

Suggested Male Recommendations

Height	Macronutrient Ranges	
Under 5'	CHO -- 120-150g	Exercise Days
	PRO -- 100-120g	.8-1g PRO / lb. of Body Weight
5' - 5'4"	FAT -- 35-40g	Non-Exercise Days
	CHO -- 130-160g	.8g PRO / lb. of Body Weight
5'5" - 5'8"	PRO -- 110-130g	
	FAT -- 40-45g	
5'9" - 6'	CHO -- 140-170g	
	PRO -- 120-140g	
6'1" - 6'4"	FAT -- 45-50g	
	CHO -- 150-180g	
	PRO -- 130-150g	
	FAT -- 50-55g	
	CHO -- 160-190g	
	PRO -- 140-160g	
	FAT -- 55-60g	

Suggested Female Recommendations

Height	Macronutrient Ranges	
Under 5'	CHO -- 80-110g	Exercise Days
	PRO -- 60-80g	.8-1g PRO / lb. of Body Weight
5' - 5'4"	FAT -- 20-25g	Non-Exercise Days
		.8g PRO / lb. of Body Weight
5'5" - 5'8"	CHO -- 90-120g	
	PRO -- 70-90g	
5'9" - 6'	FAT -- 25-30g	
	CHO -- 100-130g	
6'1" - 6'4"	PRO -- 80-100g	
	FAT -- 30-35g	
	CHO -- 110-140g	
	PRO -- 90-100g	
	FAT -- 35-40g	
	CHO -- 120-150g	
	PRO -- 100-120g	
	FAT -- 40-45g	

