



MACROS 101





MACROS 101

INTRODUCTION + DISCLAIMER	02
INTRO TO MACROS + MACROS TRACKING	03
HOW TO SET YOUR STARTING MACROS + WORKSHEET	04
WHY WE PLAN MACROS IN ADVANCE + WHY WE TRACK MACROS IN GRAMS	07
MEAL PREP & HOW TO PUT TOGETHER A MACRO MEAL	08
HOW TO ADJUST YOUR MACROS & CARDIO WHEN YOU STALL	09
DEALING WITH HUNGER	11
DEALING WITH CRAVINGS	12
PLANNING MACROS FOR DINING OUT & SOCIAL EVENTS	13
MACROS WHILE TRAVELING	17
HOW TO CONVERT RECIPES INTO GRAMS	18
FITTING MACROS INTO FAMILY LIFE	19

BEYOND BEFORE AND AFTER: MACROS 101

INTRODUCTION

Welcome to Macros 101! If you've ever wondered how to achieve your health and fitness goals while still enjoying the foods you love, you're in the right place.

Macro counting, also known as flexible dieting, is a popular and effective approach that empowers you to take control of your nutrition and make sustainable lifestyle changes.

In this comprehensive guide, I aim to demystify the world of macro counting and equip you with the knowledge and tools you need to succeed. Macros, short for macronutrients, refer to the three essential components of your diet: carbohydrates, proteins, and fats. By understanding and planning/tracking these macronutrients, you can create a customized meal plan that aligns with your goals and for most of you starting here with me, that goal will be weight loss/fat loss (I will use those terms interchangeably throughout this guide).

My aim with this written guide and accompanying video guide in the app is to simplify the process and eliminate any confusion surrounding macro counting. I have worked to give you as much information on how I work with macros with my clients, and I've also provided step-by-step instructions on calculating your starting macros, and you'll learn how to set realistic targets and make adjustments along the way, ensuring you stay on track to achieve your desired results.

This guide will not promote restrictive diets or fads; instead, it encourages you to enjoy a wide variety of foods while remaining mindful of your macro intake. I'll share valuable tips on making balanced food choices, navigating restaurant menus, and handling social situations without feeling overwhelmed or deprived.

To complement your journey, we'll explore the importance of hydration, and address common challenges beginners face and offer strategies to overcome them, ensuring you stay motivated and committed to your macro counting journey.

By the end of this guide, you will be well-equipped with the knowledge and confidence to embrace macro counting as a sustainable and effective way to optimize your nutrition and take charge of your health and fitness goals!

DISCLAIMER

The information provided in this guide to macro counting is intended for educational purposes only and is not a substitute for professional medical or nutritional advice.

The content within this guide is based on general principles and may not be suitable for everyone.

Before making any significant changes to your diet or exercise routine, it is essential to consult with a qualified healthcare professional or a registered dietitian.

The author and publisher of this guide disclaim any liability or responsibility for any adverse effects or consequences resulting from the use or application of the information presented herein. Individual results may vary, and success in macro counting depends on various factors, including but not limited to personal compliance, lifestyle choices, and pre-existing health conditions.

By using this guide, you acknowledge and accept the inherent risks involved and agree to release the author and publisher from any claims or damages that may arise.

Always prioritize your health and safety and seek personalized guidance before undertaking any dietary or lifestyle changes.

INTRO TO MACROS +MACRO TRACKING

INTRO TO MACROS +MACRO TRACKING

Let's start with an overview of what the three macros are and a very high-level overview of their functions in the body:

- 1. **Protein:** the building block of muscle and body tissue, hormone production, and a healthy immune system.
- 2. **Carbohydrates:** energy source for the body.
- 3. **Fat:** assists in the production of hormones, cell growth, and stored energy for the body.

Macro **quantity** is measured in grams. If you look at a nutrition label, you will see that for a specified amount of food, there are a certain number of "grams" of protein, carbs and fat.

This is NOT the weight of the food; this is the **quantity** of each macro.

Each gram of a macro has a certain amount of calories:

1g of protein

=

4 calories

1g of carbs

=

4 calories

1g of fat

=

9 calories

For example, **100g weight** of chicken breast = **30g of protein**= **120 calories**. (4 calories x 30g = 120 calories).

Note: 100g is the weight of chicken breast that goes on your plate to give you 30g of protein as the quantity of protein.

WHICH FOODS CONTAIN WHAT MACROS?

Protein Sources	Carb Sources	Fat Sources
<div><div>HIGH PROTEIN / LOW FAT</div><div>EGG WHITE</div><div>SEAFOOD</div><div>WHITE FISH</div><div>TUNA</div><div>CHICKEN BREAST</div><div>99% LEAN GROUND TURKEY</div><div>PORK TENDERLOIN</div><div>97% LEAN BEEF</div><div>COTTAGE CHEESE</div><div>GREEK YOGURT</div><div>PROTEIN POWDER</div></div>	<div><div>VEGETABLES:</div><div>ALL VEGETABLES</div></div> <div><div>FRUIT :</div><div>ALL FRUIT</div></div> <div><div>STARCH:</div><div>POTATO</div><div>RICE</div><div>OATMEAL</div><div>RICE NOODLES</div><div>QUINOA</div><div>POLENTA</div><div>BREAD</div><div>PASTA</div><div>CEREAL</div></div> <div><div>LEGUMES:</div><div>BEANS</div><div>LENTILS</div><div>CHICKPEAS</div><div>PEAS</div></div>	<div><div>AVOCADO</div><div>FATTY CHEESES</div><div>BUTTER</div><div>GHEE</div><div>NUTS</div><div>NUT BUTTERS</div><div>OILS</div></div>

HOW TO SET YOUR STARTING MACROS

EXAMPLE OF HOW TO CALCULATE YOUR STARTING MACROS!

Jane Smith is 5' 3" and 150lbs - she knows that being 125lbs is her HEALTHY and REALISTIC goal weight.

JANE USED [THIS WEBSITE](#) TO FIGURE OUT HER HEALTHY BODYWEIGHT RANGE:

Jane tracked her food for a week and discovered that she eats an average of **1600 calories daily** coming from:

- 110g protein
- 130g carbohydrates
- 70g fat

110g protein - every gram of protein has 4 calories, so 110g protein = 440 calories

130g carbohydrates - every gram of carbohydrate has 4 calories, so 130g carbs = 520 calories

70g fat - every gram of fat has 9 calories, so 70g fats = 711 calories

440 calories from protein + 520 calories from carbs + 711 calories from fats = 1671 calories per day (rounded down to 1600 calories).

First, Jane will calculate her protein for the day within a range of 1g to 1.25g of protein per pound of GOAL body weight.

Second, Jane will calculate her daily fat allotment based on the range of 0.2g-0.4g of fat per pound of GOAL body weight.

Third, the carbohydrates will fill in the remainder of her daily calories.

PROTEIN: She is going to start her protein at 140 grams per day (125lbs x 1.1)

She discovered through tracking her current food for a week that she only consumes on average, 110g of protein per day, so starting her macros at 140g per day is a small but meaningful adjustment. It isn't a crazy bump up from what she is currently eating.

FAT: She calculates her total daily fat macros next - 125lbs x 0.4 = 50g of fat per day.

This is a reasonable place to start her daily fat total because she discovered through tracking her food for a week that she currently eats 70g of fat per day.

Changing her fat to 50g/day is a reasonable change/decrease.

HOW TO SET YOUR STARTING MACROS

(CONTINUED)

So far we have:

140g of protein per day
50g of fat per day

Each gram of protein = 4 calories
Each gram of fat = 9 calories

$140\text{g} \times 4 = 560$ calories from protein
 $50\text{g} \times 9 = 450$ calories from fat

$560 \text{ calories} + 450 \text{ calories} = 1010$ calories of fat and protein

Jane's starting calories are supposed to be 1600 calories, so we make up the rest of the calories with carbohydrates!

1600 total daily calories needed
1010 calories so far of fat & protein

Difference of 590 calories which we will allot to carbohydrates

One gram of carbohydrates = 4 calories, so we do the math below:

$590 \text{ divided by } 4 = 147.5$ (which I would round UP to 150)

Jane Smith's beginning macros end up being:

- 1610 Calories
- 140g Protein
- 150g Carbohydrates
- 50g Fat

WORKSHEET

CALCULATE YOUR STARTING MACROS!

First, track your calories for a week to determine your daily intake.

My average daily caloric intake is _____ calories.

Determine your healthy body weight [HERE](#).

My healthy and realistic goal body weight is _____lbs.

PROTEIN CALCULATION:

What is your GOAL body weight? _____

Now multiply that number by 1 to 1.25 _____ = your starting daily protein amount.

FAT CALCULATION:

Now multiply your GOAL weight by 0.2-0.4 _____ = your starting daily fat amount.

NOW CALCULATE CALORIES FROM PROTEIN & FAT:

Each gram of protein = 4 calories

Each gram of fat = 9 calories

_____ (daily protein amount) x 4 = _____ calories from protein

_____ (daily fat amount) x 9 = _____ calories from fat

_____ protein calories + _____ fat calories = _____ calories of fat and protein.

_____ total daily calories

Subtract _____ calories calculated above from fat & protein

Difference of _____ calories which we will allot to **carbohydrates**.

One gram of carbohydrates = 4 calories, so we do the math below:

_____ (calorie difference) divided by 4 = _____ (round up if decimal) = amount of daily carbohydrates to start.

Your beginning macros end up being:

_____ Calories

_____ g Protein

_____ g Carbohydrates

_____ g Fat

WHY WE PLAN MACROS

WHY WE PLAN MACROS IN ADVANCE AS OPPOSED TO TRACKING AS WE GO

Planning your daily macros and meals in advance (ideally the night before at the latest) ensures that you have a nutrition map laid out for yourself each and every day.

Think of it this way: if you are going on a road trip from New York to Los Angeles, there are numerous ways that you can get there.

But if you've never done the drive before, you would absolutely plan the trip instead of just winging it and hoping that you get to your destination.

Planning macros in advance as opposed to tracking as you go is the same concept. It allows you to enjoy your favourite foods while still staying aligned with your goals and your ultimate fitness or physique destination.

It is like writing nutrition love letter to your future self! It sets you up for success day after day, and makes the journey more enjoyable and much less stressful!

WHY WE TRACK IN GRAMS AND HOW TO USE A FOOD SCALE

Grams are the smallest and most consistent measurements we can use to know how much to put on our plate. Instead of using tablespoons, ounces, or serving sizes; weighing our food in **grams** is a consistent unit of measurement for all foods.

Measuring in grams also helps us be as specific in our measuring as possible. We are all pretty terrible at measuring a consistent "tablespoon", for example. They can become rounded tablespoons very easily :)

HOW TO USE A FOOD SCALE:

1. Select grams as the unit of measurement
2. Place a bowl or plate onto the scale and then zero out the scale
3. Add food onto a plate or into the bowl and measure out how many grams of that food you need.

MEAL PREP & HOW TO PUT TOGETHER A BASIC MACRO MEAL

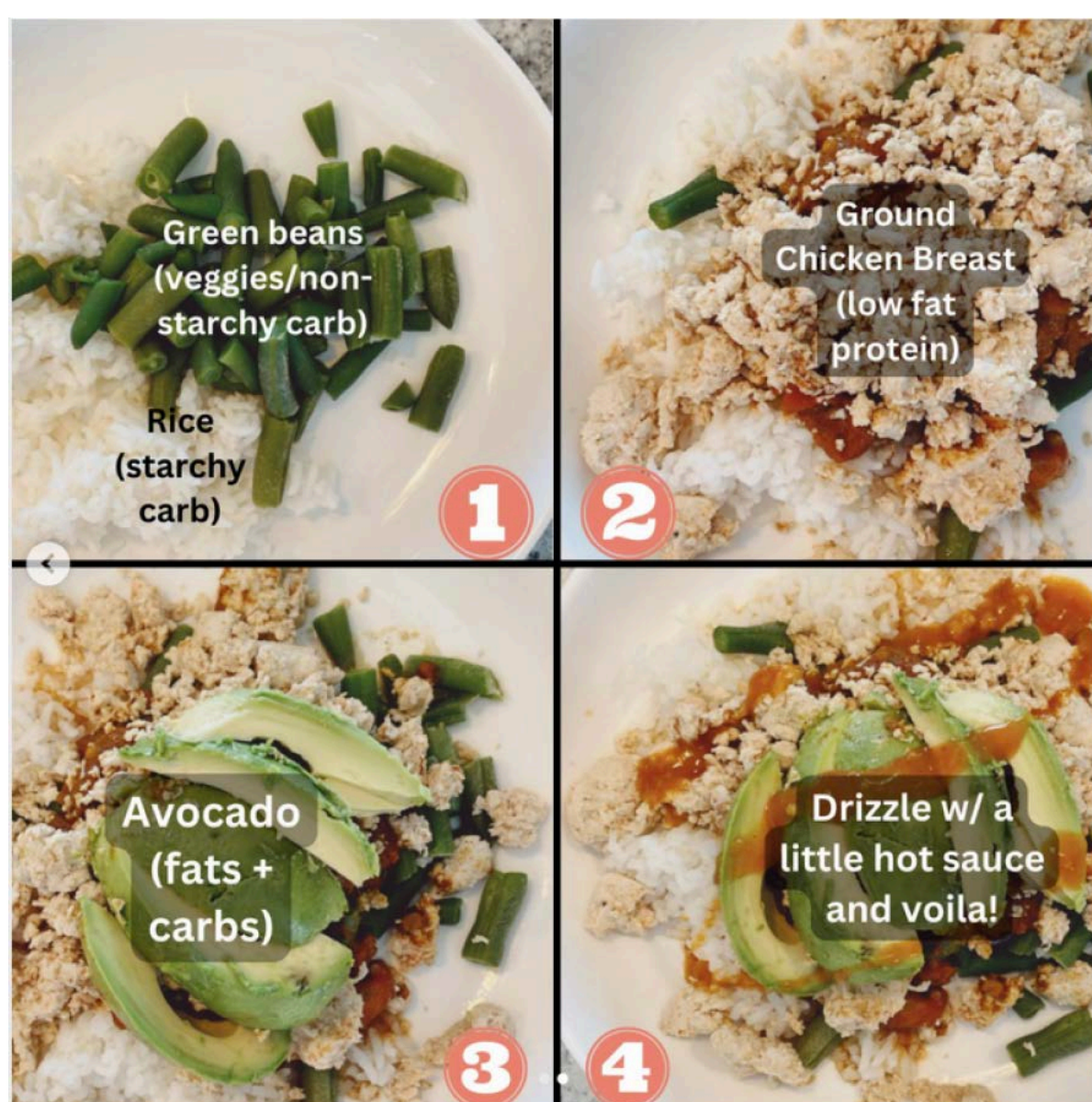
MASSIVE MEAL PREP VIDEO!



SCAN QR CODE TO WATCH HOW I MEAL PREP FOR 3-6 WEEKS IN 1 HOUR!



MACRO PLANNING GUIDELINES:



1. INPUT YOUR CARBS FIRST

Carb sources often have some protein in them too.

2. INPUT YOUR PROTEIN SECOND

Protein sources often have some fat in them too.

3. INPUT YOUR FAT THIRD AND LAST

This will round out your meal!

4. KEEP IT SIMPLE!

Stick to 3-5 ingredients per meal to start. Even as far along in my journey as I am, I still stick to this principle!

EXAMPLE: refer to the photo to the left:

- White rice (starchy carb)
- Green beans (vegetable, non-starchy carb)
- Ground chicken (protein and some fat)
- Avocado (fat and some carbs)
- Drizzle with 10g sugar-free bbq sauce and 10g hot sauce

Done!

HOW TO ADJUST YOUR MACROS & CARDIO WHEN YOU STALL

When your fat loss progress stalls (defined as no weight loss in 4-5 days), you need to change your macros and/or cardio on the 5th day to encourage continued weight loss.

First, I want to tell you that if your progress has stalled, **YOU HAVE NOT FAILED!** Stalling is an inevitable part of the process so please do not take interpret it as a personal failure. Some of my clients have 3-4 macro changes during a fat loss phase, and some can have as many as 10-12! There is no perfect set of macros for anyone; they must keep evolving. The important thing is that you track your data and make simple changes when necessary.

This leads me to the second point: absolutely do not under any circumstances slash and burn your calories by extreme amounts OR add hours to your cardio sessions. This will not make your weight loss go faster. It is only a recipe for disaster/injury/extreme hunger/pain and suffering. As I mentioned in the accompanying video our goal, because a fat-loss phase is a marathon, not a sprint-is to do as little cardio as possible and eat as MUCH as possible while still remaining in a caloric deficit.

Some macro changes only need to be a 50 to 75 to 100 calorie per day reduction to encourage continued weight loss.

Cardio: I never increase cardio for my clients by more than 5 minutes per day at a time. It can stress the body too much, and my clients (like you) are busy women, and with cardio additions, we are adding minutes to their already busy day. I need to be judicious with those minutes!

Below are examples of how I would change Jane Smith's macros and cardio over a series of weight loss stalls.

As a refresher, Jane's starting macros were:

- 1610 Calories
- 140g Protein
- 150g Carbohydrates
- 50g Fat

Jane also started her weight loss journey with 15 minutes per day of moderate cardio.

On her first stall, I would decrease her calories by 80 calories. Those calories would come from her daily carbohydrates.

Remember that one gram of carbohydrates = 4 calories, so to reduce her daily calories from carbohydrates, I need to remove 20g of carbs per day.

JANE'S NEW DAILY MACROS BECOME:

- 1530 Calories
- 140g Protein
- 130g Carbohydrates
- 50g Fat

HOW TO ADJUST YOUR MACROS & CARDIO WHEN YOU STALL (CONTINUED)

On Jane's second stall, I would increase her daily cardio from 15 minutes per day to 20 minutes per day.

On Jane's third stall, I would decrease her calories by 45 calories. Those calories would come from her daily fat allotment.

Remember that one gram of fat = 9 calories, so to reduce her daily calories from fats, I need to remove 5g of fats per day.

Jane's new daily macros become:

- 1485 Calories
- 140g Protein
- 130g Carbohydrates
- 45g Fat

On Jane's fourth stall, I would increase her daily cardio from 20 minutes per day to 25 minutes per day.

On Jane's fifth stall, I would decrease her calories again by 80 calories. Those calories would come from her daily carbohydrates.

Remember that one gram of carbohydrates = 4 calories, so to reduce her daily calories from carbohydrates, I need to remove 20g of carbs per day.

Jane's new daily macros become:

- 1405 Calories
- 140g Protein
- 110g Carbohydrates
- 45g Fat

I hope you see the pattern here. This is a methodical and organized way for you to continue to chip away at creating a caloric deficit to encourage continued weight loss.

I want you to notice the small, incremental changes I made to her cardio and calories/macros. Small changes are easier on the body and mind and lead to a much higher success rate overall because small changes are sustainable.

I hope this was helpful, and remember that if you want to talk to a macro coach about your progress or how to adjust it, or simply talk to a knowledgeable, caring human to help answer any of your questions about macros, you can always book a call with one of our amazing macro coaches, or me, by [clicking here](#).

DEALING WITH HUNGER

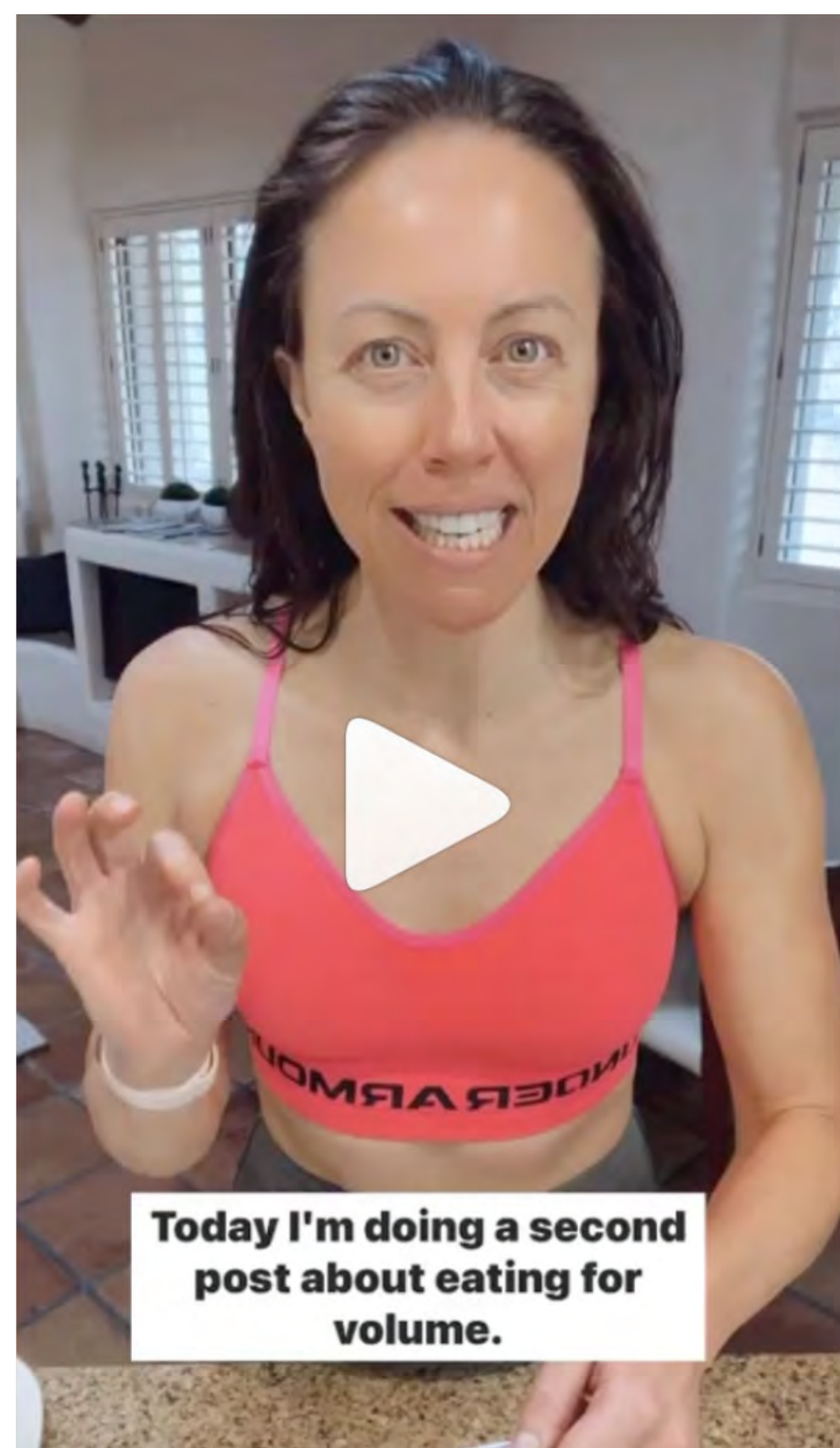
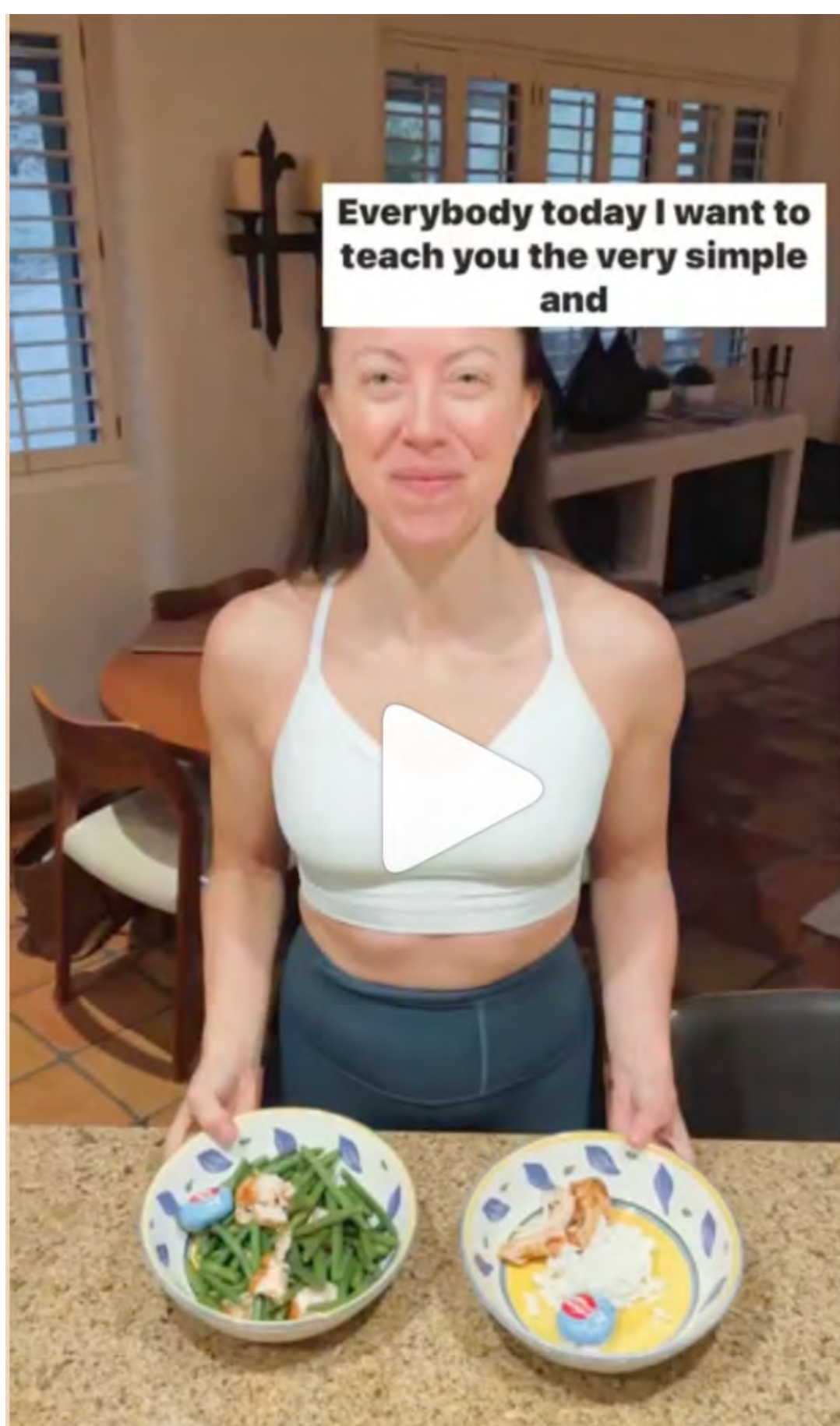
Hunger is an inevitable part of going through a fat loss phase. It is also where people trip up because they do not often have the tools to work through it.

Here are my four best tips when it comes to dealing with hunger and how to work through this feeling:

1. **Space out your meals evenly.** Space out your meals every 3-4 hours and have 4-5 meals a day. This way, you will always know when your next meal is.
2. **Learn how to make the biggest meals possible.** Eat for volume!!

Click [HERE](#) to watch a video on how to eat for volume.

Click [HERE](#) to watch the second video on how to eat for volume.
3. **WATER!!** Drink your water evenly throughout the day. Water helps regulate your hunger and aids in digestion.
4. **Strengthen your mindset** around hunger with a mantra: My go-to is, "I am safe, I am healthy, my body has everything it needs. Hunger is a sign that I am recompositioning my body."



DEALING WITH CRAVINGS

We often think that we have to white-knuckle our way through cravings when we're in a fat-loss phase. While we can't give into every food whim we please, we can get to know our cravings and become friends with them. After that, we can make them work for us and not against us.

If we pay attention most of our cravings are habit-based and quite routine. Our job then is to figure out fun and healthy ways to satisfy that craving.

An example from me is that every Friday night, after a long week at work, I always want to curl up on the couch with some pizza. Here is a way I worked with my craving to still have my Friday pizza!



I created a pizza recipe for ALL stages of my fat-loss phase: high carb, moderate carb, and low carb.

A link to my Instagram post where I lay this out in more detail is linked [HERE](#).

Another way to work with your cravings is to learn the art of delayed gratification! If you know that weekly you crave pizza, like I do, then schedule that meal into your weekly meal plan so that if you crave pizza mid-week, you can tell yourself, "I will hold off until Friday to have pizza because that is when I have it planned".

This way, you are not restricting yourself but still sticking to the plan and staying on track.

This helps prevent us from falling off and ultimately failing to reach our goals!

PLANNING MACROS FOR DINING OUT & SOCIAL EVENTS

This is an area that creates a lot of anxiety for people new to macros because it can seem really complicated, so I'm going to aim to make this as simple as possible.

First, learning how to plan your macros for dining out is a SKILL that needs to be learned, like learning to play the guitar, or learning a new language. So give yourself grace and patience as you learn.

Second, this is why it is so important that we track in grams when at home because it helps us visually learn how to better measure our food by eye when we're out.

The three reasons why most people experience anxiety around social eating while counting macros is because:

- They don't know how to plan their day around it to make progress still and hit their goals
- They don't know how to input a restaurant meal into MyMacros
- The event thrusts them back into old food habits and social situations that they are trying to break.

Let's tackle all three because I never tell my clients to skip an invitation because they are worried about any of the above.

All that is needed is a strategy and a rock-solid PLAN.

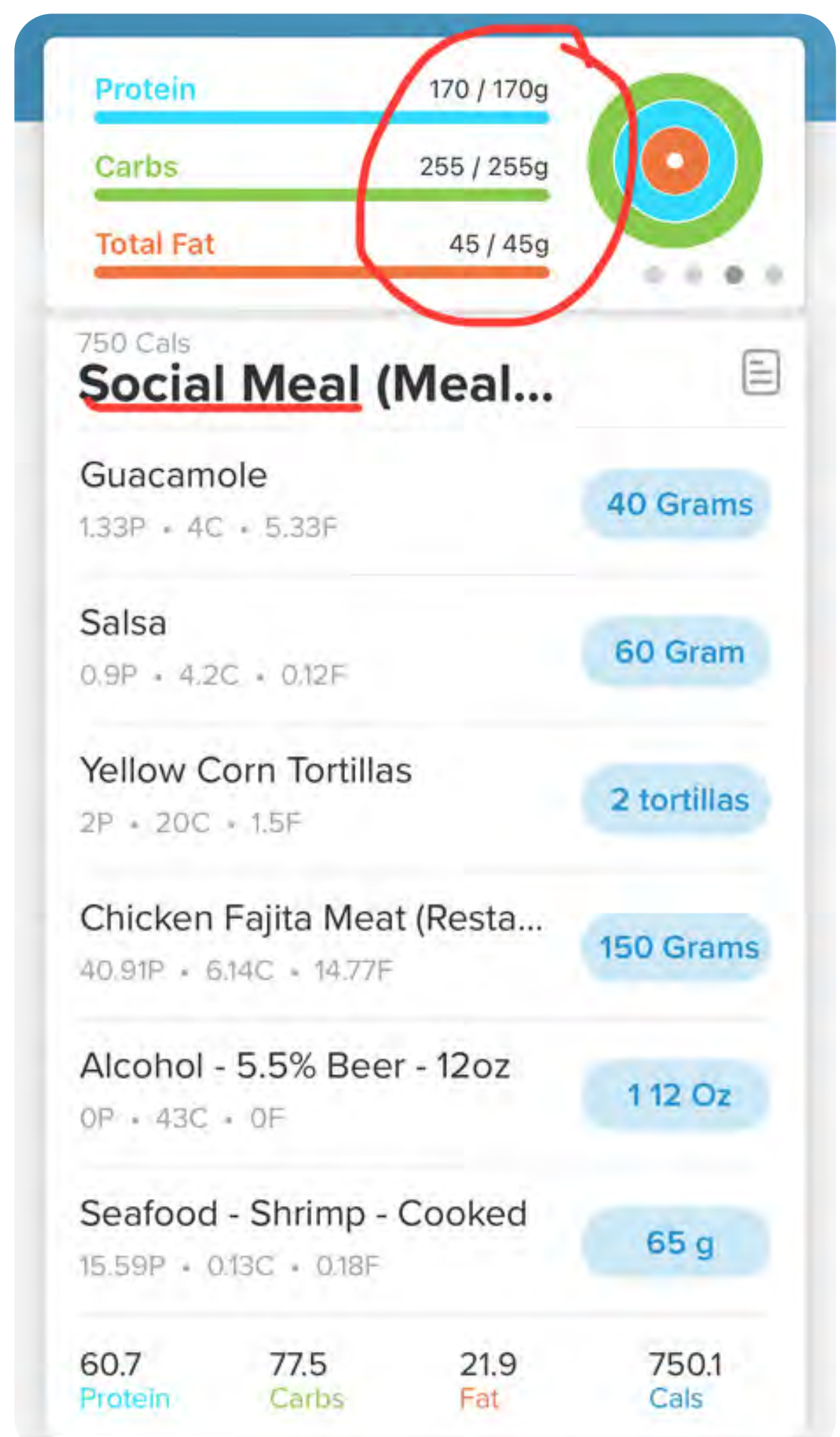
Anxiety #1:

They need to learn how to plan their day around dining out, so let's start there! How to PLAN your macros for dining out and social events.

Solution:

Decide if your meal out will be a social meal or a treat meal.

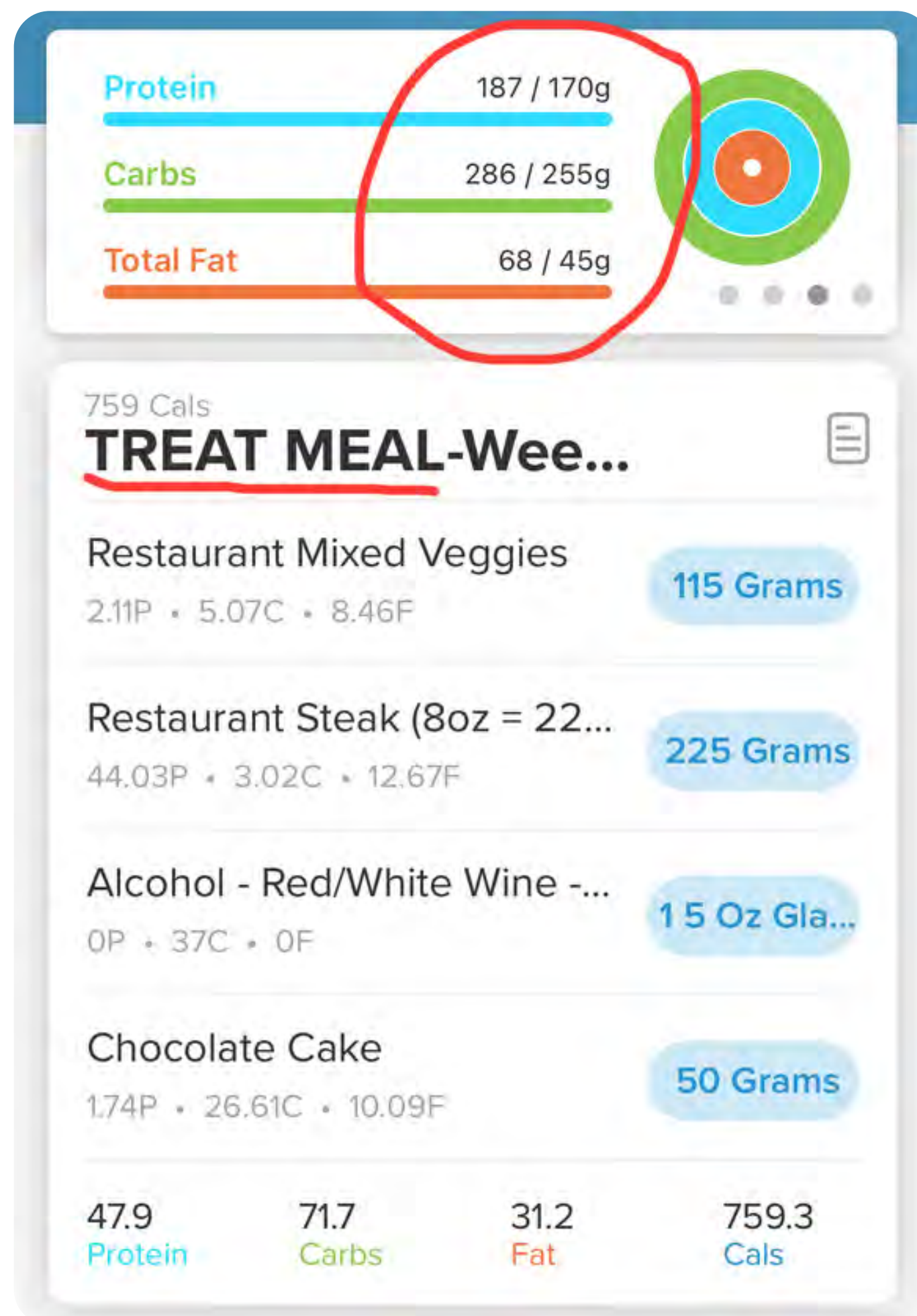
Social meal = two meals combined, and your macros stay on point for the day. If you absolutely cannot keep your macros on point for the day, at minimum you should hit your daily protein goal and calorie cap.



PLANNING MACROS FOR DINING OUT & SOCIAL EVENTS (CONTINUED)

Treat meal = double the calories for one meal (not the macros), and your macros will not line up for the day.

Find out the restaurant menu you will eat at, and then do a little research. Decide roughly what you're going to eat, look up the estimated macros on a reliable website — I use [Nutritionix.com](https://www.nutritionix.com) — and then plug the food items and their macros into your macro tracking app. Please make your best guess here since we often don't know portion sizes before going, but we'd like to plan **generously**. It's better to overestimate than under.



TRACKING MACROS WHILE DINING OUT

Once that meal is plugged in, plan the rest of your day as normal. No "saving calories" or doing extra cardio to "earn" your meal". This type of thinking and planning around social meals makes the meal feel punitive. It's not :) It's just another meal with a little more pizzaz!

Anxiety #2:

They don't know how to input a restaurant meal into their tracking app.

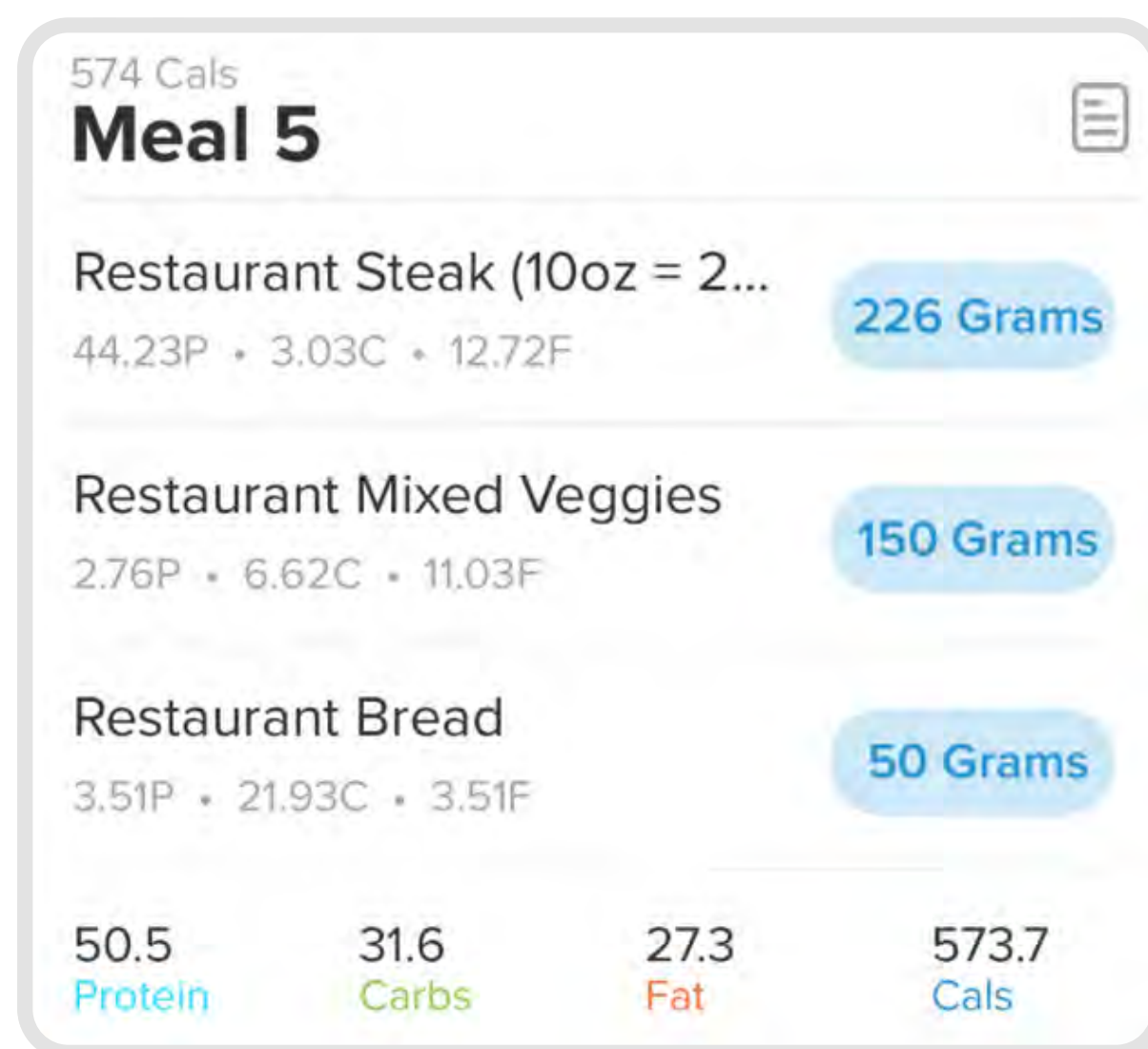
Solution: Research!

If I'm eating at a new restaurant, I'll look online for a reputable site to figure out the macros for the meal I am wanting to eat. As I mentioned above, I like the website Nutritionix.com.

Or, to make this process even easier, I'll use the restaurant's nutrition info to guide you. Most chain restaurants have this information available online — like the Keg, for example. All of their nutrition info is online.

For ease, [I've linked it here for you!](#) I will actually use this nutritional guide for a lot of my restaurant meals in general. The menu of the Keg resembles a lot of standard North American restaurants. Easy peasy!

The meal below is my standard dining-out meal, and the macros are built from the Keg menu.



Even though I rarely eat at the Keg, anything on that menu will be comparable to anything you find at a restaurant these days. And even better...it's all measured in GRAMS!

TRACKING MACROS WHILE DINING OUT

(CONTINUED)

Anxiety #3:

The event thrusts them back into old food habits that they are trying to break.

Solution: Go in with some prepared dialogue!

Friends wondering why you're not drinking or only have one glass of wine? Be prepared with some dialogue, like "I am reaching for some weight loss goals right now, and I'm feeling great, so I'm just sticking to one glass of wine tonight."

But keep the prepared dialogue full of joy and enthusiasm for your process. It will keep the energy up at the table, not make you feel apologetic for your process, and you might also be a bright light for someone else who is struggling silently.

Anxiety #4:

At a family get-together or buffet, you don't yet trust yourself not to overeat, and your eye is not good enough to eyeball how much you should put on your plate to stay on track... and you don't want to bring your scale to measure out your food in front of everyone!

Solution: Do a private dress rehearsal at home before you go!

When clients ask me if they should bring their food scale to a family get-together or holiday meal, my answer is always a visceral NO!

Should clients pack their own food and eat separate food from everyone else? Same answer — NO! (Unless it's due to Celiac disease or an allergy. Stay safe, people!)

Part of this transformation process is TRANSFORMING our relationship with events like this and TRANSFORMING our lack of trust in ourselves into one of trust.

But, all of that old data stored in your memory bank of going off the food deep-end at family functions or buffets is all you can think about.

In the early days of this work, you need to do a bit more preparation because no, you are not bringing your scale, and no, you are not bringing your own food. :)

One of the best tasks I give my clients is the task of doing a dress rehearsal at home when they are calm. A week or a few days before the event I ask them to build out a mock dinner of something that resembles what you will eat at the event.

For example, if you are going over to your in-laws for Thanksgiving dinner, put together a mock Thanksgiving dinner at home so that you can weigh all the items in advance and SEE what the plate is supposed to look like.

To do this you can use some chicken, some frozen green beans, some bread (stuffing), chopped up carrots, frozen mashed potatoes... you get the gist. You don't have to have all the exact ingredients, but I'm guessing you have much of what I mentioned above in your house. If you don't, buy inexpensive canned versions so that you can prep! Weigh it all out to fit your macros for the social meal, take a photo of it to reference the day of and BOOM! You can go into that event fully prepared, anxiety-free and without your scale at the dinner table :)

TRACKING MACROS WHILE TRAVELING

ESSENTIALS TO PACK FOR YOUR TRIP

- **TO PACK:**
 - Measuring tape — take measurements daily
 - Take a travel body weight scale if you want to — you can get good travel ones on Amazon
 - Travel food scale — again, small travel ones are available on Amazon or from a store like Walmart.
 - Protein bars
 - Protein powder & shaker cup
 - Easy pre- and post-workout meals, yogurt cups, bagels, instant oatmeal
- **OPTIONAL ADDITIONAL ITEMS I LOVE TO TRAVEL WITH:**
 - Greens supplement
 - Collagen: easy to put into coffee for extra protein
- **MEALS:**
 - You will have to follow many of the social eating guidelines that we covered in the previous pages.
 - I also strongly urge people to ALWAYS have their travel day and their FIRST vacation day planned before.

As mentioned in the accompanying video - please take a look at June 14th & 15th, 2023 for examples of how I plan my travel macros.

Yes, you must splurge a little on holidays and plan some special meals! You are on vacation; part of experiencing new places is experiencing the food! However, one of our mistakes on vacation is making EVERY night a splurge night. That doesn't have to be the case. Pick and choose wisely.

Travel and Reasonable Macro Expectations:

It is near impossible to travel and hit your macros perfectly. Vacations are about memories over macros, and there is no way I would ever introduce the expectation or stress of hitting my macros perfectly while on vacation.

What I do myself and guide my clients to do is to PRE-PLAN a vacation day, while you are still at home. See how close you can get, but in the end, aim to hit 1 gram of protein per pound of goal body weight AND cap your calories at your current calorie mark.

Mindset: Accept that it will be imperfect :) Hit your protein and calorie goals, and enjoy your vacation!

MEASUREMENTS & WEIGHT

Some of my 1:1 clients like to take a travel bodyweight scale with them on vacation to get to understand their bodies better and because they love their process, but others want to avoid weighing themselves on vacation.

My best advice, if you are in a fat-loss phase, is to take your daily measurements at a minimum.

A measuring tape is so small to pack, and this daily habit anchors you into your goals. When we go on vacation, we often get distracted from the bigger picture of our lives. Taking our measurements daily is a tangible action that begins every day on vacation and keeps us connected to our goals when so much of our daily routine is paused on vacation.

HAPPY TRAVELING!

MAKING RECIPES INTO GRAMS

One of the most stressful parts of beginning to count macros is how doing this fits into family mealtime.

As a mom or busy professional, one of the easiest ways that I know you prepare meals is by making soup, stews, casseroles, or anything else that is made in one pot.

But how do we calculate the macros when we make a big pot of something, like chili, but don't know how many "servings" the recipe ends up being?

And even so, we don't plan our macros in "serving sizes"; we plan them in GRAMS.

That makes this even more complicated, right?!

Fear not! This is actually quite easy, and it is a LIFESAVER!

The instructions to do this are outlined below and are based on the weight of the total dish because if you think about it, the food in the pot doesn't change during cooking; **it is only the weight that changes during cooking.**

So essentially, all you need to do is calculate the macros for ALL the ingredients, raw/uncooked and then weigh in GRAMS the total of the whole dish **AFTER** cooking.

Instructions for the MyMacros+ app are below, but the process will be identical in MyFitnessPal.

1. Weigh the pot/casserole dish you are going to be using for the dish in GRAMS. Write that number down!
2. Go to the "Recipes" tab in MyMacros
3. Hit "Create New Recipe"
4. Enter the name of the recipe
5. Hit "Add an Ingredient"
6. Select the ingredient — if an ingredient is not there, go back and add it to "Custom and Favs". Do this for each ingredient
7. Weigh the amount of each ingredient in grams raw/uncooked — enter that amount for each ingredient
8. At the end of cooking, weigh the entire finished product (less the weight of the pot/container)
9. Enter the total weight in grams under "Total Servings."
10. Change "Serving" to "GRAMS."
11. When ready to eat, weigh out the number of grams of the meal you need to fit your macros for that meal, and the app should calculate macros accordingly.

FITTING MACROS INTO FAMILY LIFE!

When I work with my clients, I am adamant that we find ways to make macro-based meals fit into their family life.

When we evolve into a life of fitness, it can disrupt family dynamics, so I want to help women create and develop new systems that work for the family but also help to keep them on track to their goals.

I am also very aware of how "mom being on another diet" is perceived by younger children, especially daughters.

I never, ever, ever ever want this work to contribute to a young girl's perception of what it takes to "be thin" or that "being on a diet" means being at odds with the family dynamic.

Being healthy (fitness and diet) can and should be integrated into our lives in a way that benefits us, but also benefits the small, watchful eyes that see our every move and grow up to emulate us.

LET'S MAKE IT WORK

When I started on this journey, like you, I knew I had to make macro counting work for me, but I also had to make the meals for everyone else!

Dinner time was always the most stressful, so I decided to do an experiment for a month, and it was so successful that we're now going on 3 years of this routine!

The experiment: I decided to make each night of the week a theme so that I could run my family meals on a schedule BUT put variations on them each week so they wouldn't get boring!

Below is what works for me & my family, but you can do any variation on this theme that works for you. Keep it simple and be open and honest with your family that you're trying something new and would love their input!

- **Mondays:** Chicken & rice & broccoli & avocado: changed the spices on the chicken to make it interesting
- **Tuesdays:** Taco Tuesdays!! Easy to make these macro-friendly with lots of variations available. Kids especially love this too!
- **Wednesdays:** Is a BIG salad night, with leftovers often thrown into it from Monday & Tuesday, which always make it interesting.
- **Thursdays:** Fish, veggie, mashed sweet potato; a sauce or new spices would make it interesting.
- **Friday night:** Always PIZZA NIGHT! I have lots of ways to make pizza macro-friendly and good for the whole family!
- **Saturdays:** Choose your own adventure.
- **Sundays:** Steak night! Steak BBQ with low-fat french fries done in the air fryer.

This way, my family knows what to expect but also has FUN with the variations, and I get to plan my macros like a boss. It also makes weekly meal planning and grocery shopping so much faster and less stressful!

There's always a way!

THANK YOU!



BEYOND

BEFORE AND AFTER