

Your 7-Day Macro Kickstart

The fast start: get your numbers, know what to eat, and track your first week. No fluff.

Step 1 — Get your numbers (5 minutes)

Use the free calculators at mymacrofit.com/build-plan. Set protein first (about 1.6 to 2.2g per kg of bodyweight), fat at about 0.8 to 1g per kg, then fill the rest with carbs to hit your calorie target.

Step 2 — Protein cheat sheet (per 100g)

Food	Protein	Food	Protein
Chicken breast	31g	Greek yogurt 0%	10g
Lean beef mince 5%	26g	Cottage cheese	11g
Tuna (tinned)	25g	Eggs (2)	13g
Salmon	25g	Tofu (firm)	15g
Prawns	24g	Lentils (cooked)	9g

Step 3 — A one-day sample (around 1,700 kcal, 130g+ protein)

Meal	Idea	kcal	Protein
Breakfast	Greek yogurt, oats, berries, whey	420	40g
Lunch	Chicken, rice, big salad	520	45g
Snack	Skyr + apple	180	18g
Dinner	Salmon, potatoes, veg	560	38g

Step 4 — Grocery starter list

Protein: chicken, tinned tuna, eggs, Greek yogurt, skyr. Carbs: oats, rice, potatoes, wholegrain bread. Veg/fruit: mixed salad, broccoli, berries, apples, frozen veg. Fats: olive oil, nuts, nut butter.

Step 5 — Your 7-day tracker

Day	Weight	Calories	Protein	Hit target?
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Next step

When you want the full month done for you, MyMacroFit 28 turns your exact numbers into a 28-day plan with recipes, grocery lists, a progress dashboard, and a plateau protocol. See mymacrofit.com/products/mymacrofit-28.