

Macro Diet Plan Template

Personal Information Section

- Name: _____
- Age: _____
- Start Date: _____
- Starting Weight: _____
- Goal: _____

Maintenance Calories Calculation

- Body Weight: _____ lbs
- Activity Multiplier:
 - 10 = Bed-Ridden
 - 11 = Sedentary
 - 12 = Less than 5 hours/week
 - 13 = 5-10 hours/week
 - 14 = 10-15 hours/week
 - 15 = 15-20 hours/week
- Formula: Body Weight x Activity Multiplier = Maintenance Calories $165 \times 13 = 2145$
- Note: Track food for a few days and take the average to find a more accurate maintenance calorie level.

Goal-Specific Caloric Adjustment

- Weight Loss: Maintenance cal - 200
- Muscle Gain: Maintenance cal + 300
- Recomposition/General Health: Maintenance cal \pm 0

Nutritional Information

- Macros:
 - Protein: 4 calories per gram
 - Carbohydrates: 4 calories per gram
 - Fat: 9 calories per gram

Protein Needs

- **General Health:** 0.8-1 g per kg of body weight
- **Muscle Building:** 1.5-2 g per kg

Carbohydrates

- **General Health and Weight Loss:** Focus on complex carbs; 45-65% of total daily calories.
- **Muscle Gain and Recomposition:** Higher carb intake post-workout.
- **Sources:** Whole grains, fruits, vegetables, legumes.

Fats

- **General Recommendation:** 20-35% of total daily calories.
- **Types of Fats:** Prioritize unsaturated fats (nuts, seeds, fish, avocados).

Macro Optimization

- **Fat Loss:**

- Protein: 30g
- Carbs: Unlimited berries and green veggies; limit refined carbs
- Fats: 24g

- **Maintenance:**

- Protein: 30g
- Carbs: 12.5-25g
- Fats: 12-24g

- **Muscle Building:**

- Protein: 30-35g
- Carbs: 12.5-25g
- Fats: 24g

Macros for Muscle Gain:

Protein: 1.5g per kg = 112.5g (450 calories)
 Carbohydrates: 55% of total daily calories = 1345 calories (336g)
 Fats: 25% of total daily calories = 650 calories (72g)

Macro in Food Examples

1. Protein (25 grams = one serving):

- Chicken Breast: ~85-100g
- Greek Yogurt: ~200g
- Tofu: ~250g
- Eggs: ~4 large
- Lentils: ~100g

2. Fats (25 grams = one serving):

- Avocado: ~100g

- Almonds: ~45 nuts
- Olive Oil: ~28 ml
- Cheese (Cheddar): ~50g
- Butter: ~28g

3. Carbohydrates (25 grams = one serving):

- Oatmeal: ~60g
- Brown Rice: ~50g
- Apple: ~1 large
- Quinoa: ~45g
- Sweet Potato: ~100g

Meal Planner

	Breakfast	Lunch	Dinner	Snacks
Monday	Oatmeal with blueberries - 15g protein / 35g carbs / 5g fats	Grilled turkey sandwich with a side salad - 30g protein / 40g carbs / 10g fats	Baked cod with sweet potato and broccoli - 35g protein / 45g carbs / 15g fats	Cottage cheese with pineapple - 20g protein / 25g carbs / 5g fats
Tuesday	Smoothie with spinach, protein powder, and mixed berries - 25g protein / 30g carbs / 5g fats	Grilled chicken breast with brown rice and vegetables - 35g protein / 50g carbs / 20g fats	Salmon with quinoa and mixed greens - 30g protein / 40g carbs / 25g fats	Protein shake with banana - 20g protein / 30g carbs / 10g fats
Wednesday	Whole grain toast with scrambled eggs and avocado - 20g protein / 35g carbs / 20g fats	Tuna salad with whole grain bread - 30g protein / 45g carbs / 15g fats	Pork chop with asparagus and quinoa - 40g protein / 50g carbs / 20g fats	Greek yogurt with honey and nuts - 15g protein / 25g carbs / 10g fats
Thursday	Banana pancakes with a side of bacon - 15g protein / 40g carbs / 20g fat	Quinoa salad with chickpeas, cucumber, and feta cheese - 20g protein / 45g carbs / 10g fats	Grilled steak with mashed potatoes and green beans - 35g protein / 40g carbs / 25g fats	Apple slices with almond butter - 10g protein / 20g carbs / 10g fats
Friday	Vegetable omelette with whole grain toast - 25g protein / 30g carbs / 15g fats	Chicken Caesar salad - 35g protein / 30g carbs / 15g fats	Grilled salmon with wild rice and mixed vegetables - 35g protein / 45g carbs / 20g fats	Protein bar - 20g protein / 20g carbs / 10g fats
Saturday	Greek yogurt with almonds - 25g protein / 30g carbs / 15g fats	Shrimp stir-fry with vegetables and rice noodles - 30g protein / 50g carbs / 15g fats	Roast chicken with sweet potatoes and Brussels sprouts - 40g protein / 50g carbs / 20g fats	Mixed nuts and dried fruit - 10g protein / 25g carbs / 15g fats
Sunday	Scrambled eggs with avocado - 20g protein / 15g carbs / 20g fats	Turkey and cheese wrap with lettuce and tomato - 25g protein / 30g carbs / 15g fats	Beef stir-fry with vegetables and rice - 40g protein / 60g carbs / 25g fats	Protein shake with banana - 20g protein / 30g carbs / 10g fats

