

# KALORIEN & MAKROS

BLATT-1

TRAINING	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TRAINING							

KALORIEN	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
GRUND-UMSATZ							

KALORIEN FÜR ERHALTUNG							
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DIFFERENZ							
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KALORIEN							
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MAKKROS	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
PROTEIN							

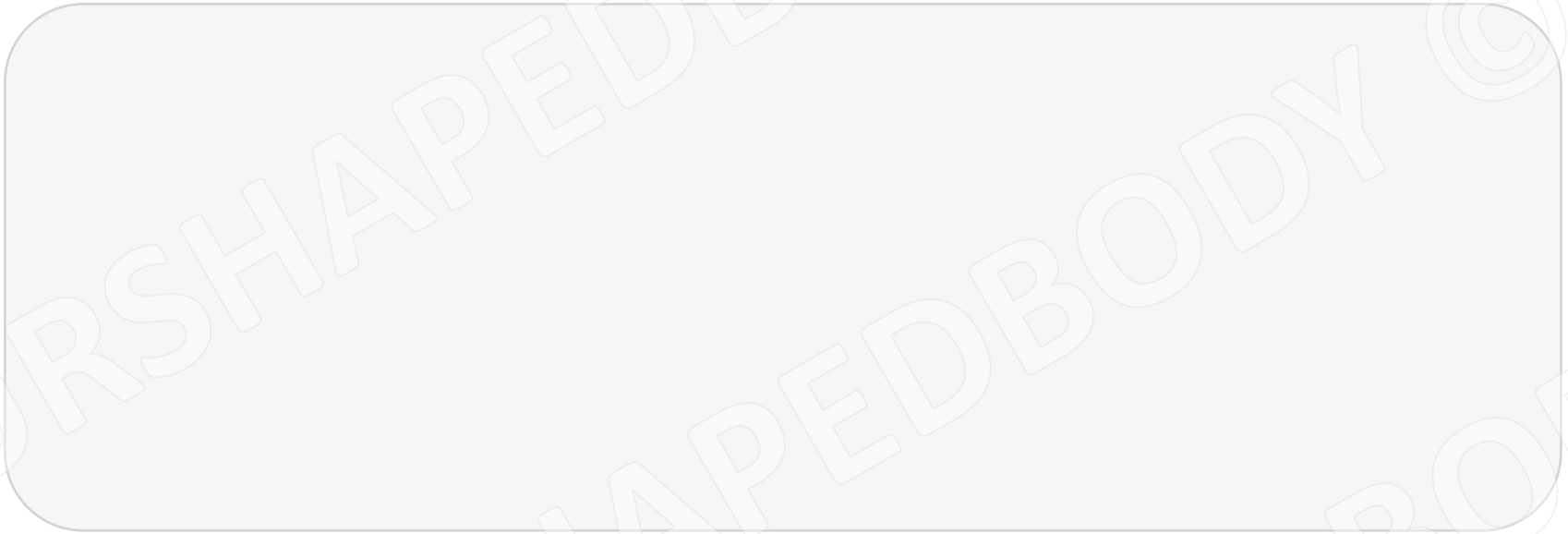
FETTE 20-30% ERH.							
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CARBS KOHLENHYDRATE							
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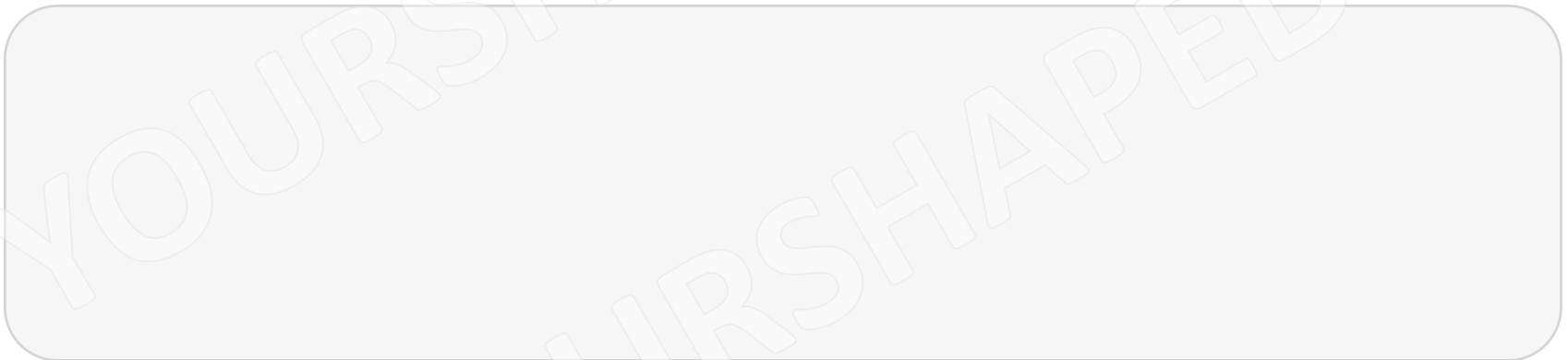
# KALORIEN & MAKROS – BEISPIEL Mann, 80kg, 175cm

TRAINING	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TRAINING	-	UK	OK	-	-	UK	OK
KALORIEN	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
GRUND-UMSATZ	1806 kcal	1806 kcal	1806 kcal	1806 kcal	1806 kcal	1806 kcal	1806 kcal
KALORIEN FÜR ERHALTUNG	2278 kcal	2308 kcal	2308 kcal	2278 kcal	2278 kcal	2308 kcal	2308 kcal
DIFFERENZ	-30% -683 kcal	-20% -461 kcal	-20% -461 kcal	-30% -683 kcal	-30% -683 kcal	-10% -230 kcal	-10% -230 kcal
KALORIEN	1595 kcal	1847 kcal	1847 kcal	1595 kcal	1595 kcal	2078 kcal	2078 kcal
MAKKROS	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
PROTEIN	175 g	175 g	175 g	175 g	175 g	175 g	175 g
FETTE 20-30% ERH.	20% 319 kcal 34g	20% 369 kcal 39g	20% 369 kcal 39g	20% 319 kcal 34g	20% 319 kcal 34g	20% 415 kcal 44g	20% 415 kcal 44g
CARBS KOHLENHYDRATE	136g	187g	187 g	136g	136g	230 g	230 g

NOTIERE DEINE LIEBLINGS-LEBENSMITTEL

A large, empty, light gray rounded rectangular box intended for writing favorite foods. The box is positioned below the instruction 'NOTIERE DEINE LIEBLINGS-LEBENSMITTEL'. A faint, diagonal watermark reading 'YOURSHAPEDBODY ©' is visible across the box.

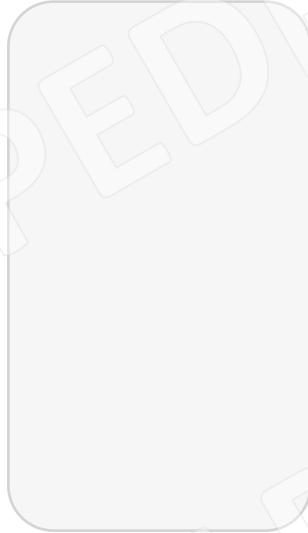
NOTIERE HIER DEINE LIEBLINGS-GERICHTE

A large, empty, light gray rounded rectangular box intended for writing favorite dishes. The box is positioned below the instruction 'NOTIERE HIER DEINE LIEBLINGS-GERICHTE'. A faint, diagonal watermark reading 'YOURSHAPEDBODY ©' is visible across the box.

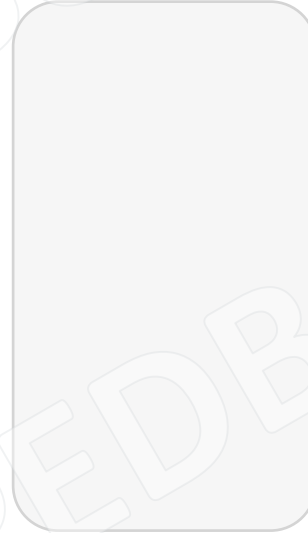
START



WOCHE 4



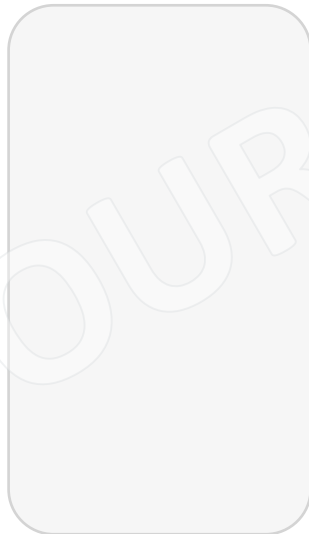
WOCHE 8



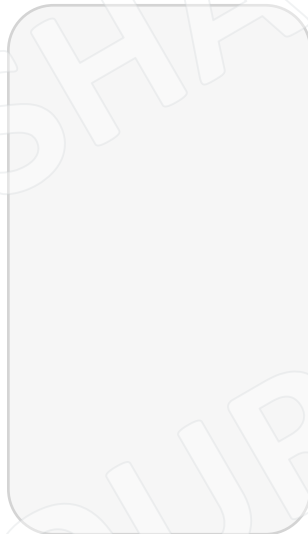
WOCHE 24



WOCHE 12



WOCHE 16



WOCHE 20

