

## MACRONUTRIENT NEEDS BY GENDER AND TRAINING PLAN

Choose Option 1 Macros if:

Week 1-4 Strength or Cardio Classes  
Days off or Yoga

Choose Option 2 Macros if:

Week 5-12 Strength or Cardio Classes

Choose Option 3 Macros if:

You take more than one class that day

*Option 1: Low carb, moderate protein, high fat*

*Option 2: Slightly higher carbs, moderate protein, slightly lower fats*

*Option 3: High carb, slightly lower protein, slightly lower fats*

Male: Option 1 – grams/day	
Carbohydrate	110-120
Protein	160-170
Fat	100-120

Male: Option 2 – grams/day	
Carbohydrate	130-140
Protein	160-170
Fat	95-120

Male: Option 3 – grams/day	
Carbohydrate	165-180
Protein	135-150
Fat	95-110

Female: Option 1 - grams/day	
Carbohydrate	60-80
Protein	130-140
Fat	90-100

Female: Option 2 – grams/day	
Carbohydrate	100-120
Protein	120-130
Fat	80-90

Female: Option 3 – grams/day	
Carbohydrate	140-160
Protein	120-130
Fat	70-80

These are basic parameters to get you started. Everyone is different, so spread your foods over the course of the day based on what works best for you. 3-6 meals per day is a good place to start.

Remember, you may choose to track your intake with the myfitnesspal app.

For an individualized plan that provides details on specific nutrient timing to target workouts and results, contact Anne for an individualized consult at:

[AnneLHeureuxRDLD@gmail.com](mailto:AnneLHeureuxRDLD@gmail.com)