



Weight Loss Made Simple

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LOSE WEIGHT WHILE
EATING WHAT YOU LOVE

Golden Era Mindset

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Eating What You Love

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Introduction

People tend to make diets so complex that it's unapproachable for newcomers to the fitness world.

This book will dispel all the myths about weight loss, and make losing weight easy!

You won't have to stop eating what you love or waste time researching hot new diet trends.

The system that is outlined here helped me lose 85lbs in ONE year when I first started my fitness journey, and it was all done in less than 10 minutes per day.

So, let's get started.

Calories In, Calories Out

Weight loss is all about calories. Calories are a measure of the energy we get from consuming food.

At the end of the day, diet comes down to calories in, calories out (CICO). If you want to gain weight, you eat more calories than you burn. If you want to lose weight, you eat less calories than you burn. Simple.

Total Daily Energy Expenditure (TDEE)

The amount of calories you burn throughout the day is called your Total Daily Energy Expenditure (TDEE). The easiest way to find out your daily calorie requirements is to use a calculator like the [TDEE Calculator](#).

This site asks you for information about your weight and height. Then it calculates how many calories you need to eat everyday to maintain your weight based on your activity level. Below you can see an example for a 6'5, 245lb man.

TDEE Calculator [About](#) [FAQ](#) [Contact](#)

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Learn How Many Calories You Burn Every Day

Use the TDEE calculator to learn your *Total Daily Energy Expenditure*, a measure of how many calories you burn per day. This calorie calculator will also display your [BMI](#), [BMR](#), [Macros](#) & many other useful statistics!

Imperial Metric

Gender Male Female

Age

Weight

Height

Activity

Body Fat % (optional) % Get body fat calipers [here](#).

Calculate!

Once you press “Calculate!”, you will be redirected to a page that shows your TDEE.

TDEE Calculator

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YOUR STATS

Like 49K Share Questions or comments? Email me at rob@tdeecalculator.net

You are a y/o who is lbs and with % Re-Calculate
bodyfat optional

You left the body fat percentage field blank. A more accurate formula is used to estimate your TDEE when you know it. To learn your body fat percentage with calipers, [click here](#)

Your Maintenance Calories

3,827
calories per day

26,791
calories per week

Based on your stats, the best estimate for your maintenance calories is **3,827** calories per day based on the Mifflin-St Jeor Formula, which is widely known to be the most accurate. The table below shows the difference if you were to have selected a different activity level.

Basal Metabolic Rate	2,219 calories per day
Sedentary	2,662 calories per day
Light Exercise	3,051 calories per day
Moderate Exercise	3,439 calories per day
Heavy Exercise	3,827 calories per day
Athlete	4,215 calories per day

Ideal Weight: 177-207 lbs

Your ideal body weight is estimated to be between 177-207 lbs based on the various formulas listed below. These formulas are based on your height and represent averages so don't take them *too seriously*, **especially if you lift weights**.

G.J. Hamwi Formula (1964)	207 lbs
B.J. Devine Formula (1974)	196 lbs
J.D. Robinson Formula (1983)	186 lbs
D.R. Miller Formula (1983)	177 lbs

BMI Score: 29.1

Your **BMI** is **29.1**, which means you are classified as **Overweight**...

🔥 People who use [this amazingly simple tool](#) lose significantly more weight versus people who don't.

18.5 or less	Underweight
18.5 – 24.99	Normal Weight
25 – 29.99	Overweight
30+	Obese

If you scroll down on that page, there's a section that tells you how many calories you need to eat each day to lose weight (also called “cutting”). This will be your best friend for setting your goals.

Macronutrients

Maintenance

Cutting

Bulking

30/35/35 means 30% protein, 35% fats, 35% carbs

These macronutrient values reflect your cutting calories of **3,171** calories per day, which is a 500 calorie per day deficit from your maintenance of **3,671** calories per day.

Moderate Carb (30/35/35)	Lower Carb (40/40/20)	Higher Carb (30/20/50)
238g <i>protein</i>	317g <i>protein</i>	238g <i>protein</i>
123g <i>fats</i>	141g <i>fats</i>	70g <i>fats</i>
277g <i>carbs</i>	159g <i>carbs</i>	396g <i>carbs</i>

There are 4 calories per gram of both protein and carbohydrates, and 9 calories per gram of fats.

Goal Setting

It's very important that you set a realistic goal for your weight loss. It's not healthy to lose more than 2lbs/week.

As mentioned earlier, to lose weight you need to be in a calorie deficit (eat less calories than you burn each day).

To lose 1lb per week, you must be in a 500 calorie deficit. So, someone whose TDEE is 3400cal/day would need to eat $3400 - 500 = 2900$ cal/day to lose 1lb/week.

Reasonable Goals

0.5 lb/week = 250cal deficit

1.0 lb/week = 500cal deficit

1.5 lb/week = 750cal deficit

2.0 lb/week = 1000cal deficit

Calorie Tracking

There are many websites and apps out there that help you track your daily calorie consumption. I personally started with, and still use, one called [myfitnesspal](https://myfitnesspal.com).

The app for Android and iPhone makes it easy to track your calories and weight progress. You simply plug in the info you got from the TDEE calculator into the goals section of the app, and start tracking. The whole process should take less than ten minutes per day!

It is essential that you track EVERYTHING you eat. You'd be surprised how many calories are in most foods.

If you don't take tracking seriously, you won't hit your goals. It's very simple. I'll repeat it again:

MAKE SURE YOU TRACK EVERYTHING YOU EAT

Nutrients

Food is broken down into combinations of many different nutrients. The two main categories of nutrients are macronutrients and micronutrients.

Both micro and macronutrients are needed for your body to grow and perform optimally, but more focus should be put on meeting your macronutrient requirements.

Macronutrients

Macronutrients are the nutrients your body needs in larger amounts. These are broken up into carbohydrates, protein, and fat. These provide your body with energy (calories), and also facilitate many crucial processes in the body.

Carbohydrates

Contrary to popular belief, carbs are NOT bad for you! Carbs are the most important source of quick energy in your diet since they're easily broken down into glucose, which the muscles and brain use to function. That being said, not all carbs are created equal. Simple carbs like sugar are generally seen as bad because they don't contain any vitamins, minerals, or fibers. Whereas complex carbs like potatoes are nutrient dense and digest slowly, making them a much better choice.

Protein

Proteins are made up of amino acids and function as hormones, enzymes, and an antibody in the immune system. They make up parts of bodily structures like connective tissues, skin, hair, and muscle fibres.

Unlike carbs, proteins don't serve as a direct source of energy, but work like building blocks for other structures in the body. Getting enough protein is essential for maintaining muscle mass when losing weight. A good guideline is to get 1g/lb of body weight.

Fat

A common misconception is that eating fat makes YOU fat. That's not true. Fats regulate metabolism, maintain the elasticity of cell membranes, improve blood flow, and promote cell growth and

regeneration. Fats also play an essential role in hormone regulation.

Micronutrients

Micronutrients are the nutrients your body needs in smaller amounts, which are broken down into vitamins and minerals. They really don't contribute calories to the diet, but are still very important for your body to function properly.

All this information may seem overwhelming at first, but just remember the key point: as long as you stay in a calorie deficit, you will lose weight. If you can hit your macronutrient goals as well, that's a plus!

That being said, I would still highly recommend reading [this article](#) if you'd like a more in depth look at the role of macro and micronutrients.

Conclusion

The last bit of wisdom I'd like to impart in this book is that the old adage of "you are what you eat" still rings true to this day. What I've learned over the years is that you CAN eat whatever you want and lose weight as long as you're in a calorie deficit.

BUT taking the time to cook your own meals with whole foods will leave you feeling so much better in the long run. Eating 100 calories from a steak will leave you feeling so much more energized than if you eat 100 calories from a protein bar.

That's it! Now that you know the basics of dieting, it's time to calculate your TDEE and start tracking calories. Congratulations on taking the first step towards improving your body and your life!

If this ebook helped you, please give it a rating on gumroad.

Follow me on twitter ([@GoldenEraMind](https://twitter.com/GoldenEraMind)) and send me a DM with any questions you may have.

I hope this method helps you as much as it has helped me!

Cheat Sheet

To lose weight you need to be in a calorie deficit, meaning you eat less calories than you burn.

1. Calculate your [Total Daily Energy Expenditure](#)
2. Set a realistic goal:
 - 0.5 lb/week = 250cal deficit
 - 1.0 lb/week = 500cal deficit
 - 1.5 lb/week = 750cal deficit
 - 2.0 lb/week = 1000cal deficit
3. Track EVERYTHING you eat with [myfitnesspal](#)
4. Be consistent

That's it! No need to stop eating what you love. Just maintain a calorie deficit and you will lose weight!