

YOUR CUSTOM

Macronutrient Blueprint

 **CARBS**

 **PROTEINS**

 **FATS**

Fill in your calculated daily calorie intake in the table below. *(calculated from the beginners guide to lose weight)*

Your Daily Calorie Intake to Lose Weight	
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Fill in your calculated custom Macro numbers in the table below. *(calculated from the emails you received)*

Macros	Your Calculated Macro Numbers (grams)
Proteins	
Carbohydrates	
Fats	

Protein Recommendations Based on Lean body Mass and age

	0-30 Years	30-40 Years	40-50 Years	50-60 Years	60-70 Years
Calorie Deficit	2.2-2.4g/ kg LBM	2.4-2.8g/ kg LBM	2.8-3.1g/ kg LBM	3.1-3.5g/ kg LBM	3.5-3.8g/ kg LBM