

		PROTEIN	CARB	FAT	
SEDENTARY	g	191	119	71	
	Cals	762	476	642	1881
	%	41%	25%	34%	100%

		PROTEIN	CARB	FAT	
LIGHT	g	191	238	53	
	Cals	762	953	477	2191
	%	35%	43%	22%	100%

		PROTEIN	CARB	FAT	
MODERATE	g	191	357	35	
	Cals	762	1429	311	2502
	%	30%	57%	12%	100%

		PROTEIN	CARB	FAT	
HIGH	g	191	459	24	
	Cals	762	1836	214	2813
	%	27%	65%	8%	100%

LIGHT Training / No Training

< 5 reps per set

< 6 sets lower body

< 10 sets upper body

MODERATE Training

5 reps per set

6+ sets lower body

10+ sets upper body

HIGH Training

10 reps per set

6+ sets lower body

10+ sets upper body