

HOW TO CALCULATE YOUR MACROS

STEP 1: DETERMINE YOUR MAINTENANCE CALORIES

Bodyweight (pounds) \times 14*

** This number can range from 12-16, but 14 is a good starting point*

$$150 \text{ (lbs)} \times 14 = \mathbf{2,100 \text{ Calories}}$$

STEP 2: SET YOUR SURPLUS/DEFICIT

Fat Loss: -500 Calories | Muscle Gain: +350 Calories

$$\text{Fat Loss: } 2,100 - 500 = \mathbf{1,600}$$

$$\text{Muscle Gain: } 2,100 + 350 = \mathbf{2,450}$$

STEP 3: SET YOUR PROTEIN

Bodyweight (pounds) \times 1.0 = Grams / Day

$$150 \times 1.0 = \mathbf{150g / Day}$$

STEP 4: SET YOUR FAT

Bodyweight (pounds) \times 0.3 = Grams / Day

$$150 \times 0.3 = \mathbf{45g / Day}$$

STEP 5: SET YOUR CARBS

Remaining Calories / 4.0 = Grams / Day

$$1600 - (150 \times 4) - (45 \times 9) = 595$$

$$595 / 4 = \mathbf{148.75 \text{ Carbs}}$$

STEP 6: ADJUST AS NEEDED

Adjust your carbs or fats based on your preferences, but calories should always add up!

Possible Macros:

150g Protein, 45g Fat, 150g Carbs

**There are 4 calories per every 1 gram of carbohydrates and protein.
There are 9 calories per every 1 gram of fat.*

Food Macros For Beginners A Step By Step Guide

SJ Ball



Food Macros For Beginners A Step By Step Guide:

Whispering the Techniques of Language: An Psychological Quest through **Food Macros For Beginners A Step By Step Guide**

In a digitally-driven earth wherever screens reign great and immediate conversation drowns out the subtleties of language, the profound techniques and psychological subtleties hidden within words usually move unheard. However, set within the pages of **Food Macros For Beginners A Step By Step Guide** a charming fictional prize pulsating with fresh feelings, lies a fantastic journey waiting to be undertaken. Published by an experienced wordsmith, that wonderful opus invites visitors on an introspective journey, delicately unraveling the veiled truths and profound impact resonating within ab muscles fabric of every word. Within the mental depths of the moving review, we shall embark upon a genuine exploration of the book is primary subjects, dissect their charming writing model, and succumb to the powerful resonance it evokes heavy within the recesses of readers hearts.

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