HOW MANY CALORIES SHOULD EAT TO LOSE WEIGHT

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There is an average amount that is recommended for you to eat every single day. Women should eat around 2000 calories and men should eat around 2500 calories. It s important to keep in mind that if you do eat this amount, you re more than likely not going to lose any weight.
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TDCE 500 = calories to lose weight each day. Caution. The goal is to eat less, but not to stress the body into starvation mode. This can be accomplished by ensuring that you don t drop more than 500 calories below your TDCE. For example, if your TDCE is 2,000 calories per day, you should eat at least 1,500 calories per day. Furthermore, women should not drop their daily calories below 1,200, nor men below 1,500.
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If you want to lose weight, you'll need to cut calories from your maintenance mode to see results. "One pound of fat is around 3,500 calories, and safe fat loss is one to two pounds per week," says White. To lose one pound of fat per week, you'd need a 500-calorie deficit each day.
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