

HOW MANY CALORIES DO I NEED TO LOSE FAT%0A

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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

[Calorie Calculator](#)

1 pound of body weight, or approximately 0.45 kg, equates to about 3,500 calories. As such, in order to lose 1 pound per week, it is recommended that 500 calories be shaved off the estimate of calories necessary for weight maintenance per day.

[How Many Calories Should I Eat to Lose Weight? - Verywell Fit](#)

Some calorie calculators help you find out how many calories to eat every day if you want to maintain your weight. Some even help you to gain weight.

[See how many calories you need to eat to lose weight](#)

The less calories you eat = the faster you lose weight but its harder to lose weight permanently on a very low calorie diet (why VLCD don't work) A cheat day only happens when you eat more than calories.

[How Many Calories Do I Need A Day To Lose Weight? | Women ...](#)

Well, to lose roughly one pound of fat per week (a healthy goal) you need a 500-calorie-per-day deficit, he explains. In other words, just delete 500 calories from the number you found above.

[How Many Calories to Lose Weight - HealthStatus](#)

Learn how many calories to lose weight safely, and how to lose weight fast. The weight loss calculator will only show you safe levels of calorie reduction. When selecting your activity level use: The weight loss calculator will only show you safe levels of calorie reduction.

[How Many Calories Do I Need to Eat to Lose Weight? This ...](#)

If your TDEE is in fact 2,232, to lose one pound a week, you would have to eat 1,780 calories a day to eat in a healthy calorie deficit and see progress on the scale.

Ultimately, this formula is

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however an average of about 1-2 pounds per day after that. Remember

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[How Many Calories Do I Need Each Day? - Verywell Fit](#)

If you plan to do it by exercise alone, you would need to burn 500 calories each day above and beyond what you already do. For this reason, a combination of diet and exercise almost always achieves the best result.

[How Many Calories In A Day To Lose Weight](#)

[How Many Calories In A Day To Lose Weight](#)
[How Women Can Lose Weight And Build Muscle](#)
[How Much Cardio Do I Need To Burn Belly Fat](#)
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