

The background of the cover is a collage of various food items. At the top, there's a wooden cutting board with slices of bread, some topped with cheese and tomato. To the left, a glass of olive oil is visible. At the bottom, there's a wooden cutting board with fresh salmon, a piece of cheese, and a bunch of green basil leaves. The entire scene is set against a dark, textured background.

# SIMPLE GUIDE TO COUNTING CALORIES

By Billy Butler

Making the process simple to get  
the best fat loss results.



# WHY DO IT?

It's common to hear from people that calorie counting is not required or doesn't work. The simple fact is that consuming more calories than you burn off, will lead to you gaining weight.

Therefore if you limit your intake to a number lower than the calories you burn daily (Calorie Deficit), this will then lead to weight loss.

The important part of this is how will you know what that number is if you don't count calories?

You won't.

It will all be guess work & this more often than not leads to huge underreporting and then weight loss will not happen.



# HOW MANY CALORIES SHOULD I BE ON?

This will depend on a number of different factors:

- Gender
- Age
- Weight
- Activity Level

To get a rough estimate on how many calories you burn & would need to consume to be within a calorie deficit, you can search online for reputable calculators.

Although each will have slightly different algorithms, the numbers will be close.

<https://www.calculator.net/bmr-calculator.html> - This is the one I have always used.

Once you see what your maintenance level is (Calories needed to remain the same weight) then you can lower that by 400-500 calories and that is your deficit.



# HOW TO ACTUALLY DO IT?

With the ease of access to technology now, it really is very simple to track your calorie intake.

Apps are flooded on the market for you to use. My 2 recommended ones that I have used and are simple to follow are:

- My Fitness Pal
- Nutracheck

Within these apps you can scan barcodes so it becomes even easier to log foods that you consume.

Portions of certain foods are already on the databases on these apps which means the nutritional contents have been calculated already. You just need to be accurate with portion sizes.

This is something people have a habit of being very bad at.



## HOW TO RECORD ACCURATE PORTION SIZES?

If you was to weigh every meal you consumed, you'd be surprised by the quantity you're consuming.

Counting calories gives you an insight into correct portion sizes and can be the quick solution to your weight loss headache. You can keep all the same food choices & simply reduce portion size and still lose bodyfat.

The most accurate way of working out portion sizes is with scales. This isn't always practical and can be time consuming. If possible use it.

You can use measuring cups. For example use a cup and measure once & then you're aware of how many cups of any particular ingredient you require.

You don't need to use these methods forever, just until you begin to understand what your portion sizes are.



## 5 TIPS TO MAKE THIS WORK FOR YOU!

1. Be open minded - If you say it's too much effort before getting started then you will never stick to it.
2. Plan for social occasions - The accuracy will take a hit for sure, but you can get a rough estimate. Don't overthink it & don't feel guilty.
3. Don't lower your deficit too much. Fat loss does not speed up by increasing the size of the deficit. You didn't put the bodyfat on quickly so you won't lose it quickly.
4. Don't eat back calories - If your watch says you've burnt 500 calories through exercise, that doesn't mean you can eat 500 more.
5. A calorie is not just a calorie - You still need to make good choices with your food types. Protein is the most satiating (Filling) food & therefore a high protein diet will reduce hunger & snacking.



## BOTTOM LINE

Calorie counting is a great tool for fat loss. It might take some getting used to but stick with it and the results will come. Accuracy is key & don't lie to yourself.

There will be ups and downs with it & you're only human if you miss meals or whole days of tracking.

Don't overthink it and just get right back on track.

If you have social occasions or a big meal at the weekend, then you can bank calories throughout the week and it will then have no impact on your weekly average intake.

### **Contact Me -**

If you're still stuck with this or just can't get into it then you may need a little bit more support.

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Reach out and I can teach you how to sustain this approach for years.