

MACRONUTRIENT BREAKDOWN

1200 KCAL TOTAL GRAMS GPM (5x) GPM (6x)

480 kcal PRO	120 grams	24 grams	20 grams
360 kcal CHO	90 grams	18 grams	15 grams
360 kcal FAT	40 grams	8 grams	7 grams

1500 KCAL TOTAL GRAMS GPM (5x) GPM (6x)

600 kcal PRO	150 grams	30 grams	25 grams
450 kcal CHO	113 grams	23 grams	19 grams
450 kcal FAT	50 grams	10 grams	8.3 grams

1800 KCAL TOTAL GRAMS GPM (5x) GPM (6x)

720 kcal PRO	180 grams	36 grams	30 grams
540 kcal CHO	135 grams	27 grams	22.5 grams
540 kcal FAT	60 grams	12 grams	10 grams

2000 KCAL TOTAL GRAMS GPM (5x) GPM (6x)

800 kcal PRO	200 grams	40 grams	33 grams
600 kcal CHO	150 grams	30 grams	25 grams
600 kcal FAT	67 grams	13.4 grams	11 grams

2200 KCAL TOTAL GRAMS GPM (5x) GPM (6x)

880 kcal PRO	220 grams	44 grams	37 grams
660 kcal CHO	165 grams	33 grams	28 grams
660 kcal FAT	73 grams	15 grams	12.2 grams