

Calorie Count or Not?
Nikam's Diet-Caloric Balance Chart-1200 Calories

Calories 1200	C=Carb	P=Pro	F=Fat	Fiber	Chol
C=40%, P= 30%, F=30%	480	360	360	>30G	<300mg
C=40%, P= 30%, F=30%	120G	90G	40G	>30G	<300mg
Breakfast					
Lunch					
Dinner					
Snacks					

Write each food item you eat for the entire day. Then, look in the caloric chart for each item and enter the weight and caloric count in terms of carbs, protein, fat, fiber, and cholesterol. Add the caloric count and grams. If you exceed carbs or fat grams allowed per day, then reduce or eliminate certain items.

Burn about 500 calories with daily exercises including aerobic, muscle building, and muscle strengthening exercises. That alone equates to 125 carbohydrate grams or 55 fat grams loss per day.

This is a well-balanced diet that is designed to help you loose fat; build endurance, muscle strength, and muscle mass; and cultivate a heart healthy lifestyle.

Calorie count: Carbohydrates=4, proteins=4, fats=9, and alcohol=7.

Calorie Count or Not?
Nikam's Diet-Caloric Balance Chart-1500 Calories

Calories 1500	C=Carb	P=Pro	F=Fat	Fiber	Chol
C=40%, P= 25%, F=30%	600	375	450	>30	<300mg
C=40%, P= 25%, F=30%	150G	95G	50G	>30	<300mg
Breakfast					
Lunch					
Dinner					
Snacks					

Write each food item you eat for the entire day. Then, look in the caloric chart for each item and enter the weight and caloric count in terms of carbs, protein, fat, fiber, and cholesterol. Add the caloric count and grams. If you exceed carbs or fat grams allowed per day, then reduce or eliminate certain items.

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Calorie count: Carbohydrates=4, proteins=4, fats=9, and alcohol=7.

Calorie Count or Not?
Nikam's Diet-Caloric Balance Chart

Calories 1800	C=Carb	P=Pro	F=Fat	Fiber	Chol
C=40%, P= 25%, F=30%	720	450	540	>30	<300mg
C=40%, P= 25%, F=30%	180G	115G	60G	>30	<300mg
Breakfast					
Lunch					
Dinner					
Snacks					

Write each food item you eat for the entire day. Then, look in the caloric chart for each item and enter the weight and caloric count in terms of carbs, protein, fat, fiber, and cholesterol. Add the caloric count and grams. If you exceed carbs or fat grams allowed per day, then reduce or eliminate certain items.

Burn about 500 calories with daily exercises including aerobic, muscle building, and muscle strengthening exercises. That alone equates to 125 carbohydrate grams or 55 fat grams loss per day.

This is a well-balanced diet that is designed to help you loose fat; build endurance, muscle strength, and muscle mass; and cultivate a heart healthy lifestyle.

Calorie count: Carbohydrates=4, proteins=4, fats=9, and alcohol=7.

Calorie Count or Not?
Nikam's Diet-Caloric Balance Chart-2000 Calories

Calories 2000	C=Carb	P=Pro	F=Fat	Fiber	Chol
C=40%, P= 25%, F=30%	800	500	600	>30	<300mg
C=40%, P= 30%, F=30%	200G	125G	67G	>30	<300mg
Breakfast					
Lunch					
Dinner					
Snacks					

Write each food item you eat for the entire day. Then, look in the caloric chart for each item and enter the weight and caloric count in terms of carbs, protein, fat, fiber, and cholesterol. Add the caloric count and grams. If you exceed carbs or fat grams allowed per day, then reduce or eliminate certain items.

Burn about 500 calories with daily exercises including aerobic, muscle building, and muscle strengthening exercises. That alone equates to 125 carbohydrate grams or 55 fat grams loss per day.

This is a well-balanced diet that is designed to help you loose fat; build endurance, muscle strength, and muscle mass; and cultivate a heart healthy lifestyle.

Calorie count: Carbohydrates=4, proteins=4, fats=9, and alcohol=7.