

Determine Your Macronutrients

Calories	Carb (g)	Fat (g)	Protein (g)
1000	100	33	75
1200	120	40	90
1400	140	47	105
1600	160	54	120
1800	180	61	135
2000	200	68	150
2200	220	75	165
2400	240	82	180
2600	260	89	195
2800	280	96	210
3000	300	103	225