**Heather’s Calculations**

**July 20, 2014**

Current weight 138.8 BF 15-16%

Want to maintain 130 10%

Protein: 120g = 480 cals 24%

Fat: 60g = 540 cals 27%

245 carbs 980 50%

Livestrong recommendations for a balanced diet

45-60% carbs

Protein 10-35%

Fat 20-35%

BW x 15=maintenance cals

BW x 18= build phase

130 x 15= 1950 maintenance cals

138 x 15= 2070

130 x 18 = 2340 build phase

138 x 18 = 2484