

Calories & Macros

EXAMPLE:

An 80kg woman with 50kg of lean body mass is trying to lose 20kg. She is currently weight training 3 x week.

Maintenance Calories

= weight (pounds) x 14-15
= (176 x 14) - (176 x 15)
= 2464 - 2640 cal

Weight Loss Calories

= weight (pounds) x 10-13
= (176 x 10) - (176 x 13)
= 1760 - 2288 cal

Low Fat Macros (2000 cal)

Protein

= 50 x 2
= 100g
= 400 cal

Fat

= 0.45 x 176
= 80g
= 720 cal

Carbohydrate

= 2000 - 400 - 720
= 880 cal (/4)
= 220g

Low Carb Macros (2000 cal)

Protein

= 50 x 2
= 100g
= 400 cal

Carbohydrate

= 100g
= 400 cal

Fat

= 2000 - 400 - 400
= 1200 cal
= 130g

To eat is a necessity, but to eat intelligently is an art.

Your Turn

Step 1:

Calculate your weight in pounds (kg x 2.2)

Step 2:

Calculate your maintenance calories

= weight (pounds) x 14-15

= (YOUR WEIGHT x 14) - (YOUR WEIGHT x 15)

= your maintenance calorie range

Step 3:

Calculate your weight loss calories

= weight (pounds) x 10-13

= (your weight x 10) - (your weight x 13)

= your weight loss calories

Low Fat Macros

Protein

= LBM x 1.6-2.2g

= multiply the gram amount by 4
to get calories

Fat

= 0.45 x your weight (pounds)

= multiply the gram amount by 9
to get calories

Carbohydrate

= Total daily calories - protein
calories - fat calories

= divide calories by 4 to get the
gram amount

Low Carb Macros (2000 cals)

Protein

=LBM x 1.6-2.2g

= multiply the gram amount by 4
to get calories

Carbohydrate

= choose an amount between
20g and 150g

= multiply the gram amount by 4
to get calories

Fat

= Total daily calories - protein
calories - carb calories

= divide calories by 9 to get the
gram amount

To eat is a necessity, but to eat intelligently is an art.