

fmd_calculations_2021_05_08.xlsx																															
		kcal/lb/day		Calories %					GRAMS MIN (cale) (Cal/gram)					GRAMS MAX (cale) (Cal/gram)					CALORIES MIN (cal)					CALORIES MAX (cale)							
		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		
Wt Lbs		Wt kg																													
				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	0	34	0	33	13	0	45	54	22	0	74	0	294	53	0	179	0	490	88	0	298	0	
Day 2-5	175	80	2.0	4.0	350	700	46	9	0	45	0	18	8	0	39	36	16	0	79	0	161	32	0	158	0	322	63	0	315	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																															
Sesame Seed Honey																															
Flax Seed Maple Syrup																															
Walnut Date Sugar																															
Macademia																															
Almond																															