

DATA HUB REPORT // NO. 001

CARNIVORE MACROS IN 5 MINUTES

HOW YOUR BODY USES ENERGY

NOTICE: This is a fillable guide. You can type your numbers directly into the boxes.

01 // THE STRATEGY

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

THE ANCHOR



PROTEIN

Goal: 1g per lb of goal weight.
Builds muscle.

THE CEILING



CARBS

Goal: 0g. Max: 20g. Burns fat.

THE DIAL



FAT

Turn up for energy. Turn down to lose weight.

02 // THE EASY CALCULATOR

Fill in the light grey boxes. Use a phone calculator to help.

Step 1: Metric Conversion

Formula works best with kg and cm. Let's convert yours now.

MY STATS

- **Weight (kg):** My lbs $\div 2.2 =$ kg
- **Height (cm):** My inches $\times 2.54 =$ cm

Step 2: Base Energy (BMR)

This is what you burn just by existing. Fill in and multiply:

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

BASE ENERGY: kcal

Step 3: Activity & Maintenance

Circle your multiplier based on your daily movement:

1.2 (Sit all day) | **1.3** (Walk often) | **1.5** (Exercise 3-5x) | **1.7** (Physical job)

MAINTENANCE: Base Energy \times Activity = kcal

Step 4: Fat-Loss Target

Maintenance

× 0.80 =




KCAL

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

03 // THE MACRO PLAN

Turn your Goal Calories into the actual food on your plate.

MY DAILY FOOD GOALS

- ▶  **PROTEIN:** Goal Weight $\times 1.0 =$ **Grams**
 (Protein Energy: Grams $\times 4 =$ kcal)
- ▶  **CARBS:** Goal: **0g**. Max: **20g**.
My Limit: **Grams** (Carb Energy: Grams $\times 4 =$ kcal)
- ▶  **FAT:** (Target kcal – Protein kcal – Carb kcal) $\div 9 =$ **Grams**

04 // AN EXAMPLE: SARAH

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

1. **TARGET:** After doing the activity math, her fat loss target is **1,455 kcal**.
2. **PROTEIN:** 140 lbs (Goal) $\times 1.0 =$ **140g**.
3. **CARBS:** She chooses Carnivore = **0g**.
4. **FAT:** After the math, her remainder is **99g Fat**.

05 // PERFORMANCE TIPS

- ✓ **PROTEIN IS THE ANCHOR:** Trust this number. It saves your muscle.
- ✓ **FAT IS THE DIAL:** If you aren't hungry, don't force extra fat.
- ✓ **FEEL TIRED?** Eat more salt. If that doesn't work, turn the **Fat Dial** up.

06 // YOUR DAILY DATA CARD


Fill this out and save this PDF to your phone or tablet.


MY AGE	MY GOAL WEIGHT	MY ACTIVITY

DAILY SYSTEM TARGETS

TOTAL KCAL


PROTEIN
g
(Save Muscle)


CARBS
g
(Burn Fat)


FAT
g
(Adjust Dial)

WANT THE AUTO-CALCULATOR?

If you don't want to do the math yourself, head to our hub.

CARNIVOREWEEKLY.COM/CALCULATOR