

Calorie and macro calculator

How many calories should i consume to lose weight:

Example Stats

Age: 40

Height: 5'6" (167.6 cm)

Current Weight: 64 kg

Goal Weight: 59 kg

Timeframe: 16 weeks (~4 months)

Health Status: No concerns

Weight Loss Goal

Lose 5 kg in 16 weeks

That's ~0.31 kg/week → a modest, sustainable pace

Requires ~350–400 kcal/day deficit

Step 1: Estimate Your TDEE

BMR (Basal Metabolic Rate)

Using the Mifflin-St Jeor equation:

$$\text{BMR} = 10 \times 64 + 6.25 \times 167.6 - 5 \times 40 - 161 = 1329 \text{ kcal/day}$$

TDEE (Total Daily Energy Expenditure)

Based on activity level:

Activity Level	TDEE Estimate
Sedentary	~1,600 kcal/day
Lightly Active	~1,850 kcal/day
Moderately Active	~2,050 kcal/day

If lightly active → TDEE \approx 1,850 kcal/day

Step 2: Calorie Goal for Weight Loss

Moderate daily deficit (~375 kcal/day)

Target Intake = $1,850 - 375 = 1,475$ kcal/day

This will safely get you to 59 kg in ~16 weeks.

Macronutrient Breakdown

Let's go with high protein, moderate carb and fat — good for fat loss and muscle maintenance:

Macro	% of Calories	Grams/day
Protein	30% (~445 kcal)	~110 g
Fat	30% (~445 kcal)	~49 g

Carbs	40% (~590 kcal)	~148 g
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Daily Targets

Calories: ~1,475 kcal/day

Protein: ~110 g

Carbs: ~145–150 g

Fat: ~48–50 g