

Precision Personal Training and Fitness

Macronutrients: A Simple Client Guide

Macronutrients ("macros") are the nutrients your body needs in large amounts to function, recover, and build muscle. There are three primary macronutrients: protein, carbohydrates, and fats.

1. Protein – Muscle Repair & Growth

Protein helps repair muscle tissue and supports strength development. General guideline: 0.7–1.0 grams per pound of bodyweight for active individuals.

- 3 oz chicken breast = ~21g protein
- 1 cup Greek yogurt = ~20g protein
- 2 eggs = ~12g protein
- 1 scoop whey protein = ~20–25g protein

2. Carbohydrates – Energy Source

Carbohydrates fuel workouts and daily activity. Active adults often benefit from 2–5 grams per pound depending on training intensity.

- 1 cup cooked rice = ~45g carbs
- 1 medium banana = ~27g carbs
- 1 cup oats = ~54g carbs
- 1 slice whole grain bread = ~15g carbs

3. Fats – Hormones & Satiety

Healthy fats support hormone production and help you feel full. Typically 20–35% of total daily calories should come from fats.

- 1 tbsp olive oil = ~14g fat
- 1/2 avocado = ~12g fat
- 1 oz almonds = ~14g fat
- 1 tbsp peanut butter = ~8g fat

Sample Balanced Muscle-Building Meal

Grilled Chicken Power Bowl:

- 4 oz grilled chicken (~28g protein)
- 1 cup cooked jasmine rice (~45g carbs)
- 1 cup roasted vegetables
- 1 tbsp olive oil (~14g fat)

Approximate Macros: 30g Protein | 45g Carbs | 14g Fat (~450–500 calories)

Scientific References

- Phillips SM & Van Loon LJC (2011). Dietary protein for athletes: requirements and timing. *Journal of Sports Sciences*. <https://pubmed.ncbi.nlm.nih.gov/22150425/>
- Jäger R et al. (2017). International Society of Sports Nutrition Position Stand: protein and exercise. <https://pubmed.ncbi.nlm.nih.gov/28642676/>
- Dietary Guidelines for Americans (2020–2025). <https://www.dietaryguidelines.gov/>