

To use this chart:

1. Find your weight in pounds or kilograms below.
2. This row of numbers tells you how many grams of carbohydrate you need to consume spread out in a day for 3 different types of training sessions - light (A), moderate (B), or high (C) intensity.
3. Choose and consume the number in column A if it is or is similar to one of the following:
 - a. Lifting weights at low reps (not breathing very heavily between sets)
 - b. Practicing a skill without breathing heavily
4. Choose and consume the number in column B if it is or is similar to one of the following:
 - a. Lifting lighter weights at higher reps with less rest (breathing heavily)
 - b. Doing drills for less than 60 minutes
5. Choose and consume the number in column C if it is or is similar to one of the following:
 - a. Running 8-12 miles
 - b. Working out for 90+ minutes
 - c. Two-a-day practices

To translate this to food:

15 grams of carbs looks like:

- Fruit - 1/2c fresh or frozen, 2Tbsp dried
- Vegetable - 3c raw or 1 1/2c cooked non-starchy (broccoli, carrots, green beans, peppers, and such), 1/2c starchy (corn, peas, beans)
- Bread - 1 slice
- Rice, quinoa, pasta - 1/3c
- Cereal - 1/2c to 3/4c
- Dairy - 1c (8oz) milk, 2/3c (6oz) yogurt

Your Weight Training Session Type

Pounds	Kilograms	Numbers in Grams		
		A	B	C
100	45	182	318	455
105	48	191	334	477
110	50	200	350	500
115	52	209	366	523
120	55	218	382	545
125	57	227	398	568
130	59	236	414	591
135	61	245	430	614
140	64	255	445	636
145	66	264	461	659
150	68	273	477	682
155	70	282	493	705
160	73	291	509	727
165	75	300	525	750
170	77	309	541	773
175	80	318	557	795
180	82	327	573	818
185	84	336	589	841
190	86	345	605	864
195	89	355	620	886
200	91	364	636	909
205	93	373	652	932
210	95	382	668	955
215	98	391	684	977
220	100	400	700	1000
225	102	409	716	1023
230	105	418	732	1045
235	107	427	748	1068
240	109	436	764	1091
245	111	445	780	1114
250	114	455	795	1136
255	116	464	811	1159
260	118	473	827	1182
265	120	482	843	1205
270	123	491	859	1227
275	125	500	875	1250
280	127	509	891	1273
285	130	518	907	1295
290	132	527	923	1318
295	134	536	939	1341
300	136	545	955	1364

