



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

HOW TO CALCULATE YOUR MACROS IN 5 SIMPLE STEPS



You've probably heard that all you have to do to gain muscle and lose fat is "get your macros right." You've also probably heard that, if your macros are dialed in, you can basically eat whatever you want. That there's no need to obsess over "eating clean," and that you can focus on just enjoying your meals. "If it fits your macros," they say.

Well, these things are true.

You eat the right amounts of protein, carbs, and fats (macronutrients, or "macros," collectively) every day, you follow a sensible workout program, and you build the body you really want.

If you know how to calculate your macros correctly, the whole diet side of the fitness game becomes simple and straightforward.

So, are you ready to learn how to make meal plans that actually work?

01. Calculate your calories.

When we're talking body composition, the *kind* of food you eat is far less important than the *amount*. In other words, the total number of calories that you eat, and how those calories break down into protein, carbs and fat, controls your body weight and composition, not the individual foods themselves.

Nearly a century of metabolic research has conclusively proven that the only way to reliably lose weight is to eat less energy (calories) than you burn. And more importantly, caloric restriction works, both in the lab and in the field. For everyone. Every time.

That's why bodybuilders have been using these simple principles for decades to consistently and predictably raise and lower body fat levels as desired.

All this doesn't mean that you have to count calories and macros to lose or gain weight or that they're all that really matters in the realm of dieting (nutrition is very important, too).

What it does mean, though, is you need to have a firm grasp of these fundamentals if you want to know how to change and control your body weight and composition with ease.

How many calories should you be eating?

Well, there are many different ways to figure this out, but I'm going to make it really simple for you. [Just use the calculator in this article](#). All you have to do is enter your weight and approximate body fat percentage and activity level, and it will estimate how much lean muscle you have (LBM) as well as your basal metabolic rate (BMR) and total daily energy expenditure (TDEE).

Now, once you have your TDEE, you can determine how many calories you should be eating by doing the following:

- ✓ If you want to lose weight, you should eat 75 to 80% of your TDEE, or 20 to 25% less energy than you're burning every day.
- ✓ If you want to gain weight, you should eat 110 to 115% of your TDEE, or 10 to 15% more energy than you're burning.
- ✓ And if you want to maintain your weight, you should eat 100% of your TDEE, or more or less exactly what you're burning every day.

02. Calculate your protein intake.

This is step number two because out of the three macronutrients (protein, carbs, and fat), it's the most important. Get your protein intake right, and studies show that you'll...

- ✓ Recover better from your workouts.
- ✓ Gain muscle and lose fat faster.
- ✓ Lose less muscle when restricting your calories for weight loss.
- ✓ Feel fuller and more satisfied from your meals.

The bottom line is a high-protein diet beats a low-protein one in just about every way, and especially for us fitness folk.

How much protein should you be eating, then?

Research shows that somewhere between 0.8 and 1.2 grams of protein per pound of body weight per day is optimal.

03. Calculate your fat intake.

Dietary fat is an essential nutrient and part of many physiological processes ranging from hormone production to insulin sensitivity, cell turnover, satiety, muscle growth, and nutrient absorption.

The idea is to eat a moderate amount of fat that allows you to control your calories and optimize your health and macros.

In other words, you want to eat enough fat to support general health and well-being, but not so much that you have to reduce protein and carbohydrate intake unnecessarily to stay within your caloric limits.

For most people, that's around 0.3 grams of fat per pound of body weight per day.

04. Calculate your carb intake.

There's little argument about the merits of eating enough protein and fat, but carbs are another story. These days, "everyone knows" that the only way to get lean and healthy is to cut all carbs from your diet.

Well, it's not true. So long as you regulate your caloric intake properly, you can be as lean as you want eating all the carbs you like.

What's more, if you're in a normal body fat range, exercise regularly (and especially if you lift weights), and are otherwise healthy, then you're going to do better with more, not fewer carbs in your diet.

That's right. I'm saying that you shouldn't eat a low-carb diet, and for a few good reasons: Carbs are the primary fuel source for intense exercise and can help you gain muscle and strength faster. They also don't get in the way of fat loss, and serve as a great source of various micronutrients and fiber.

So, now that I've (hopefully) eased your mind about eating carbs, let's talk about how to calculate your carb intake.

It's very simple: just allot your remaining calories to them.

By now, you've calculated how many calories you should be eating every day as well as how much protein and fat. Well, a gram of protein and carbohydrate both contain about 4 calories, and a gram of fat contains about 9, so to figure out your carbs, you...

- ✓ Multiply your protein target by 4.

- ✓ Multiply your fat target by 9.
- ✓ Add these together and subtract the sum from your total calories, giving you the number of calories you have remaining for carbs.
- ✓ Divide this remaining number by 4 to get the number of grams of carbs you should eat every day.

05. Adjust everything based on how your body responds.

You've just learned the biggest "secrets" to building your best body ever.

- ✓ Calories always count.
- ✓ A high-protein diet always helps with muscle growth and fat loss.
- ✓ Everyone needs to eat a healthy amount of fats, but no more.
- ✓ Most people into working out will benefit from more carbs rather than less.

That said, the formula I just gave above may not work perfectly for you right out of the box. You may need to tweak and really dial it in for your body and circumstances.

There are quite a few reasons for why a one-size-fits-all approach to calculating macros doesn't always work. The good news is you don't have to try to account for all of this when figuring out your macros. Instead, you can start simple and just adjust your numbers up or down based on how your body is actually responding.

Here are the basic rules of thumb:

- ✓ If you're trying to gain weight but aren't, you probably just need to eat more.
- ✓ If you're trying to lose weight but aren't, you probably need to eat less or move more.

When applied correctly, macronutrient dieting is the single most effective nutritional tool you have for controlling your body composition.

It might seem like a lot of fuss at first—calculations, meal planning, and so forth—but trust me, it's worth every bit of the time and effort. And it gets easier and easier the more you practice, until it's eventually second nature.

So, do yourself a solid: Follow these five simple steps, stick to the plan for a month, and you'll never look back.

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