

Macro Setup Made Simple

Estimate a starting point. Set the budget. Calibrate with your trend.

RMR

estimated resting expenditure in kcal/day—not measured maintenance

1.20–1.70

four exact editorial starting heuristics; calibrate against observed trends

ONE CHANGE

check implementation and trend quality, then reassess one predefined variable

ESTIMATE THE STARTING POINT

Start with a transparent estimate

Mifflin–St Jeor estimated resting expenditure

Male RMR (kcal/day): $10 \times W + 6.25 \times H - 5 \times A + 5$

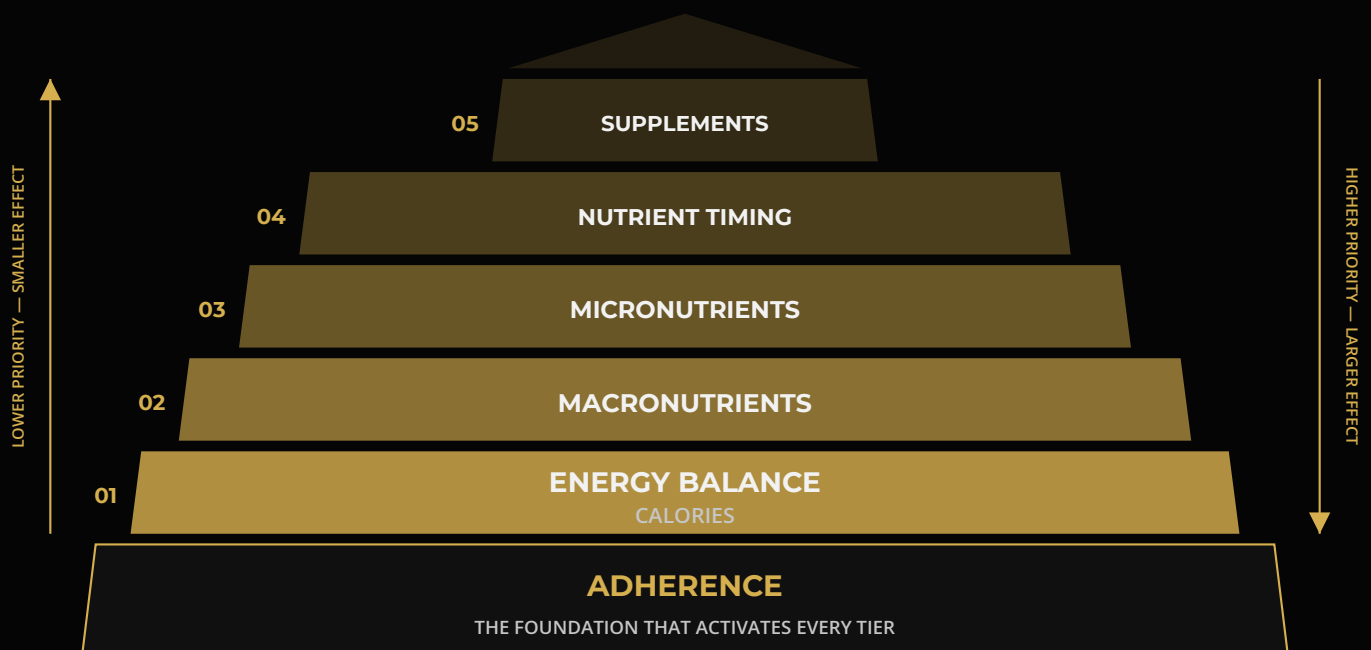
Female RMR (kcal/day): $10 \times W + 6.25 \times H - 5 \times A - 161$

W — body weight [kg]

H — height [cm]

A — completed age [years]

Nutrition priorities



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Choose one transparent starting heuristic

Multiply estimated resting expenditure by one editorial factor for a provisional calorie target, then calibrate against your trend. These are starting points—not measured expenditure or validated cut points.

1.20 — Mostly seated

1.35 — Light daily movement + 2-3 sessions/week

1.50 — Moderate movement + 4-5 sessions/week

1.70 — Hard training + physically active lifestyle

M D Mifflin; S T St Jeor; L A Hill; B J Scott; S A Daugherty; Y O Koh. A new predictive equation for resting energy expenditure in healthy individuals. *American Journal of Clinical Nutrition*. 1990-02.

<https://pubmed.ncbi.nlm.nih.gov/2305711/>

National Academies of Sciences, Engineering, and Medicine. *Dietary Reference Intakes for Energy*. National Academies of Sciences, Engineering, and Medicine; publisher: National Academies Press. 2023.

<https://nap.nationalacademies.org/catalog/26818/dietary-reference-intakes-for-energy>

SET THE BUDGET

Record every input before calculating the remainder

Protein is user-supplied. For applicable general-adult use, fat may start at 20–35% of energy. Record assumptions before calculating carbohydrate.

Your starting-target worksheet

Record inputs, units, assumptions, provisional output, observation window, and later change.

Weight (kg), height (cm), age (years), and sex-specific equation

Estimated resting expenditure, editorial activity factor, and provisional target (kcal/day)

User-supplied protein (g/day) and declared calorie assumption

Context-appropriate fat (g/day); 20–35% of energy when applicable

Remaining carbohydrate (g/day) and declared calorie assumption

User-declared observation window (days)

Example only: 82 kg, 2,600 kcal, 165 g protein, 80 g fat, 305 g carbohydrate using declared 4/9/4 kcal/g assumptions.

The equation starts the conversation. Your trend finishes it.

Institute of Medicine (US) Panel on Macronutrients; Institute of Medicine (US) Standing Committee on the Scientific Evaluation of Dietary Reference Intakes. *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Institute of Medicine (US), Food and Nutrition Board; publisher: National Academies Press. 2005.

<https://nap.nationalacademies.org/catalog/10490/dietary-reference-intakes-for-energy-carbohydrate-fiber-fat-fatty-acids-cholesterol-protein-and-amino-acids>

CALIBRATE AND ACT

Let comparable trends finish the estimate

Calibrate with comparable data

Declare the window, collect comparable data, and check implementation before changing the target.

Declare one observation window and a tolerable monitoring method.

Collect comparable observations; check implementation before interpreting the trend.

If the intended trend is absent after the window, predefine one variable to change.

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The adjustment gate

Answer in order; one reading is not a reason to change the estimate.

Implementation interpretable? If no, improve execution.

Trend matches the intended goal? If yes, keep the provisional plan.

Window complete without the intended trend? Change one predefined variable and reassess.

Does the equation measure my maintenance calories?

No. It estimates resting expenditure; activity and observed trends come next.

Which activity factor is scientifically correct for me?

None is a measured personal value. Choose one editorial start and calibrate it.

When should I change the provisional target?

If the trend misses the goal after an interpretable declared window, change one variable and reassess.

What to Do Monday

01 CALCULATE THE ESTIMATE

Run the sex-specific Mifflin equation. Label the result estimated resting expenditure (kcal/day).

02 CHOOSE ONE START

Choose one editorial activity start. Record the provisional calorie target.

03 PRE-LOG THE INPUTS

Record user-supplied protein, context-appropriate fat (20–35% when applicable), and arithmetic assumptions.

04 RUN THE CALIBRATION WINDOW

Declare the window. Hold the target, collect comparable data, check implementation, then change one variable if needed.

Kevin D Hall; Gary Sacks; Dhruva Chandramohan; Carson C Chow; Y Claire Wang; Steven L Gortmaker; Boyd A Swinburn. Quantification of the effect of energy imbalance on bodyweight. The Lancet. 2011-08-27.

<https://pubmed.ncbi.nlm.nih.gov/21872751/>

Margaret Raber; Yue Liao; Anne Rara; Susan M Schembre; Kate J Krause; Larkin Strong; Carrie Daniel-MacDougall; Karen Basen-Engquist. A systematic review of the use of dietary self-monitoring in behavioural weight loss interventions: delivery, intensity and effectiveness. Public Health Nutrition. 2021-08-20.

<https://pubmed.ncbi.nlm.nih.gov/34412727/>

Creatine Made Simple

Next, learn where creatine fits after the calorie and macronutrient setup is stable.

Private library destination — link not activated.