

Macros Made for You

A few guidelines to follow
when calculating your caloric intake and macros.

First, you will determine your total calories. Then you'll figure out your protein, fat, and carbohydrate intake - in that order!

SETTING YOUR CALORIES

Take your current body weight and multiply it by a number that's in the range that fits best with your current goals.

- 11-14: to be in a caloric deficit and lose weight
- 14-16: to find your maintenance caloric intake
- 16-18: to be in a caloric surplus and gain weight

SETTING PROTEIN INTAKE

- This number lies between 0.82 and 1.2 grams of protein per pound of body weight.
- Aim for the low end of the scale if: you are more advanced, have a lot of body fat, or if you're in a bulking/growing phase.
- Aim for the high end of the scale if: you are a novice, have a low level of body fat, or if you're in a dieting phase.

SETTING FAT INTAKE

- This number should be set to 25-30% of your total calories.
- As a female, your fats should not be dropped below 35g/day. As a male, your fats should not be dropped below 45g/day. This is even if your numbers are more than 30% of your total daily calories.
- Adjusting your fats will be dependent on two variables: personal preference and carbohydrate tolerance.

SETTING CARB INTAKE

- After calculating your protein and fat intake, your carbs will make up the rest of your calories.

SETTING FIBER INTAKE

- Fiber is a thermogenic, which means that it takes a lot of energy/calories to digest.
- Women should aim for 20-33 grams of fiber/day and men should aim for 30-45 grams of fiber/day.
- Pro tip: vegetables, fruits, whole grains, and beans are all high in fiber!