

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
- **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

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				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

