

This is a Quick Reference Guide from Weight Lifting Complete.

You can get access to more helpful guides at the website.

Hint: Print this one page guide and keep in your WLC Log Book.

Calorie, Protein, Carb, and Fat Intake

Based on a 30%P 50%C 20%F

Calories	Protein	Carbs	Fat
1500	113	188	33
1600	120	200	36
1700	128	213	38
1800	135	225	40
1900	143	238	42
2000	150	250	44
2100	158	263	47
2200	165	275	49
2300	173	288	51
2400	180	300	53
2500	188	313	56
2600	195	325	58
2700	203	338	60
2800	210	350	62
2900	218	363	64
3000	225	375	67
3100	233	388	69
3200	240	400	71
3300	248	413	73
3400	255	425	76
3500	263	438	78
3600	270	450	80
3700	278	463	82
3800	285	475	84
3900	293	488	87
4000	300	500	89
4100	308	513	91
4200	315	525	93
4300	323	538	96
4400	330	550	98
4500	338	563	100

Tip: Use this sheet to hit your protein, carb, and fat intake targets each day.