

FREE GUIDE · MEN 70–110 KG

The Daily Nutrient Checklist

Exactly what a man at 70, 75, 80, 90, 100 or 110 kg needs every day — calories, macros and the full panel of vitamins and minerals — so you can see where your diet falls short.

HOW TO USE IT

Three steps. Two minutes.

1

Find your weight

Jump to your page. Between two weights? Use the closer one.

2

Pick your activity level

Sedentary, moderately active or very active — defined at the foot of every page.

3

Tick off what you hit

Log a normal day of eating and tick every target you reach. Empty boxes are your gaps.

QUICK FIND

Your daily targets at a glance

Maintenance, moderately active (weights 3× a week, ~8,000 steps a day).

Body weight	70 kg	75 kg	80 kg	90 kg	100 kg	110 kg
Calories	2,060	2,140	2,210	2,370	2,470	2,570
Protein · maintain	55 g	60 g	65 g	70 g	80 g	90 g
Protein · build muscle	135 g	140 g	150 g	170 g	190 g	210 g
Fibre	30 g	30 g	30 g	30 g	30 g	30 g
Water	2.8 L	2.9 L	3.1 L	3.5 L	3.8 L	4.2 L

Where the numbers come from. Calories use the Mifflin-St Jeor equation plus the Nutrient Warrior activity model (steps + training) for a man aged 35 and 180 cm tall. Protein follows the Nutrient Warrior goal ranges. Vitamins and minerals are the UK Reference Nutrient Intakes for men 19–50, with EFSA upper limits. Your own numbers shift with age, height and training — that's what a personalised plan works out.

70

KG

YOUR DAILY CHECKLIST

Man, 70 kg

35 yrs · 180 cm · all targets are per day

MODERATELY ACTIVE · MAINTAIN WEIGHT

2,060

KCAL

55–135g

PROTEIN

305g

CARBS

70g

FAT

30g

FIBRE

2.8L

WATER

CALORIES · BY ACTIVITY & GOAL

Goal	Sedentary	Moderately active	Very active	Hit?
Maintain weight Total daily energy expenditure	1,850	2,060	2,300	☐
Lose fat –500 kcal/day ≈ 0.5 kg/week	1,850‡	1,860‡	1,860‡	☐
Build muscle +500 kcal/day surplus	2,350	2,560	2,800	☐

‡ Fat-loss calories never drop below BMR + 200 kcal, so you don't under-eat. Where that limit kicks in, moving more speeds up fat loss faster than eating less.

MACROS · AT MAINTENANCE CALORIES

Nutrient	Sedentary	Moderately active	Very active	Hit?
Protein (minimum) 0.8 g per kg — goal table below	55 g	55 g	55 g	☐
Carbohydrate What's left after protein and fat	265 g	305 g	345 g	☐
– of which free sugars No more than 5% of energy	≤ 25 g	≤ 25 g	≤ 30 g	☐
Fat 30% of energy (UK max 35%)	60 g	70 g	75 g	☐
– of which saturated No more than 11% of energy	≤ 25 g	≤ 25 g	≤ 30 g	☐
Fibre UK recommendation for adults	30 g	30 g	30 g	☐
Water (drinks) 35 ml/kg + ~750 ml per training hour	2.5 L	2.8 L	3.0 L	☐
Salt No more than 6 g (= 2.4 g sodium)	≤ 6 g	≤ 6 g	≤ 6 g	☐

PROTEIN · BY GOAL

Goal	Protein per day	Per meal (4 meals)	Vitamin B6 to match	Hit?
Maintain 0.8 g/kg	55 g	15 g	1.4 mg	☐
Lose fat 1.3–1.6 g/kg	90–110 g	25–30 g	1.7 mg	☐
Build muscle 1.9 g/kg	135 g	35 g	2.0 mg	☐

MICRONUTRIENTS THAT SCALE WITH YOU

70 µg VITAMIN K 1 µg per kg body weight	1.0 mg THIAMIN (B1) 0.4 mg per 1,000 kcal · min 1.0	17 mg NIACIN (B3) 6.6 mg per 1,000 kcal · min 17	1.4–2.0 mg VITAMIN B6 15 µg per g protein · min 1.4
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Activity levels: **Sedentary** — desk job, ~5,000 steps/day, no structured training · **Moderately active** — ~8,000 steps/day + 3 × 60 min weights sessions/week · **Very active** — ~12,000 steps/day + 4 hrs weights + 1 hr HIIT/week. Every other vitamin and mineral is the same for all adult men — see pages 8–9.

75

KG

YOUR DAILY CHECKLIST

Man, 75 kg

35 yrs · 180 cm · all targets are per day

MODERATELY ACTIVE · MAINTAIN WEIGHT

2,140	60–140g	315g	70g	30g	2.9L
KCAL	PROTEIN	CARBS	FAT	FIBRE	WATER

CALORIES · BY ACTIVITY & GOAL

Goal	Sedentary	Moderately active	Very active	Hit?
Maintain weight Total daily energy expenditure	1,910	2,140	2,390	☐
Lose fat –500 kcal/day ≈ 0.5 kg/week	1,900‡	1,900‡	1,900‡	☐
Build muscle +500 kcal/day surplus	2,410	2,640	2,890	☐

‡ Fat-loss calories never drop below BMR + 200 kcal, so you don't under-eat. Where that limit kicks in, moving more speeds up fat loss faster than eating less.

MACROS · AT MAINTENANCE CALORIES

Nutrient	Sedentary	Moderately active	Very active	Hit?
Protein (minimum) 0.8 g per kg — goal table below	60 g	60 g	60 g	☐
Carbohydrate What's left after protein and fat	275 g	315 g	360 g	☐
– of which free sugars No more than 5% of energy	≤ 25 g	≤ 25 g	≤ 30 g	☐
Fat 30% of energy (UK max 35%)	65 g	70 g	80 g	☐
– of which saturated No more than 11% of energy	≤ 25 g	≤ 25 g	≤ 30 g	☐
Fibre UK recommendation for adults	30 g	30 g	30 g	☐
Water (drinks) 35 ml/kg + ~750 ml per training hour	2.6 L	2.9 L	3.2 L	☐
Salt No more than 6 g (= 2.4 g sodium)	≤ 6 g	≤ 6 g	≤ 6 g	☐

PROTEIN · BY GOAL

Goal	Protein per day	Per meal (4 meals)	Vitamin B6 to match	Hit?
Maintain 0.8 g/kg	60 g	15 g	1.4 mg	☐
Lose fat 1.3–1.6 g/kg	100–120 g	25–30 g	1.8 mg	☐
Build muscle 1.9 g/kg	140 g	35 g	2.1 mg	☐

MICRONUTRIENTS THAT SCALE WITH YOU

75 µg	1.0 mg	17 mg	1.4–2.1 mg
VITAMIN K	THIAMIN (B1)	NIACIN (B3)	VITAMIN B6
1 µg per kg body weight	0.4 mg per 1,000 kcal · min 1.0	6.6 mg per 1,000 kcal · min 17	15 µg per g protein · min 1.4

Activity levels: **Sedentary** — desk job, ~5,000 steps/day, no structured training · **Moderately active** — ~8,000 steps/day + 3 × 60 min weights sessions/week · **Very active** — ~12,000 steps/day + 4 hrs weights + 1 hr HIIT/week. Every other vitamin and mineral is the same for all adult men — see pages 8–9.

80

KG

YOUR DAILY CHECKLIST

Man, 80 kg

35 yrs · 180 cm · all targets are per day

MODERATELY ACTIVE · MAINTAIN WEIGHT

2,210

KCAL

65–150g

PROTEIN

325g

CARBS

75g

FAT

30g

FIBRE

3.1L

WATER

CALORIES · BY ACTIVITY & GOAL

Goal	Sedentary	Moderately active	Very active	Hit?
Maintain weight Total daily energy expenditure	1,970	2,210	2,490	☐
Lose fat -500 kcal/day ≈ 0.5 kg/week	1,960‡	1,960‡	1,990	☐
Build muscle +500 kcal/day surplus	2,470	2,710	2,990	☐

‡ Fat-loss calories never drop below BMR + 200 kcal, so you don't under-eat. Where that limit kicks in, moving more speeds up fat loss faster than eating less.

MACROS · AT MAINTENANCE CALORIES

Nutrient	Sedentary	Moderately active	Very active	Hit?
Protein (minimum) 0.8 g per kg — goal table below	65 g	65 g	65 g	☐
Carbohydrate What's left after protein and fat	280 g	325 g	370 g	☐
– of which free sugars No more than 5% of energy	≤ 25 g	≤ 30 g	≤ 30 g	☐
Fat 30% of energy (UK max 35%)	65 g	75 g	85 g	☐
– of which saturated No more than 11% of energy	≤ 25 g	≤ 25 g	≤ 30 g	☐
Fibre UK recommendation for adults	30 g	30 g	30 g	☐
Water (drinks) 35 ml/kg + ~750 ml per training hour	2.8 L	3.1 L	3.3 L	☐
Salt No more than 6 g (= 2.4 g sodium)	≤ 6 g	≤ 6 g	≤ 6 g	☐

PROTEIN · BY GOAL

Goal	Protein per day	Per meal (4 meals)	Vitamin B6 to match	Hit?
Maintain 0.8 g/kg	65 g	15 g	1.4 mg	☐
Lose fat 1.3–1.6 g/kg	105–130 g	25–30 g	1.9 mg	☐
Build muscle 1.9 g/kg	150 g	40 g	2.3 mg	☐

MICRONUTRIENTS THAT SCALE WITH YOU

80 µg

VITAMIN K

1 µg per kg body weight

1.0 mg

THIAMIN (B1)

0.4 mg per 1,000 kcal · min 1.0

17 mg

NIACIN (B3)

6.6 mg per 1,000 kcal · min 17

1.4–2.3 mg

VITAMIN B6

15 µg per g protein · min 1.4

Activity levels: **Sedentary** — desk job, ~5,000 steps/day, no structured training · **Moderately active** — ~8,000 steps/day + 3 × 60 min weights sessions/week · **Very active** — ~12,000 steps/day + 4 hrs weights + 1 hr HIIT/week. Every other vitamin and mineral is the same for all adult men — see pages 8–9.

90

KG

YOUR DAILY CHECKLIST

Man, 90 kg

35 yrs · 180 cm · all targets are per day

MODERATELY ACTIVE · MAINTAIN WEIGHT

2,370 KCAL	70–170g PROTEIN	340g CARBS	80g FAT	30g FIBRE	3.5L WATER
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CALORIES · BY ACTIVITY & GOAL

Goal	Sedentary	Moderately active	Very active	Hit?
Maintain weight Total daily energy expenditure	2,100	2,370	2,670	☐
Lose fat –500 kcal/day ≈ 0.5 kg/week	2,060‡	2,060‡	2,170	☐
Build muscle +500 kcal/day surplus	2,600	2,870	3,170	☐

‡ Fat-loss calories never drop below BMR + 200 kcal, so you don't under-eat. Where that limit kicks in, moving more speeds up fat loss faster than eating less.

MACROS · AT MAINTENANCE CALORIES

Nutrient	Sedentary	Moderately active	Very active	Hit?
Protein (minimum) 0.8 g per kg — goal table below	70 g	70 g	70 g	☐
Carbohydrate What's left after protein and fat	295 g	340 g	395 g	☐
– of which free sugars No more than 5% of energy	≤ 25 g	≤ 30 g	≤ 35 g	☐
Fat 30% of energy (UK max 35%)	70 g	80 g	90 g	☐
– of which saturated No more than 11% of energy	≤ 25 g	≤ 30 g	≤ 35 g	☐
Fibre UK recommendation for adults	30 g	30 g	30 g	☐
Water (drinks) 35 ml/kg + ~750 ml per training hour	3.2 L	3.5 L	3.7 L	☐
Salt No more than 6 g (= 2.4 g sodium)	≤ 6 g	≤ 6 g	≤ 6 g	☐

PROTEIN · BY GOAL

Goal	Protein per day	Per meal (4 meals)	Vitamin B6 to match	Hit?
Maintain 0.8 g/kg	70 g	20 g	1.4 mg	☐
Lose fat 1.3–1.6 g/kg	115–145 g	30–35 g	2.2 mg	☐
Build muscle 1.9 g/kg	170 g	45 g	2.6 mg	☐

MICRONUTRIENTS THAT SCALE WITH YOU

90 µg VITAMIN K 1 µg per kg body weight	1.0–1.1 mg THIAMIN (B1) 0.4 mg per 1,000 kcal · min 1.0	17–18 mg NIACIN (B3) 6.6 mg per 1,000 kcal · min 17	1.4–2.6 mg VITAMIN B6 15 µg per g protein · min 1.4
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Activity levels: **Sedentary** — desk job, ~5,000 steps/day, no structured training · **Moderately active** — ~8,000 steps/day + 3 × 60 min weights sessions/week · **Very active** — ~12,000 steps/day + 4 hrs weights + 1 hr HIIT/week. Every other vitamin and mineral is the same for all adult men — see pages 8–9.

100
KG

YOUR DAILY CHECKLIST

Man, 100 kg

35 yrs · 180 cm · all targets are per day

MODERATELY ACTIVE · MAINTAIN WEIGHT

2,470 KCAL	80–190g PROTEIN	350g CARBS	80g FAT	30g FIBRE	3.8L WATER
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CALORIES · BY ACTIVITY & GOAL

Goal	Sedentary	Moderately active	Very active	Hit?
Maintain weight Total daily energy expenditure	2,200	2,470	2,780	☐
Lose fat –500 kcal/day ≈ 0.5 kg/week	2,160‡	2,160‡	2,280	☐
Build muscle +500 kcal/day surplus	2,700	2,970	3,280	☐

‡ Fat-loss calories never drop below BMR + 200 kcal, so you don't under-eat. Where that limit kicks in, moving more speeds up fat loss faster than eating less.

MACROS · AT MAINTENANCE CALORIES

Nutrient	Sedentary	Moderately active	Very active	Hit?
Protein (minimum) 0.8 g per kg — goal table below	80 g	80 g	80 g	☐
Carbohydrate What's left after protein and fat	305 g	350 g	405 g	☐
– of which free sugars No more than 5% of energy	≤ 30 g	≤ 30 g	≤ 35 g	☐
Fat 30% of energy (UK max 35%)	75 g	80 g	95 g	☐
– of which saturated No more than 11% of energy	≤ 25 g	≤ 30 g	≤ 35 g	☐
Fibre UK recommendation for adults	30 g	30 g	30 g	☐
Water (drinks) 35 ml/kg + ~750 ml per training hour	3.5 L	3.8 L	4.0 L	☐
Salt No more than 6 g (= 2.4 g sodium)	≤ 6 g	≤ 6 g	≤ 6 g	☐

PROTEIN · BY GOAL

Goal	Protein per day	Per meal (4 meals)	Vitamin B6 to match	Hit?
Maintain 0.8 g/kg	80 g	20 g	1.4 mg	☐
Lose fat 1.3–1.6 g/kg	130–160 g	30–40 g	2.4 mg	☐
Build muscle 1.9 g/kg	190 g	50 g	2.9 mg	☐

MICRONUTRIENTS THAT SCALE WITH YOU

100 µg VITAMIN K 1 µg per kg body weight	1.0–1.1 mg THIAMIN (B1) 0.4 mg per 1,000 kcal · min 1.0	17–18 mg NIACIN (B3) 6.6 mg per 1,000 kcal · min 17	1.4–2.8 mg VITAMIN B6 15 µg per g protein · min 1.4
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Activity levels: **Sedentary** — desk job, ~5,000 steps/day, no structured training · **Moderately active** — ~8,000 steps/day + 3 × 60 min weights sessions/week · **Very active** — ~12,000 steps/day + 4 hrs weights + 1 hr HIIT/week. Every other vitamin and mineral is the same for all adult men — see pages 8–9. Activity burn above the top of the Nutrient Warrior lookup tables is held at the top value, so these figures are conservative.

110

KG

YOUR DAILY CHECKLIST

Man, 110 kg

35 yrs · 180 cm · all targets are per day

MODERATELY ACTIVE · MAINTAIN WEIGHT

2,570	90–210g	360g	85g	30g	4.2L
KCAL	PROTEIN	CARBS	FAT	FIBRE	WATER

CALORIES · BY ACTIVITY & GOAL

Goal	Sedentary	Moderately active	Very active	Hit?
Maintain weight Total daily energy expenditure	2,300	2,570	2,880	☐
Lose fat –500 kcal/day ≈ 0.5 kg/week	2,260‡	2,260‡	2,380	☐
Build muscle +500 kcal/day surplus	2,800	3,070	3,380	☐

‡ Fat-loss calories never drop below BMR + 200 kcal, so you don't under-eat. Where that limit kicks in, moving more speeds up fat loss faster than eating less.

MACROS · AT MAINTENANCE CALORIES

Nutrient	Sedentary	Moderately active	Very active	Hit?
Protein (minimum) 0.8 g per kg — goal table below	90 g	90 g	90 g	☐
Carbohydrate What's left after protein and fat	315 g	360 g	415 g	☐
– of which free sugars No more than 5% of energy	≤ 30 g	≤ 30 g	≤ 35 g	☐
Fat 30% of energy (UK max 35%)	75 g	85 g	95 g	☐
– of which saturated No more than 11% of energy	≤ 30 g	≤ 30 g	≤ 35 g	☐
Fibre UK recommendation for adults	30 g	30 g	30 g	☐
Water (drinks) 35 ml/kg + ~750 ml per training hour	3.9 L	4.2 L	4.4 L	☐
Salt No more than 6 g (= 2.4 g sodium)	≤ 6 g	≤ 6 g	≤ 6 g	☐

PROTEIN · BY GOAL

Goal	Protein per day	Per meal (4 meals)	Vitamin B6 to match	Hit?
Maintain 0.8 g/kg	90 g	20 g	1.4 mg	☐
Lose fat 1.3–1.6 g/kg	145–175 g	35–45 g	2.6 mg	☐
Build muscle 1.9 g/kg	210 g	50 g	3.1 mg	☐

MICRONUTRIENTS THAT SCALE WITH YOU

110 µg	1.0–1.2 mg	17–19 mg	1.4–3.1 mg
VITAMIN K	THIAMIN (B1)	NIACIN (B3)	VITAMIN B6
1 µg per kg body weight	0.4 mg per 1,000 kcal · min 1.0	6.6 mg per 1,000 kcal · min 17	15 µg per g protein · min 1.4

Activity levels: **Sedentary** — desk job, ~5,000 steps/day, no structured training · **Moderately active** — ~8,000 steps/day + 3 × 60 min weights sessions/week · **Very active** — ~12,000 steps/day + 4 hrs weights + 1 hr HIIT/week. Every other vitamin and mineral is the same for all adult men — see pages 8–9. Activity burn above the top of the Nutrient Warrior lookup tables is held at the top value, so these figures are conservative.

FULL PANEL · 1 OF 2

Vitamins

The same for every adult man, whatever he weighs — except the items marked †, which are on your weight page.

Nutrient	Daily target	Upper limit	Why it matters	Best food sources	Hit?
Vitamin A	700 µg	3,000 µg*	Vision, immunity, skin	Liver, eggs, oily fish, carrots, sweet potato, spinach	☐
Thiamin (B1)	1.0 mg†	—	Turns carbs into energy	Wholegrains, pork, peas, beans, fortified cereals	☐
Riboflavin (B2)	1.3 mg	—	Energy release, skin, eyes	Milk, yoghurt, eggs, mushrooms, fortified cereals	☐
Niacin (B3)	17 mg†	10 mg as nicotinic acid supplements	Energy release, nervous system	Chicken, tuna, beef, peanuts, wholegrains	☐
Pantothenic acid (B5)	3–7 mg	—	Energy and hormone production	Chicken, beef, eggs, mushrooms, avocado	☐
Vitamin B6	1.4 mg†	12 mg	Protein metabolism, red blood cells	Poultry, fish, potatoes, bananas, chickpeas	☐
Biotin (B7)	10–200 µg	—	Fat and carb metabolism	Eggs, nuts, seeds, salmon, sweet potato	☐
Folate (B9)	200 µg	1,000 µg as folic acid	Cell repair, red blood cells	Leafy greens, broccoli, chickpeas, lentils, oranges	☐
Vitamin B12	1.5 µg	—	Nerves, red blood cells, energy	Meat, fish, eggs, dairy (supplement if vegan)	☐
Vitamin C	40 mg	—	Immunity, collagen, iron absorption	Peppers, kiwi, citrus, strawberries, broccoli	☐
Vitamin D	10 µg (400 IU)	100 µg	Bones, muscle function, immunity	Oily fish, eggs, sunlight — UK: supplement Oct–Mar	☐
Vitamin E	> 4 mg	300 mg	Antioxidant, protects cells	Nuts, seeds, olive and sunflower oil, avocado	☐
Vitamin K	1 µg/kg†	—	Blood clotting, bone health	Kale, spinach, broccoli, cabbage	☐
Choline	400 mg	—	Liver, brain and muscle function	Eggs, beef, chicken, fish, soya	☐

Daily target = UK Reference Nutrient Intake or safe intake, men 19–50. **Upper limit** = EFSA tolerable upper intake from all sources unless stated; — = none set. † = scales with your calories, protein or weight. * NHS advice: keep vitamin A under 1,500 µg a day long-term for bone health, and eat liver no more than once a week.

FULL PANEL · 2 OF 2

Minerals & omega-3

The same for every adult man, whatever he weighs. Heavy sweaters may need extra sodium and potassium on training days.

Nutrient	Daily target	Upper limit	Why it matters	Best food sources	Hit?
Calcium	700 mg	2,500 mg	Bones, teeth, muscle contraction	Dairy, fortified plant milks, tofu, sardines, kale	☐
Phosphorus	550 mg	—	Bones, energy (ATP)	Meat, fish, dairy, nuts, wholegrains	☐
Magnesium	300 mg	250 mg from supplements	Muscle and nerve function, sleep	Nuts, seeds, wholegrains, leafy greens, dark chocolate	☐
Sodium	1,600 mg	2,400 mg (6 g salt)	Fluid balance, nerve signals	Most processed food — the risk is too much, not too little	☐
Potassium	3,500 mg	—	Blood pressure, muscle and heart	Potatoes, bananas, beans, spinach, yoghurt	☐
Chloride	2,500 mg	—	Fluid balance, digestion	Table salt, seaweed, olives, tomatoes	☐
Iron	8.7 mg	40 mg	Carries oxygen in blood	Red meat, liver, lentils, spinach, fortified cereals	☐
Zinc	9.5 mg	25 mg	Immunity, testosterone, healing	Oysters, beef, pumpkin seeds, chickpeas	☐
Copper	1.2 mg	5 mg	Iron use, nerves, immunity	Liver, nuts, seeds, shellfish, dark chocolate	☐
Selenium	75 µg	255 µg	Thyroid, antioxidant defence	Brazil nuts (1–2 is plenty), fish, eggs	☐
Iodine	140 µg	600 µg	Thyroid hormones, metabolism	Fish, milk, yoghurt, eggs	☐
Manganese	> 1.4 mg	—	Bone formation, metabolism	Wholegrains, nuts, tea, leafy greens	☐
Chromium	> 25 µg	—	Blood sugar control	Wholegrains, broccoli, meat, nuts	☐
Molybdenum	50–400 µg	600 µg	Enzyme function	Legumes, wholegrains, nuts	☐
Omega-3 (EPA + DHA)	450 mg	—	Heart, brain, joints, recovery	2 portions of fish a week, 1 of them oily (salmon, mackerel)	☐

Daily target = UK Reference Nutrient Intake or safe intake, men 19–50. **Upper limit** = EFSA tolerable upper intake from all sources unless stated; — = none set. † = scales with your calories, protein or weight. * NHS advice: keep vitamin A under 1,500 µg a day long-term for bone health, and eat liver no more than once a week.

YOUR NEXT STEP

Now you know the targets. Hitting them every day is the hard part.

Most people who fill this in find the same gaps: not enough protein or fibre, too little vitamin D, magnesium and omega-3 — and far too much salt and sugar. Knowing the numbers is step one. Turning them into meals you actually want to eat is where Nutrient Warrior comes in.

Your exact numbers

Calories and protein worked out for your height, age, weight, steps and training.

A full week of meals

Recipes built to hit your macros and micronutrient targets, with a supermarket shopping list.

Built around your goal

Lose fat, maintain, build muscle or train for an event — the plan changes with you.

Comment “PLAN”

Comment **PLAN** on the post and we'll send you the Nutrient Warrior intake form.

SOURCES & SMALL PRINT

Vitamin and mineral targets: UK Dietary Reference Values (COMA 1991; SACN updates for vitamin D 2016 and carbohydrates and fibre 2015), as summarised by the British Nutrition Foundation. Choline: EFSA adequate intake. Omega-3: SACN fish advice. Upper limits: EFSA tolerable upper intake levels (2024 summary; B6, selenium and vitamin D updated 2023; iron safe level 2024). Calories: Mifflin-St Jeor BMR plus the Nutrient Warrior activity model.

General education for healthy adult men, not medical advice. If you have a medical condition, take medication or are considering high-dose supplements, speak to your GP or a registered dietitian first.