



MACRO CHEAT SHEET

Calories & Macros Overview

Calories = Energy (kcal)

Protein = Muscle repair & growth

Carbs = Training & recovery fuel

Fats = Hormones, vitamins, satiety

Guide Per Kg Bodyweight

Protein: 1.6 – 2.2 g / kg

Carbs: 3 – 6 g / kg (training dependent)

Fat: 0.8 – 1.0 g / kg

Water: 30 – 35 ml / kg (+500–1000 ml if training)

Goal Adjustments

Maintain	Calories \approx TDEE
Cut	-15 to -20% kcal, protein at high end
Build	+10 to +15% kcal, carbs higher
Transform	Slight deficit, high protein

Simple Meal Templates

Protein: chicken, fish, eggs, beans, lentils

Carbs: oats, rice, potatoes, pasta, fruit

Fats: olive oil, nuts, seeds, avocado

Veg: fill half your plate, mixed colours

Quick Checks

- Aim for protein at every meal.
- Carbs close to workouts, slower carbs at other meals.
- Fat as “thumb-sized” portions of healthy oils/nuts.
- Hydrate: pale straw urine colour = good.

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