



Macro Calculations for 14 Day Challenge

'CHEAT-SHEET'

1. MG: Women 20-30

Protein	188 grams/day Range: 60 - 188
Carbs Includes Sugar	250 grams/day Range: 235 - 405
Fat Includes Saturated Fat	56 grams/day Range: 50 - 88
Sugar	<59 grams/day
Saturated Fat	<25 grams/day
Food Energy	2,207 Calories/day or 9,240 kJ/day

2. MG: women 30-40

Protein	182 grams/day Range: 60 - 182
Carbs Includes Sugar	242 grams/day Range: 228 - 389
Fat Includes Saturated Fat	55 grams/day Range: 48 - 85
Sugar	<57 grams/day
Saturated Fat	<24 grams/day
Food Energy	2,133 Calories/day or 8,930 kJ/day

3. MG: women 40-50

Protein	176 grams/day Range: 60 - 176
Carbs Includes Sugar	233 grams/day Range: 220 - 374
Fat Includes Saturated Fat	53 grams/day Range: 47 - 82
Sugar	<55 grams/day
Saturated Fat	<23 grams/day
Food Energy	2,060 Calories/day or 8,625 kJ/day

4. MG: Men 20-30

Protein	234 grams/day Range: 73 - 234
Carbs Includes Sugar	311 grams/day Range: 292 - 506
Fat Includes Saturated Fat	70 grams/day Range: 62 - 109
Sugar	<73 grams/day
Saturated Fat	<31 grams/day
Food Energy	2,742 Calories/day or 11,480 kJ/day

5. MG: Men 30-40

Protein	228 grams/day Range: 73 - 228
Carbs Includes Sugar	302 grams/day Range: 285 - 490
Fat Includes Saturated Fat	68 grams/day Range: 61 - 106
Sugar	<71 grams/day
Saturated Fat	<30 grams/day
Food Energy	2,669 Calories/day or 11,175 kJ/day

6. MG: Men 40-50

Protein	222 grams/day Range: 73 - 222
Carbs Includes Sugar	294 grams/day Range: 277 - 474
Fat Includes Saturated Fat	66 grams/day Range: 59 - 103
Sugar	<69 grams/day
Saturated Fat	<30 grams/day
Food Energy	2,596 Calories/day or 10,869 kJ/day