

CALORIE COMMAND

Weight Loss Plan





Calorie Command is Made for Those Who:

- Already eat healthy, but need help eating less
- Are number oriented
- Are seeking a straightforward weight loss method with clear parameters
- Would rather count calories than BITES

This Guide Includes:

A Calorie Command sample meal plan

Four snack options

A food list

A how-to guide to get you started today

CALORIE COMMAND Starter Guide



- 1** Introduction
- 2** Counting Calories
- 3** Is it for You?
- 4** Food Recommendations
- 5** How-To Guides



Getting Started

Calorie counting has been around since the early 1900s, emerging as one of the first science-backed methods for weight loss—far more effective (and sensible) than extreme trends like all-liquid diets or even the infamous tapeworm diet. While early adopters had only a basic understanding of the process, the simple idea that consuming fewer calories leads to weight loss quickly gained mainstream attention.

Today, we have a much deeper understanding of how calorie intake affects the body. We know that humans require a specific number of calories each day to function, and when we consume fewer than we burn, weight loss occurs. On the other hand, excess calories are stored as fat. This approach is especially helpful for those who want clear, structured guidance on how much they're eating without focusing too much on specific food choices. That's why we created the Calorie Command weight loss program—to give you a straightforward, flexible way to take control of your nutrition while working toward your goals.

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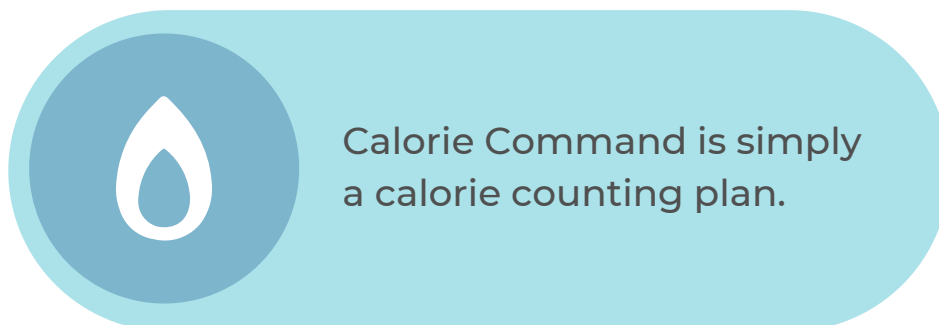


Counting Calories

What is a calorie?

A calorie is simply a unit of energy stored in food. Every food item contains a specific number of calories based on its composition of carbohydrates, proteins, and fats. Just like a car needs fuel to run, our bodies rely on calories to power essential biochemical processes, from breathing to brain function. Without adequate calories, the body wouldn't be able to perform even the most basic tasks.

That said, calories should never be overlooked. Each person has an optimal daily calorie intake based on factors like age, activity level, and body composition. For example, an active 6'0" male will naturally require more calories than a sedentary 5'0" female. Understanding your unique calorie needs can help you maintain energy levels, support your metabolism, and achieve your weight loss or wellness goals effectively.





Counting Calories

Calories and Weight Loss

Although individual calorie needs vary, the general rule for weight loss remains the same: approximately 3,500 calories equal one pound (0.45 kg) of fat. This means that to lose one pound per week, you would need to create a calorie deficit of 3,500 calories—roughly 500 calories per day. A more gradual weight loss goal, such as 0.5 pounds per week, would require a weekly deficit of 1,750 calories, or about 250 calories per day. Understanding this principle can help guide your weight loss journey in a sustainable and realistic way.

Your Optimum Caloric Intake

The Calorie Command weight loss plan takes the guesswork out of calorie counting by calculating your optimal daily intake based on key factors like age, gender, weight, height, and activity level. Once this number is determined, it is adjusted according to your weight loss goal—whether it's 0.5 lb, 1 lb, or more per week. From there, the flexibility is in your hands! You get to choose the foods that fit within your calorie allowance, making it easier to create a plan that works for your lifestyle. Check out the example below to see how your ideal calorie intake is determined.

A lightly active, 150lb, 5'6 female is seeking to lose 1lb/wk

Baseline Caloric Intake = 2000 calories

Weight Loss Goal of 1lb/wk = (-) 500 calories/day

2000 Calories - 500 Calories = 1500 daily calorie allowance



Is this for you?

If you've been eating a clean diet but aren't seeing the weight loss results you expected, Calorie Command might be the perfect fit for you. This plan is ideal for those who need more structure in managing portion sizes and overall intake, rather than focusing on specific food choices. With Calorie Command, you'll gain a clearer understanding of how much you should be eating to reach your goals. Simply track your meals in the Healthi app to stay within your personalized calorie allowance and take control of your weight loss journey!





Food Recommendations

Calorie Command doesn't reward or penalize any specific food choices, but there are guidelines you should follow to get the most out of this diet plan.

Key Food Guidelines

When in doubt, go fresh

Fresh, non-processed foods, are much more likely to be lower in calories. They also include the vitamins and minerals your body needs.

Focus on healthy carbohydrates and protein

Fat packs 9 calories/gram (more than twice that of carbohydrates or protein). Monitor how much fat you are eating because the calories can add up quickly.

Healthy food has calories too

Calorie Command places a higher emphasis on how much you are eating. Make sure you regulate your serving sizes of "healthy" foods as well.





1 Day Sample Meal Plan



448 CAL

Breakfast: Banana Nut Oatmeal

- 1/2 cup old fashioned oats
- 1 cup water
- 1 medium banana
- 1 tbsp. peanut butter
- 1 tbsp. honey
- 1 tbsp. chia seeds
- 1 tbsp. low-fat granola (or crushed nuts)

This oatmeal recipe is the perfect balance between healthy carbs, fat, and protein. Trade out the banana for other low-calorie fruits to change it up! The best part about this meal is that it's less than 500 calories!



460 CAL

Lunch: Summer Salad

- 3 cups arugula (or your lettuce of choice)
- 4 oz. grilled shrimp
- 1/4 cup cubed watermelon
- 1 small wheat baguette
- 1/4 cup blueberries
- 2 tbsp. feta cheese
- 2 tbsp. balsamic vinaigrette
- 1 tbsp. walnuts (optional)

Throwing together different fruits into a bed of lettuce is a great way to get your vitamins and minerals in without consuming too many calories. Add a whole wheat baguette to complete!



511 CAL

Dinner: Grilled Chicken and Rice

- 4 oz ground chicken breasts
- 1 tsp. olive oil
- 1 cup peppers and onions
- 1 tbsp. minced garlic
- 1 tsp. paprika
- 1/4 cup fresh or canned corn
- 1 tbsp. cilantro
- 2 small, corn tortillas
- 2 tbsp. guacamole
- 1/2 cup brown rice



Snack Ideas



130 CAL

Best in Show: Veggies and Hummus

- 1/4 cup hummus
- 1/4 cup bell peppers
- 1/4 cup carrots
- any other low-cal veggies

Our pick for the best snack for the Calorie Command plan is veggies and hummus. This is a perfect, low-calorie, snack to top off your fuel tank in-between meals. The hummus has 5 grams of healthy fats and the carrots/bell peppers offer a perfect combo of vitamins and minerals. If you have calories to spare that day, feel free to add a small serving of pita chips!



15 CAL

Low Cal: Seasoned Tomato Slices

- 3 heirloom tomatoes
- 1 tbsp. pepper
- 1 tsp. salt



70 CAL

On-the-GO: Hard Boiled Egg

- 1 whole, hard boiled eggs



200 CAL

Sweet Fix: Chocolate Covered Fruit

- 1 oz. dark chocolate
- 1/2 cup frozen strawberries, oranges or bananas



How to Get Started

We know that starting a new diet is challenging so we created a step-by-step list of things to keep in mind as you ease your way into this new way of eating.



1. Go Easy on Yourself

New diets take a while to get used to and you may not be successful from the get-go. If you go over your calorie allowance the first day, do not be discouraged. Your body will need time to adjust. It may take some experiment-ing but eventually you will find what works best for you!



2. Plan Meals Strategically

Although no specific food group is rewarded or penalized on the Calorie Command plan, it is important to achieve a balanced diet profile. A good rule of thumb is to have 1/2 of your plate as non-starchy vegetables, 1/4 of your plate as whole grains, and the other 1/4 as a lean protein source.



3. Grocery Shop Smart

Fresh, whole food options are generally dispersed throughout the perimeter of the grocery store. Collect the majority of your groceries here to be mindful of your caloric allowance. Choose foods in the center of the store sparingly to round out your plate by adding tasty finishers (think salsa or low-cal dressings).



4. Watch Your Calories

Calories can sneak up on you when you're least expecting it. Think about ranch dressing or a "splash" of olive oil. Don't forget about these pesky guys as you are planning your meals and tracking your food intake because the calories can quickly add up.



5. Accept Slow Progress

Counting calories can sound like a fool proof plan, but it's not. Some people may experience stagnated weight loss even with a deficit in accordance with their weight loss goals. It's important to remember that if your body has too few calories, it may hold onto weight as well. Take a step back and try a less strict weight loss goal to see how it impacts your weight loss progress.



How to Be Successful

Lastly, here are a few key habits that will undoubtedly help you find success in your weight loss journey.



1. Get Moving

Exercise doesn't have to feel like a chore. Find an activity you enjoy that gets your heart pumping, relieves stress, and boosts those feel-good endorphins. Plus, logging your activity in the app earns you extra BITES—another win!



2. Connect with the Community

Motivation is just a tap away. Use the community feature in the Healthi app to ask questions, find recipe ideas, or celebrate milestones with others. We're all in this together—lean on the support when you need it.



3. Track your Progress

Document your weight loss or maintenance journey regularly. Log your weight in the app and use the weight trend graph (found in the profile tab) to see your progress. Consistently tracking keeps you focused and inspired by how far you've come.



4. Celebrate

When you hit your goals and feel proud of your progress, take time to celebrate! Reward yourself and enjoy the moment—you've earned it. Remember, having fun and recognizing your achievements is a key part of the journey.



CALORIE COMMAND

References

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