

The Jacked Driver Macros Blueprint

How I stay lean while driving 50+ hours a week — and how you can too

1: INTRO – “WHY I MADE THIS”

Yo, I get it.

You're working crazy hours. Uber, Lyft, delivery, whatever. By the time you're done driving, you're tired, stressed, and just trying to get through the day.

That used to be me too.

But I figured out a simple system — not some crazy strict diet or 2-hour workout plan — just **macros, smart training, and consistency**.

That's it.

And it works. I stay lean year-round, even through relationship drama, dad life, and barely sleeping. This is the exact system I still use today.

If you're ready to stop guessing and start getting results, this is for you.

Let's get it 💪

2: WHAT ARE MACROS?

Macros = the building blocks of everything you eat.

- **Protein** = 4 calories a gram > builds muscle
- **Carbs** = 4 calories a gram > fuel your energy
- **Fats** = 9 calories a gram > support your hormones

You've probably heard of keto, intermittent fasting, or clean eating.

None of that matters *if you're not tracking your macros*.

Calories are king — and macros are how you control your calories, PERIOD.

3: HOW TO CALCULATE YOURS

Here's a quick and dirty formula to start:

Step 1: Find your calories

- ➔ Weight (in lbs) × 12 = maintenance
- ➔ Subtract 300–500 to lose fat
- ➔ Add 300–500 to gain muscle

Step 2: Set your macros

- **Protein:** 1g per lb of bodyweight
- **Fats:** 0.5g per lb
- **Carbs:** Fill the rest of your calories with carbs

Example (180 lb guy cutting fat):

- Calories: $180 \times 12 = 2,160 - 300 = 1,860$ cal
- Protein: 180g
- Fats: 60g
- Carbs: ~165g

Use free apps like **MyFitnessPal** or **MacrosFirst** to track.

4: DRIVER-FRIENDLY FOODS

No prep? No problem.

Gas station/bodega picks:

- Greek yogurt + banana or berries
- Protein shake/protein bar
- Boiled eggs/string cheese

- Rice bowl + rotisserie chicken
- Wraps, sandwiches (track them)

My GO-TOS:

- Subway sandwiches
- Protein shake or protein bar
- Chipotle chicken/beef Burrito or bowl
- 5 Guys burgers macros logged 🧠
- Celsius or 7-eleven fusion (daily caffeine)
- 4-6 16oz water bottles

This is about **hitting your macros, not eating “clean.”**
Track it and move on. That’s the JackeDriver way.

5: TRAINING WHILE DRIVING FULL-TIME

You don’t need 6 days a week.

My weekly split (3-4x):

- Full body
- Upper Rest Lower
- Push (chest/shoulders/triceps)
Rest
- Pull (back/biceps)
Rest
- Legs

Only 45–60 mins per session, no more than 4 x a week

Focus on:

- 6–10 total hard sets
- 6–12 reps per set
- Get stronger over time

If you don't know where to start, just DM me “**WORKOUT**” on [@jackedriver](#) or watch some of my workouts on my YT channel 🙌 : <https://www.youtube.com/@jackedDriver>

🧠 6: THE MINDSET TO STAY CONSISTENT

- You don't need motivation. You need **systems**.
- You don't need more time. You need **a plan**.
- You're not lazy. You're just **lost in bad info**.

Start tracking. Start training. Show up no matter what.

That's how you win — even when life's a mess.

🎯 7: READY TO LEVEL UP FAST?

If you want:

- A personalized plan based on your lifestyle
- Macros made for YOU
- A smart training split that fits your schedule
- My 1-on-1 support to keep you locked in hit me up 🙌

📦 DM me “**COACHING**” on IG [@jackedriver](#)

Or email: jt@hitbearer.com

Let's get jacked on your schedule 💪🚗