pounds. Male athletes under 150 pounds.
metabolisms. The plan creates a sustainable deficit: Burns 1-2 pounds of fat weekly. Maintains existing muscle mass. Increases metabolic rate. Reduces appetite through protein satiety. Adjust your training to maximize results: Perform resistance exercises 3-4 times weekly. Include compound movements. Space meals 3-4 hours apart. Time protein
intake around workouts. consistent strength training paired with adequate protein distribution throughout the day. Increase calories if strength gains stall or decreased energy levels occur. A 1700-calorie high-protein diet offers specific advantages and limitations for weight management and overall health. Here's a detailed analysis of the benefits
and drawbacks. The 1700-calorie intake creates a moderate caloric deficit, resulting in 1-2 pounds of weight loss guidelines from nutritional experts. The meal plan incorporates essential nutrients through whole foods like: Lean proteins (fish,
legumes, yogurt) Healthy fats (avocados, olive oil, nuts) Complex carbohydrates (whole grains, quinoa) Fiber-rich vegetables (leafy greens, broccoli) The plan adapts to various dietary preferences through: Flexible meal timing options Interchangeable protein sources Adjustable portion sizes Multiple food combinations This calorie level provides:
BenefitAmountDaily Protein130-164gCarbohydrates170-213gHealthy Fats47-57g The steady pace of weight loss supports: Sustainable fat reduction Consistent energy levels Reduced workout performance Decreased strength
gains Limited muscle recovery Results vary based on: Starting weight Activity level Metabolic rate Age factors Hormonal influences Restricted food choices Repetitive meal plan incorporates diverse nutrient-dense foods distributed across seven days. Each day's
menu provides balanced macronutrients while maintaining the protein focus. Breakfast (425 cal): 1 cup Greek yogurt + 1 scoop whey protein + 3/4 cup granola Lunch (510 cal): 5 oz grilled chicken breast + 1 cup quinoa + 2 cups mixed greens + 1 tbsp olive oil Dinner (510 cal): 6 oz baked salmon + 1 cup brown rice + 1 cup roasted
broccoli Snacks (255 cal): 1 protein bar + 1 medium apple Breakfast (425 cal): 3 egg whites + 1 cup of spinach Lunch (510 cal): 5 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 1 cup sweet potato Dinner (510 cal): 5 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 1 cup sweet potato Dinner (510 cal): 5 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 1 cup sweet potato Dinner (510 cal): 6 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 1 cup sweet potato Dinner (510 cal): 6 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 1 cup sweet potato Dinner (510 cal): 6 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 1 cup sweet potato Dinner (510 cal): 6 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 1 cup sweet potato Dinner (510 cal): 6 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 1 cup sweet potato Dinner (510 cal): 6 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 1 cup sweet potato Dinner (510 cal): 6 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 1 cup sweet potato Dinner (510 cal): 6 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 1 cup sweet potato Dinner (510 cal): 6 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 1 cup sweet potato Dinner (510 cal): 6 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 1 cup sweet potato Dinner (510 cal): 6 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 1 cup sweet potato Dinner (510 cal): 6 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 1 cup sweet potato Dinner (510 cal): 6 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 1 cup sweet potato Dinner (510 cal): 6 oz lean turkey + 2 cups mixed vegetables + ½ avocado + 2 cups mixed vegetables + 2 cups mi
cottage cheese + ½ cup pineapple Breakfast (425 cal): Protein smoothie: 1 scoop whey + 1 banana + 1 cup almond milk + 1 tbsp peanut butter Lunch (510 cal): 6 oz chicken thighs + 1 cup quinoa + 1 cup quinoa + 1 cup almond milk + 1 tbsp peanut butter Lunch (510 cal): 6 oz chicken thighs + 1 cup quinoa + 1 cup quinoa + 1 cup quinoa + 1 cup almond milk + 1 tbsp peanut butter Lunch (510 cal): 6 oz chicken thighs + 1 cup quinoa 
whole grain crackers Breakfast (425 cal): 1 cup oatmeal + 1 scoop protein powder + 1 tbsp almond butter + ½ cup blueberries Lunch (510 cal): 5 oz shrimp + 1 cup brown rice + 2 cups mixed vegetables Dinner (510 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): Greek yogurt parfait with ¼ cup granola Breakfast (425 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): Greek yogurt parfait with ¼ cup granola Breakfast (425 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus Snacks (255 cal): 6 oz cod + 1 medium sweet potato + 1 cup asparagus S
cal): Protein pancakes: 1 scoop protein + ½ cup oats + 1 cup black beans + 2 cup black
berries Lunch (510 cal): 5 oz lean beef + 1 cup sweet potato + 2 cups mixed greens Dinner (510 cal): 6 oz turkey breast + 1 cup brown rice + 2 cups mixed berries Lunch (510 cal): 5 oz salmon + 1 cup brown rice + 2 cups mixed berries Lunch (510 cal): 5 oz salmon + 1 cup brown rice + 2 cups mixed berries Lunch (510 cal): 5 oz salmon + 1 cup brown rice + 2 cups mixed berries Lunch (510 cal): 5 oz salmon + 1 cup brown rice + 2 cups mixed berries Lunch (510 cal): 5 oz salmon + 1 cup brown rice + 2 cups mixed berries Lunch (510 cal): 5 oz salmon + 1 cup brown rice + 2 cups mixed berries Lunch (510 cal): 5 oz salmon + 2 cups mixed berries Lunch (510 cal): 5 oz salmon + 2 cups mixed berries Lunch (510 cal): 6 oz turkey breast + 1 cup brown rice + 2 cups mixed berries Lunch (510 cal): 6 oz turkey breast + 2 cups mixed berries Lunch (510 cal): 6 oz turkey breast + 2 cups mixed berries Lunch (510 cal): 6 oz turkey breast + 2 cups mixed berries Lunch (510 cal): 6 oz turkey breast + 3 cups mixed berries Lunch (510 cal): 6 oz turkey breast + 3 cups mixed berries Lunch (510 cal): 6 oz turkey breast + 3 cups mixed berries Lunch (510 cal): 6 oz turkey breast + 3 cups mixed berries Lunch (510 cal): 6 oz turkey breast + 3 cups mixed berries Lunch (510 cal): 6 oz turkey breast + 3 cups mixed berries Lunch (510 cal): 6 oz turkey breast + 3 cups mixed berries Lunch (510 cal): 6 oz turkey breast + 3 cups mixed breast
1 cup quinoa + 2 cups spinach salad Dinner (510 cal): 6 oz chicken breast + 1 cup green beans Snacks (255 cal): 2 hard-boiled eggs + 1 medium apple A 1700-calorie high-protein day splits into three main meals plus two snacks, providing optimal nutrition timing throughout your day. 1 cup Greek yogurt (0% fat) with 1 scoop
whey protein powder ¾ cup rolled oats topped with 1 tablespoon almonds 1 medium banana Black coffee or unsweetened tea 5 oz grilled chicken breast 1 cup quinoa 2 cups mixed green salad 1 tablespoon olive oil dressing 1 medium apple 1 string cheese stick 4 oz baby carrots 2 tablespoons hummus 5 oz baked salmon 1 cup brown rice 1½ cups
roasted broccoli 1 teaspoon olive oil for cooking 1 cup cottage cheese (1% fat) ½ cup mixed berries Meal TimingCaloriesProtein (g)Carbs (g)Fat (g)Breakfast425354512Lunch510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner510405515Dinner51
distribution supports muscle maintenance while creating a modest caloric deficit for fat loss goals. A 1700-calorie high-protein diet requires strategic meal planning and portion control to maximize nutritional benefits. These practical tips help structure your daily meals while maintaining the caloric target. Start your day with a 425-calorie protein-rich
breakfast that combines complex carbohydrates and protein per cup), fresh fruits, low-fat milk (8g protein per cup), and whole-grain toasts. Space your breakfast 3-4 hours before your next meal to maintain stable blood sugar levels throughout the morning. Fill half your plate with non-starchy vegetables like kale,
broccoli, and spinach. Divide the remaining half between lean protein (25% of the plate) and whole grains (25% of the plate). Your typical lunch plate should include: PortionFood GroupCalories1/2 plateVegetables50-751/4 plateProtein150-2001/4 plateWhole grains150-175 Choose protein-rich snacks between meals to maintain energy levels and
control hunger. Pack these portable options: 1 cup edamame in pods (100 calories, 8g protein) 2 almonds (170 calories, 6g protein) 1 medium apple with 1 tablespoon peanut butter (200 calories, 7g protein) 2 almonds (170 calories, 8g protein) 1 medium apple with 1 tablespoon peanut butter (200 calories, 8g protein) 2 almonds (170 calories, 8g protein) 1 medium apple with 1 tablespoon peanut butter (200 calories, 8g protein) 2 almonds (170 calories, 8g protein) 1 medium apple with 1 tablespoon peanut butter (200 calories, 8g protein) 2 almonds (170 calories, 8g protein) 2 almonds (170 calories, 8g protein) 2 almonds (170 calories, 8g protein) 1 medium apple with 1 tablespoon peanut butter (200 calories, 8g protein) 2 almonds (170 calories, 8g protein) 2 almonds (170 calories, 8g protein) 3 almonds (170 calories, 8g protein) 4 almonds (170 calories, 8g protein) 5 almonds (170 calories, 8g protein) 4 almonds (170 calories, 8g protein) 4 almonds (170 calories, 8g protein) 5 almonds (170 calories, 8g protein) 6 almonds (170 calories, 8g protein) 6 almonds (170 calories, 8g protein) 7 almonds (170 calories, 8g protein) 8 almonds (170 calories, 8g 
cup8Kefir1 cup9Tofu½ cup10Edamame½ cup8Almonds1 oz (22)6 Starting a 1700-calorie high-protein meal plan is just the beginning of your fitness journey. You'll need to listen to your body and make adjustments as needed to ensure you're getting the results you want. Monitor your energy levels, strength gains, and hunger cues. If you feel
consistently tired or your workouts are suffering, it might be time to adjust your caloric intake. Remember that everyone's body responds differently, and what works for others might not work for you. Stay committed to your goals but be flexible with your approach. With the right mindset and consistent effort, this meal plan can help you build lean
muscle, optimize your body composition, and maintain sustainable results for the long term. Is a 1700-calorie high-protein diet can support muscle building? Yes, a 1700-calorie high-protein diet can support muscle building? Yes, a 1700-calorie high-protein diet can support muscle building when combined with resistance training. Research shows that consuming 0.8-1.2 g of protein per pound of body weight, along
growth while promoting satiety and metabolic health. How much weight can I lose on a 1700-calorie diet? When following a 1700-calorie diet consistently, you can expect to lose 1-2 pounds per week, depending on your starting weight and activity level. This creates a moderate caloric deficit that supports sustainable weight loss while preserving
 muscle mass. How should I distribute meals throughout the day? Split your 1700 calories into three main meals and two snacks. Space meals 3-4 hours apart to maintain stable energy levels throughout the day. Who is this diet best suited for? This diet is ideal for active
adults maintaining weight, sedentary adults seeking gradual weight loss, women with moderate exercise routines, and those transitioning from higher-calorie diets. It's particularly suitable for women 5'7" to 6'0". How can I maximize results on this diet? Perform resistance training 3-4 times weekly, focusing on compound
movements. Time your protein intake around workouts, maintain consistent meal timing, and ensure adequate sleep. Monitor progress over 2-3 weeks and adjust calories if needed. What is the recommended macronutrient breakdown? The optimal macronutrient distribution is 30-35% protein (130-150g), 40-50% carbohydrates (170-213g), and 25-
30% fats (47-57g). This balance supports muscle growth, energy levels, and overall health. How often should I exercises while on this diet? Aim for 3-4 resistance training sessions per week, incorporating compound exercises. Include moderate cardio for overall health, but prioritize strength training to maintain muscle mass during the caloric deficit
At Verywell, we believe there is no one-size-fits-all approach to a healthy lifestyle. Successful eating plans need to be individualized and consider the whole person. Before starting a new diet plan, consult with a healthcare provider or a registered dietitian, especially if you have an underlying health condition. Meal planning helps keep you organized
so you can shop for ingredients and prepare nutritious meals and snacks each week. If you're looking for a 1,700-calorie-per-day meal plans can also outline the correct portion size. If you're looking for a 1,700-calorie-per-day meal plans can also outline the correct portion size. If you're looking for a 1,700-calorie-per-day meal plans can also outline the correct portion size. If you're looking for a 1,700-calorie-per-day meal plans can also outline the correct portion size. If you're looking for a 1,700-calorie-per-day meal plans can also outline the correct portion size. If you are trying to reach a specific calorie-per-day meal plans can also outline the correct portion size. If you are trying to reach a specific calorie-per-day meal plans can also outline the correct portion size.
help keep you on track, no matter what your nutrition goal is. Prepping and planning doesn't have to be time-intensive and complicated. A few simple steps, including basic meal constructs, making a shopping list, shopping strategically, and methodically preparing food ahead of time, are what make meal planning a helpful tool to keep you energized,
meet your nutrition goals, reduce food waste, and save money. Nutrient-dense foods should make up the bulk of a 1,700-calorie daily diet, with a bit of wiggle room for sweets and treats. The Dietary Guidelines for Americans recommend choosing foods from a variety of food groups in order to get all of the nutrients that the body requires. The food
groups are vegetables, fruits, grains, dairy, and protein foods. The guidelines also recommend that Americans consume limited amounts of added sugars, saturated fat, and sodium. Foods high in sugars or saturated fat, such as soda, fast food, and candy, provide calories but lack significant amounts of beneficial fiber, vitamins, and minerals. Although
there is room in a balanced diet for most types of food, we do not want to get 1,700 calories only from these nutrient-sparse foods. Consequently, the bulk of this meal plan was designed for a person who needs about 1,700 calories per day and
has no dietary restrictions. Your daily calorie goal may vary. Learn what it is below, then make tweaks to the plan to fit your specific needs. Consider working with a registered dietitian or speaking with a healthcare provider to assess and plan for your dietary needs more accurately. This 7-day meal plan includes breakfast, lunch, dinner, and three
snacks. It has a good balance of carbohydrates (mostly from whole grains, vegetables, fruits, and beans), protein, and healthy fats, which mirrors the recommendations from the dietary guidelines for Americans. If there are certain foods that you don't enjoy, feel free to swap them out and replace them with something that you prefer, but try to stay
within the same category. For example, you can substitute a cup of rice with a cup of pasta or quinoa. Or perhaps you will swap out foods. For example, swap grilled chicken for grilled fish, but not deep-fried fish, which has more calories
and will skew the calorie count. 3/4 cup plain nonfat Greek yogurt 1/4 cup grams protein, 21 grams protein, 26 grams carbohydrates, and 8 grams fat 1 medium pear1 ounce mozzarella cheese Macronutrients: approximately 183 calories, 9 grams protein, 26 grams carbohydrates, and 7 grams
fat 2 slices whole grain bread with 3 ounces roast turkey breast, 1 medium tomato, and 1 teaspoon mayonnaise 1 cup blueberries Micronutrients: 407 calories, 24 grams protein, 66 grams protein, 25 grams protein, 25 grams
carbohydrates, and 8 grams fat 3 ounces broiled salmon1 cup quinoa1 cup mixed cauliflower and broccoli with 2 teaspoons of olive oil vinaigrette Micronutrients: 473 calories, 32 grams protein, 45 grams protein, 25 grams
carbohydrates, and 6 grams fat Daily Totals: 1,710 calories, 99 grams protein, 218 grams carbohydrates, and 57 grams fat Note that beverages are not included in this meal plan. Individual fluid needs vary based on age, sex, activity level, and medical history. For optimal hydration, experts generally recommend drinking approximately 9 cups of water
per day for women and 13 cups of water per day for men. When adding beverages, and opt for water when possible. 1 slice whole wheat toast with 2 tablespoons guacamole1-ounce reduced-fat cheedar cheese1 cup strawberries
Micronutrients: 277 calories, 14 grams protein, 33 grams carbohydrates, and 11 grams fat 1/2 cup plain nonfat Greek yogurt 1 cup strawberries 2 tablespoons granola Micronutrients: 166 calories, 15 grams protein, 16 grams protein, 16 grams protein, 17 grams protein, 18 grams protein, 18 grams protein, 19 grams protein
apple Macronutrients: 408 calories, 13 grams protein, 48 grams carbohydrates, 21 grams fat 15 grams fat 15 grams fat 15 grams fat 3 ounces shrimp1 cup brown rice1 cup red peppers and 1 cup broccoli stir-fried in 2 teaspoons of
olive oil Micronutrients: 458 calories, 29 grams protein, 59 grams protein, 59 grams fat 2 cups air-popped popcorn1 medium apple Micronutrients: 1,686 calories, 78 grams protein, 221 grams carbohydrates, and 63 grams fat 1 packet plain oatmeal made
with 2/3 cup of skim milk 1 banana 1 tablespoon walnuts Micronutrients: 301 calories, 12 grams protein, 55 grams fat 2 slices whole grain bread with 3 ounces canned tuna mixed with 2 teaspoons mayonnaise and 1 cup spinach1 cup
red pepper sticks Micronutrients: 382 calories, 32 grams protein, 42 grams carbohydrates, and 11 grams fat 1/2 cup plain nonfat Greek yogurt1 cup strawberries2 tablespoons granola Micronutrients: 166 calories, 15 grams protein, 16 grams carbohydrates, and 5 grams fat 3 ounces grilled chicken 1 cup broccoli and 1 cup kale stir-fried in 2
teaspoons olive oil 1 cup pasta with 1/4 cup tomato sauce Micronutrients: 501 calories, 39 grams protein, 59 grams protein, 26 grams protein, 26 grams carbohydrates, and 7 grams fat Daily Totals: 1,722 calories, 124 grams protein, 214
grams carbohydrates, and 52 grams fat Smoothie made with 1 cup plain nonfat Greek yogurt, 1 banana, 1/2 cup almond milk, and 1 tablespoon of peanut butter Macronutrients: approximately 334 calories, 28 grams protein, 42 grams fat 1 cup grapes 2 tablespoons almonds Macronutrients: approximately 140 calories, 3
grams protein, 19 grams carbohydrates, and 7 grams fat 3 ounces salmon1/2 cup brown rice1 cup red pepper slices Macronutrients: approximately 391 calories, 28 grams protein, 52 grams protein, 32 grams fat 1/4 cup roasted chickpeas 2 tablespoons raisins Macronutrients: approximately 189 calories, 5 grams protein, 32 grams
carbohydrates, and 6 grams fat Salad made with 2 cups spinach, 1 cup diced carrots, 1 tablespoon olive oil vinaigrette3 ounces grilled chicken1 cup cooked quinoa Micronutrients: 532 calories, 36 grams protein, 53 grams carbohydrates, and 20 grams fat 2 cups air-popped popcorn15 grams dark chocolate Micronutrients: 145 calories, 3 grams
protein, 21 grams carbohydrates, and 6 grams fat Daily Totals: 1,761 calories, 20 grams fat Daily Totals: 1,761 calories, 21 grams fat 2 cups air-popped popcorn 1 tablespoons unsalted almonds Macronutrients: 295 calories, 27 grams protein, 32 grams fat 2 cups air-popped popcorn 1 tablespoons unsalted almonds Macronutrients: 295 calories, 27 grams protein, 21 grams fat 2 cups air-popped popcorn 1 tablespoons unsalted almonds Macronutrients: 295 calories, 27 grams fat 2 cups air-popped popcorn 1 tablespoons unsalted almonds Macronutrients: 295 calories, 27 grams fat 2 cups air-popped popcorn 1 tablespoons unsalted almonds Macronutrients: 295 calories, 27 grams fat 2 cups air-popped popcorn 1 tablespoons unsalted almonds Macronutrients: 295 calories, 27 grams fat 2 cups air-popped popcorn 1 tablespoons unsalted almonds Macronutrients: 295 calories, 295 calories
dark chocolate chips Macronutrients: 145 calories, 3 grams protein, 21 grams carbohydrates, 6 grams fat 1/4 cup hummus1 cup carrot
sticks Macronutrients: 150 calories, 5 grams protein, 20 grams carbohydrates, 6 grams fat 1 cup black beans1 cup brown rice1 cup diced red pepper1 medium diced tomato2 tablespoons guacamole Micronutrients: 528 calories, 22 grams protein, 100 grams carbohydrates, and 7 grams fat 1 banana1 tablespoons guacamole Micronutrients: 200
calories, 5 grams protein, 30 grams carbohydrates, and 8 grams fat Daily Totals: 1,720 calories, 96 grams fat Daily Totals: 1,720 calories, 96 grams fat 1 container (5.3
ounces) vanilla Greek yogurt1 cup strawberries Macronutrients: 166 calories, 14 grams protein, 28 grams carbohydrates, 0 grams fat 2 cups spinach salad and 1 cup sliced green beans with 1 tablespoon olive oil vinaigrette3 ounces canned tuna1 small whole grain roll1 orange Micronutrients: 440 calories, 30 grams protein, 59 grams carbohydrates,
and 16 grams fat 1/4 cup hummus 1 cup broccoli florets Macronutrients: 131 calories, 7 grams protein, 85 grams carbohydrates, and 17
grams fat Micronutrients: 137 calories, 2 grams protein, 16 grams fat Daily Totals: 1,709 calories, 89 grams protein, 226 grams fat Daily Totals: 1,709 calories, 89 grams protein, 226 grams fat Daily Totals: 1,709 calories, 89 grams protein, 226 grams fat Daily Totals: 1,709 calories, 296 calories, 18 grams protein, 24 grams fat Daily Totals: 1,709 calories, 89 grams fat Daily Totals: 1,709 calories, 18 grams
carbohydrates, 16 grams fat 1 orange2 tablespoons mixed nuts Macronutrients: 171 calories, 7 grams protein, 29 grams fat 1 cup cooked pasta1 cup spinach and 1 cup cauliflower stir-fried in 2 teaspoons olive oil3 ounces grilled chicken Macronutrients: 414 calories, 36 grams protein, 44 grams carbohydrates, 13 grams fat 1
ounce cheddar cheese 1 medium apple Macronutrients: 183 calories, 9 grams protein, 26 grams protein, 26 grams fat 4 ounces grilled trout 10 asparagus spears 1 cup strawberries 1 tablespoon chocolate chips Macronutrients: 132 calories, 2
grams protein, 21 grams carbohydrates, 5 grams fat Daily Totals: 1,679 calories, 102 grams protein, 194 grams fat Flexibility is built in. You can still reach the 1,700 calorie level daily even if you mix up the timing of meals and snacks each day. For example, if you prefer to eat more at breakfast and less at dinner, you can
easily move 100 calories from one meal to the next. Or, perhaps you don't want to snacks are interchangeable. Within each day, the three snacks can be switched. So, if popcorn is slated as the after-dinner snack but you prefer to eat it in the morning, go
ahead!Portion sizes dictate calories. This meal plan was specifically created for 1,700 calories, which is based on the serving size for each meal and snacks that
make up a daily 1,700-calorie diet. To find out if 1,700 calories per day is right for you, speak with a healthcare provider or a registered dietitian on a customized meal plan. We recognize that meal plans may not be appropriate for all, especially those with disordered eating habits. If you or a loved one are coping with an eating disorder, contact the
National Eating Disorders Association (NEDA) Helpline for support at 1-800-931-2237. How does this quick weight loss from the amount of lbs or kgs we are allowed to healthy take off in a period of time to the count of calories that we need to eliminate
from our diet in order to lose weight. The information in regard of your health condition that you need to input reflects your gender, age, weight (that you can put in either kg or lbs), height (either cm or ft in) and daily activity level, where you have to choose from no sport/exercise, light, moderate, highly or extremely active). In regard of your weight
loss plan you have to clearly state how many kg or lbs you want to lose and then choose one of the two methods in which you want to plan your weight loss or the number of calories you are ready to reduce. If you choose the first scenario you will be then given the amount of calories
that you are allowed to have in order to accomplish your goal. However, if your goal is unrealistic, in terms of health you will be then warned and explained why you shouldn't resort to such risk. If you choose to enter the number of calories you can renounce at, then you'll be given an estimate on the time that it will take you to lose the desired
amount of weight in a healthy way. Please note that the basic weight loss calculator should not replace a medical professional's recommendations and different ways to burn calories. Example weight loss calculation: In order to prove the
functionality of this weight loss form we need to take a complex situation in consideration. Let's take the case of a 35 year old female, currently weighing 170 lbs at a height of 5ft 2in, with a no sport exercise lifestyle. She would like to lose 16 lbs. For the first form, let's assume she is eager to get rid of those lbs in just 40 days. Could she have a
healthy planning in this regard? This is her result from the basic weight loss calculator: Warning: your goal requires you to lose 3 pounds per week. This implies a high risk for your health and is not recommended! Warning: your goal requires you to lose 3 pounds per week. This implies a high risk for your health and is not recommended! Warning: your goal requires you to lose 3 pounds per week. This implies a high risk for your health and is not recommended! Warning: your goal requires you to lose 3 pounds per week. This implies a high risk for your health and is not recommended! Warning: your goal requires you to lose 3 pounds per week. This implies a high risk for your health and is not recommended! Warning: your goal requires you to lose 3 pounds per week. This implies a high risk for your health and is not recommended! Warning: your goal requires you to lose 3 pounds per week. This implies a high risk for your health and is not recommended! Warning: your goal requires you to lose 3 pounds per week. This implies a high risk for your health and is not recommended! Warning: your goal requires you to lose 3 pounds per week. This implies a high risk for your health and is not recommended! Warning: your goal requires you to lose 3 pounds per week. This implies a high risk for your health and is not recommended! Warning: your goal requires you to lose 3 pounds per week. This implies a high risk for your health and you have a high risk for your health and you have a high risk for your health and you have a high risk for your health and you have a high risk for your health and you have a high risk for your health and you have a high risk for your health and you have a high risk for your health and you have a high risk for your health and you have a high risk for your health and you have a high risk for your health and you have a high risk for your health and you have a high risk for your health and you have a high risk for your health and you have a high risk for your health and you have a high risk for your health 
implies a high risk for your health and is not recommended! Your goal is to lose 16 lbs for 40 days; To maintain your current weight, your safe daily calories intake with 1,400 calories, which means to get 415 calories daily. For the second form will assume
that she is willing to give up 800 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day, which means you are supposed to intake only 1,015 calories per day of the first per day of t
16 lbs for 70 days; To maintain your current weight, your safe daily calories intake with 800 calories, which means to get 1,015 calories daily. The formula behind the tool: The calculator uses a formula called the Harris-Benedict principle that can assess
your Basal Metabolic Rate (BMR). This formula reveals the number of calories your body needs to fulfill only the basic functions, like heart beat, breathing etc. The BMR value depends on factors like height, weight, gender and age. After it knows how many calories your body needs in order to survive it can calculate how many calories you need per
day in order to keep the current weight. Once this number of calories is discovered things become a matter of subtraction. As it is generally known that a deficit of 3,500 calories can lead to loosing a pound, so in order to lose one pound a week you should cut back your calories in take with 500 calories a day. The tool correlates this information with
the time weight loss goals you established and delivers you with an estimation of how many calories you should reduce in order to lose weight in your desired amount of time. But don't be hasty and don't forget that a healthy weight loss rate is of 0.5 to 2 pounds per week. Never cut back to less than 1,200 daily calories as you can put your health to
risk. Being patient and making little changes will add up in the long run. References 1) Tomiyama AJ, Ahlstrom B, Mann T. (2013) Long-term effects of dieting: Is weight loss related to health? Social and Personality Psychology Compass; 7(12): 861-877. 2) Asher RC, Burrows TL, Collins CE. (2013) Very low-energy diets for weight loss in adults: a
review. Nutrition and Dietetics; 70(2): 101-112. 3) Institute for Quality and Efficiency in Health Care. (2014) Health benefits of losing weight. Fact sheet, Informed Health Online; Institute for Quality and Efficiency in Health Care. (2014) Heal
OatmealStories/RooM/GettyImages Whether your goal is to lose or maintain your weight, according to the National Heart, Lung, and Blood Institute, and help inactive women 50 and older maintain their weight. Because it's a
lower-calorie diet, make sure the plan includes a healthy mix of foods from all food groups to ensure your essential nutrient needs are met. And consider talking to your medical history and specific needs. 4 Tips for Following a 1,700-
Calorie Diet To get the most nutrition out of every bite on your 1,700-calorie diet, include fruits, vegetables, whole grains, and low-fat or nonfat dairy foods in your meals, as recommended by the National Heart, Lung, and Blood Institute. Round out meals with healthy sources of protein such as poultry, lean red meat, eggs, seafood and beans, along
with healthy fats such as nuts and seeds. Your 1,700-calorie diet plan should consist of three meals of about 500 calories each and two 100-calorie snacks. Planning how much you're going to eat at each meal and snack and eating regularly throughout the day helps control hunger to make it easier for you to get to and maintain a healthy weight. 1
Boost Blood Sugar With Breakfast Start each day right with a healthy and filling breakfast. For example, you might enjoy 1 cup of oatmeal made with 10 chopped with 10 chopped pecans and 1 cup of nonfat milk or soy milk and topped with 10 chopped pecans and 1 cup of sliced strawberries. Including foods with high fiber content takes longer to digest, helping you to feel fuller, longer.
According to the Harvard T.H. Chan School of Public Health, eating fiber also helps maintain blood sugar levels, which can reduce hunger. According to the USDA, 1 cup of oats has 16.5 grams of fiber. An omelet made with three eggs, 1/2 cup of sliced mushrooms and 1 ounce of low-fat cheese and served with a toasted whole-wheat English muffin
also makes a good breakfast on your 1,700-calorie diet plan. If you're short on time for a sit-down breakfast, make a smoothie with 1/4 of a fresh avocado. 2. Lean Proteins for Lunch Focus on fiber-rich fruits, veggies and whole grains at lunch to stay
satisfied all afternoon. Consider a colorful salad consisting of 2 cups of mixed greens, 1/4 cup of sliced cucumbers, 1/4 cup of sliced cherry tomatoes, 1/4
of minestrone soup with a whole-grain roll, 1 ounce of part-skim mozzarella string cheese, a small apple and 20 peanuts also makes for a filling, healthy lunch. Another option for lunch on your 1,700-calorie diet includes a 6-inch pita stuffed with 3 ounces of turkey breast, 1 ounce of Swiss cheese, sliced tomato and lettuce, served with 1 cup carrot and
celery sticks with 2 tablespoons of low-fat ranch dressing and a large orange. 3. Eat Veggies for Dinner For a simple dinner on your low-calorie diet, toss 1 cup of cooked whole-wheat penne pasta with 2 cups of cooked mixed veggies such as broccoli, cauliflower and carrots, 3 ounces of peeled and cooked shrimp and 1/2 cup of tomato sauce. A bean
burrito made with a 6-inch whole-wheat tortilla, 1/2 cup of pureed pinto beans, 1 ounce of pepper jack cheese and served with 1 /2 cups of roasted new
potatoes and 2 cups of roasted asparagus. Be sure to pre-portion your 100-calories at the end of the day — a common occurrence if you don't eat too many calories, and make sure they are readily available. According to a March 2015 article in Current Obesity Reports, unplanned snacking or consuming the majority of your calories at the end of the day — a common occurrence if you don't
eat enough throughout the day —has a negative effect on weight maintenance. When it comes to beverages, go for zero-calorie options like water, unsweetened seltzer, unsweetened tea and black coffee. 1,700-Calorie Sample Meal Plan This meal plan can give you an idea of what it's like to eat 1,700 calories in a day: Choose one of the following: Pick
one of these options: Choose two of these snacks per day, each of which is about 100 calories: 6 ounces of nonfat milk 2 cups of mixed greens topped with 2 tablespoons of low-fat salad dressing A small apple with 1 teaspoon of peanut butter 4 cups
of plain, air-popped popcorn 1 1/2 cups of cubed cantaloupe The 'How Much Weight Loss' Calculator can help determine how much weight you can lose on popular diets and specific calorie (men) diet plan for two weeks, a month or six weeks?
Or perhaps you are wondering how long it would take to lose 30 lbs on a liquid diet, Atkins or Weight Watchers. How Much Weight Can I Safely Lose Each Week? So you want to lose weight, but you don't want to follow any extreme or fad diet program. Good for you! The Center for Disease ControlTrusted Source (CDC) recommends that people who
are looking to lose weight aim to lose between 1-2 pounds per week for safe, healthy means of weight loss. This not only helps you avoid unhealthy means of weight loss, but is much more likely to correlate with long-term weight loss, but is much more likely to correlate with long-term weight loss. (1, 2) You've heard this before, but that doesn't make it any less true; eating a healthy, natural food diet and getting moderate
exercise almost every day is the best way to lose weight. First, Cut Back on Starchy foods and Sugar Starchy foods and sugar are foods that stimulate the pancreas to release lots of insulin, which is a fat storing hormone. When insulin levels are lower, it is not at all unusual for people to lose as much as 10 pounds in one week, simply by cutting back
on carbohydrates. Don't Forget Protein If you don't want to end up looking emaciated and flabby then you must eat at least some protein. Protein is what keeps you from feeling hungry. If you don't believe it, try a little experiment. Next time you are hungry, try eating a chicken
breast and see how long before you are hungry again. Eat More Vegetables. These natural foods from nature are a vital part of healthy eating and give your body many of the nutrients it needs, including fiber, vitamins A, E, and C, potassium, folic
calculator for weight loss to estimate how many calories you need to reduce your intake by, in order to achieve a given weight loss target. This calorie deficit calculator accommodates whether or not you also want to increase the amount of physical exercise you do. The formula is based on modern scientific research (explanation & references below).
   Quick navigation: Common advice for caloric deficit for weight loss states that to lose 1 pound (~0.45 kg) per week one has to reduce their caloric intake by 3,500 Calories per pound rule" in scientific circles) and is often the answer given
when one asks "How many calories to lose weight?". Unfortunately, this so-called "rule" is very imprecise as it was "derived by estimation of the energy content of weight lost but it ignores dynamic physiological adaptations to altered body weight that lead to changes of both the resting metabolic rate as well as the energy cost of physical activity"[1].
Put simply, there is no magic caloric deficit number that works for everyone and in all circumstances. Weight loss works differently for persons of average weight, for the obese, and for the extremely obese. The target amount of weight to lose also matters as losing five pounds works differently than losing fifty pounds. More on this in the "how many
 calories to lose weight" section below. Our weight loss calculator incorporates a dynamic caloric deficit model which estimates how many calories you would need to reduce your level of physical activity and adjusts the estimate accordingle
"The science behind" section contains details on the mathematics and statistics behind this calorie calculator for weight loss we used instead of "Calories" throughout the text — Caloric deficit for weight loss We used the
calculator's daily calorie intake result to chart the number of calories one would need to cut to lose the same amount of weight. The results are presented as number of calories to lose one pound per week. The calculations are specifically for an average 5 feet 8 inches tall (~173cm) 30-year-old male, assuming he wants to lose 10 lbs (~4.5 kg) over 8
weeks without changing his current exercise routine equivalent to "light exercise". The weight range in the graph is from 130 lbs (very lean / athlete, ~58.5 kg) to 300 lbs (very obese, ~135 kg). The data below are just a case study and not a general recommendation. One can clearly see why the 3,500 Calories per week "rule" is not a good guide, at
least in this particular instance. It may be said to apply only to a very narrow range of all possible cases - the graph is for a mildly obese person with the specified measurements. The range in this scenario spans from 1951 Calories to 4617 Calories to 4617 Calories to 4617 Calories to 4617 Calories to 32% more calories to 4617 Calories to 46
of reducing caloric input with the goal of reduction of body weight. For an in-depth exploration of the topic, see our "The Mathematics of Weight Loss" article. Using a tool like the above calorie reduction of body weight. The science behind the
weight loss calculator This tool computes the difference between your caloric intake and energy expenditure (a.k.a. Total Energy Expenditure) and Body Fat Percentage is done using the
formulas described in our respective dedicated calculators. You can find the formulas and references for them under each tool. The computation of the proportion of fat mass (FM) and fat free mass (FFM) which you are expected to lose.
Variability in this proportion can result in large differences in the required caloric intake restriction. In particular, persons with a larger percentage of body fat usually lose a larger proportion of fat versus fat-free mass, which requires a larger percentage of body fat usually lose a 
improved on by Hall [2][3]. In the equation below FFM stands for Fat-Free Mass, BW for Body Weight, FMi for Initial Fat Mass, A for change between initial and final condition and W for the Lambert W function: The advantages of this formula over the original Forbes formula for the proportion of fat mass lost under limited caloric intake is that the
refined version of Hall is valid for macroscopic changes and has better predictive capacity for real-life weight loss, including very fast weight loss e.g. following a bariatric surgery. This happens as, unlike the original, it depends on the sign and magnitude of the body weight change. Having the above calculation allows us to use the two-compartment
macronutrient flux balance equation presented in Chow & Hall [4] which stems from the law of energy conservation. It allows for an adjustment for the different energy density of fat versus non-fat tissues. The latter are primarily proteins since carbohydrates fluctuate only in very short time spans due to the limited glycogen storage capacity. In the
above notation in formula (1) (simplified vs the original) cl and cf are energy density constants for fat and fat-free mass, dt is duration of the weight loss period in days. Formula (2) simply demonstrates the relationship between the proportional change, the energy intake and the energy expenditure, which allows the weight loss planning calculator to
work. The most important factor here is that the ratio between the two constants is about 9.5 to 1 in favor of fats as they store vastly greater amounts of energy per unit of mass. The implication for weight loss is that the number of calculation for weight loss is that the number of calculation for weight loss is that the number of calculation for weight loss is that the number of calculation for weight loss is that the number of calculation for weight loss is that the number of calculation for weight loss is that the number of calculation for weight loss is that the number of calculation for weight loss is that the number of calculation for weight loss is that the number of calculation for weight loss is that the number of calculation for weight loss is that the number of calculation for weight loss is that the number of calculation for weight loss is that the number of calculation for weight loss is that the number of calculation for weight loss is that the number of calculation for weight loss is that the number of calculation for weight loss is the number of calculation for weigh
which is lost. If you are off even by a relatively small percent, the final result can differ by a lot. It also means that it is much harder to lose an equivalent weight in pounds or kilograms. It also explains why
it is so hard to shed off the last few pounds of extra fat without also losing muscle mass. Ways to reduce your body weight Weight loss is a complex topic since it is the intersection of biology, physics, psychology and others. Still, we can lay out some guiding principles based on sound logic and confirmed through numerous experiments. Losing some
of the extra weight is known to improve well-being and future health outcomes. According to the energy balance principle it can happen by either reducing food intake or increasing our physical activity level, or both. Due to the law of conservation of energy, to reduce your body weight you need to induce a caloric deficit by either increasing your
energy expenditure or by decreasing the number of calories you consume daily. The first of these is the energy balance principle: the process of reducing body weight requires us to expend more energy which cannot be disposed of is stored for future use, mostly as
adipose tissue and fats. Thus, our first goal is to have a negative energy balance, an energy deficit between what we expend. This can happen in one of two ways: either reducing the amount of physical activity. One can reduce the number of calories by simply eating less mass, or
one can change their dietary macronutrient balance in order to consume less fats (high energy density) and more carbs and proteins one can eat in choosing the second option one often reduces fats and increase carbohydrates. There are low-carb diets
such as Keto which shift the balance the other way. Evidence [5] points to this leading to losing less fats when dieting, even though one loses more weight overall, which is not good since fats are what is hard to get rid of and which is, at the same time, most beneficial to get rid of, so it appears that reducing fat intake and thus the overall caloric
intake is the preferred way, in general. Going to the exercise option: most increases in physical activity, including micro-movements when otherwise sedentary, will contribute towards a greater energy expenditure and thus a possible reduction in weight loss. Most papers on the topic favor resistance training in particular. Physically active persons
maintain a lighter and leaner body and a better health risk profile, sometimes even despite increased caloric intake. Keeping your physical activity high is also a way to slow down the weight gain observed as people get older, on average. The scientific literature also offers moderate support for some positive effects on weight-loss from drinking more
water before eating and for replacing sugar-sweetened drinks with water. Therefore, you might consider these changes to your measurements of body fat which is integral
in estimating the number of calories you need to forgo on a daily basis in order to achieve weight loss. Here is how to take the measurements, using a soft measurement tape: Height: step on a flat surface that is perpendicular to a wall, column or a door frame. Look straight ahead. Get an assistant to place a ruler or another straight object on the top
of your head so it is horizontal and mark the point at which it touches the wall, column, etc. Step out and measure the height from that point to the floor. Neck: measure at the widest point of the abdomen, at the level of your naval (umbilicus). Hips:
measure your hips at the widest point below your waist, while keeping your feet together for an accurate measurement. You can use both centimeters and inches to record the measurement, since our software supports both units. Accuracy to the nearest half inch or within 1 cm should be sufficient. It is recommended that you wear minimal clothing
during the measurement. It is also recommended to have your measures taken by an assistant, since if you are taking them yourself you will not be fully relaxed and may be twisting your body and skewing the results. Health Caution It is advisable to consult your physician and/or a certified nutritionist before you undertake any significant alteration of
your daily diet such as introducing a caloric deficit. While using our tool can be a first step in such a process, it is a tool based on statistical models derived from population averages and cannot, for obvious reasons, account for your personal health history, diet history, body specifics, and other factors which might influence the choice of optimal diet
for you. 1 Hall K.D. et al. (2011) "Quantification of the effect of energy imbalance on bodyweight", Lancet (London, England) 378(9793):826-37; DOI: 10.1016/S0140-6736(11)60812-X 2 Forbes G.B. (2000) "Body Fat Content Influences the Body Composition Response to Nutrition and Exercise", Annals of the New York Academy of Sciences 904:359-
65. 3 Hall K.D. (2006) "Body Fat and Fatfree Mass Interrelationships - Forbes Theory Revisited", The British Journal of Nutrition 97(6):1059-63; DOI: 10.1017/S0007114507691946 4 Chow C.C., Hall K.D. (2008) "The Dynamics of Human Body Weight Change", PLoS Computational Biology 4(3):e1000045; DOI: 10.1371/journal.pcbi.1000045 5 Hall K.D.
et al. (2015) "Calorie for calorie, dietary fat restriction results in more body fat loss than carbohydrate restriction in people with obesity". Cell Metabolism 22(3):427-36; DOI: 10.1016/j.cmet.2015.07.021 In the ever-evolving landscape of health and nutrition, finding a balanced and sustainable diet is the key to achieving our wellness goals. The
sedentary lifestyle has led to many people gaining weight, you must know that the key lies in reducing your daily calorie intake while consuming healthy, nutritious, balanced meals. Embarking on the journey towards weight loss requires careful decisions
regarding your diet preferences. You don't want to skip meals and feel fatigued, nor do you want to overshoot your daily caloric requirements. Hence, you might need a 1700-calorie diet? Discover the details and how this plan may
positively impact your health. What Is a 1700-calorie Diet? A 1700-calorie meal plan is a well-balanced, low-calorie diet that can help individuals lose weight (6). It comprises three balanced meals enriched with essential nutrients and two daily snacks. The 1700-calorie diet to lose weight (6). It comprises three balanced meals enriched with essential nutrients and two daily snacks.
meats, healthy fats, and whole grains. The inclusion of snacks is up to you. The 1700-calorie diet is designed for beginners or sedentary individuals who need to lose weight without overly restricting their diet or undergoing strict weight loss routines. To maximize the benefits of the 1700-calorie diet, you should include a variety of different foods from
all the food groups. Generally, it is recommended to get 45-65% of calories from carbohydrates, 765-1105 calories from healthy fats, or 340 - 595 calories or 38 - 66 grams of fats. You should also get 10-35% of calories from protein, or 170 - 595 calories or 43 - 149
grams of protein (5). It is important to note that 1700 calories are the baseline for this meal plan and that every individual is different and may have differe
including weight, age, sex, activity level, and weight loss goals. If 1700 is your target daily intake, then this diet may work for you. Yanking yourself back in shape has never been so easy with our game-changing fitness app! Start transforming your life with BetterMe! Can I Lose Weight Eating 1700 Calories A Day? Yes, losing weight by eating 1700
calories daily is quite possible. The count is generally lower than most individuals' daily caloric intake. It is an excellent starting point for people looking to lose weight and get in shape. A carefully designed 1700-calorie diet can work wonders for weight loss as it is a sustainable approach. Before starting this diet plan, consult your healthcare
provider to align your weight loss goals with your health. Drastic calorie restriction may negatively affect your well-being and lead to health issues. Moreover, you must focus on the quality of calories you consume. Try incorporating nutrient-dense meals offering lean proteins, complex carbs, healthy fats, and fiber. Engage in physical activities and
workout routines to make the most out of your weight loss diet. Don't forget that you should limit high-calorie foods, etc. Is 1700 Still A Calorie Deficit? 1700 is a calorie deficit for many individuals,
but this depends on factors such as age, sex, weight, physical activity level, and other individuals activity level, and other individuals, 1700 calories are the ideal calorie deficit varies from person. For many sedentary individuals, 1700 calories are the ideal calorie deficit varies from person.
still provide enough energy to fuel their daily activities. If you are unaware of your daily calorie intake, you can consult a registered dietitian to discuss a complete weight management plan and help you determine whether 1700 calories work as a deficit for you. Aim for a well-balanced diet with regular exercise to make your weight loss gradual and
sustainable in the long run. Is 1700 Calories Enough To Build Muscle And Lose Fat? When you restrict your calories, you aim to lose fat and get a leaner body. But what if you want to build muscle while losing fat? Let's break down this
process in detail. When you cut down on calories, your body extracts energy from its stores of protein, carbs, or fat reserves, usually leading to both fat loss and muscle loss. Some experts believe that up to 25% of weight loss following a low-calorie-
surplus diet but that increases your weight, potentially putting on some fat as well. Following some practices may help you to hit your target fitness goals. Do not overly restrict your diet at once as your body may enter an energy-conservation mode and hinder your weight loss goals by slowing your metabolism. Cutting down on calories rapidly also
leaves you with lower energy during workouts. When you cut down on calories such as those from protein, your muscles, as well as protein that can be used for energy instead of breaking down muscle. If you want to
maintain or even build muscle while losing weight, you need to increase your protein intake while cutting down on calories simultaneously. According to a study, individuals who followed a high-protein diet while doing resistance training and HIIT lost more body fat over 4 weeks than those who did the same training but had a low protein or control
diet. The high protein group also gained the most muscle mass (8). But, this doesn't mean that you start overdosing on protein in every meal and snack to let your body utilize protein throughout the day as it enhances muscle-building effects (9). A potential starting point would be to aim for 25 grams of protein at each
```

meal and 5-10 grams at each snack. Some examples of lean protein sources include lean meats and poultry, eggs, low-fat dairy, beans and legumes.. The bonus point is that protein promotes satiety, which can prevent you from overeating or going beyond your daily calorie intake limit. Read more: 7-Day Weight Loss Low-Carb Diet: Choose High-Protein, High-Fiber, or Ultra-Low-Carb What Are the Pros and Cons of a 1700-calorie Diet Plan? This diet plan can be useful in regulating weight and helping beginners get in shape without drastically changing their routine. But, some advantages and disadvantages of the 1700-calorie diet must be addressed. Check out the advantages first: Healthy