THE SCULPTED vegan™

MACRO CALCULATOR

HOW MUCH YOU SHOULD BE EATING AT MAINTENANCE

STEP 1

CALCULATE YOUR BODY FAT PERCENTAGE

Use this image to estimate your body fat percentage.



STEP 2

CALCULATE YOUR LBM (LEAN BODY MASS)

Next, weigh yourself in kilograms then use the formula below with your estimated body fat. Your lean body mass is your body weight without any fat.

LBM: (weight) x (100 - body fat %) / 100

Example: (64) x (74) / 100 = 47.4kg

My LBM _____

STEP 3

CALCULATE YOUR BMR (BASAL METABOLIC RATE)

Your basal metabolic rate is the amount of calories your body burns at rest.

BMR: 370 + (21.6 x lean body mass)

Example: 370 + (21.6 x 47.4) = 1394 calories

MY BMR _____

STEP 4

CALCULATE YOUR TDEE (TOTAL DAILY ENERGY EXPENDITURE)

This is the calories burned at rest added to the calories burned through daily activity.

TDEE: BMR x Activity factor* (*see below)

Example: 1394 x 1.2 = 1672 calories

MY TDEE _____

ACTIVITY FACTOR

- Sedentary (little or no exercise): 1.000
- Lightly active (light exercise/sports 1-3 days/week): 1.200
- Moderately active (moderate exercise/ sports 6-7 days/week): 1.375
- Very active (hard exercise/sports 6-7 days/week): 1.550
- Extra active (very hard exercise/sports and a physical job): 1.725

STEP 5

EAT AT MAINTENANCE CALORIES

By calculating your TDEE, you know how many calories you should eat to maintain your body fat and muscle mass. Eating at maintenance is crucial for bodybuilders to preserve a lean physique, muscle, and performance, especially after cutting or bulking phases, while maintaining shred results. You can eat at maintenance calories forever!
Or until you decide to go into a shred or build phase again.