Maintenance Macros

NEW Maintenance: _____

Protein:

Body weight in kg x 2.2 = (A) _____ grams of Protein

Grams of Protein (A) _____ x 4 = (P) _____ calories from Protein

Fat:

Body weight in kg – 0.77 = (A) _____ grams of Fat

Grams of Fat (A) _____ x 9 = (F) _____ calories from Fat

Carbohydrates:

Maintenance Calories _____ - (P+F) _____ = (C) _____

(C) _____ divide by 4 = _____ grams from Carbs

My Macros:

Protein grams = _____ or calories from Protein _____

Fat grams = _____ or calories from Fat _____

Carbs grams = _____ or calories from Carbs _____

My Percentages:

Cals from Protein / (maintenance cals) x 100 = _____%

Cals from Fat / (maintenance cals) x 100 = _____%

Cals from Carbs / (maintenance cals) x100 = _____%