

Steps to Calculating Your Macros

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STEP 1:

- Visit <https://bee-xtreme.com/keto-diet-calculator/>
- Input your numbers based on age, height, activity level.
- You should calculate macros for sedentary days (non workout days) and workout days for days you are either lightly active (walking) or moderately active (beachbody program, training in gym)
- Side note: **for ketogenic diets**, set total carbs to 25g. For **LOW CARB** set total grams of carbs to 75g
- For weight loss, you will want to scroll down to the LARGE CALORIE DEFICIT. Write down the recommended total calories, total carb grams, total protein grams, and total fat grams.

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STEP 2:

- Open up carb manager app.
- If it does not go straight into set up, click the ☰ in the top left hand corner and select “getting started”
- Carbs to track should be set to “net carbs”, leave all others alone and press continue.
- Fill in the information requested: gender, year of birth, height, start weight and current weight. Place the “active” status you chose on the Bee-Xtreme site. (either lightly or moderate)
- Press Continue
- Press drop down arrow and select “I already know my goals”

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- Input your calories recommended from Bee-Xtreme website.
- Input your “net calories” to be the same.
- Make sure your total carb number is set to either 25g for keto or 75g for low carb.
- Scroll down to protein and input your protein grams from Bee-Xtreme site, also same with fat grams.
- Click finish.

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TO ADD FOODS:

- Click the + button in top right corner.
- Search for the foods you consumed or scan by hitting the scan button in top menu.
- Click on food and press “add today”

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TO INPUT YOUR OWN RECIPE

- Click on top right +
- Click on My Foods
- Click on Recipes
- Click on Add a Recipe
- Scroll down and add ingredients from recipe (make sure you input how many servings the TOTAL recipe will make)

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