

EASY DATA REPORT

CARNIVORE MACROS IN 5 MINUTES

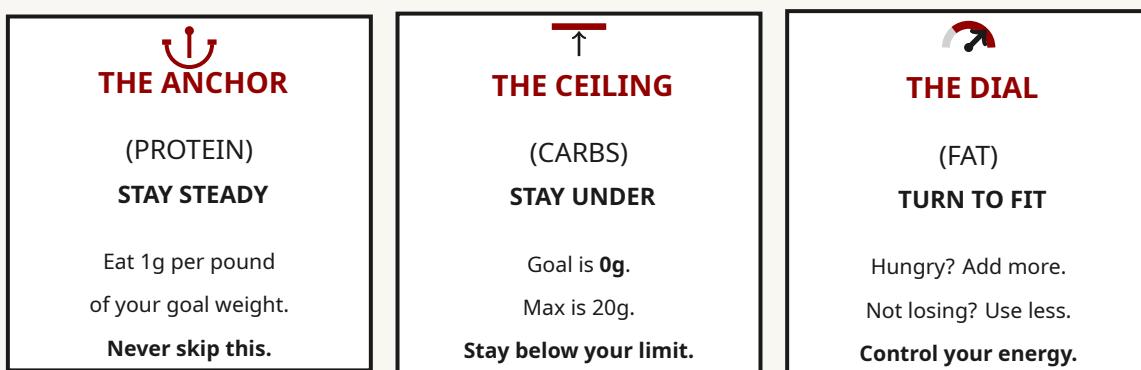
A SIMPLE STEP-BY-STEP GUIDE TO YOUR NEW DIET

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.



- **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 _____ $\div 2.2 =$ _____ 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:

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

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		
<h1>TOTAL CALORIES</h1>  PROTEIN _____ g <i>(Eat this much)</i>	 CARBS _____ g <i>(Stay under)</i>	 FAT _____ g <i>(Adjust as needed)</i>

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.