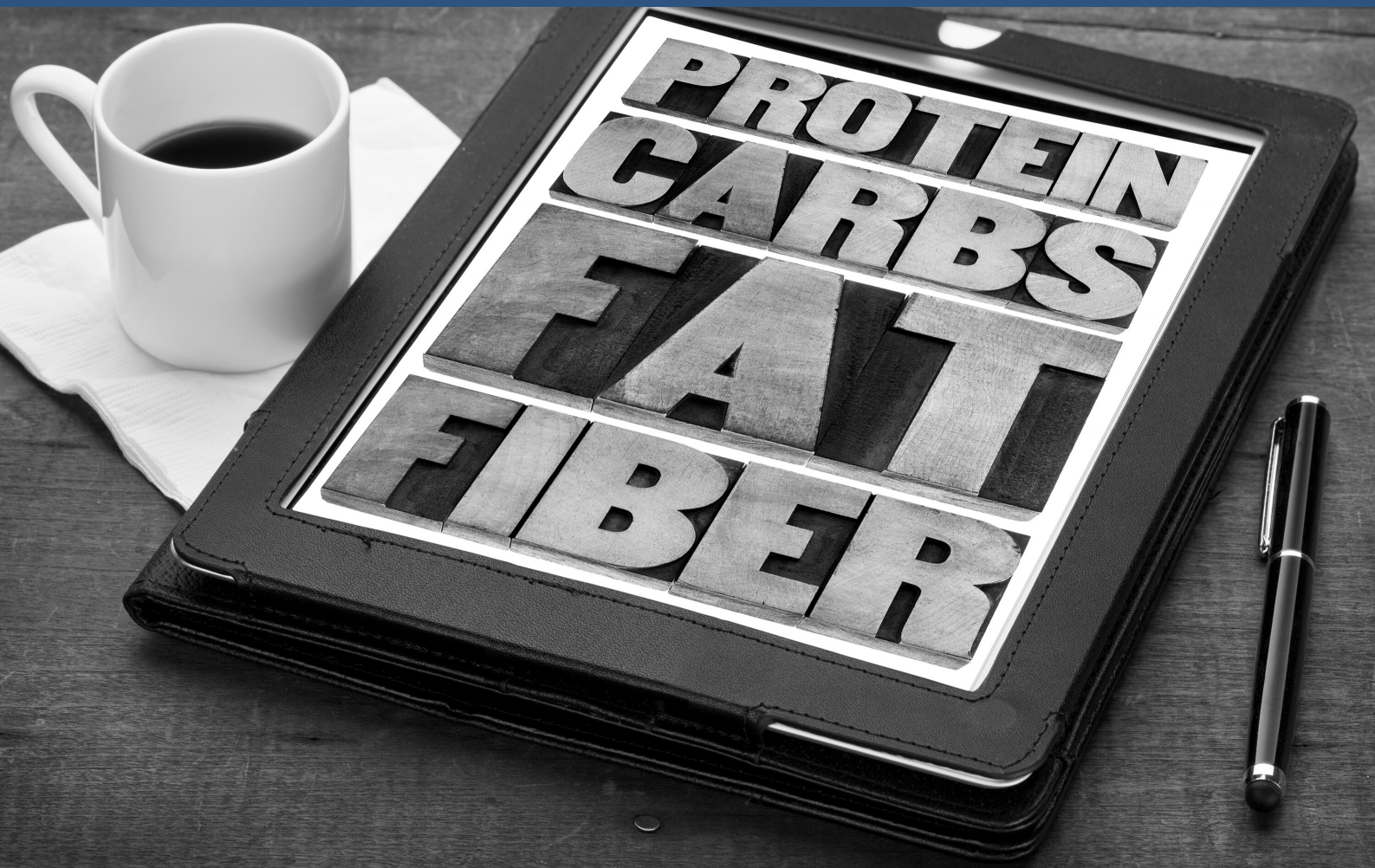




MASTER YOUR (**VEGAN**) MACROS CHALLENGE

DAY FOUR



KEY POINTS

Welcome to day 4! Now we're delving into the good stuff!

Today is all about understanding our macros a bit better and figuring out our protein, fat & carb goals.



MASTER YOUR (**VEGAN**) MACROS CHALLENGE **DAY FOUR**

TASK FOUR

As we discussed, each macronutrient has a specific number of calories per gram;

Protein = 4 calories

Carbs = 4 calories

Fat = 9 calories

We also learned that, when aiming for fat loss, we want to be having between 0.7 – 1.2g of protein per lb of body weight, depending on our current body fat percentage.

The more muscle mass you have, the higher your protein intake should be.

Yesterday, you should have already figured out your protein goals.



MASTER YOUR (**VEGAN**) MACROS CHALLENGE

DAY FOUR

TASK FOUR

CALCULATING YOUR MACROS

You already know what your starting calories are and how much protein you should be aiming for. We can now use this to work out what your macros should be in the following way;

For example, 150lb female who works out 5 times per week. She has 25% body fat.

Calories: $150 \times 16 = 2400$

We then need to work out how much protein she needs and how many calories that uses;

Protein: $150\text{lbs} \times 0.9 = \mathbf{135g}$

$135g \times 4$ (protein has 4 calories per gram)
 $= 540\text{calories}$

Fat (30% of calories):

$2400 \times 0.3 = 720 \text{ calories}$

$720 / 9 = \mathbf{80g}$



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TASK FOUR

CALCULATING YOUR MACROS

Carbs take the remaining calories:

Calories = 2400

Minus protein (540 calories) = 1860 calories

Minus fat (720 calories) = 1140 calories remaining

$1140 / 4$ (carbs have 4 calories) = **285g**

New Macro Breakdown =

Protein: 134g

Fat: 80g

Carbs: 285g



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DAY FOUR

EXAMPLE CALCULATION OF 150LB FEMALE WITH 25% BODY FAT

1. What are your starting calories?

2400

2. What is your protein target?

a. Body weight in lbs = 150

b. Estimated body fat % = 25%

c. Protein multiplier (0.7-1.2) = 0.9

a. 150 x c. 0.9 = 135 g protein

135 g x 4 = 540 calories

3. What are your fat calories & macros?

Starting calories x 0.3 = 720 / 9 = 80 g fat

4. What are your carb calories & macros?

Starting calories (2400) - protein calories (540)
= 1860 - fat calories (720) = 1140 (remaining calories)

Remaining calories 1140 / 4g = 285 g carbs

5. Protein: 135 g Carbs 285 g Fat 80 g



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DAY FOUR

WHAT TO POST IN THE COMMENTS OF TODAY'S TASK



DON'T POST SCREENSHOTS OF THE
WORKSHEET - PLEASE REPLY DIRECTLY IN
THE COMMENTS ON TODAY'S TASK POST

1. What are your starting calories?

2. What is your protein target?

a. Body weight in lbs =

b. Estimated body fat % =

c. Protein multiplier (0.7-1.2) =

a. _____ x c. _____ = _____g protein

_____g x 4 = _____ calories

3. What are your fat calories & macros?

Starting calories x 0.3 = _____ / 9 = _____g fat

4. What are your carb calories & macros?

Starting calories (____) - protein calories (____)

= _____ - fat calories (____) = _____ (remaining calories)

Remaining calories _____ / 4g = _____g carbs

5. Protein: _____ Carbs _____ Fat _____