



KETO CONTRACTOR

The T2D Macro Map

Here's exactly how to compute your daily macros, split them across meals, and adjust for snacks, dessert, and medication. The actual math.

If you have Type 2 diabetes, "watch your carbs" is the most useless advice you'll ever get. **How many carbs, in which meals, with what protein and fat, and what changes if you add a snack or have dessert**, those are the actual questions.

Below is the full framework. Every calculation, every rule, every override. We'll use a baseline example user, **Sarah, 165 lbs, lightly active, Type 2 on Metformin**, so you can see the numbers land.

Educational, not medical advice. Talk to your doctor before changing anything that affects your management plan, especially if you're on insulin or other glucose-affecting medication.

PART A

Compute Sarah's Daily Targets

STEP A1 · BASAL METABOLIC RATE (MIFFLIN-ST JEOR)

BMR is the calories your body burns at complete rest. Different formulas for biological male vs female.

$$\text{BMR (female)} = 10 \cdot \text{kg} + 6.25 \cdot \text{cm} - 5 \cdot \text{age} - 161$$

$$\text{BMR (male)} = 10 \cdot \text{kg} + 6.25 \cdot \text{cm} - 5 \cdot \text{age} + 5$$

Sarah: 165 lbs (75 kg), 5'5" (165 cm), 48 years old, female.

$$\text{BMR} = 10(75) + 6.25(165) - 5(48) - 161 = 750 + 1031 - 240 - 161 = \mathbf{1380 \text{ cal/day}}$$

STEP A2 · TOTAL DAILY ENERGY EXPENDITURE

Multiply BMR by activity level, then adjust for goal.

Activity	Multiplier
Sedentary (desk job)	×1.2
Lightly active (1–3×/wk), Sarah	×1.375
Moderately active (3–5×/wk)	×1.55
Very active (6–7×/wk)	×1.725
Extra active (physical job + training)	×1.9

Goal adjustment: **–500 cal/day to lose ~1 lb/wk**, 0 to maintain, +250 to gain.

Sarah wants to lose weight: TDEE = $1380 \times 1.375 - 500 = 1397$ cal/day. Round to **1400 cal/day**.

STEP A3 · DAILY NET CARB CAP (SCALES BY T2D STAGE)

Net carbs come out of total calories at a percentage that depends on your stage. Stricter stages = less margin to clear carbs.

Your situation	% of cal	Sarah @ 1,400 cal
Type 2 on insulin	5%	~18g
Type 2 on medication (Metformin, etc.), Sarah	7%	~25g
Type 2 diet-controlled	10%	~35g
Pre-diabetic / non-diabetic	12%	~42g

Math: $1400 \text{ cal} \times 7\% \div 4 \text{ cal/g} = 24.5 \text{ g net carbs/day}$ (rounded to 25g)

STEP A4 · DAILY PROTEIN

Protein scales with body weight, not calories. Standard low-carb rule: **0.8 g per lb of body weight**.

Math: $165 \text{ lb} \times 0.8 = 132 \text{ g protein/day}$

STEP A5 · DAILY FAT (THE RESIDUAL)

Fat fills whatever calories are left after carbs and protein are subtracted.

$$\text{fat (g)} = (\text{TDEE} - \text{carbs} \cdot 4 - \text{protein} \cdot 4) \div 9$$

Math: $(1400 - 25 \cdot 4 - 132 \cdot 4) \div 9 = (1400 - 100 - 528) \div 9 = 772 \div 9 = \sim 86 \text{ g fat/day}$

STEP A6 · DAILY FIBER TARGET

ADA recommends roughly **14 g fiber per 1,000 cal** for T2D, fiber slows glucose absorption and reduces net carb impact.

$$\text{Math: } 1400 \times 14 \div 1000 = \sim 20 \text{ g fiber/day}$$

SARAH'S DAILY TARGETS, FINISHED COMPUTING 6 NUMBERS

1,400 cal · 25g net carbs · 132g protein · 86g fat · 20g fiber, and we haven't even started splitting them across meals yet.

PART B

Split Across 5+ Meal Slots

STEP B1 · BASE SPLIT (NO SNACKS, NO DESSERT)

Breakfast carries less of the load because the dawn-phenomenon glucose rise compounds with morning intake. Lunch and dinner split evenly. **Protein gets a separate bump, 25% breakfast / 37.5% lunch / 37.5% dinner**, to keep you full and slow the glycemic response.

Meal	Cal %	Protein %	Fat %	Carbs %
Breakfast	20%	25%	20%	20%
Lunch	40%	37.5%	40%	40%
Dinner	40%	37.5%	40%	40%

Sarah's per-meal numbers (no snacks, no dessert):

Meal	Cal	Protein	Fat	Net Carbs
Breakfast	280	33g	17g	5g
Lunch	560	49.5g	34g	10g
Dinner	560	49.5g	34g	10g
TOTAL	1400	132g	85g	25g

STEP B2 · SNACK & DESSERT RESERVATION RULES

Snacks and dessert come **out of** your daily budget, not on top. Each slot has its own per-macro reservation, then B/L/D split what remains in 20/40/40.

Slot	Cal %	Protein %	Fat %	Carbs %
Mid-morning snack	3%	3%	3%	3%

Mid-afternoon snack	3%	3%	3%	3%
Evening snack (non-insulin)	3%	3%	3%	0%
Evening snack (insulin user)	3%	3%	3%	8%
Dessert after dinner	5%	3%	5%	5%
Dessert mid-day	5%	3%	5%	8%
Dessert "occasionally"	2.5%	2.5%	2.5%	2.5%

Side dishes and sauces have fixed allocations (5% / 3%) outside the 100% pool, they're add-ons, not standalone meals.

STEP B3 · SARAH'S REAL DAILY TARGETS, 3 SCENARIOS

Same Sarah, same body, same medication, just different snack/dessert habits. Watch how every per-meal number changes.

Scenario 1, 0 snacks, no dessert

Slot	Cal	Pro	Fat	NC
Breakfast	280	33g	17g	5g
Lunch	560	49.5g	34g	10g
Dinner	560	49.5g	34g	10g

Scenario 2, 1 mid-afternoon snack, no dessert

Reserve 3% of each macro for the snack first, then B/L/D split the remaining 97% in 20/40/40.

Slot	Cal	Pro	Fat	NC
Breakfast	272	32g	16.5g	4.9g
Lunch	543	48g	33g	9.7g
Mid-afternoon snack	42	4g	2.6g	0.75g
Dinner	543	48g	33g	9.7g

Scenario 3, 1 evening snack + after-dinner dessert

Reserve 3% of cal/pro/fat (and **0% carbs**, Sarah's not on insulin) for the evening snack. Reserve 5% of cal/fat/carbs (3% protein) for dessert. B/L/D split the remainder.

Slot	Cal	Pro	Fat	NC
Breakfast	258	31g	15.5g	4.75g
Lunch	515	46.5g	31g	9.5g
Dinner	515	46.5g	31g	9.5g
Evening snack	42	4g	2.6g	0g
Dessert	70	4g	4.3g	1.25g

Same Sarah, same body, three different days, three completely different per-meal targets. Every macro number recomputed.

PART C

Now Multiply by Everything That Changes

The math above is for ONE day, ONE user, ONE set of habits. Now consider what triggers a full recomputation:

- Weight changes by 5 lbs → BMR shifts → daily cal / protein / fat / carbs all recompute
- Activity level changes (you started walking, you got a desk job, the seasons changed) → TDEE multiplier changes → everything recomputes
- Your doctor adjusts your medication → carb % changes → daily cap recomputes → every meal slot recomputes
- You add a snack one day a week → reservation pool changes that day → B/L/D recompute
- You skip dessert for a week → reservation pool shrinks → B/L/D get more headroom
- You switch from "after-dinner dessert" to "mid-day dessert" → carb allocation shifts (5% → 8%) → B/L/D shrinks slightly
- Goal changes from "lose weight" to "maintain" → +500 cal/day → everything scales up

For every meal, every day, the app computes:

5 meal slots × 4 macros × 7 days =

140 numbers/week

All recomputed every time anything changes.

Doing this on paper takes 20+ minutes per recompute. Doing it in a spreadsheet means maintaining a spreadsheet. Doing it from memory means getting it wrong, and for T2D, "wrong" lands on your bloodwork at the next quarterly check-in.

OR, LET US DO THIS FOR YOU

Keto Contractor does every calculation above automatically, for every meal, every day.

Your daily cap, the 20/40/40 split, the breakfast protein bump, the evening-snack zero-carb rule, the insulin-user exception, the reservation pool math, all of it. Set up in a 5-minute onboarding. Every recipe in the app arrives pre-tuned for your numbers.

Start Free, 3 Days on Us

3-day free trial. Cancel anytime.

Educational, not medical advice. Talk to your doctor about any changes to your management plan, especially if you're on insulin or other glucose-affecting medication.

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