

Macro Counting Guide

The Complete Guide to Protein, Carbs, and Fats
for Weight Loss, Muscle Gain, and Better Health

Food Lists | Calculation Formulas | Tracking Templates

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What Are Macros?

Macros (macronutrients) are the three main nutrients your body needs in large amounts: Protein, Carbohydrates, and Fats. Unlike vitamins and minerals, macros provide the bulk of your daily energy and building blocks for every cell in your body.

MACRO	CAL/G	PRIMARY FUNCTION	DAILY TARGET
Protein	4	Build muscle, satiety, immune function	0.7-1.0g per lb
Carbs	4	Energy for brain and muscles	Varies (100-400g)
Fats	9	Hormones, brain, vitamin absorption	0.3-0.4g per lb

PROTEIN: Best Food Sources

Food	Serving	Protein	Calories
Chicken Breast	4 oz	35g	165
Greek Yogurt	1 cup	20g	130
Eggs (2 large)	2 eggs	12g	140
Salmon	4 oz	25g	180
Lean Ground Beef	4 oz	23g	170
Cottage Cheese	1 cup	28g	220
Whey Protein	1 scoop	25g	120
Tuna (canned)	4 oz	26g	120
Turkey Breast	4 oz	34g	150
Shrimp	4 oz	24g	100

CARBS: Best Food Sources

Food	Serving	Carbs	Fiber	Cal
Oatmeal	1 cup	27g	4g	150
Brown Rice	1 cup	45g	4g	215
Sweet Potato	1 medium	26g	4g	103
Quinoa	1 cup	39g	5g	222

White Rice	1 cup	45g	1g	205
Banana	1 medium	27g	3g	105
Black Beans	1 cup	41g	15g	227
Apple	1 medium	25g	4g	95

FATS: Best Food Sources

Food	Serving	Fat	Type	Cal
Avocado	1/2	15g	Mono	160
Olive Oil	1 tbsp	14g	Mono	120
Almonds	1 oz	14g	Mono	164
Salmon	4 oz	10g	Omega-3	180
Peanut Butter	2 tbsp	16g	Mono	190
Eggs (2)	2 eggs	10g	Mixed	140
Walnuts	1 oz	18g	Omega-3	185

How to Calculate Your Macros

Step 1: Calculate BMR (Basal Metabolic Rate)

Men: $(10 \times \text{weight kg}) + (6.25 \times \text{height cm}) - (5 \times \text{age}) + 5$

Women: $(10 \times \text{weight kg}) + (6.25 \times \text{height cm}) - (5 \times \text{age}) - 161$

Step 2: Multiply BMR by Activity Level

Activity	Multiply	Description
Sedentary	x 1.2	Desk job, little exercise
Light	x 1.375	Exercise 1-3 days/week
Moderate	x 1.55	Exercise 3-5 days/week
Very Active	x 1.725	Exercise 6-7 days/week
Athlete	x 1.9	Intense training daily

Step 3: Adjust for Your Goal

Goal	Adjustment	Result
Fat Loss	TDEE - 500 cal	Lose ~1 lb/week
Maintenance	TDEE (no change)	Stay same weight
Muscle Gain	TDEE + 250-500 cal	Gain 0.5-1 lb/week

Step 4: Split Into Macros

Protein: 0.7-1.0g per lb bodyweight (x4 for calories)

Fats: 0.3-0.4g per lb bodyweight (x9 for calories)

Carbs: Remaining calories / 4 = grams

Macro Ratios by Goal

Goal	Protein	Carbs	Fats	Notes
Fat Loss	40%	30%	30%	High protein preserves muscle
Muscle Gain	30%	45%	25%	More carbs for training
Maintenance	30%	40%	30%	Balanced approach
Keto	20%	5%	75%	Under 50g carbs total
Endurance	20%	55%	25%	High carbs for cardio

Tips for Success

1. Use a tracking app (MyFitnessPal, Cronometer)
2. Weigh your food with a kitchen scale
3. Plan and log meals the night before
4. Hit your protein goal first
5. Meal prep on Sundays
6. Track weekly averages, not single days
7. Look up restaurant nutrition before eating out
8. Adjust macros every 2-3 weeks based on results

Common Mistakes to Avoid

- Not tracking oils, sauces, and condiments
- Eyeballing portions instead of weighing
- Setting protein too low (under 0.6g per lb)
- Cutting carbs AND fats at the same time
- Forgetting liquid calories (alcohol, creamer)
- Being too restrictive and burning out

For more tips visit www.nattyhub.com