

01 / UNDERSTAND YOUR NUMBERS

Start with a clear target.

You can learn to manage your food without needing a prescribed menu. These numbers give you a starting point to practice with.

GET YOUR ESTIMATE

Open the CYG Macro Calculator - choose your usual week, not your busiest week.

Calories: your daily energy target.

For fat loss, the tool starts at 15% below estimated maintenance. Maintenance and muscle-gain options are also available. Your actual needs may differ.

Protein: plan a source at each meal.

The recommended setting uses 1.8 grams per kilogram for fat loss or muscle gain, and 1.6 for maintenance. Choose foods you enjoy. Protein settings can be adjusted; larger bodies and older adults may need individual planning.

Carbs and fats: make the rest work for you.

The balanced setting assigns about 30% of calories to fats, then fills the rest with carbs. You can choose more carbs or fats without changing calories or protein. Rice, tortillas, oils, and sauces all count.

Write it down: Calories _____ Protein _____g Carbs _____g Fats _____g

For generally healthy adults 18+. Not for pregnancy, breastfeeding, eating-disorder care, or a clinician-prescribed diet. Estimates are educational; they are not a prescription or a guarantee.

02 / PUT THE NUMBERS INTO FOOD

Keep your familiar meals.

Build a day around foods you already eat. Adjust portions and ingredients so the whole day fits your starting targets.

1. Pick tomorrow's meals.

Choose a protein source for each meal, then include fruit or vegetables and the carbs and fats you enjoy. Keep the plan practical enough for your workday.

2. Check the actual portions.

Use food labels or a food-tracking app. Log cooking oils, drinks, sauces, and snacks too. Match entries to cooked or raw weights correctly; use the same method consistently.

A sample daily budget

2,100 calories | 150g protein | 240g carbs | 60g fats

Meal	Protein	Carbs	Fats	Calories
Breakfast	35g	60g	15g	515
Lunch	45g	70g	15g	595
Dinner	45g	80g	20g	680
Snack	25g	30g	10g	310
Total	150g	240g	60g	2,100

Illustrative meal budgets, not measured nutrition facts or your personal target. The math uses 4 calories/g for protein and carbs and 9 for fats.

Food ideas: yogurt, oats, and fruit for breakfast; chicken, rice, and vegetables for lunch; tacos or adobo with a portion you can track for dinner. Adjust the ingredients and amounts using their actual nutrition information.

03 / REVIEW BEFORE YOU ADJUST

Watch the trend.

Your first target is a starting estimate. A repeatable routine gives you the information to decide what needs to change.

Give the routine 2-3 weeks.

Aim for reasonably consistent intake and activity. If weighing yourself is useful for you, use similar morning conditions and compare weekly averages. One high weigh-in does not prove that fat loss has stopped.

Review the whole picture.

How consistently did you follow the plan? Are oils, drinks, weekends, and portions accounted for? How are hunger, energy, recovery, and workouts? Do not cut calories automatically after a few flat days.

Make one change at a time.

If several weeks show no downward trend and intake was consistent, review your estimate with your coach. If you are unusually hungry, fatigued, or losing faster than intended, review the plan rather than pushing harder.

Want help fitting this to your life?

DM **MACROS** to @lioneldalvia with your numbers and your biggest struggle. We can discuss whether CYG coaching fits your goals.

How we estimate + references

The calculator uses Mifflin-St Jeor plus estimated activity, or your established maintenance estimate. CYG defaults: -15% for fat loss, +5% for muscle gain; protein 1.8g/kg for loss/gain or 1.6 for maintenance; fats 30%. See the calculator for options and limits.

Mifflin et al. (1990): pubmed.ncbi.nlm.nih.gov/2305711

ISSN protein position stand (2017): pubmed.ncbi.nlm.nih.gov/28642676

NIDDK: Body Weight Planner