



Calculating Macros for Your Goals

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This is a basic over view to get you started without knowing your body fat percentage. This is a great start and after 4 weeks, you can use a keto app if desired for more specificity. If you would like to get your body fat percentage checked you can do it via a dexa scan or we can provide one in our office with a BIA, bio impedance analysis machine.

The traditional ketogenic diet is very low carb less than 20 grams for everyone and most women do not well with this, so we are prepping you for this if that is what works for your body.

Step #1 Determine your goal weight

Step #2 Calculate grams of **PROTEIN** by multiplying your goal weight by 0.7; e.g. 150 lb goal weight would be $150 \times 0.7 = 105$ grams; you can increase the amount of protein by 0.8 grams if you are recovering from adrenal fatigue or 0.9 if you are a competitive athlete

Step #3 Calculate grams of **FAT** by multiplying the protein of grams calculated above by 1.5 to get the grams of fat; e.g. 105 grams of fat $\times 1.5 = 157.5$ gram of fat; the amount of fat will decrease by about the 4th week and you can start to titrate down

Step #4 Amount of **CARBS** will start at 80 grams and decrease by 10-15 grams for 4-5 weeks to 40-50 grams or less and find where you feel comfortable with your carbs (most women do well around 40 grams of carbs); you can start as low as 60g and titrate down every week by 10g for 4 weeks; I have seen many women begin to have sleep issues and lose a lot of hair if they start too low on carbs, so this needs to be personalized for you.

We will use this guide for 4 weeks to get your body fat adapted. This is very different from the typical Ketogenic diet of 20% Proteins, 75% Fats, 5% Carbs; after 4 weeks you can weigh yourself and change the macros to adapt to your body's needs. Remember you will find what works for you best and the first 4 weeks may seem like a lot of fat and then you will be able to decrease it.