

DATA HUB REPORT // 001

CARNIVORE MACROS

IN 5 MINUTES

SWIPE TO START →

THE STRATEGY

Follow these 3 rules:

1. THE ANCHOR

PROTEIN

Eat 1g per lb of goal weight. Save your muscle.

2. THE CEILING

CARBS

Keep these as close to 0g as possible.
Burn fat.

3. THE DIAL

FAT

Turn up for energy. Turn down to lose fat.

THE MATH

Use a calculator:

1. Metric

Lbs \div 2.2 = _____ kg

Inches \times 2.54 = _____ cm

2. Base Energy

$(10 \times \text{kg}) + (6.25 \times \text{cm}) - (5 \times \text{age})$

BASE: _____ kcal

3. Goal

Base \times Activity \times 0.80 =

MY GOAL: _____ KCAL

DATA CARD

Keep this on your screen.

DAILY GOALS		
KCAL		
<hr/>		
PRO	CHO	FAT
_____ g	_____ g	_____ g

WANT THE AUTO-VERSION?

CARNIVOREWEEKLY.COM/CALCULATOR