

DATA HUB REPORT // 001

# CARNIVORE MACROS

IN 5 MINUTES

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SWIPE TO START →

# THE STRATEGY

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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

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*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

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*Keep this on your screen.*

## DAILY GOALS

# KCAL

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**PRO**

\_\_\_\_\_g



**CHO**

\_\_\_\_\_g



**FAT**

\_\_\_\_\_g

**WANT THE AUTO-VERSION?**

[CARNIVOREWEEKLY.COM/CALCULATOR](https://carnivoreweekly.com/calculator)