



How to workout macros in recipes

From serving sizes to feeding the family, learn more about recipes and tracking them accurately.

HOW TO WORKOUT MACROS IN RECIPES

BY THE BOD

Each week, we host a Q&A with THE BOD community on our Instagram platform. This is so we can learn more about what you're interested in, and the topics you want to know more about. Recently, we've been getting lots of queries about accurately tracking recipes and servings. Let's clear up some of the confusion!

MAKING RECIPES WITH MORE THAN ONE SERVING.

9 times out of 10, when preparing a recipe, you will require more than one serving. For starters, if you're taking the time to prep, cook and dish up a meal, you want it to yield more than one serve. This could be so you have meals for the next couple of days, enough serves for your dinner party, or a portion for everyone in the family.

When multiple serves come into the equation, how can you accurately ensure each person is getting the same amount of each ingredient? And how do you ensure each person is consuming the same amount of protein? What if somebody wants more than a single serve? These are some of the questions we will answer for you.



ACCURACY IN RECIPE TRACKING

Something to remember when it comes to dividing and serving recipes while tracking is that it will never be entirely accurate. While 100% accuracy is harder to achieve, there are measures you can take to make the serve as accurate and as close as you can to the intended macronutrient breakdown.

Over the next few pages, you will learn our top tips to working out the macro breakdown in recipes, how to track them and how to accurately divide recipes as well.

Before getting started, make sure you've got a good set of kitchen scales, some medium and large-sized stainless steel bowls and Tupperware containers for meal prepping and freezing. We also recommend having the MyFitnessPal app on your phone. You can also use THE BOD App to save your recipes too!

LET'S MAKE A RECIPE TOGETHER

Ingredients

- 600g chicken breast fillets
- 1 tablespoon coconut oil
- 1 medium onion (150g), chopped finely
- 5 cloves garlic, crushed
- 2 teaspoons ground cumin
- 1 teaspoon ground cardamom
- 1 teaspoon ground ginger
- 1 teaspoon ground turmeric
- 1 teaspoon chilli powder
- 1 teaspoon garam masala
- ½ teaspoon ground allspice
- ½ teaspoon fine Himalayan salt
- 200g green beans, trimmed, halved lengthways
- 1 medium red capsicum (200g), cut into long thin strips
- ½ cup (140g) sugar-free Tomato Sauce
- ¾ cup (180ml) chicken stock
- 270ml can light coconut milk
- ½ cup (75g) roasted unsalted cashews, chopped
- ½ cup coarsely chopped fresh coriander
- ½ cup reduced-fat Greek-style yoghurt

MAKE IT VEGAN

Replace the chicken with 250g tofu cut into 4cm pieces, the chicken stock with vegetable stock, and add additional vegetables such as 350g broccoli, cut into florets, and a sliced carrot.

FREE RECIPE CHICKEN KORMA FROM THE BOD FUEL



Method

1. Trim chicken of any fat, then cut into 4cm pieces.
2. Heat coconut oil in a large saucepan over medium heat; cook onion and garlic, stirring, for 3 minutes or until softened. Add spices and salt; cook, stirring, for 1 minute or until fragrant. Add vegetables and chicken; stir to coat in spices.
3. Add tomato sauce, stock, coconut milk and half the cashews; bring to a gentle simmer. Reduce heat to low; cook for 15 minutes or until chicken is cooked through.
4. Remove from heat and stir in half the coriander. Top korma with yoghurt and remaining cashews and coriander; serve with brown rice, if you like.

Recipe can be made to the end of step 3 up to 2 days ahead; store in an airtight container in the fridge or freeze for up to 1 month.

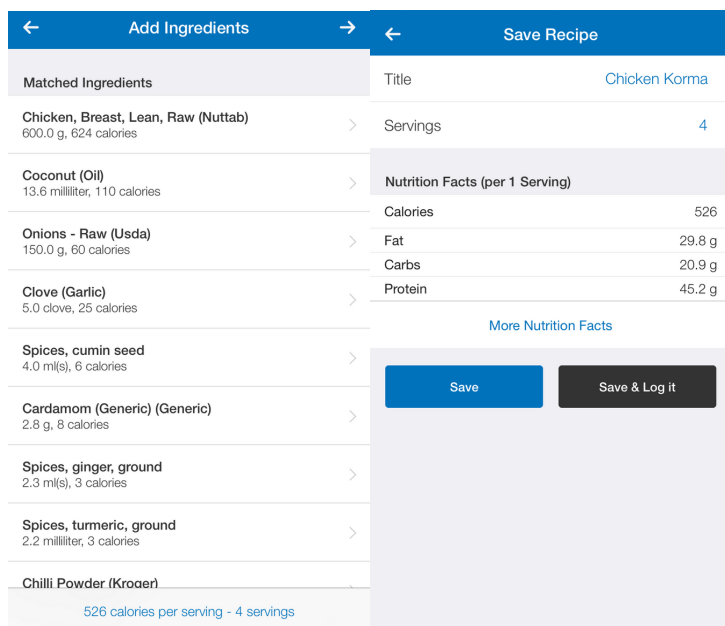
LET'S MAKE CHICKEN KORMA

STEP 1: Add the recipe to MyFitnessPal

This recipe can be found in our recipe book THE BOD Fuel. The recipes include barcodes that can be scanned straight into the MyFitnessPal app. While accurate, entering each ingredient into MyFitnessPal and creating your own recipe increases the accuracy by tenfold.

This is because you are scanning and entering your personal brand preferences, and macronutrient breakdowns will vary from brand to brand. For example: if you use Chobani reduced-fat Greek yoghurt in the recipe, the protein is 11.9g, whereas using YoPro reduced-fat Greek yoghurt brings the protein content to 12.9g.

Imagine if each brand you used had a discrepancy of 1g per ingredient, that would alter the entire recipe's nutrition. **Below is our own recipe for Chicken Korma in MyFitnessPal including the brands we used.**



STEP 2: Tweak where needed

Here are some ways you can tweak the method to ensure your end result is accurately tracked.

Cook the chicken separately and set aside

Once cooked and cooled, weigh the whole amount of chicken and divide by 4. Set aside one serving for you.

Chop the vegetables in even-sized pieces

This will reduce inconsistency when serving the base of the dish.

Weigh produce raw

Weigh your meat and vegetables raw. This weight is the weight to be tracked, even though the weight of the chicken you serve yourself later on will be different. This is because cooking processes alter the weight of ingredients through drying out, decreasing in size and liquid absorption.



LET'S MAKE CHICKEN KORMA CONT'D

STEP 4: Divide your portions

Once you've set aside your protein source (in this case, the cooked chicken), weigh the enter Chicken Korma by placing a large bowl on your kitchen scales and carefully pouring the contents of your pan into the bowl. Divide this weight by 4 and serve four equally weighted serves. If serving yourself, ensure each portion of korma and chicken are the same. If serving others, get your serving, and let your guests serve how they choose.

The reason why we go to the trouble of setting the chicken aside is because protein is the one macronutrient group you want to hit perfectly each day.

UNDERSTANDING DISCREPANCIES

This process can seem a little OTT at first, so keep this in mind:

When serving others, try as best as you can to ensure your serving and weighing is accurate. However, if you are prepping a dish you plan to consume entirely, there is more freedom to dish up flexibly.

If you don't have the time to remove and weigh your chicken or the finished dish, you can dish each serving by eyeballing the servings.

UNDERSTANDING DISCREPANCIES CONT'D

Dish into Tupperware containers as evenly as you can by guesstimating. This is the exception because you will consume the whole dish. When looking at macronutrients, we look at the bigger picture and analyse the macros we've consumed over an entire week.

Takeaway Message

Do you feel more confident in tracking and saving your own recipes now?

Remember, when getting started, there will be some trial and error but you will soon become a pro at tracking your own recipes!

Get creative and adapt recipes to make them your own and feel free to change them to suit your needs. Perhaps you require more fats in your diet - you can switch the reduced-fat Greek yogurt in the Chicken Korma for full fat.

Over time, you will learn more about the breakdown of ingredients you use, and may even come across more macro-friendly branded ingredients that can alter your dishes completely. You may find new brands you love or return to old favourites. When switching brands, you can simply go back into your saved recipe and change the brand!

Want to learn more about tracking? [Send us an email at support@thebod.com.au](mailto:support@thebod.com.au)