

DON'T SWEAT IT!

PLANNING YOUR MACROS FOR MEN

AT THE BEGINNING OF THIS PROGRAM, YOU'LL CONSUME THE FOLLOWING:

CARBOHYDRATES

2g per kilogram of bodyweight on training days, 1.43g per kilogram of bodyweight on non-training days.

PROTEINS

2.6g per kilogram of bodyweight every day

DIETARY FATS

1g per kilogram of bodyweight every day

TO MAKE IT EASIER TO FIGURE OUT, WE'VE CREATED A HANDY CHART FOR YOU TO SHOW YOU HOW MACROS FOR THIS PLAN WILL RANGE ACROSS DIFFERENT BODY-WEIGHTS.

YOUR WEIGHT	PROTEIN PER DAY (G)	FATS PER DAY (G)	CARBS PER WEIGHT TRAINING DAY (G)	CARBS PER NON WEIGHT TRAINING DAY (G)
55 KG	143	55	110	78
65 KG	160	65	130	92
75 KG	195	75	150	107
85 KG	221	85	170	121
95 KG	247	95	190	135
105 KG	273	105	210	150

Remember to recalculate your macros each Sunday according to your new weight after you weigh yourself.

DON'T SWEAT IT!

PLANNING YOUR MACROS FOR WOMEN

AT THE BEGINNING OF THIS PROGRAM, YOU'LL CONSUME THE FOLLOWING:

CARBOHYDRATES

2g per kilogram of bodyweight on training days, 1.43g per kilogram of bodyweight on non-training days.

PROTEINS

2.2g per kilogram of bodyweight every day

DIETARY FATS

1g per kilogram of bodyweight every day

TO MAKE IT EASIER TO FIGURE OUT, WE'VE CREATED A HANDY CHART FOR YOU TO SHOW YOU HOW MACROS FOR THIS PLAN WILL RANGE ACROSS DIFFERENT BODY-WEIGHTS.

YOUR WEIGHT	PROTEIN PER DAY (G)	FATS PER DAY (G)	CARBS PER WEIGHT TRAINING DAY (G)	CARBS PER NON WEIGHT TRAINING DAY (G)
55 KG	121	55	110	78
65 KG	143	65	130	92
75 KG	165	75	150	107
85 KG	187	85	170	121
95 KG	209	95	190	135
105 KG	231	105	210	150

Remember to recalculate your macros each Sunday according to your new weight after you weigh yourself.