Build Your Day

The protein, carb, fat and fiber charts, put together into one day of eating.

The percents on our food charts describe **one food**. What matters is your **whole day**. These ranges are a starting point for members lifting 3–4 days a week. Set protein first, by bodyweight, then fat, and let carbs fill the rest.

PER DAY	GENERAL	TLC MEMBERS	NOTE
Protein	10–35%	**25–35%**	Set by bodyweight (below)
Fat	20–35%	**25–35%**	9 calories per gram
Carbs	45–65%	**30–50%**	Whatever is left; more on big training weeks
Fiber	—	**14 g per 1,000 cal**	Not a percent: it barely adds calories

PROTEIN BY BODYWEIGHT · 1.6–2.2 G PER KG

BODYWEIGHT	PROTEIN / DAY
50 kg · 110 lb	**80–110 g**
60 kg · 132 lb	**96–132 g**
70 kg · 154 lb	**112–154 g**
80 kg · 176 lb	**128–176 g**
90 kg · 198 lb	**144–198 g**
100 kg · 220 lb	**160–220 g**

SAMPLE DAY · 2,000 CALORIES

PROTEIN · 30%	FAT · 30%	CARBS · 40%
150 g	67 g	200 g

Plus **28 g of fiber** (14 g × 2). Protein 150 g fits a 70–90 kg member.

PROTEIN FIRST

Spread it across 3–4 meals of 25–40 g each. It's the macro most members are short on.

→ ASK YOUR COACH

Your exact numbers depend on your goal, size and training week. Every TLC member can ask a coach to help set theirs and adjust them as you go.

General ranges: Institute of Medicine Acceptable Macronutrient Distribution Ranges. Protein for lifters: 1.6–2.2 g/kg from sports nutrition research. Fiber: 14 g per 1,000 kcal (IOM). General education only, not medical or dietary advice.