

Macro Plan Setup Guide

Use this page as reference when setting up a client's macro plan!

Protein: 7g exchange rate

- Rarely adjust unless you are making lunch and dinner meals equal for convenience
- The more they exercise the more protein they need (covered in the workout screen)

Carbohydrates: 15g exchange rate

- *Always refer to Lean Body Mass*

Fats: 5g exchange rate

- Rarely adjust, but typically speaking keep snacks at 5 grams and meals between 10-20 grams
- Men rarely need more than 60-65 grams and women rarely need more than 50-55 grams

Framework for Setting Carbohydrates

Give 1.0 grams per pound of LBM if client...

- Doesn't workout at all or just walks
- Regularly skips meals like breakfast and/or limited macro intake currently
- Fats = 20-30% of total calories (after adjusting carbs) – lean closer to 30%

Give 1.2 grams per pound of LBM if client...

- Works out 2-3x/week with mild intensity
- Regularly skips meals like breakfast and/or limited macro intake currently
- Fats = 20-30% of total calories (after adjusting carbs) – lean closer to 25%

Give 1.35 grams per pound of LBM if client...

- Works out intensely (CrossFit/HIIT) 3+ times/week
- Eats inconsistently and/or limited macro intake currently
- Fats = 20-25% of total calories (after adjusting carbs) – lean closer to 25%

Give 1.5 grams per pound of LBM if client...

- Works out intensely (CrossFit/HIIT) 4+ times/week
- Eats fairly consistently (usually eats breakfast in some capacity)
- Fats = 20-25% of total calories (after adjusting carbs) – Typically no more than 65g/55g

Give 2.0 grams per pound of LBM if client...

- Works out intensely (CrossFit/HIIT) 5+ times/week
- Regularly eats every 3-4 hours
- Eats a quality breakfast every day
- Fats = 20-25% of total calories (after adjusting carbs) – Typically no more than 65g/55g

Give 2.0+ grams per pound of LBM if client...

- Extremely active, with quality nutrition habits, and/or looking to gain mass

