

CALORIES DEFICIT CHEAT SHEET

Ways you can eat better not lesser.

1

Lower Calories Alternative

Swap to a lower calorie choice within the same food group

2

Play with portions

Same food, different calories



367 kcal



617 kcal

3

More filling food

Less calories dense food that fills you up such as eggs, oats, high fiber foods, legumes, soups, popcorn etc.

4

Aware of Liquid Calories

Seek for lower calories drink such as (Unsweetened) coffee, tea, fruit juice, coconut water, low fat milk etc.

5

Separate dressing when you make order

Caesar, blue cheese, mayonnaise, bolognese, gravy, cream sauce...sometimes dressings added up almost a hundred calories!

Example:

Spaghetti- 1 cup (221 kcal)+White sauce 1 cup (200 kcal)
Sunny egg (97kcal)
Total: 518 kcal



Spaghetti- 1/2 cup (110kcal) + Zucchini sauce 1 cup (62 kcal)
Broccoli (24 kcal)+ Poached Egg (70kcal)
Total: 266 kcal