



Oli Bates Coaching

Gay & Queer Men's Body

Transformation Coach



YOUR MACROS GUIDE

A STEP BY STEP GUIDE TO
SETTING YOUR TARGET MACROS

Macronutrient Portion Guide

25 G PROTEIN



- 5-6 ounces of meat, fish, poultry



- 1 cup of protein-rich dairy like Greek yogurt, cottage cheese, and liquid eggs

15 G FAT



- 1 Tbsp of butter, oils



- 2 Tbsp of nut and seed butters



- 1/4 cup whole nuts and seeds, coconut milk, coconut cream



- 1/2 cup olives, coconut

25 G CARBOHYDRATE



- 1 cup of strawberries, blueberries, blackberries, oranges



- 1/2 cup diced peaches, pineapples, tangerines, pears, mango, papaya, banana, rice, quinoa, oats, potatoes



- 1/4 cup dried fruit



- 2 cups grapefruit, watermelon, non-starchy vegetables



Let's Calculate Your Macros

1

Determine the number of calories it takes to support your metabolism at rest. This is your BMR or your Basal Metabolic Rate.

Women BMR

$$\boxed{} + \boxed{} - \boxed{} - 161 = \boxed{}$$

(10 x weight in kg) (6.25 x height in cm) (5 x age in years)

Estimated calories burned at rest.

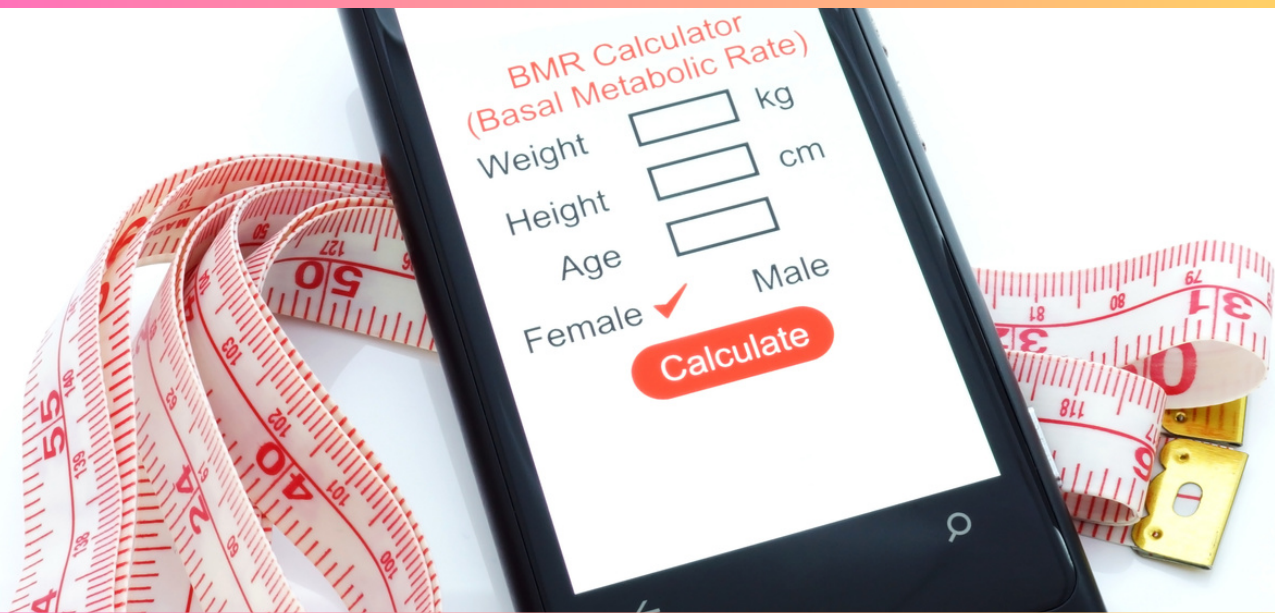
This is your BMR.

Men BMR

$$\boxed{} + \boxed{} - \boxed{} + 5 = \boxed{}$$

(10 x weight in kg) (6.25 x height in cm) (5 x age in years)

Estimated calories burned at rest.



2

Determine the number of calories it takes to support your metabolism + your physical activity. This is an estimation of how many calories it takes to maintain your current body weight considering your current physical activity level.

BMR X Activity Factor =

Total calories per day.

← This is your Total Daily Energy Expenditure of your calculated TDEE.

Activity factors take into account your day-to-day movement and planned exercise.

Consider the following Activity Factors:

1.2 If you're sedentary, you work at a desk job and do very little exercise or housework

1.375 If you're sedentary, you work at a desk job and do very little exercise or housework

1.55 If you're moderately active, you're moving most of the day and/or exercise with a moderate to intense amount of effort 3–4 days of the week.

1.725 If you're very active, you're vigorously exercising with a moderate to intense amount of effort 5-6 days per week or playing sports most days

Most people will probably fall into this category - you work a sedentary job, but you train hard. Or, you train moderately, but you also have a job where you stand on your feet all the time.

1.9 If you're extra active, you're participating in vigorous exercise 6-7 days per week, such as a training athlete plus a job which requires physical exertion

Estimating daily calorie expenditure or choosing an activity factor can be tricky, especially if you're new to strength training or starting a new plan.

Commit to one activity factor and move forward: if your goal is fat loss, create a slight calorie deficit (Step 3), or skip it for maintenance, recomposition, or athletic performance and go to Step 4.

3

Find a calorie target to match your goals.

A safe fat loss rate is 0.5%–1% of your body weight per week. Multiply your weight (lbs) by 0.005–0.01 to calculate weekly fat loss (in lbs), then multiply by 3500 to find your weekly calorie deficit.

Divide this by 7 for your daily calorie deficit, ensuring it's sustainable and not too extreme.

$$\boxed{} - \boxed{} = \boxed{}$$

TDEE Calorie deficit per day. Target Daily Calories

4

Find your protein.

$$\text{Total body weight} \times 2\text{g} - 2.5\text{g protein, (maximum is 200 grams of protein per day)} = \boxed{}$$

Grams protein per day .



5

Range of carbohydrate grams per day.

$$\begin{array}{ccccc} \text{Target} & & & \text{Calories from} & \\ \text{Daily} & \times .35 \text{ -}.45 & \equiv & \text{carbohydrate} & \equiv \\ \text{Calories} & & & \text{per day/4} & \equiv \end{array} \quad \boxed{}$$

Grams
carbohydrates
per day.

CHECK YOURSELF: ASK YOURSELF A FEW QUESTIONS WHEN IT COMES TO PICKING YOUR EXACT CARBOHYDRATE GOAL PER DAY:

Do you love carbohydrate-rich foods more than you love fat-rich foods? Would you miss carbohydrate-rich foods more if you were limited?



IF YES,
choose higher
carbohydrate range

Do you have a history of blood sugar regulation issues? Do you suffer from hypoglycemia or hyperglycemia throughout the day?



IF YES,
choose lower on the
carbohydrate range

Are you participating in HIIT, metabolic conditioning, heavy weight lifting or strength training more often than steady-state cardio activity?



IF YES,
choose higher on the
carbohydrate range

Are you participating in endurance activities that are usually steady state in nature (distance running, cycling, swimming, rowing) more often than HIIT, metabolic conditioning, heavy weight lifting or strength training?



IF YES,
choose lower on the
carbohydrate range

Do you have a sedentary desk job that takes up 30-50 hours of your average week?



IF YES,
choose lower on the
carbohydrate range

Do you prefer a vegetarian or vegan eating pattern? You'll need to accommodate more carbohydrates in order to meet protein goals.



IF YES,
choose higher on the
carbohydrate range

Carbs are essential for fueling exercise and recovery, but too many—especially with a sedentary lifestyle or blood sugar issues—can hinder fat loss. Make a decision and move on; you can adjust later.

6

Find your fats.

$$\begin{array}{l} \text{Target} \\ \text{Daily} \\ \text{Calories} \end{array} - \begin{array}{l} (\text{protein grams} \times 4) + \\ (\text{carbohydrate grams} \times 4) \end{array} \equiv \begin{array}{l} \text{calories from} \\ \text{fat per day}/9 \end{array} \equiv \boxed{} \begin{array}{l} \text{Grams fat} \\ \text{per day.} \end{array}$$

Your answer from Step 4 = are your grams of protein per day

Your answer from Step 5 = XXX are your grams of carbohydrate per day

Your answer from Step 6 = XXX are your grams of fat per day

What Now?

Give it a go! Enjoy your favourite foods in meal and snack combinations that align with your daily targets. For a fully tailored plan, reach out to Oli Bates Coaching, let's make your goals a reality!

