

Macro Split Cheat Sheet

A quick reference for common macro splits for fat loss, maintenance and muscle-gain phases.

Goal	Protein	Carbs	Fat
Fat loss	30-35%	30-40%	25-35%
Maintenance	25-30%	40-50%	25-30%
Muscle gain	25-30%	45-55%	20-30%
Higher-carb training	25-30%	50-60%	15-25%

How to use this printable

Macro splits are starting points. Total calories, protein consistency and adherence matter more than perfect percentages.

For a personalised estimate, use the linked calculator and compare the result with your real-world trend over time.

Related tools

Macro Calculator: <https://tools.layna.com.au/nutrition/macro-calculator/>

How To Calculate Macros: <https://tools.layna.com.au/blog/how-to-calculate-macros/>

Macro Tracking vs Calorie Tracking: <https://tools.layna.com.au/compare/macro-tracking-vs-calorie-tracking/>

Important: This resource is general information only. It is not medical, nutrition, financial, tax, accounting or legal advice.