

KETO MACROS

Worksheet

GOAL CALORIES		PROTEIN %		PROTEIN CALORIES		CALORIE VALUE		PROTEIN GRAMS
<input type="text"/>	x	<input type="text"/>	=	<input type="text"/>	÷	4	=	<input type="text"/>

GOAL CALORIES		FAT %		FAT CALORIES		CALORIE VALUE		FAT GRAMS
<input type="text"/>	x	<input type="text"/>	=	<input type="text"/>	÷	9	=	<input type="text"/>

GOAL CALORIES		CARBS %		CARB CALORIES		CALORIE VALUE		CARB GRAMS
<input type="text"/>	x	<input type="text"/>	=	<input type="text"/>	÷	4	=	<input type="text"/>

TOTAL VALUE		GOAL CALORIES
100%	=	<input type="text"/>



Your MACROS:

PROTEIN	<input type="text"/>
FAT	<input type="text"/>
CARBS	<input type="text"/>

 Use these numbers for at least one month before you make any changes. Join our Facebook Group - Keto Size Me Fans, if you need help or have questions.