MASTER YOUR (VEGAN) MACROS CHALLENGE

DAY FOUR

Vegan Macros 101

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.

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 – 1g of protein per lb of bodyweight, depending on our current body fat percentage.

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

Use the picture below to get a rough estimate of your current body fat percentage.
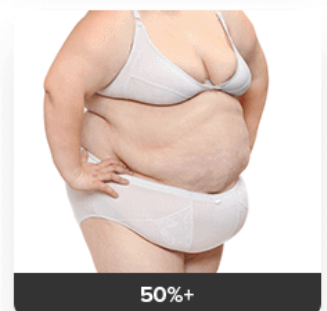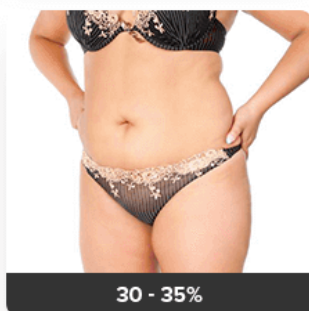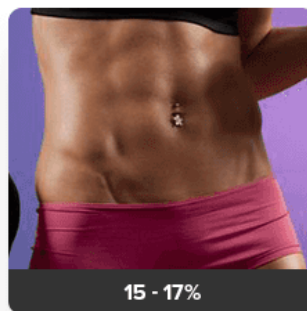
TASK FOUR

FEMALE BODY FAT PERCENTAGE PICTURES

12 - 14%	15 - 17%	18 - 20%
21 - 23%	24 - 26%	27 - 29%
30 - 35%	36 - 40%	50%+

If you're below 22% use the 1g per lb calculation. The higher your body fat, the closer to 0.7 you can go

TASK FOUR

CALCULATING YOUR MACROS

You already know what your starting calories are. We can now use this to work out what your macros should be in the following way;

For example, 150lb female who works out 3-5 times per week. She has 25% body fat.

Calories: 150 x 14 = 2100

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

Protein: 150lbs * 0.9 = **135g**
135g x 4 (protein has 4 calories per gram)
= 540calories

Fat (30% of calories):
2100 x 0.3 = 630 calories
630 / 9 = **70g**

TASK FOUR

CALCULATING YOUR MACROS

Carbs take the remaining calories:

Calories = 2100
Minus protein (540 calories) = 1560 calories
Minus fat (630 calories) = 930 calories remaining

930 / 4 (carbs have 4 calories) = **232g**

New Macro Breakdown =
Protein: 134g
Fat: 70g
Carbs: 232g

EXAMPLE CALCULATION OF 150LB FEMALE WITH 25% BODY FAT

1. What are your starting calories?

2100

2. What is your protein target?

a. Body weight in lbs = 150
b. Estimated body fat % = 25%
c. Protein multiplier (0.7-1) = 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 = __630__ / 9 = __70__ g fat

4. What are your carb calories & macros?

Starting calories (2100) - protein calories (540)
= __1560__ - fat calories (630) = __930__ (remaining calories)

Remaining calories __930__ / 4g = __232__ g carbs

5. Protein: __135__ g Carbs __232__ g Fat __70__ g

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) =

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 _____