Brazened Bodies, LLC

THE ULTIMATE GUIDE TO MACRONUTRIENTS

Fuel • Performance • Body Composition • Sustainable Nutrition

Introduction

Macronutrients are the foundational nutrients your body requires in large amounts to produce energy, support recovery, regulate hormones, and optimize health. Understanding how protein, carbohydrates, and fats function gives you the power to build sustainable nutrition strategies for fat loss, muscle gain, metabolic health, and long-term performance.

1. Protein: The Building Block

Primary role: muscle repair, tissue maintenance, immune support, enzyme production, and satiety.

Calories per gram: 4

Benefits of Adequate Protein

- Preserves and builds lean muscle mass
- Supports metabolic rate
- Improves satiety and appetite regulation
- Aids hormonal and enzymatic function
- Enhances recovery from training

Best Protein Sources

- Lean meats (chicken, turkey, lean beef)
- Fish and seafood
- Eggs and Greek yogurt
- Cottage cheese
- Protein powders
- Legumes, tofu, tempeh

Recommended range: ~0.7–1.0g per pound of goal body weight for active individuals.

2. Carbohydrates: The Body's Preferred Energy Source

Primary role: fuel for workouts, brain function, glycogen replenishment, and recovery.

Calories per gram: 4

Benefits of Carbohydrates

- Supports exercise performance
- Replenishes muscle glycogen
- Supports cognitive function
- Can improve hormonal balance when properly dosed
- Provides fiber for digestive health

Best Carbohydrate Sources

- Fruit
- Rice, oats, quinoa
- Potatoes and sweet potatoes
- Beans and legumes
- Whole grain breads/pastas
- Vegetables

Strategic carbohydrate intake can improve performance, energy, and body recomposition.

3. Fats: Hormonal and Cellular Support

Primary role: hormone production, cellular health, nutrient absorption, and long-term energy.

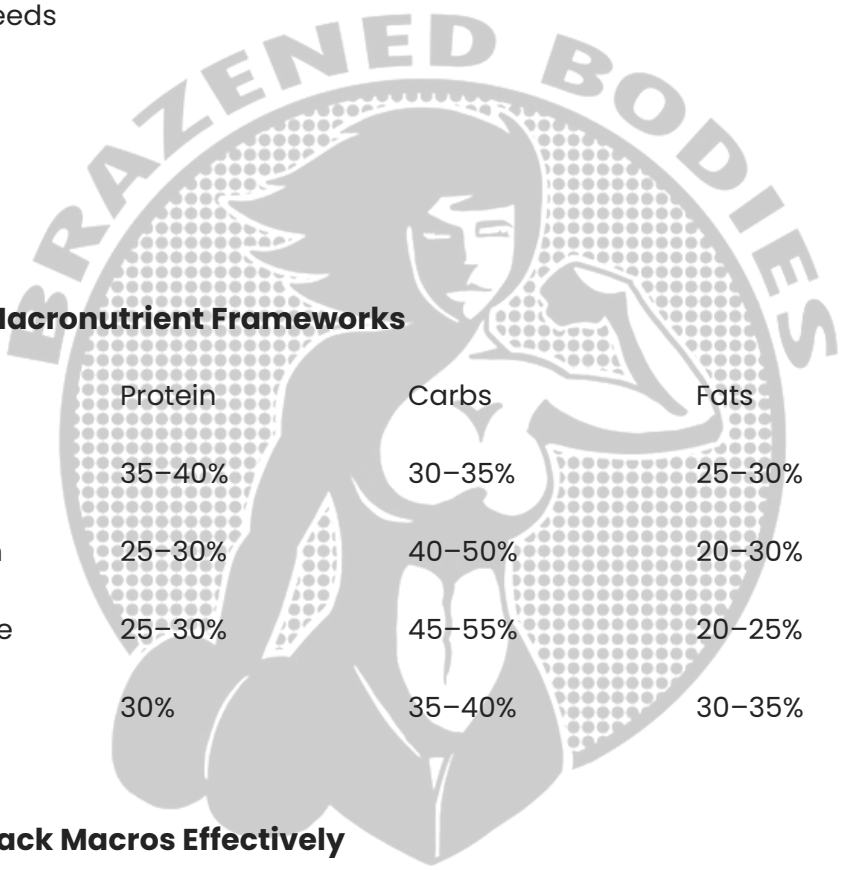
Calories per gram: 9

Benefits of Healthy Fats

- Supports testosterone and estrogen balance
- Essential for brain health [3]
- Improves absorption of fat-soluble vitamins (A, D, E, K)
- Provides satiety
- Supports inflammation regulation

Best Fat Sources

- Avocados
- Nuts and seeds
- Olive oil
- Fatty fish
- Nut butters
- Egg yolks



4. Sample Macronutrient Frameworks

Goal	Protein	Carbs	Fats
Fat Loss	35–40%	30–35%	25–30%
Muscle Gain	25–30%	40–50%	20–30%
Performance	25–30%	45–55%	20–25%
Hormone Support	30%	35–40%	30–35%

5. How to Track Macros Effectively

1. Determine calorie needs
2. Set protein target first
3. Adjust carbs based on activity
4. Balance fats for hormones
5. Track intake consistently
6. Review and adjust every 2–4 weeks

6. Common Mistakes

- Under-eating protein [4]
- Fear of carbohydrates
- Over-consuming fats unintentionally
- Ignoring fiber
- Inconsistency
- Not adjusting macros over time

Final Takeaway:

Macronutrients are not about restriction—they are strategic tools. When leveraged properly, they allow you to fuel your body, optimize metabolism, improve hormonal health, and create sustainable transformation. Mastering macros gives you long-term control over your health, energy, and physique.

Brazened Bodies Coaching Principle

Fuel with intention. Build with precision. Sustain with strategy. Your nutrition should support your lifestyle, not control it.

7. How to Calculate Your Macros: Step-by-Step Example

Example Goal: A woman aiming for fat loss with moderate activity, consuming 1,800 calories/day.

Step 1: Set Protein

Target: 150g protein

150g x 4 calories = 600 calories from protein

Step 2: Set Fats

Target: 60g fat

60g x 9 calories = 540 calories from fat

Step 3: Calculate Remaining Carbs

1,800 total calories - (600 + 540) = 660 calories remaining for carbs

660 ÷ 4 = 165g carbohydrates

Final Daily Macro Targets

Macronutrient	Grams	Calories
Protein	150g	600
Carbohydrates	165g	660
Fats	60g	540

This framework creates a structured, sustainable nutrition strategy that supports fat loss, muscle preservation, hormonal health, and consistent energy.

Pro Tip

Start with protein first, set fats second, then use carbohydrates as your adjustable lever based on energy demands, recovery, and performance goals.