

# How to Lose Weight Fast



## Step 1 Calculate BMR

Calculate your resting energy needs (Basal Metabolic Rate)

**Men** = Weight (lbs) x 11  
**Women** = Weight (lbs) x 10



## Step 2 Calculate TDEE

**Total Daily Energy Expenditure (TDEE)**  
Determine how many calories you need to maintain your current weight

Sedentary: **1.2 x BMR**  
Moderately Active: **1.5 x BMR**  
Very Active: **1.7 x BMR**



## Step 3 Estimate Calories

Estimate how many calories you need to lose weight

**Sustainable Weight Loss** = TDEE x 0.85  
**Aggressive Weight Loss** = TDEE x 0.80



## Step 4 Calorie Burn

Increase calorie burn



**Lift Weights 2-3x/Week**  
Also add High-Intensity Training 2-3x/Week



## Step 5 Eat This

Eat more of these kinds of foods

**Veggies**  
**Protein**  
**High Fiber Foods**  
**Water**



## Step 6 Skip This

Avoid these kinds of foods:

**Added Sugars**  
**Refined Grains**  
**Processed Foods**  
**Empty Calories**  
**Sugar-Sweetened Beverages**



**GastroDoxs**  
defenders of the digestive system

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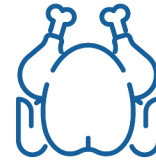
## Step 7 Track Food Intake

Download the Trifecta app for easy food tracking.



## Step 8 Count Your Macros

How many grams of carbs, protein, and fat are you eating?



## Step 9 Stay Motivated

Positive vibes  
Get enough sleep  
Remember your why



## Step 10 Be Consistent

Stick to it for at least

**21 days!**



## Weight Loss Calculator - Example



This is Beth. She's 160 lbs and moderately active. To lose weight, she will need to eat less than 1920 calories a day.

$$160 \text{ lbs.} \times 10 = 1600 \text{ (BMR)}$$

$$1600 \times 1.5 = 2400 \text{ (TDEE)}$$

$$2400 \times 0.8 = 1920 \text{ Calories}$$



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