

# PACKING MACROS



# MACRO TRACKING TOOL BOX

# Here is What you Need!



ONLINE TRACKING APP



**FOOD SCALE** 



EDUCATION (Keep Reading!)

This guide will provide you with the basics on learning how to begin tracking macros.

It's no secret that tracking macronutrients is a very effective way to reach your physique goals.

*But.....where do you start?* 

In this guide, I'm going to break it down for you!





### First of all, what are macronutrients?

Macronutrients are: Carbs, Fat, and Protein. They make up our food, and your body needs them in large amounts in order to function properly.

Many eating plans focus on changing the amount of carbohydrate, fat & protein in your diet. And this is because manipulating how much of them you eat can have a big impact on your body composition.

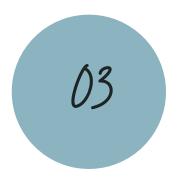
No healthy eating plan should totally restrict any of the macronutrients, as your body needs them to perform certain functions.



### What does "tracking macros" actually mean?

The term tracking macros means that you are logging your food in an app (such as My Fitness Pal). And rather than focusing on your overall calories, you are aiming to hit a particular number each day for Carbs, Fat, and Protein.

Tracking macros is not the same as counting calories. Counting calories alone won't tell you the balance of fat, carbohydrates and protein in the food that you eat, which is important!



### Why should you track macros?

Learning how to track macros is one of the best and most effective ways of gaining control over your physique for life.

There is a learning curve to becoming consistent with tracking macros. It won't feel easy at first. But the more you practice and the more you plan ahead, the easier it becomes. And once you have mastered it, you'll have a clear understanding of how much food your body needs in order to thrive!

You'll find that, over time, there will be no more guessing how much food your body needs in order to grow lean tissue, or burn body fat, because you'll know exactly how much to eat for your goals.

And you don't have to track macros forever, but the reality of changing your physique is that you need to first bring awareness to your current habits, and then get specific in regards to what you need to change in order to move towards your goals.

Tracking macros is a great tool for this!

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# WHEN YOU SHOULD SERIOUSLY CONSIDER TRACKING MACROS

If you feel like you're doing everything right, but still not seeing results.

If you have specific fat loss or muscle gain goals.

If you are looking for a way of eating that does not eliminate foods or food groups.

If you want to gain awareness around what it takes to fuel your body.

If you enjoy structure and planning ahead.

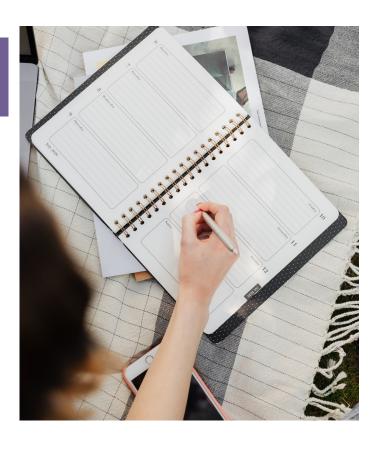
# TRACKING MACROS MAY NOT BE THE BEST OPTION FOR YOU IF:

You've tried it in the past and it has led to an unhealthy relationship with food.

You aren't looking to lose fat or gain muscle (looking to maintain your physique)

You **HATE** numbers.

Tracking your food leads to unhealthy binges or other disordered eating patterns.





# CARBOHYDRATES



Carbohydrates, or carbs, are your body's primary source of fuel. They provide energy to your muscles during movement and exercise.

Not only do carbs fuel your muscles during activity, but they also fuel your brain, play an important role in digestive health, help to control cortisol levels, and can help regulate blood sugar.

### My recommendation for carbs

Your carbohydrate intake can range anywhere from 45%-65% of your daily total calories. Individual needs vary depending on goals, gender, age, activity level, and medical conditions.

### The best sources of carbs are:

Fruit, Vegetables, Quinoa, Beans, Whole grain bread, Oatmeal, Black or brown rice, Buckwheat, Sweet Potato

# Chapter 2 FAT

Fat is vital for your body as an energy reserve, for absorption & transport of fat & soluble vitamins, proper hormone function, and also for insulation & protection of your organs. 1 gram of fat contains 9 calories.

# My recommendation for fat

About 20%-35% of your daily total calories should come from fat. Individual needs vary depending on goals, gender, age, activity level, and medical conditions.

### The best sources of Fat are:

- Avocados
- Whole eggs
- Fatty fish
- Olive oil
- Coconut oil
- Walnuts
- Almonds
- Chia seeds
- Almond butter
- Fish oil



Protein provides structure to muscle, hair, nails, bones, ligaments, organs and blood plasma.

#3

Proteins are also involved in metabolic, hormonal, and enzyme systems.

1 gram of protein contains 4 calories.

# Chapter 3 PROTEIN

### My recommendation for protein

A good starting place for protein is 10-35% of your daily total calories. Individual needs vary depending on level of leanness, goals & activity level.



### The best sources of protein are:

- Chicken Lean steak
- 95/5 ground beef
- Tuna
- Salmon
- Turkey
- Egg whites
- Tofu
- Tempeh
- Protein powder can be used as a supplement





# COMMON FOODS AND THEIR APPROXIMATE MACRONUTRIENT COUNTS

### **PROTEIN**

Skinless chicken breast (4oz) 23g of protein, Tuna (water packed - 5oz can)
28g of protein, Wild caught Salmon (4oz) 15g of protein, Extra lean ground
beef (4oz) 24g of protein, Egg whites (3) 11g of protein, Sirloin Steak (4oz)
35g of protein, Shrimp (3oz) 18g of protein, Tofu (3oz firm) 14g of protein,
Tempeh (3oz) 8g of protein, Ground turkey (4oz) 25g of protein

### **CARBS**

Sweet potatoes (4oz, raw) 23g of carbs, Oats (1/2cup dry) 27g of carbs,

Quinoa (1/4cup dry) 31g of carbs, White rice (1/4cup dry) 40g of carbs, White

potatoes (4oz, raw) 20g of carbs, Black beans (4oz) 20g carbs, Chickpeas

(4oz) 25g of carbs, Apple (4oz) 16g of carbs, Banana (4oz) 26g of carbs,

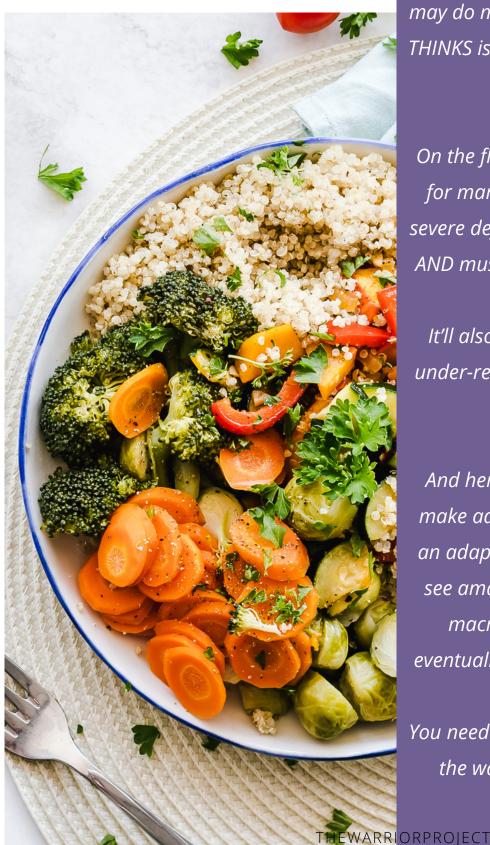
Blueberries (4oz) 16g of carbs, Blackberries (4oz) 11g of carbs, Strawberries

(4oz) 9g of carbs, Peach (4oz) 11g of carbs, Mango (4oz) 17g of carbs

### **FAT**

Natural almond butter (2tbsp) 16g of fat, Natural peanut butter (2tbsp) 16g of fat, Olive oil (1tbsp) 14g of fat, Coconut oil (1tbsp) 14g of fat, Avocado (3oz) 13g of fat, Walnuts (1oz) 18g of fat, Almonds (1oz) 15g of fat, Whole egg 5g of fat, Dark Chocolate (1oz) 11g of fat, Chia Seeds (1oz) 9g of fat

# SO, WHERE DO YOU START?



Have you been on a diet for the past 10 years?

Are you a chronic under-eater?

If so, the calorie deficit MFP sets for you may do more harm than good. OR what it THINKS is a deficit for you may actually be a calorie surplus.

On the flip side, if you've been overeating for many years, MFP may put you in a severe deficit, which will lead to loss of fat AND muscle (losing muscle mass is not a good thing)

It'll also leave you feeling unenergized, under-recovered, under-performing, and moody.

And here's the real kicker, MFP doesn't make adjustments for you. Your body is an adaptation machine, and even if you see amazing results on your first set of macros from MFP, your body will eventually adapt, and progress will stall.

You need to be making adjustments along the way in order to continue seeing results!

So if you shouldn't use the macros MFP sets for you, where should you start??

Your first step to tracking macros should always be: Becoming aware of your current habits

Tracking your food for 1 to 2 weeks before setting a macro goal will be extremely beneficial. Do not change your eating habits during this time! understand what your regular diet looks like. Are you maintaining, gaining, losing?

So before you put all of your faith into the macros MFP pulls out of thin air, track a couple of weeks worth of food and be sure to **eat as you normally would.** This way, you can find YOUR true maintenance calories.

Once you know the number of calories it takes to keep you weight stable, you can adjust from there!

### Other Basics of Tracking Macros:



Use a food scale

3 servings per container Serving size      2/3 cu	ıp (55g)
Amount per serving Calories	230
% D	aily Value
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Have the ability to read nutrition labels



Take time to plan ahead in your food tracking app

# HOW TO READ A NUTRITION LABEL

**Nutrition Facts** Serving Size 1/2 cup dry (40 g) Servings Per container: 13 Amount Per Serving Calories 150 Calories from Fat 25 % Daily Value Total Fat 3 g 2% Saturated Fat 0.5 g Trans Fat 0 g 0% 0% Cholesterol 0 mg Sodium 0 mg 09 Total Carbohydrate 27 g 99 15% Dietary Fiber 4 g Sugars 1 g Protein 5 a Vitamin A 0% 0% Vitamin C Calcium 09 Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. 2,000 Calories: 2,500 Total Fat Less than 65 g 80 g 25 g Sat Fat Less than 20 g Cholesterol Less than 300 mg 300 mg Sodium Less than 2,400 mg 2,400 mg Total Carbohydrate 300 g 375 g Dietary Fiber 25 g

Accuracy is important when you're tracking macros, so it's important that you understand how to read a nutrition facts label.

Always make sure you're
paying attention to the
serving size, and recording
the correct # of servings
that you consume into your
food log. (A food scale will
provide the most accurate
numbers, but it is not
necessary)

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## MY FITNESS PAL TRACKING TIPS

If you're brand new to My Fitness Pal, learning the app may feel overwhelming at first. But just like anything, you'll get better at it the more you use it! I suggest sitting down with the app and playing around with it to get to know the software. Practice searching for different foods and making sure you know how to change the serving sizes.

Track your food when you consume it, or better yet, track your food BEFORE you consume it. If you're waiting until the next day to track what you ate, you will never remember what and how much you ate.



ENERGY	565kJ	2260kJ	0.2
PROTEIN	1.5g	5.9g	
FAT - TOTAL - SATURATED - TRANS - POLYUNSATURATED - MONOUNSATURATED	8.5g 3.9g 0.0g 0.9g 3.8g	33.9g 15.5g 0.0g 3.4g 15.0g	16%
CHOLESTEROL	0.0mg	0.0mg	a
CARBOHYDRATE - TOTAL - SUGARS	13.3g 1.0g	53.1g 3.9g	4% 1.1%
DIETARY FIBRE	0.7g	2.7g	2%
SODIUM	193mg	770mg	2 samu 8%
POTASSIUM	338mg	1350mg	alanny
All values are considered avera *Percentage Daily Intakes are ba			

**Scan ingredients from packages.** Anytime you're eating something from a package, you can scan the barcode right into MFP via your phone camera and the nutritional value of that food will pop right into your food log. Just go to add a food, and click the scanner over to the right of the search box!

Copy meals. Do you repeat meals often? If so, you'll want to learn how to use this feature. For example, if you eat the same thing each day for lunch, input it into your food log once, and you can use the "copy" feature to copy that exact meal to another day. Just click the 3 dots to the right of your meal, and copy it over!



**Be 100% honest.** Track everything. It's easy to find yourself wanting to deny certain actions, but this is only impeding your results. Tracking everything will also make you much more aware of the BLT's (bites, licks and tastes) that you may be sneaking throughout the day. They add up!





Turn your phone to landscape mode (turn it the long way) to see nutritional facts. Although you can see an item's nutritional facts by clicking on it in your diary, you can also find this information by flipping your phone to landscape mode. Calories, carbs, fat, protein, sugar, and sodium will appear to the right of the food.

Save your favorite recipes. Love to create new and fun meals? Save them in MFP to ensure they are super easy to track! To do this, log every ingredient that goes into your recipe, then click the 3 dots underneath your meal and select "save as a meal". Give your meal a name, and save it. Next time you make it, search for this meal and you won't have to enter every single ingredient.



### FAQ

### Do I really need a food scale?

Tracking food is not a perfect science, but it's important to be as accurate as possible, and using a food scale is the best way to do this. Even with measuring cups, it's easy to overestimate or under-estimate. Now, don't bring your food scale into a restaurant or to Thanksgiving dinner. But when you are preparing your meals and have control over the ingredients, it's more accurate to use the food scale! However, use the best method for you and don't stress if you dont want to weight out your foods!



### What about restaurants??

First, look to see if the restaurant you're going to shows nutritional info. More and more restaurants are doing this!

If it doesn't, don't sweat it. The more you weigh things and cook at home, the better you'll get at eye-balling things when you're out to eat. And always remember that it's what you do MOST of the time that counts. One meal is not going to ruin all of your progress.



### How do I track recipes in MFP?

Just because you're tracking macros doesn't mean you should shy away from creating delicious meals! But it is important that you're tracking your meals as accurately as possible.



### Do I need to count calories?

If you have goals set for carbs, fat, and protein, there is no need to count calories. This is due to the fact that your macronutrients are what make up your calories. By having a balance of macros based on your recommended calories you will hit your goals without having to count calories.



### Can I count calories instead of macros?

You can, but results will be better if you're paying close attention to the composition of your calories. Meaning that you're eating an appropriate macro-split.



### Should I use an online calorie calculator to determine my calorie needs?

You can, but remember, online calorie calculators are just an estimation. They don't know YOU. They offer generalized recommendations.

### FAQ

### Do I need to hit my macros spot on?

You will drive yourself crazy if you try to hit your macros to the T. Aim to be within 10g of your carbohydrate and protein goal, and within 5g of your fat goal MOST of the time.

Perfection is not required, but if you want to get good results, consistency is.



### What if I can't hit my protein goal?

One of the most common issues I see with clients coming into my nutrition coaching program is that they are undereating protein.

And if you aren't getting enough protein, it's going to be nearly impossible to change your body composition. If you have a difficult time getting in 10-35% of calories in protein, refer to this for some tips on ways to increase your protein intake!



### How do I track alcohol?

Cheers to that!

The cool thing about tracking macros is that you can make anything fit. Even a nice refreshing glass of wine! Alcohol is actually the 4th macronutrient, but you won't find it on a nutrition label. For example, White Claw is 100 calories but only shows 2g of carbs (because alcohol is not listed). Your body digests alcohol similar to the way it digests fat and carbohydrates. The most accurate way to track it is to create a manual entry, which I explain how to do here.



### How often should I change my macro goals?

It depends! I know this isn't what you wanted to hear, but it really depends on your goals, how patient (or impatient) you are, and your biofeedback (energy levels, motivation, gym performance, sleep, hunger levels, etc)

However, it's important not to jump the gun. Before you make any changes, ask yourself: - have I been consistent in hitting my macros goals for at least 3-4 weeks in a row? Be honest with yourself here. -have I been tracking accurately? Even including the BLT's?

(bites, licks, and tastes)

If you can honestly answer both of these questions with a YES, it may be time to change things up. The changes that you would need to make go beyond the scope of this guide, as it depends on many different things!



### Should I weigh meat cooked or raw?

Meat loses a lot of water and juices as we cook it, therefore will weigh less in it's cooked form. There is a lot of debate on the topic of weighing your meat cooked vs raw, and the general consensus is that it should be weighed in its raw form. However, this isn't always possible. To keep it simple, search for exactly what you want to find in My Fitness Pal. Example: "raw chicken", or "cooked beef 85%", or "raw sockeye salmon" or if it's already cooked, search "cooked sockeye salmon". There are tons and tons of entries in MFP, so be as descriptive as possible, which will allow for the most consistency.



When first starting out, tracking macros can seem overwhelming. However, following the steps above can streamline the process for you.

The most important steps in counting macros are to determine your current habits, set a calorie goal for yourself, and then determine macronutrient needs.

Then, log your food intake and aim to be as consistent as possible, without stressing about perfection!

Plan ahead! I suggest planning your day in advance to ensure you are meeting your macronutrient goals.

Before you know it, tracking macros will feel natural!

THE BOTTOM LINE 14 If you're feeling overwhelmed, please reach out to me! You can also click here to inquire about coaching.