

Appendix B

These charts have been carefully calculated to assist you in preparing your mini-meals. They are based on a gram ratio per meal of **29% protein, 59% carbohydrates and 12% fat.**

These ratios have been determined by my years of experience in setting up definition diets for hundreds of students.

Here's How it Works

To show you how it works, let's use an example of a 175 pound bodybuilder. Look down the column on the far left marked bodyweight until you come to 175 lbs.

The next three columns to the right give us the grams per mini-meal calculated to equal 29% protein, 59% carbs, and 12% fat. Each mini-meal for this bodybuilder would consist of 35 grams of protein, 70 grams of carbs, and 14 grams of fat. The next three columns give us the total grams of protein, carbs, and fat for the entire day.

The next chart consists of a series of columns marked "CALORIES" that computes the same things only this time in calories. In addition, you'll also find the total calories per meal and for the day. Our 175 pounder, for instance, will be eating 546 calories per mini-meal for a total of 2,730 calories per day.

With the chart in hand, it's going to be very easy for you to design meals that stay within the prescribed ratios.

Be sure to keep accurate records and compute all of these ratios on the Daily Dietary Log in Appendix A.

APPENDIX B

GRAMS

BODY WEIGHT	PER MEAL			DAILY		
	Protein (29%)	Carbs (59%)	Fat (12%)	Protein (29%)	Carbs (59%)	Fat (12%)
140 lbs.	28g	56g	11g	140g	280g	56g
145 lbs.	29g	58g	12g	145g	290g	58g
150 lbs.	30g	60g	12g	150g	300g	60g
155 lbs.	31g	62g	12g	155g	310g	62g
160 lbs.	32g	64g	13g	160g	320g	64g
165 lbs.	33g	66g	13g	165g	330g	66g
170 lbs.	34g	68g	14g	170g	340g	68g
175 lbs.	35g	70g	14g	175g	350g	70g
180 lbs.	36g	72g	14g	180g	360g	72g
185 lbs.	37g	74g	15g	185g	370g	74g
190 lbs.	38g	76g	15g	190g	380g	76g
195 lbs.	39g	78g	16g	195g	390g	78g
200 lbs.	40g	80g	16g	200g	400g	80g
205 lbs.	41g	82g	16g	205g	410g	82g
210 lbs.	42g	84g	17g	210g	420g	84g
215 lbs.	43g	86g	17g	215g	430g	86g
220 lbs.	44g	88g	18g	220g	440g	88g
225 lbs.	45g	90g	18g	225g	450g	90g
230 lbs.	46g	92g	18g	230g	460g	92g
235 lbs.	47g	94g	19g	235g	470g	94g
240 lbs.	48g	96g	19g	240g	480g	96g
245 lbs.	49g	98g	20g	245g	490g	98g
250 lbs.	50g	100g	20g	250g	500g	100g
255 lbs.	51g	102g	20g	255g	510g	102g
260 lbs.	52g	104g	21g	260g	520g	104g
265 lbs.	53g	106g	21g	265g	530g	106g
270 lbs.	54g	108g	22g	270g	540g	108g
275 lbs.	55g	110g	22g	275g	550g	110g
280 lbs.	56g	112g	22g	280g	560g	112g
285 lbs.	57g	114g	23g	285g	570g	114g
290 lbs.	58g	116g	23g	290g	580g	116g
295 lbs.	59g	118g	24g	295g	590g	118g
300 lbs.	60g	120g	24g	300g	600g	120g

CALORIES

BODY WEIGHT	PER MEAL			Total (100%)	DAILY			Total (100%)
	Protein (29%)	Carbs (59%)	Fat (12%)		Protein (29%)	Carbs (59%)	Fat (12%)	
140 lbs.	112c	224c	101c	437c	560c	1120c	504c	2184c
145 lbs.	116c	232c	104c	452c	580c	1160c	522c	2262c
150 lbs.	120c	240c	108c	468c	600c	1200c	540c	2340c
155 lbs.	124c	248c	112c	484c	620c	1240c	558c	2418c
160 lbs.	128c	256c	115c	499c	640c	1280c	576c	2496c
165 lbs.	132c	264c	119c	515c	660c	1320c	594c	2574c
170 lbs.	136c	272c	122c	530c	680c	1360c	612c	2652c
175 lbs.	140c	280c	126c	546c	700c	1400c	630c	2730c
180 lbs.	144c	288c	130c	562c	720c	1440c	648c	2808c
185 lbs.	148c	296c	133c	577c	740c	1480c	666c	2886c
190 lbs.	152c	304c	137c	593c	760c	1520c	684c	2964c
195 lbs.	156c	312c	140c	608c	780c	1560c	702c	3042c
200 lbs.	160c	320c	144c	624c	800c	1600c	720c	3120c
205 lbs.	164c	328c	148c	640c	820c	1640c	738c	3198c
210 lbs.	168c	336c	151c	655c	840c	1680c	756c	3276c
215 lbs.	172c	344c	155c	671c	860c	1720c	774c	3354c
220 lbs.	176c	352c	158c	686c	880c	1760c	792c	3432c
225 lbs.	180c	360c	162c	702c	900c	1800c	810c	3510c
230 lbs.	184c	368c	166c	718c	920c	1840c	828c	3588c
235 lbs.	188c	376c	169c	733c	940c	1880c	846c	3666c
240 lbs.	192c	384c	173c	749c	960c	1920c	864c	3744c
245 lbs.	196c	392c	176c	764c	980c	1960c	882c	3822c
250 lbs.	200c	400c	180c	780c	1000c	2000c	900c	3900c
255 lbs.	204c	408c	184c	796c	1020c	2040c	918c	3978c
260 lbs.	208c	416c	187c	811c	1040c	2080c	936c	4056c
265 lbs.	212c	424c	191c	827c	1060c	2120c	954c	4134c
270 lbs.	216c	432c	194c	842c	1080c	2160c	972c	4212c
275 lbs.	220c	440c	198c	858c	1100c	2200c	990c	4290c
280 lbs.	224c	448c	202c	874c	1120c	2240c	1008c	4368c
285 lbs.	228c	456c	205c	889c	1140c	2280c	1026c	4446c
290 lbs.	232c	464c	209c	905c	1160c	2320c	1044c	4524c
295 lbs.	236c	472c	212c	920c	1180c	2360c	1062c	4602c
300 lbs.	240c	480c	216c	936c	1200c	2400c	1080c	4680c