

B³ MACRO STARTER GUIDE

How to Set Calories, Protein, Carbs, and Fats

This guide gives you a simple, science-based way to set your daily calories and macronutrients based on your goal.

Step 1 – Estimate Calories

- Fat loss: bodyweight (lb) × 10–12
- Recomposition: bodyweight × 12–14
- Muscle gain: bodyweight × 14–16

Step 2 – Set Protein

Aim for 0.8–1.1 grams per pound of bodyweight. Higher intakes support muscle retention in a calorie deficit.

Step 3 – Set Fats

Aim for around 20–30% of total calories from fats. This supports hormone production and overall health.

Step 4 – Fill the Rest with Carbohydrates

Carbs fill the remaining calories and fuel your training. Emphasize whole grains, fruits, and starches like potatoes or rice.

Example (170 lb, Fat Loss Phase)

- Target calories: ~1,900 per day
 - Protein: 170 g (~680 kcal)
 - Fats: 60 g (~540 kcal)
 - Carbs: 165 g (~660 kcal)
- Totals ≈ 1,880 kcal (close enough; small rounding is fine).