



Macro Calculations for 14 Day Challenge

'CHEAT-SHEET'

1. WL: Women 20-30

Protein	141 grams/day Range: 82 - 141
Carbs Includes Sugar	187 grams/day Range: 176 - 262
Fat Includes Saturated Fat	42 grams/day Range: 37 - 66
Sugar	<44 grams/day
Saturated Fat	<19 grams/day
Food Energy	1,648 Calories/day or 6,900 kJ/day

2. WL: Women 30-40

Protein	135 grams/day Range: 82 - 135
Carbs Includes Sugar	179 grams/day Range: 168 - 248
Fat Includes Saturated Fat	40 grams/day Range: 36 - 63
Sugar	<42 grams/day
Saturated Fat	<18 grams/day
Food Energy	1,579 Calories/day or 6,611 kJ/day

3. WL: Women 40-50

Protein	129 grams/day Range: 82 - 129
Carbs Includes Sugar	171 grams/day Range: 161 - 233
Fat Includes Saturated Fat	39 grams/day Range: 34 - 60
Sugar	<40 grams/day
Saturated Fat	<17 grams/day
Food Energy	1,511 Calories/day or 6,326 kJ/day

4. WL: Men 20-30

Protein	193 grams/day Range: 102 - 193
Carbs Includes Sugar	257 grams/day Range: 242 - 372
Fat Includes Saturated Fat	58 grams/day Range: 52 - 90
Sugar	<60 grams/day
Saturated Fat	<26 grams/day
Food Energy	2,266 Calories/day or 9,487 kJ/day

5. WL: Men 30-40

Protein	190 grams/day Range: 104 - 190
Carbs Includes Sugar	253 grams/day Range: 238 - 361
Fat Includes Saturated Fat	57 grams/day Range: 51 - 89
Sugar	<59 grams/day
Saturated Fat	<25 grams/day
Food Energy	2,229 Calories/day or 9,332 kJ/day

6. WL: Men 40-50

Protein	184 grams/day Range: 104 - 184
Carbs Includes Sugar	245 grams/day Range: 230 - 347
Fat Includes Saturated Fat	55 grams/day Range: 49 - 86
Sugar	<58 grams/day
Saturated Fat	<25 grams/day
Food Energy	2,160 Calories/day or 9,043 kJ/day