

DATA HUB REPORT // NO. 001

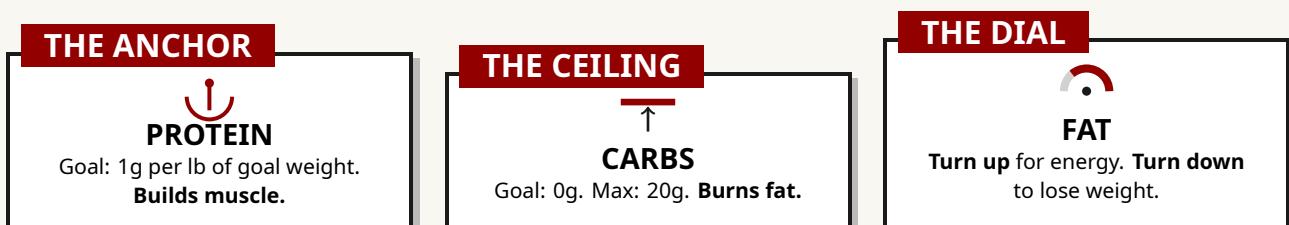
# CARNIVORE MACROS IN 5 MINUTES

## 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.

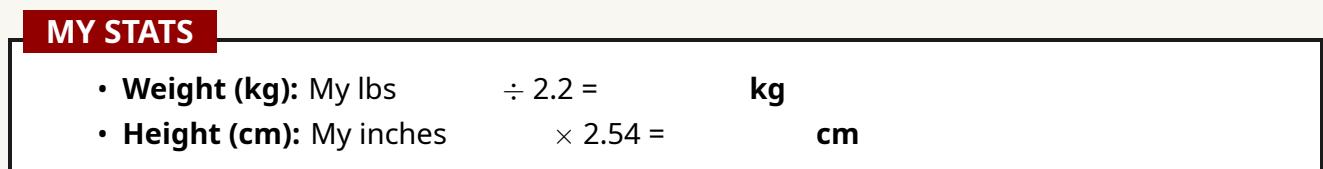


## 02 // THE EASY CALCULATOR

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.*



## 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

 $\times 0.80 =$ **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

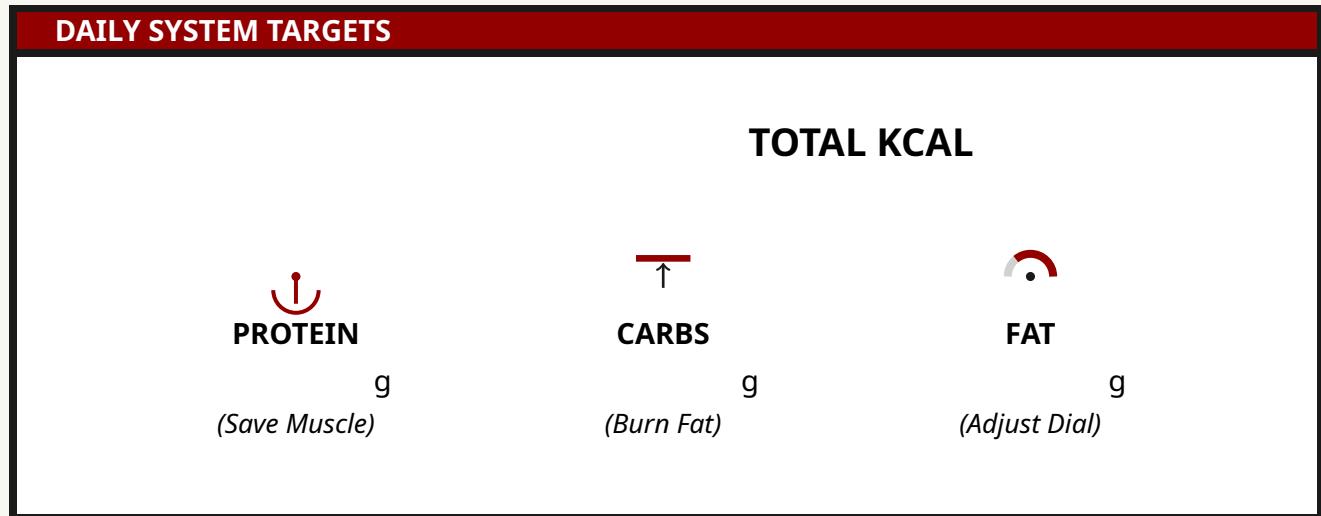
---

- ✓ **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



### WANT THE AUTO-CALCULATOR?

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

**CARNIVOREWEEKLY.COM/CALCULATOR**