

Protein Sparing Dietary Calculator

This calculator only works in Chrome or Firefox (not in IE).

Privacy Information: This calculator runs locally on your computer. None of your personal data is stored on our server.

Enter Your Numbers

Age:

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Male

Female

Height : inches (bare feet)

Weight : lbs (without clothes)

Neck : inches (smallest circumference)

Waist : inches (at your belly button)

Ankle : inches (narrowest)

Wrist : inches (at the boney part)

Hips (females) : inches

Select your [Activity Level](#)

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Sedentary

Lightly Active

Moderately Active

Very Active

Extremely Active

Enter Your Goal Body Fat

Body Fat (%):

Scroll down for results after pressing Calculate

Your Scale and Metabolism Numbers

Current Weight: 203 lbs

Goal Weight: 175 lbs

Lbs from Goal Weight: 28.3 lbs

Body Fat: 25.2%, 51.1 lbs

[Lean Body Mass \(LBM\)](#): 152 lbs

[Basal Metabolic Rate \(BMR\)](#): 2086 cal/day

Initial [Total Daily Energy Expenditure \(TDEE\)](#): 2869 cal/day

Initial Maximum Fat Loss on Protein Sparing Modified Fast: 0.45 lbs of body fat per day

Notes

- This version of the Protein Sparing model attempts to conserve Lean Body Mass as much possible by keeping your dietary protein amount constant throughout the diet.
- It could be helpful to frequently rerun these numbers based on updated measurements as you progress.
- For the limit on how much fat you can draw from your body per day, see: [A limit on the energy transfer rate from the human fat store in hypophagia](#).
- Body Fat percentage from the [Department of Defense Formula or the US Navy Circumference Method](#)
- Total Daily Energy Expenditure from the [TDEE Formula by activity level](#)

Protein Sparing Modified Fast (PSMF) Dietary Macros (per day)

It is very important on the [PSMF](#) that you eat at least the macros listed here. If you go below these numbers you risk lowering your metabolism and you actually can't lose body fat any faster. It is better to be just above these macros than below the macros. It is also OK to substitute additional protein for fat (calorie for calorie). [Protein plus Insulin builds muscle](#).

Protein: 122 g (486 cals)

Carbs: 20 g (80 cals)

Fat: 80 g (719 cals)

Your total calories from food are 1286 calories per day for maximum fat loss. At this limit you will use 1583 calories from your body fat per day.

If you consume 256 g (2303 calories) of fat you will remain at your current weight.

Maintenance Levels at Goal

At your goal weight of 174.7 lbs you will need to consume 121.5 grams of Protein, 20 grams of Carbs, and 211 grams of Fat. That will be 2104 calories.

Notes

- The protein number is based on [KetoGains](#) protein macros.
- The carb number is based on [Atkins Induction](#) or [ketogenic dietary levels](#) to guarantee ketosis.
- The fat number is determined based on the fastest possible fat loss. This amount of fat in your diet frees up the maximum amount of fat from your body because it does not allow your metabolism to drop.
- For one of many scientific studies of PSMF, see [Multidisciplinary treatment of obesity with a protein-sparing modified fast: results in 668 outpatients](#).

Can You Do an Extended Fast?

One important question to ask when considering extended fasting is whether or not you have sufficient body fat to fast.

You currently use 2869 cal/day. You have 1583 calories per day available from your body fat. You have less calories available from body fat than your daily requirements and may not be able to fast. If you fast, your body may temporarily drop your metabolism, energy expenditures or may consume protein stores. You will be -1286 calories short per day

The thermic effect of food contributes somewhere from 5-20% of your current TDEE number so if you are fasting that can reduce your TDEE. Reducing your TDEE by 10% would result in you using 2582 calories per day. Calculating in a 10% Thermic Effect of food still leaves you in a caloric deficit during fasting.

The Protein Sparing Modified fast may be a better approach to fat loss since it solves the calorie deficit by providing the calories needed for the deficit from body fat.

How Much Muscle Can You Gain?

The Maximum Lean Body Mass that you can carry on your frame is 198.7 lbs at your goal of: 15.0% Body Fat. That would be a weight of 228 lbs.

Disclaimer

Use this information at your own risk and with the advice of your medical professional. We are not doctors nor do we pretend to be one on the Internet. We do not take responsibility for errors in these calculations. We do not guarantee that these numbers will work for people at the extremes of the ranges. If you discover an error in calculation, please let us know through email: keto at land-boards dot com.