

Women\_110\_165

Bodyweight (BW)	<b>110</b>	<b>115</b>	<b>120</b>	<b>125</b>	<b>130</b>	<b>135</b>	<b>140</b>	<b>145</b>	<b>150</b>	<b>155</b>	<b>160</b>	<b>165</b>
Protein (G)	110	115	120	125	130	135	140	145	150	155	160	165
Carbs (G)	30	30	30	30	30	30	30	30	30	30	30	30
Fat (G)	72	76	80	84	88	92	96	99	103	107	111	115
Total Grams	212	221	230	239	248	257	266	274	283	292	301	310
Total Calories	1210	1265	1320	1375	1430	1485	1540	1595	1650	1705	1760	1815

Protein (%)	52%	52%	52%	52%	52%	53%	53%	53%	53%	53%	53%	53%
Carbs (%)	14%	14%	13%	13%	12%	12%	11%	11%	11%	10%	10%	10%
Fat (%)	34%	34%	35%	35%	35%	36%	36%	36%	36%	37%	37%	37%

Protein (oz)	16	16	17	18	19	19	20	21	21	22	23	24
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**Assumptions**

calorie multiplier/day	11
grams protein per lb BW	1
grams carbs (not including fiber)	30

Women\_170\_225

Bodyweight (BW)	<b>170</b>	<b>175</b>	<b>180</b>	<b>185</b>	<b>190</b>	<b>195</b>	<b>200</b>	<b>205</b>	<b>210</b>	<b>215</b>	<b>220</b>	<b>225</b>
Protein (G)	170	175	180	185	190	195	200	205	210	215	220	225
Carbs (G)	30	30	30	30	30	30	30	30	30	30	30	30
Fat (G)	119	123	127	131	134	138	142	146	150	154	158	162
Total Grams	319	328	337	346	354	363	372	381	390	399	408	417
Total Calories	1870	1925	1980	2035	2090	2145	2200	2255	2310	2365	2420	2475

Protein (%)	53%	53%	53%	54%	54%	54%	54%	54%	54%	54%	54%	54%
Carbs (%)	9%	9%	9%	9%	8%	8%	8%	8%	8%	8%	7%	7%
Fat (%)	37%	37%	38%	38%	38%	38%	38%	38%	38%	39%	39%	39%

Protein (oz)	24	25	26	26	27	28	29	29	30	31	31	32
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**Assumptions**

calorie multiplier/day	11
grams protein per lb BW	1
grams carbs (not including fiber)	30

Women\_230\_285

Bodyweight (BW)	<b>230</b>	<b>235</b>	<b>240</b>	<b>245</b>	<b>250</b>	<b>255</b>	<b>260</b>	<b>265</b>	<b>270</b>	<b>275</b>	<b>280</b>	<b>285</b>
Protein (G)	230	235	240	245	250	255	260	265	270	275	280	285
Carbs (G)	30	30	30	30	30	30	30	30	30	30	30	30
Fat (G)	166	169	173	177	181	185	189	193	197	201	204	208
Total Grams	426	434	443	452	461	470	479	488	497	506	514	523
Total Calories	2530	2585	2640	2695	2750	2805	2860	2915	2970	3025	3080	3135

Protein (%)	54%	54%	54%	54%	54%	54%	54%	54%	54%	54%	54%	54%
Carbs (%)	7%	7%	7%	7%	7%	6%	6%	6%	6%	6%	6%	6%
Fat (%)	39%	39%	39%	39%	39%	39%	39%	40%	40%	40%	40%	40%

Protein (oz)	33	34	34	35	36	36	37	38	39	39	40	41
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**Assumptions**

calorie multiplier/day	11
grams protein per lb BW	1
grams carbs (not including fiber)	30

Men\_120\_175

Bodyweight (BW)	<b>120</b>	<b>125</b>	<b>130</b>	<b>135</b>	<b>140</b>	<b>145</b>	<b>150</b>	<b>155</b>	<b>160</b>	<b>165</b>	<b>170</b>	<b>175</b>
Protein (G)	120	125	130	135	140	145	150	155	160	165	170	175
Carbs (G)	50	50	50	50	50	50	50	50	50	50	50	50
Fat (G)	71	75	79	83	87	91	94	98	102	106	110	114
Total Grams	241	250	259	268	277	286	294	303	312	321	330	339
Total Calories	1320	1375	1430	1485	1540	1595	1650	1705	1760	1815	1870	1925

Protein (%)	50%	50%	50%	50%	51%	51%	51%	51%	51%	51%	52%	52%
Carbs (%)	21%	20%	19%	19%	18%	18%	17%	16%	16%	16%	15%	15%
Fat (%)	29%	30%	30%	31%	31%	32%	32%	32%	33%	33%	33%	34%

Protein (oz)	17	18	19	19	20	21	21	22	23	24	24	25
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**Assumptions**

calorie multiplier/day	11
grams protein per lb BW	1
grams carbs (not including fiber)	50

Men\_180\_235

Bodyweight (BW)	<b>180</b>	<b>185</b>	<b>190</b>	<b>195</b>	<b>200</b>	<b>205</b>	<b>210</b>	<b>215</b>	<b>220</b>	<b>225</b>	<b>230</b>	<b>235</b>
Protein (G)	180	185	190	195	200	205	210	215	220	225	230	235
Carbs (G)	50	50	50	50	50	50	50	50	50	50	50	50
Fat (G)	118	122	126	129	133	137	141	145	149	153	157	161
Total Grams	348	357	366	374	383	392	401	410	419	428	437	446
Total Calories	1980	2035	2090	2145	2200	2255	2310	2365	2420	2475	2530	2585

Protein (%)	52%	52%	52%	52%	52%	52%	52%	52%	53%	53%	53%	53%
Carbs (%)	14%	14%	14%	13%	13%	13%	12%	12%	12%	12%	11%	11%
Fat (%)	34%	34%	34%	35%	35%	35%	35%	35%	36%	36%	36%	36%

Protein (oz)	26	26	27	28	29	29	30	31	31	32	33	34
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**Assumptions**

calorie multiplier/day	11
grams protein per lb BW	1
grams carbs (not including fiber)	50

Men\_240\_295

Bodyweight (BW)	<b>240</b>	<b>245</b>	<b>250</b>	<b>255</b>	<b>260</b>	<b>265</b>	<b>270</b>	<b>275</b>	<b>280</b>	<b>285</b>	<b>290</b>	<b>295</b>
Protein (G)	240	245	250	255	260	265	270	275	280	285	290	295
Carbs (G)	50	50	50	50	50	50	50	50	50	50	50	50
Fat (G)	164	168	172	176	180	184	188	192	196	199	203	207
Total Grams	454	463	472	481	490	499	508	517	526	534	543	552
Total Calories	2640	2695	2750	2805	2860	2915	2970	3025	3080	3135	3190	3245

Protein (%)	53%	53%	53%	53%	53%	53%	53%	53%	53%	53%	53%	53%
Carbs (%)	11%	11%	11%	10%	10%	10%	10%	10%	10%	9%	9%	9%
Fat (%)	36%	36%	36%	37%	37%	37%	37%	37%	37%	37%	37%	38%

Protein (oz)	34	35	36	36	37	38	39	39	40	41	41	42
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**Assumptions**

calorie multiplier/day	11
grams protein per lb BW	1
grams carbs (not including fiber)	50

## Notes

The purpose of this spreadsheet is to give a person who is new to the Paleo way of eating a general idea of how much of each macronutrient to eat. You will probably have to tweek these according to your own personal situation. I used calories because I thought it was more clear than saying "eat this much protein, this much carbs and the rest in fat." To be clear, fat loss with this way of eating is **NOT** dependent on counting calories, in addition, eating less calories than necessary, could lead to reduced fat loss, yes, eating less calories can, in some cases, reduce your fat loss or make it difficult to sustain fat loss

Tweeking means changing either the protein (some recommendations are as low as 66% of BW) and/or fat ratios. Obviously, if your carbs are all from sugar instead of vegetables, you will be less successful. Increasing carbs will very likely lead to a reduction in fat loss, or worse, fat gain. I cannot over-emphasize how important compliance is. In particular, carbs absolutely cannot come from grains or grain-based foods. Each exposure to grains can set you back as much as two weeks, forcing you to essentially start over.

For more information about what exactly to eat, please visit <http://www.paleonu.com/get-started/>

I got the formula for total calories from Robb Wolf's Nutrition Seminar. I use 11 cal/pound of BW to find total calories (he says 12 is ok too, but start at 11). He recommends less than 30 g carbs for women and less than 50 g carbs for men per day. The formula I used looks like this for a woman who weighs 130 lbs:  $(130 \text{ lbs} * 11) - ((130 \text{ g protein} + 30 \text{ g carbs}) * 4 \text{ calories per g of carb and protein}) = 790 \text{ calories} / 9 \text{ calories per gram of fat} = 88 \text{ grams of fat}$ .

Macro Nutrients percentages do not equal 100% and it is not necessary that they do because they serve only as guidelines.

These macronutrient ratios are meant for fat loss not necessarily maintenance. You should plan on eating like this for 3 months and then reassess. It is common that when you clean up your diet, your digestion becomes more efficient and you will need less protein.

I have created this with information gained from Robb Wolf's Nutrition Seminar, reading several books and websites; however, if you don't lose fat as expected the most likely error is my faulty interpretation of the information not the information itself.

You should expect to lose a few pounds the first week and settle down to 1 or 2 lbs per week. If you don't, we need to start food logging. No one wants that, so just do the right thing.

Finally, it takes from 2 – 4 weeks to teach your body to burn fat instead of carbs. Your workouts, especially the short intense variety, will almost always suffer during this time. However, after that they should get markedly better.