



FREE GUIDE

WHOLE-FOOD WEIGHT LOSS

How Much Can I Eat & Still Lose Weight?

Your Maintenance Calorie Cheat Sheet

By **Herbalist Kareem**

Mother Nature's Gift to Healthy Living
4CyclesOfLife.com

NATURAL · WHOLE-FOOD



Understanding Your Maintenance Calories

01

Most people focus on what foods to *remove*. Instead, start by understanding how many calories your body needs to maintain your desired weight.

A SIMPLE RULE

$$\text{Desired Body Weight} \times 10\text{--}12 = \text{Daily Calories}$$

EXAMPLES

DESIRED BODY WEIGHT	CALORIES PER DAY
150 lbs	1,500 – 1,800
175 lbs	1,750 – 2,100
200 lbs	2,000 – 2,400
225 lbs	2,250 – 2,700

The goal is not starvation. The goal is eating enough food from nature while staying near the calorie level that supports your desired weight.





The Low-Fat Whole-Food Approach

A whole-food, plant-forward plate keeps calorie density low while keeping you genuinely full. Lean into the foods on the left, and go lighter on the right.

Emphasize

BUILD YOUR PLATE

- ✓ Fruits
- ✓ Potatoes & Sweet Potatoes
- ✓ Rice & Whole Grains
- ✓ Beans, Peas & Lentils
- ✓ Corn & Squash
- ✓ Oats
- ✓ Vegetables

Keep Lower

USE SPARINGLY

- Oils
- Fried Foods
- Butter
- Heavy Creams
- Excess Nuts
- Excess Seeds
- High-Fat Processed Foods

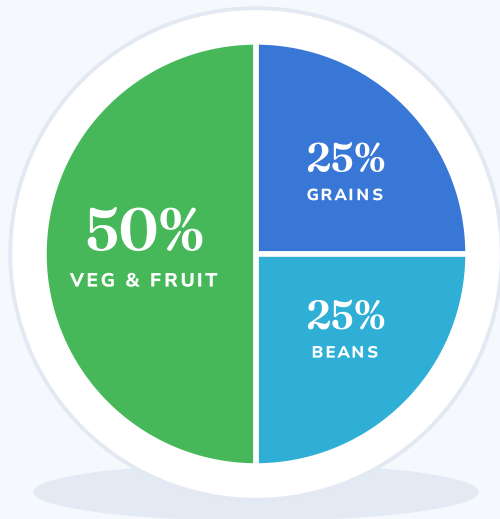
Notice the pattern: the “emphasize” list is built almost entirely of foods that come **directly from nature** — exactly where your plate should start.





Build Your Plate

Not sure how to put it all together? Use this simple plate as your template for any meal — no measuring, no guesswork.



Vegetables & Fruit

Fill half your plate

$\frac{1}{2}$



Whole Grains & Starches

Rice, potatoes, oats, corn

$\frac{1}{4}$



Beans, Peas & Lentils

Your plant protein

$\frac{1}{4}$



Keep **oils, butter & fried foods** light — let the whole foods fill you up, and drink plenty of water.

Example — a bowl of **rice** + **black beans** + **roasted vegetables** checks all three boxes in one go.



Three Simple Plates

Here's a full day, built only from the foods you just saw. Think of these as starting points — then mix and match to make them your own.



BREAKFAST

Banana-Berry Oat Bowl

Oats topped with sliced **banana**, a handful of mixed **berries**, and a splash of plant milk or water.

HOW Simmer oats 5 min · top & serve



LUNCH

Rice & Bean Power Bowl

Brown rice and **beans** with **roasted vegetables** and a handful of leafy greens.

HOW Roast veggies · warm rice & beans · build the bowl



DINNER

Baked Potato & Lentils

A fluffy **baked potato** with **steamed greens** and a hearty **lentil stew**.

HOW Bake potato · simmer lentils · steam greens



Batch-cook once, eat all week. Make a big pot of rice, beans, and potatoes ahead of time — then mix and match into new plates in minutes.

Your turn — swap in whatever whole foods you love.



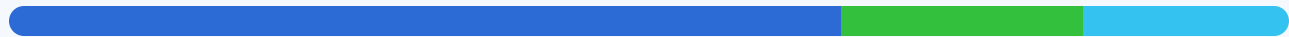
Macronutrient Example

A sample 2,000-calorie day



WHERE THE CALORIES COME FROM

≈ 2,000 CAL



■ Carbs ■ Protein ■ Fat

A Simple Principle

Many traditional populations around the world ate most of their calories from carbohydrates — rice, potatoes, corn, fruit, beans, and other plant foods.

The focus was on foods that came **directly from nature** rather than highly processed foods. That single shift does a remarkable amount of the work.

This is the heart of the **4 Cycles of Life** philosophy — letting Mother Nature's whole foods do the work, instead of fighting your body with restriction.





Remember

Weight loss is **not** about eating tiny portions. It is often about eating satisfying foods with lower calorie density — while keeping an appropriate calorie intake for your desired body weight.

When in doubt, fill your plate with fruits, vegetables, potatoes, beans, rice, and other whole plant foods first.

Keep these principles close — and here's where to stay connected and keep your momentum going.



Keep Learning

Follow Herbalist Kareem on YouTube for free natural-health teachings and remedies.

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Browse cleanses, bitter tonics, teas & whole-food supplements at the shop.

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To your health,

Herbalist Kareem

This guide shares general educational information from 4 Cycles of Life Inc. and is not intended as medical advice, diagnosis, or treatment. Calorie estimates are simple starting guidelines, not personalized prescriptions. Please consult a qualified healthcare provider before making significant changes to your diet — especially if you have a medical condition, are pregnant, or take medication.

COMING SOON

THE DEEP-DIVE E-BOOK

You've Only Scratched the Surface.

This pamphlet is only the beginning. The complete **4 Cycles of Life** deep-dive e-book goes far beyond these pages — and it's just the first of many more to come.

You're already on the list. Want first access? Watch your inbox — you'll be the first to know the moment it drops.



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