

STOKED METABOLIC COACHING MACRO BREAKDOWN

Calories and Macronutrients

The foundation of EVERY solid weight loss plan is Calories and Macronutrient Breakdown of those calories. The problem is not many people know how much to take in or what their macronutrient breakdown really means! I'm here to help!



CALORIES

The measure of the energy content of food. Your body needs calories to survive - too few can impact energy, bodily functions and fat loss!

PROTEIN

Proteins have 4 Calories per gram. Protein is necessary to maintain a healthy body - it helps repair internal or external damage aka **BUILDS MUSCLE**. Protein intake at minimum should be .8-1.2 grams per pound of lean body mass.



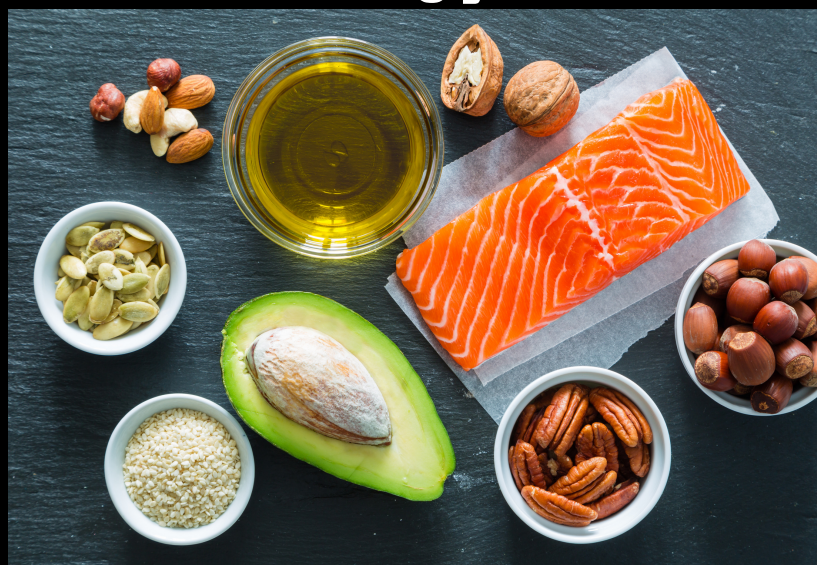
CARBOHYDRATES

Carbs have 4 Calories per gram. They are also your main energy source for your working muscles during exercise - cutting carbs too low? Prepare to feel tired during your workout!



FATS

Fats have 9 Calories per gram. They are a source of energy, help absorb vitamins and insulate your body and protect your organs.



Still Lost?

Shoot me a DM and let's hop on a call to discuss YOUR MACRONUTRIENTS!