

REVISED

# Personalized Protein Plan

There was a typo in the BMR equation!  
Sorry for any confusion this caused.  
This version contains the correct numbers.

To make your calculations a breeze, ask for the **spreadsheet** I created that will:

- calculate your BMR
- adjust for your activity level
- calculate the caloric needs
- calculate your macros
- factor in a deficit if fat loss is desired

