Calculate Macros

How To Calculate Your Macros
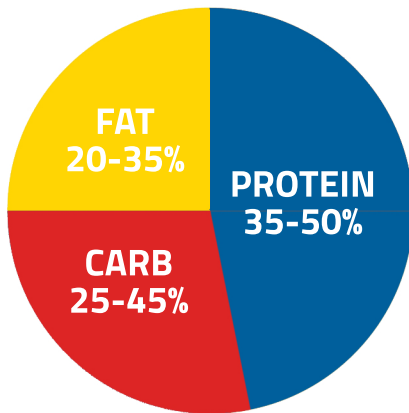
Weight Loss
High Protein
Low Carb
Low Fat

Pie chart (Weight Loss): PROTEIN 35-50%, CARB 25-45%, FAT 20-35%
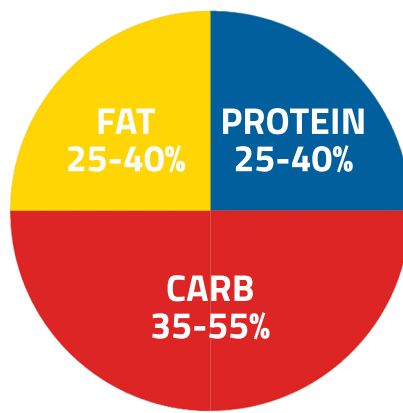
Maintenance
Moderate Protein,
Carb and Fat

Pie chart (Maintenance): PROTEIN 25-40%, CARB 35-55%, FAT 25-40%
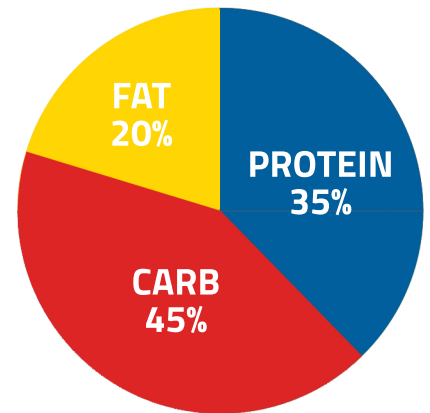
Muscle Gain
High Protein
High Carb
Low Fat

Pie chart (Muscle Gain): PROTEIN 35%, CARB 45%, FAT 20%