

MACRO NUTRIENT INTAKE COMPARISON

Date: _____ Target Calories: _____ kcal

NUTRIENT	GRAM TARGET	CALORIES/GRAM	SUBTOTAL (KCAL)	% OF TOTAL
Protein		4		
Carbohydrates		4		
Fats		9		
Daily Totals				100%

OBSERVATIONS & ADJUSTMENTS

1g Protein = 4 kcal | 1g Carb = 4 kcal | 1g Fat = 9 kcal