



Daily Calorie Intake for Inactive Men

YOUR WEIGHT	MON CALORIES	TUE CALORIES	WED CALORIES	THURS CALORIES	FRI CALORIES	SAT CALORIES	SUN CALORIES
325 lbs.	3484	3684	3534	4084	3484	3834	3684
300 lbs.	3223	3423	3273	3823	3223	3573	3423
275 lbs.	2962	3162	3012	3562	2962	3312	3162
250 lbs.	2701	2901	2751	3301	2701	3051	2901
225 lbs.	2440	2640	2490	3040	2440	2790	2640
200 lbs.	2179	2379	2229	2779	2179	2529	2379
175 lbs.	1918	2118	1968	2518	1918	2268	2118
150 lbs.	1657	1857	1707	2257	1657	2007	1857
125 lbs.	1396	1596	1446	1996	1396	1746	1596

Remember, All Diet Source tools and charts provide general information only. They are not meant to replace professional advice. Always check with your Physician before starting any weight loss or exercise program.