# Macrocyclic Diet Phase One Outline

## Depletion Day (Days 1-3)

- Total Calories 10 calories per pound of Projected Leam Body Weight
- Minimal Carbs (30g-50g)
- Protein 1g -1.5g per pound of Projected Lean Body Mass
- Fats up to 1g per pound of PLBW (remainder of calories from Fat)

## Carb Back Load Day (Day 4, 7, 11, 14, 18, 21)

- No carbs during the day
- Evening Meal High Carb
- 12 calories per pound PLBW
- Carbs (evening only) 2.5 grams per PLBW
- Protein 1g per PLBW
- Fat 0.2 grams per pound PLBW

## Very Low Carb Day (Days 5 & 6)

- Total Calories 14 calories per pound of Projected Leam Body Weight
- Minimal Carbs (30g-50g)
- Protein 1g -1.5g per pound of Projected Lean Body Mass
- Fats up to 1g per pound of PLBW (remainder of calories from Fat)

## Low Carb Day (Days 8-10, 15-17, 19&20)

- 12 calories per pound PLBW
- 50-100 grams of carbs
    - 30-45grams in post workout feeding
- 1 g per pound PLBW of protein
- Remainder of calories from fats.

# Macrocyclic Diet Phase Two Outline

## Carb Back Load (Days 1-4, 18-21)

- No carbs during the day
- Evening Meal High Carb
- 12 calories per pound PLBW
- Carbs (evening only) 2.5 grams per PLBW
- Protein 1g per PLBW
- Fat 0.2 grams per pound PLBW

## Balanced Macro Profile (Days 9-12)

- 12-14 calories per pound PLBW
- 40% Carbs
- 30% Protein
- 30% Fat

## 3-2-1 Macros (Days 5-8, 13-17)

- 10-12 calories per pound PLBW
- 55% Carbs
- 30% Protein
- 15% Fat