

Protein Needs **P**:

If you've ever read a fitness blog or forum, you may have heard the term macros thrown around. Short for "macronutrients," it refers to proteins (**P**), carbohydrates (**C**) and fats (**F**) - the three basic components of every diet. If you get their proportions right, the balance can do wonders for your energy, digestive health, level of inflammation and body composition.

One of the many issues with calorie counting is that it doesn't take into account this balance of food types. Prolonged calorie restriction simply does not work; check out the [Minnesota Experiment](#) to comprehend the negative consequences of being chronically under nourished.

"One man's food is another mans poison" Lucretius 1604

The Tribal Plan favors a high fat, moderate protein and low carbohydrate approach to macronutrient balance; however, this is where the Tribal Plan starts its individualisation. Your goal, your personal body composition, your genetics, your health, and your level of activity go a long way to determining the most effective ratio of **P, C & F**.

Justification for these ratios will continue throughout the plan.

Protein Needs **P**:

Protein requirements vary according to your goal and your activity level. They are significantly increased in people who are physically active and have regular muscle strain, as well as in those at risk of muscle wasting (the elderly) and people who are recovering from injuries for growth and repair.

There is a little math coming up. Protein requirements are based upon your fat free mass (FFM). That is the quantity of your body that is not fat and is made up of connective tissue, water, bone, muscle and organs. We estimate this by estimating our body fat % based on our photos and these [estimation photos](#).

My BF % = _____ %

Your FFM is calculated like this: your weight in kg – your BF %.

For eg: My Weight= 100kg, My BF%= 15%. So my FFM is 100kg-15%= 85kg

My Fat Free Mass (FFM) = _____ kg

Protein Requirements

- A. Light Physical Activity/Lean Mass Maintenance= 1g per kg FFM
- B. Moderate Physical Activity/ Lean Mass Maintenance= 1.3g per kg FFM
- C. Moderate Physical Activity/ Lean Mass Gain= 1.6g per kg FFM
- D. Heavy Physical Activity/ Lean Mass Maintenance= 1.9g per kg FFM
- E. Heavy Physical Activity/ Lean Mass Gain= 2.2g per kg FFM

My Daily **P** Requirement = _____ g. Multiply by 4 to get calories= _____ kcals.