

CALCULATE YOUR *Macros* IN 4 STEPS





STEP 1



ESTABLISH YOUR GOAL

Depending on what your goals are, will depend on how you approach your nutrition.

In terms of body composition, your goals can be put into one of 3 categories:

1. **Build muscle**
2. **Lose fat**
3. **Body recomposition**

Now, how do you know which category you sit in?

If you're currently 18 % - 22 % body fat then I would encourage your primary goal to be Number 1 - building muscle.

If you're somewhere between 25 to 30+ percent body fat, then your primary goal should be Number 2 - lose fat.

If you are happy with your current weight, but you want to lose a little fat and build a little muscle, then you are more than likely Number 3 - you want a body re-composition.



STEP 2



CALCULATE YOUR MAINTENANCE CALORIES (TDEE)

Your Total Daily Energy Expenditure (TDEE) is an estimation of how many calories you burn per day when exercise and digestion are taken into account.

It is calculated by first figuring out your Basal Metabolic Rate, then multiplying that value by an activity multiplier.

There are lots of different formulas you can plug your numbers into - and the below calculator has several to choose from, but the one I personally use is the Katch-McArdle.

[ONLINE CALCULATOR](#) (*link*)

Try a few of them. It will give you a range to work with.

NOTE:

Don't over-analyse and worry that you have picked the wrong formula. They are all science based and bring in different variables.



CENTRE YOUR DAILY CALORIE TARGET AROUND YOUR TDEE

GOAL: build muscle

Enter a slight caloric surplus adding 5 to 25% to your maintenance intake.

GOAL: lose fat

Enter a slight caloric deficit by reducing your maintenance calories by 300 - 500 calories per day.

GOAL: body re-composition

Eat at your maintenance value (and let your resistance training do the rest of the work).





STEP 4



SET YOUR MACRONUTRIENT TARGETS

Protein

4 calories per gram

1.2 – 2 g/kg/day

The leaner you are, the more protein you need.

Carbohydrate

4 calories per gram

Lightly active or sedentary / regular people	1.5g / lb body weight 3.5 / kg body weight
Women doing Resistance Training	1.5 - 2.5g / lb body weight 3.3 - 5.5g / kg body weight
Endurance Athletes	3-4g / lb body weight 6.5 - 9g / kg body weight

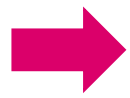
Fats

9 calories per gram

Lightly Active	0.3 - 0.5g / lb bodyweight 0.65 - 1.1g / kg body weight
Moderately active (3 - 4x per week)	0.5 - 0.7g / lb body weight 1.1 - 1.5g / kg
Highly Active (5+ x per week)	0.7 - 0.9g / lb body weight 1.5 - 2g / kg body weight

Protein Fats Carbs

MACRONUTRIENTS



THINGS TO NOTE

Fats and carbs are interchangeable.

So what this means is that you only have to track protein and total daily calories to start seeing your body composition change.

Some women feel better and see greater results with higher fats. Others feel better and see greater results with higher carbs.

Mix them up and see how your body responds.

If you're not sure how much protein, aim for the higher end of the range. If you are a healthy female, a high protein diet is certainly not going to hurt you. It may just be the thing that has been missing.

