

fmd_2021_05_08.xlsx																																																															
					Calories %									Grams Calc									Calories Calc																																								
kcal/lb/day					Fat				Prot					Glycrl				(Cal/gram)					Fat				Prot					Glycrl				(Cal/gram)					Fat				Prot					Glycrl				Carb					Fiber				
min		max			Fat		Prot		Glycrl			Fat		Prot			Glycrl		Fat			Prot		Glycrl			Fat		Prot			Glycrl		Carb			Fiber																										
Wt Lbs		Wt kg							(calc)			9		4			4		4			4		4			4		2																																		
Calories /day					Min									MAX									MIN									MAX																															
min		max																																																													
200	91				1,800	2,400	30	40	0	30	0	60	180	0	135	80	240	0	180	0	540	720	0	540	0	720	960	0	720	0																																	
					1,500	1,800	50	40	0	10	0	83	150	0	38	100	180	0	45	0	750	600	0	150	0	900	720	0	180	0																																	
					1,200	1,500	50	40	0	10	0	67	120	0	30	83	150	0	38	0	600	480	0	120	0	750	600	0	150	0																																	
					1,000	1,250	50	40	0	10	0	56	100	0	25	69	125	0	31	0	500	400	0	100	0	625	500	0	125	0																																	
					800	1,100	50	40	0	10	0	44	80	0	20	61	110	0	28	0	400	320	0	80	0	550	440	0	110	0																																	
					600	900	50	40	0	10	0	33	60	0	15	50	90	0	23	0	300	240	0	60	0	450	360	0	90	0																																	
HCG					500	800	10	60	0	30	0	6	75	0	38	9	120	0	60	0	50	300	0	150	0	80	480	0	240	0																																	
Min	175	80	4.5	7.0	788	1,225	60	2	2	5	0	53	4	4	10	82	6	6	15	0	473	16	16	39	0	735	25	25	61	0																																	
Max	175	80	3.0	5.0	525	875	90	15	5	35	0	53	20	7	46	88	33	11	77	0	473	79	26	184	0	788	131	44	306	0																																	
FIVE DAY																																																															
Day 1	175	80	4.5	7.0	788	1,225	56	10	5	29	0	49	20	10	57	76	31	15	89	0	441	79	39	228	0	686	123	61	355	0																																	
Day 2-5	175	80	3.0	5.0	525	875	46	9	5	40	0	27	12	7	53	45	20	11	88	0	242	47	26	210	0	403	79	44	350	0																																	
FOUR DAY																																																															
Day 1	175	80	3.0	5.0	525	875	56	10	5	29	0	33	13	7	38	54	22	11	63	0	294	53	26	152	0	490	88	44	254	0																																	
Day 2-5	175	80	2.0	4.0	350	700	46	9	5	40	0	18	8	4	35	36	16	9	70	0	161	32	18	140	0	322	63	35	280	0																																	
* These percentages do not add up to 100 since they are the individual values for each macronutrient																																																															
Proteins preferred plant-based																																																															
Fats preferred: macadamea, walnut, almonds																																																															
Carbs preferred are complex such as grains																																																															