



DAY THREE



Welcome to day 3! Now we're delving into the good stuff!

Today is all about understanding the importance of protein, the role it plays in fat loss and how much you should be aiming for.



MASTER YOUR (VEGAN) MACROS CHALLENGE


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TASK THREE

As we've learned, when aiming for fat loss, we want to be aiming for between 0.7 - 0.9g of protein per lb of bodyweight, depending on our activities & goals.

The more active you are, the more protein you need.

PROTEIN NEEDS: FAT LOSS

ACTIVITY LEVEL	g / lb	g / kg
 SEDENTARY	0.65-0.75g	1.4-1.6g
 RECREATIONAL EXERCISE	0.75-0.8g	1.6-1.8g
 STRENGTH TRAINING	0.8-0.9g	1.8-2g
 ENDURANCE ATHLETE	0.75-0.85g	1.7-1.9g



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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 is your protein target

2. How does that compare to where you're normally at?

3. How does that make you feel?