

SELF EMPOWERMENT SYSTEM

WEIGHT LOSS PROGRAM – CALORIES COUNTING CHART

1ST - CHART YOUR CALORIE INTAKE FOR (7) DAYS TO GET A GENERAL LIST OF THE MOST FOODS YOU CONSUME – TO GET A TOTAL DAILY COUNT OF YOUR CALORIE INTAKE.

2ND – GET YOUR SCALE AND WEIGH YOURSELF _____

3RD - MULTIPLY YOUR WEIGHT BY 15 TO GET THE TOTAL AMOUNT OF CALORIES YOUR BODY BURNS EACH DAY _____

4TH – TO LOSE WEIGHT - REDUCE YOUR DAILY CALORIE INTAKE BY 500.

(EXAMPLE: WEIGHT 200X15= 3000 CALORIES. REDUCE BY 500 = 2500 – DO NOT CONSUME NO MORE THAN 2500 CALORIES DAILY + EXERCISES WILL GIVE YOU FULL CONTROL OF YOUR WEIGHT LOSS MISSION)

***DAILY CALORIE DEFICIT** – TRACKING YOUR DAILY CALORIE INTAKE – KEEPING TRACK TO LEARN HOW TO REDUCE YOUR AVERAGE DAILY INTAKE TO LOSE WEIGHT.

NOTE: REDUCING YOUR DAILY INTAKE BY 500 CALORIES = 3500 CALORIES REDUCED PER WEEK, WHICH = 1 POUND OF WEIGHT LOSS PER WEEK. YOU CAN INCREASE THE WEIGHT LOSS EVEN MORE AND FASTER WITH SOME FAT BURNING EXERCISES THAT INCREASE YOUR METABOLISM.

METABOLIC RESISTANCE TRAINING (MRT) TO INCREASE YOUR FAT BURNING PROCESS – EACH EXERCISE WILL BE 20 TO 30 SECONDS – FAST AS YOU CAN – SEE THE VIDEOS FOR MORE INFO. YOU CAN ALSO U TUBE THE SUBJECT “MRT EXERCISES” AND YOU’LL FIND LOTS OF EXAMPLES. **YOU CAN ALSO START A WALKING PROGRAM – YOU MUST EXERCISE TO AVOID SCAGGING OF THE SKIN.**

CALORIES COUNTING CHART

GENERAL LIST TO GET STARTED:

Food Group	Carbohydrates (Grams)	Calories
Milk (higher % of simple carb - 1 cup)	7.8	100
Eggs	61	91
Eggs (boiled)	50	78
Ice Cream (1cup)	132	274
Slice of Cheese	26	113
Chocolate milk (1 cup)	26	208
Low fat (2%) milk	12	121
Pudding (any flavor) (1/2 cup)	30	161
Skim milk (1 cup)	12	86
Yogurt (fruit-flavored, low fat) (1 cup)	42	225
Yogurt (frozen, low fat) (1 cup)	34	220
Beans (higher % of complex carbohydrates; more nutrient dense)		
Chilil Beans (1 can)		440
Black eye peas (1/2 cup)	22	134
Garbanzo beans (chick peas) (1 cup)	45	269
Navy beans (1 cup)	48	259
Pinto beans (1 cup)	44	235
Refried beans (1/2 cup)	26	142
White beans (1 cup)	45	249
Fruits (higher % of simple carbohydrates; less nutrient dense)		
Apple (1 medium)	21	81
Apple juice (1 cup)	28	111
Applesauce (1 cup)	60	232
Banana (1)	27	105
Cantaloupe (1 cup)	14	57
Dates (dried)(10)	61	228

Fruit Roll-Ups (1 roll)	12	50
Grapes (1 cup)	28	114
Grape Juice (1 cup)	23	96
Orange (1)	16	65
Orange Juice (1 cup)	26	112
Pear (1)	25	98
Pineapple (1 cup)	19	77
Prunes (dried)(10)	53	201
Raisins (1/2 cup)	79	302
Raspberries (1 cup)	14	61
Strawberries (1 cup)	11	45
Watermelon (1 cup)	12	50
Vegetables (higher % of complex carbohydrates; more nutrient dense)		
Carrot (1 medium)	8	31
Corn (1/2 cup)	21	89
Beans, Lima (1/2 cup cooked)	20	108
Peas, green (1/2 cup)	12	63
Potato (1 large, baked, plain)	50	220
Sweet Potato (1 large)	28	118
Three-bean salad (1/2 cup)	20	90
Grains (higher % of complex carbohydrates; more nutrient dense)		
Crackers (5 crackers)	4.1	81
Bagel (1)	31	165
Biscuit (1)	13	103
Breadsticks (2 sticks)	15	77
Bread (white)(1 slice)	12	61
Bread (whole wheat)(1 slice)	11	55
Cereal, ready to eat (1 cup)	24	110
Cookie (oatmeal raisin)(1)	9	62
Cornbread (1 square)	28	178
Cream of Rice (3/4 cup)	21	95
Cream of Wheat (3/4 cup)	20	96
English Muffin	25	130
Fig Bar (1)	10	50
Graham crackers (2 squares)	11	60
Granola bar (honey and oats) (1 ounce)	19	125

Hamburger bun (1)	21	119
Hot dog bun (1)	21	119
Noodles (spaghetti)(1 cup)	34	159
Oatmeal (1/2 cup)	12	66
Oatmeal, Quaker instant, flavored (1 packet)	25	110
Pancake (4 inch diameter)	10	41
Pizza (cheese)(1 slice)	39	290
Popcorn, plain (1 cup, popped)	6	26
Pretzels (1 ounce)	21	106
Rice, white (1 cup)	50	223
Rice, brown (1 cup)	50	232
Saltines (5 crackers)	10	60
Tortilla, flour (1)	15	85
Triscuits™ (3 crackers)	10	60
Waffles (2, 3.5" x 5.5")	17	130
Tea (1 cup)		3

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CALORIES

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