

Ideal Macronutrient Intakes

Imperial:

Protein: 0.8 - 1 grams per pound of bodyweight (muscle growth)

0.4 - 0.5 grams per pound of bodyweight (normal health)

Fat: 15% - 35% of your daily calories

Carbs: 1 - 1.75 grams per pound of bodyweight

Metric:

Protein: 1.76 - 2.2 grams per kilogram of bodyweight (muscle growth)

0.88 - 1.1 grams per kilogram of bodyweight (normal health)

Fat: 15% - 35% of your daily calories

Carbs: 2.2 - 3.85 grams per kilogram of bodyweight

What if you've filled your macronutrients but still have calories left? → Add more fat and/or carbs according to personal preference

Want me to set up your meal plan for you? → go to <http://nutritionandfitness.academy>