



Daily Calorie Intake for Inactive Women

YOUR WEIGHT	MON CALORIES	TUE CALORIES	WED CALORIES	THURS CALORIES	FRI CALORIES	SAT CALORIES	SUN CALORIES
300 lbs.	2395	2595	2445	2995	2395	2745	2595
275 lbs.	2200	2400	2250	2800	2200	2550	2400
250 lbs.	2004	2204	2054	2604	2004	2354	2204
225 lbs.	1808	2008	1858	2408	1808	2158	2008
200 lbs.	1612	1812	1662	2212	1612	1962	1812
175 lbs.	1417	1617	1467	2017	1417	1767	1617
150 lbs.	1221	1421	1271	1821	1221	1571	1421
125 lbs.	1025	1225	1075	1625	1025	1375	1225
100 lbs.	829	1029	879	1429	829	1179	1029

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.