

fmd_2021_05_08.xlsx		kcal/lb/day				Calories %					Grams Calc			(Cal/gram)			Grams Calc			(Cal/gram)			Calories Calc					Calories Calc				
Wt Lbs	Wt kg	min	max		Fat	Prot	Glycrl	Carb	Fiber	NOTE	Fat	Prot	Glycrl	Carb	Fiber	Fat	Prot	Glycrl	Carb	Fiber	Fat	Prot	Glycrl	Carb	Fiber	Fat	Prot	Glycrl	Carb	Fiber		
								(calc)																								
		Calories /day									Min					MAX						MIN									MAX	
		min	max																													
200	91	1,800	2,400		30	40	0	30	0		60	180	0	135	2	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	
<b>FIVE DAY</b>																																
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	
<b>FOUR DAY</b>																																
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																																