**Lesson #2: Macronutrients**

Macronutrients are the nutrients that provide your body with calories, right? Fats, carbs, and proteins.

So fat contains nine calories per gram, carbs contain four calories per gram, and protein also contains four calories per gram. Your daily caloric intake is determined by the amount of each macronutrient you eat.

Your total daily caloric intake is equal to the grams of fat per day times nine plus the grams of carbs per day times four plus the grams of protein per day times four. For example, a piece of bread that has two grams of fat, 25 grams of carbs, and four grams of protein will have two times nine plus 25 times four plus four times four equals 134 calories.

It's important to track these macronutrients because your daily caloric intake is what determines whether you gain or lose weight.

Getting the right combination of these macronutrients throughout the day will play a huge role in whether the weight you gain or lose is good weight or bad weight. Muscle or fat. Because of this, if you're serious about building an aesthetic physique it is important that you're intaking the right amount of each macronutrient. I'm going to tell you exactly how to calculate the right amount of each macronutrient that you specifically need without having to worry about complicated macronutrient ratios. As I will explain later, trying to follow some sort of macronutrient ratio makes absolutely no sense at all. Once you have these numbers that you learned from this video the only thing you need to worry about in your diet is hitting these numbers or close to these numbers every single day. You could eat whatever foods you want as long as you consume the right amounts of fats, carbs, and protein during the day.

Let's determine the right amount of fats, carbs, and protein for you. It might seem a little complicated so if you want to completely take the guesswork out of it I will calculate the macros and calories you need based on your characteristics and set up a custom meal plan for you, just click the link below.

[[Get your custom meal plan here]](https://brandoncarter.clickfunnels.com/copy-of-meal-plans-flash-sale-half-offpccphhym?affiliate_id=649442)

If you want to learn how to do it yourself, keep watching. Your body needs a set amount of protein every day. Protein intake should be determined by lean body mass or the amount of mass you have on your body that is not fat.

It's fairly well agreed upon that a serious lifter should eat around one gram of protein per pound of lean body mass per day to be able to recover from workouts. If you're 200 pounds and 10% body fat, your lean body mass would be 180 pounds. 200 minus 200 times .10 equals 180. You should be eating about 180 grams of protein per day.

There are a few options when it comes to where do you want your energy source to come from. Both fats and carbs provide energy. Some people have low fat, high carb diets, others have high carb, low fat diets and some people have moderate carbs, moderate fat diets.

In my opinion, if you want to stay as aesthetic as you can year round c arbs are much more important than fat. From my experience, carbs keep me looking fuller and they're also your body's main energy source.

I feel like I have more energy during my workouts the more carbs I'm eating throughout the day which makes it easier to improve. Because of this, I like to eat as many carbs and as little fat as possible but fat does play an important role in the body such as vitamin absorption, hormone regulations, your hormones will be screwed up if you're not getting enough fat. Eating some amount of fat is necessary no matter what.

From my research, I found that the minimum healthy amount of fat per day is about .3 grams of fat per pound of body weight. If you weigh 200 pounds you would want to be consuming around 60 grams of fat per day. That's your body weight times 0.3.

Now, critiques of low fat diets will say that testosterone levels are lower than with high fat diets which is true but the difference is only gonna be like 10 to 20% or so which is not gonna have a huge effect on building muscle or losing fat. Getting a poor night's sleep might even lower your testosterone levels more than that.

Yes, you want to keep your testosterone levels as high as possible, but when it comes to bodybuilding I believe the increase in energy and performance from the additional carbs and the fullness you have in your physique greatly outweighs the slightly lower testosterone.

Now that we have the grams of fat and protein we need throughout the day, the rest of the calories are going to come from carbohydrates. How many carbohydrates is going to be determined by your total daily energy expenditure. Your total daily energy expenditure takes in to account how many calories you burn from exercise and just your body's metabolism. All right? There are many calculators for this online that take into account things like your height, weight, and activity level. You can try these if you want but I'm going to give you a simple estimate to start out with.

Daily energy expenditure for moderately active individuals who train regularly should be about 16 times lean body mass. If you weigh about 200 pounds and have 10% body fat your lean body mass is 180 and your daily caloric energy expenditure is 16 times 180 equals 2,880. That is your maintenance level of calories.

If you want to cut or lose weight, you want to eat about 200 to 500 calories below this level. That's called a deficit. At the lower end, you will lose weight slower but you will preserve much more muscle mass. At the higher end, you will lose weight faster but risk losing a little bit of muscle mass or at least halting the muscle building process.

If you want to bulk or gain weight, you want to eat about 200 to 500 calories above this level. That's called a surplus. Newer lifters should eat around 500 calories extra because they have greater potential for muscle growth. Experienced lifters should be eating closer to a 200 calorie surplus because they're going to gain muscle much more slowly.

If you want to recomp or lose fat and gain muscle at the same time you should try to hit this number of calories almost exactly or maybe slightly below it, about 100 calories or so.

You won't gain muscle or lose fat as fast as the options above, but you'll get to keep your aesthetics while still making progress in the gym. This is what I like to do because I would much rather stay lean and build muscle slowly than gain muscle fast but at the same time also gain a lot of fat and lose the aesthetics, you know what I mean?

Now, let's calculate the maintenance macros and calories for a 200 pound, 10% body fat individual. Remember, you need to substitute these numbers with your statistics. They have 180 pounds of lean body mass, right? 200 minus 180 times .10 so they should eat about 180 grams of protein per day. 180 times four calories per gram is 720 calories from protein. Now .3 grams of fat times 200 pounds is 60 grams of fat per day. 60 times nine calories of grams of fat is 540 calories from fat.

Now, to calculate your carb intake, take your total calories, 2,880, sub tract your calories from fat, 540, and your calories from protein, 720 which leaves you with 1,620 calories left to eat from carbs. Now 1,620 divided by four calories per gram of carbs equals 405 grams left of carbs. This is a good estimate but everyone's metabolisms, activity levels, and genetics are different so you're going to have to do a little bit of experimenting on your own if you want to get these numbers perfect for you.

Say you're trying to get shredded. You're trying to cut. If you're not losing weight at 200 to 500 calories below your daily maintenance level of calories after two weeks then you should decrease your daily caloric intake by about 100 to 200 calories until you see a steady loss in weight of about .5 to one pound per week. We want to lose weight slow so we can hang onto as much muscle as possible. If you're losing more weight than this per week, you probably want to increase your daily caloric intake by about 100 calories to 200 calories.

The same exact idea applies to bulking. If you're not gaining any weight after eating 200 to 500 calories above your daily maintenance level, increase the calories by 100 to 200 more. If you're gaining weight too fast probably something like over one pound per week and you notice a lot of it's fat, then lower your caloric intake by 100 to 200 calories until you're gaining about .5 to one pound per week. Beginners should look to gain about one pound per week while experienced lifters should look to gain about .5 pounds per week or maybe even less.

Remember, newer lifters are going to gain muscle much faster than experienced lifters because they're new to everything, they're going to get those newbie gains.

If you're trying to recomp, you really need to focus on the mirror and not the scale. Because you're trying to gain muscle and lose fat at the same time, losing weight or gaining weight could be a good thing. If you look in the mirror and you see yourself gaining any fat at all, you should probably lower your calories by 100 to 200 until you start to maintain your body fat level or slowly lose fat.

Remember protein and fat should remain constant. They are determined by your lean body mass or body weight. The only thing that you should be changing is the amount of carbs you intake. I like to call this isocarb alteration. Remember 100 to 200 calories is 25 to 50 carbs because carbs are four calories per gram.

When you're adjusting your daily caloric intake, do so only with carbs.

Now you might see why macronutrient ratios make absolutely no sense. If your protein intake is determined by percentage of your total calories, say like 30% or something like that then the more highly active people with greater daily energy expenditure are told to eat more protein than a less active guy. This makes absolutely no sense because protein is determined by lean body mass, not your energy expenditure. Carbs are the main source of energy and they are the only thing that should be altered based on your activity/metabolism.

Alright, so let's summarize.

Lean body weight is equal to the grams of protein you need per day. Your body weight times .3 is the grams of fat you need per day. Lean body mass times 16 will give you your maintenance level of daily calories. Then the rest of your calories from there are going to be carbs and you can adjust these carbs little by little to best fit you.