



Daily Calorie Intake for Active Men

| YOUR WEIGHT | MON CALORIES | TUE CALORIES | WED CALORIES | THURS CALORIES | FRI CALORIES | SAT CALORIES | SUN CALORIES |
|-------------|--------------|--------------|--------------|----------------|--------------|--------------|--------------|
| 325 lbs. | 3949 | 4149 | 3999 | 4549 | 3949 | 4299 | 4149 |
| 300 lbs. | 3659 | 3859 | 3709 | 4259 | 3659 | 4009 | 3859 |
| 275 lbs. | 3369 | 3569 | 3419 | 3969 | 3369 | 3719 | 3569 |
| 250 lbs. | 3079 | 3279 | 3129 | 3679 | 3079 | 3429 | 3279 |
| 225 lbs. | 2789 | 2989 | 2839 | 3389 | 2789 | 3139 | 2989 |
| 200 lbs. | 2499 | 2699 | 2549 | 3099 | 2499 | 2849 | 2699 |
| 175 lbs. | 2209 | 2409 | 2259 | 2809 | 2209 | 2559 | 2409 |
| 150 lbs. | 1919 | 2119 | 1969 | 2519 | 1919 | 2269 | 2119 |
| 125 lbs. | 1629 | 1829 | 1679 | 2229 | 1629 | 1979 | 1829 |

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.