

## [HOW MUCH FAT SHOULD I EAT TO LOSE WEIGHT](#)



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### **How Many Calories Should You Eat Per Day to Lose Weight**

An average woman needs to eat about 2000 calories per day to maintain, and 1500 calories to lose one pound of weight per week. An average man needs 2500 calories to maintain, and 2000 to lose one  
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### **How Many Calories Should I Eat to Lose Weight Verywell Fit**

The weight loss calculator may say that you need to eat 1,200 calories per day to lose weight. But you don't think that you can cut enough food from your diet to reach that number. That's OK. You can simply add exercise to your weekly routine to account for a few extra calories.

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While you may think that the best way to lose weight is to limit fat as much as possible, this isn't necessarily the case. You need some fat in your diet to stay healthy, and it can make your food more satisfying and your diet easier to stick with.

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### **How Much Protein Should I Eat to Lose Weight Verywell Fit**

Remember that if you eat too many calories, no matter what kind of calories they are, you will gain weight. Even though some studies suggest that weight gain from lean protein is better than weight gain from fat and carbohydrates, if weight loss is your goal, eating the right number of calories is still the key to success.

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"How Much Fat Should I Eat a Day to Lose Weight?" Healthfully , <https://healthfully.com/243945-how-much-fat-should-i-eat-a-day-to-lose-weight.html>. 18 July 2017. Schuna, Carly.

<http://ebookslibrary.club/How-Much-Fat-Should-I-Eat-a-Day-to-Lose-Weight--Healthfully.pdf>

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How Much Fat Should I Eat? January 13, 2014 by Adam Bornstein 0 Comments Everything you need to know about the dangers of consuming a diet that s high in fat can be summarized in one sentence.

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### **How Many Calories Should I Eat Per Day To Lose Weight**

If you re here, it means you want to lose weight (more specifically, lose fat), and you re ready to figure out how many calories you should eat per day to make that happen as effectively as possible.

<http://ebookslibrary.club/How-Many-Calories-Should-I-Eat-Per-Day-To-Lose-Weight--.pdf>

**How to Eat and Lose Weight with Pictures wikiHow**

If you eat a high carb low fat vegan diet you can eat a lot and still lose weight. Warnings You have to exercise and eat healthier , otherwise you may not notice any improvement.

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