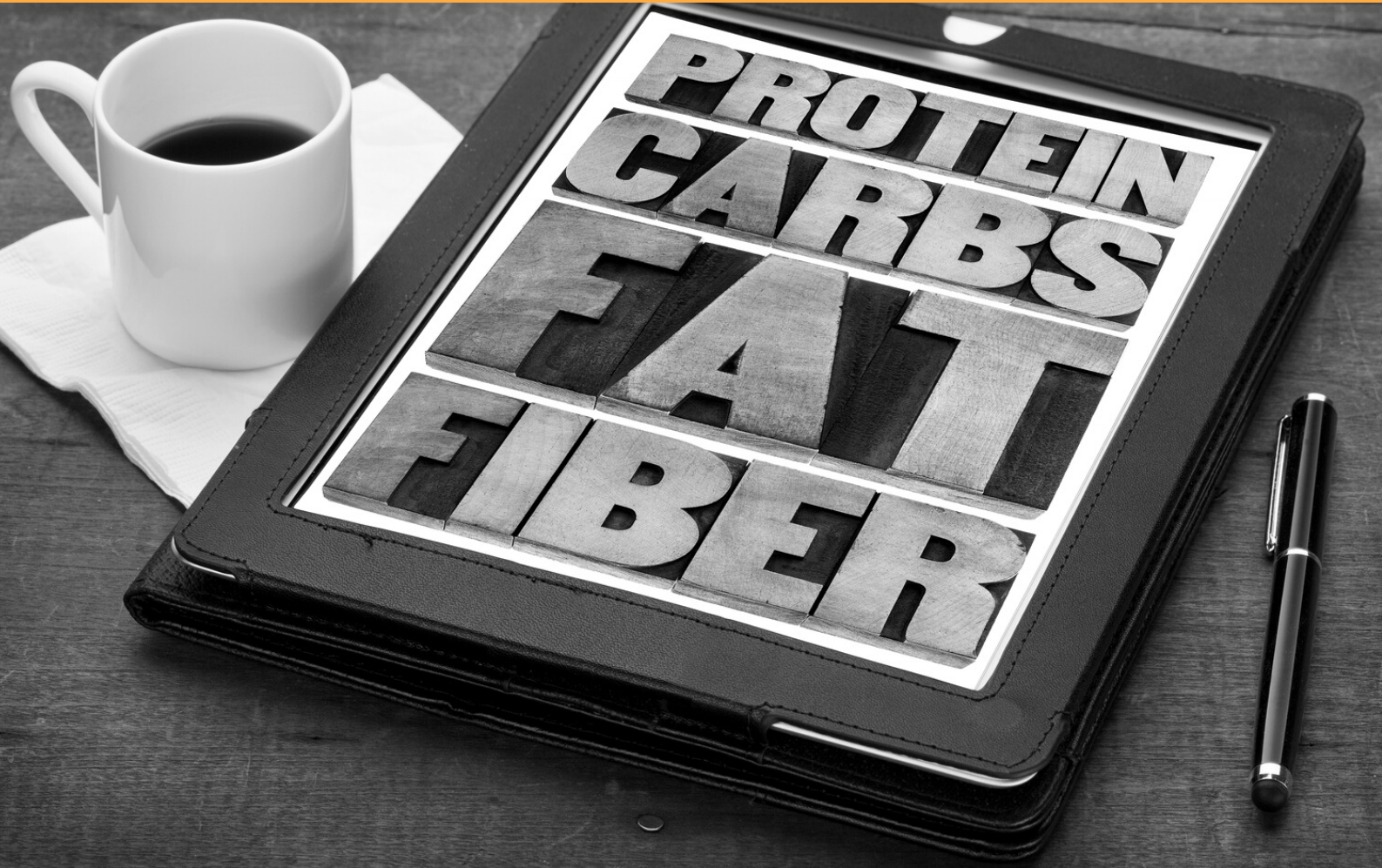




MASTER YOUR (VEGAN) MACROS CHALLENGE DAY FOUR



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.



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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 - 0.9g of protein per lb of bodyweight, depending on how active you are.

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



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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 3 times per week.

Calories: $150 \times 14 = 2100$

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

Protein: $150\text{lbs} \times 0.8 = \mathbf{120g}$

$120g \times 4$ (protein has 4 calories per gram)
 $= 480\text{calories}$

Fat (30% of calories):

$2100 \times 0.3 = 630$ calories

$630 / 9 = \mathbf{70g}$



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TASK FOUR

CALCULATING YOUR MACROS

Carbs take the remaining calories:

Calories = 2100

Minus protein (480 calories) = 1620 calories

Minus fat (630 calories) = 990 calories remaining

$990 / 4$ (carbs have 4 calories) = **247g**

New Macro Breakdown =

Protein: 120g

Fat: 70g

Carbs: 247g



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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. Protein multiplier (0.7-1.2) = 0.8

a. 150 x b. 0.8 = 120 g protein

120 g x 4 = 480 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 (480)
= 1620 - fat calories (630) = 990 (remaining calories)

Remaining calories 990 / 4g = 247 g carbs

5. Protein: 120 g Carbs 247 g Fat 70 g



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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 _____