

EASY DATA REPORT

CARNIVORE MACROS IN 5 MINUTES




A SIMPLE STEP-BY-STEP GUIDE TO YOUR NEW DIET

IMPORTANT NOTICE

This guide is for learning only. It is not medical advice. Talk to a doctor before you change how you eat.

01 // THE PLAN: ANCHOR, CEILING, DIAL

To lose fat and stay strong, follow these three simple rules.

 THE ANCHOR (PROTEIN) STAY STEADY Eat 1g per pound of your goal weight. Never skip this.	 THE CEILING (CARBS) STAY UNDER Goal is 0g . Max is 20g. Stay below your limit.	 THE DIAL (FAT) TURN TO FIT Hungry? Add more. Not losing? Use less. Control your energy.
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- **PROTEIN** builds your muscles. You must hit this goal every day.
- **CARBS** stop your body from burning fat. Keep them as low as possible.
- **FAT** gives you energy. Use it like a radio knob to control your hunger.

02 // THE EASY CALCULATOR

Fill in the blanks below to find your daily numbers.

Step 1: Get Your Stats Ready

The formula works better if we use metric units (kg and cm). Let's walk through the steps to change your numbers first.

- **A. Your Weight (kg):** Your weight in lbs _____ ÷ 2.2 = _____ kg

- **B. Your Height (cm):** Your height in inches _____ $\times 2.54 =$ _____ **cm**

Step 2: Find Your Base Energy (BMR)

Use a calculator for this part:

$$(10 \times \boxed{} \text{ kg}) + (6.25 \times \boxed{} \text{ cm}) - (5 \times \boxed{} \text{ age}) + [+5 \text{ for Men} / -161 \text{ for Women}]$$

MY BASE ENERGY: _____ **calories**

Step 3: Add Your Daily Activity

Circle the number that matches your day:

1.2 (Sit all day) **1.3** (Walk a bit) **1.5** (Exercise often) **1.7** (Very active job)

MAINTENANCE ENERGY: Base Energy _____ \times Activity _____ = _____ **calories**

Step 4: Your Fat-Loss Target




Maintenance Energy _____ $\times 0.80 =$ _____ **CALORIES**

Safe Check: If this is under 1,200 calories, re-calculate Step 3.

03 // THE MACRO SPLIT

Now we turn those calories into the food on your plate.

FILL THIS IN

- ▶  **PROTEIN GOAL:** Goal Weight _____ $\times 1.0 =$ _____ **Grams**
(Protein Calories: Grams $\times 4 =$ _____ kcal)
- ▶  **CARB LIMIT:** Choose one and stay under it:
0g (Carnivore Goal) | **5g-30g** (Keto) | **30g-100g** (Low Carb)
My Choice: _____ **Grams**
(Carb Calories: Grams $\times 4 =$ _____ kcal)
- ▶  **FAT DIAL:** (Target Calories – Protein kcal – Carb kcal) $\div 9 =$ _____ **Grams**

04 // AN EXAMPLE: SARAH

Sarah weighs 180 lbs. Her goal is 140 lbs. She works at a desk job.

Daily Goal: 1,455 Calories

Protein: 140g (Goal weight)

Carbs: 0g (Carnivore)

Fat: 99g (To fill energy)




05 // COMMON QUESTIONS

- ✓ **"This is a lot of meat!"** Yes. You will eat about 1.5 to 2 lbs of meat. This keeps you full so you don't want snacks.
- ✓ **"I'm not hungry. Do I have to eat all the fat?"** No. The fat number is a *limit*, not a target. If you aren't hungry, don't force yourself to eat more.
- ✓ **"Can I have some carbs?"** Choose what's right for you, but know that the Carnivore goal is **0 carbs**.

06 // YOUR DAILY DATA CARD

Print this, fill it out, and tape it to your fridge.

MY AGE	MY GOAL WEIGHT	MY ACTIVITY

MY DAILY GOALS		
<div>TOTAL CALORIES</div> <div><div> PROTEIN _____ g (Eat this much)</div><div> CARBS _____ g (Stay under)</div><div> FAT _____ g (Adjust as needed)</div></div>		

WANT US TO DO THE MATH FOR YOU?

Get your **Custom Carnivore Report** at **CARNIVOREWEEKLY.COM**

We calculate your goals and give you a shopping list instantly.