

A GUIDE TO CALORIE TRACKING AND MACRONUTRIENT UNDERSTANDING, WITH MEAL IDEAS TO FIT YOUR MACROS



FUNDAMENTALS FOR BODY COMPOSITION



Calories

Calories are a unit of measurement for energy. The drinks and food that we consume contain calories that our body utilises for various functions to perform daily activities.

Macronutrients

The breakdown of a calorie contains “macronutrients”. The main three are Carbohydrates, Proteins and Fats. Each macronutrient plays apart in optimising body composition and performance. Calories contained in the different

macronutrients are as follows:

- Protein - 1g = 4 Calories
- Carbohydrates - 1g = 4 Calories
- Fat - 1g = 9 Calories
- Alcohol - 1g = 7 Calories

Calorie allocation

Your daily calorie allocation is dependent on your goals and current state. This can be worked out through an EER (estimated energy requirement) calculation. EER takes into account the calories we burn throughout the day including our various bodily systems function, non-exercise activity thermogenesis (NEAT) and the level of physical activity you undertake.

NEAT

Non-exercise activity thermogenesis is the energy expenditure that we don't usually take into account. This includes activities such as eating or sports-like exercise. Think everything we do that is not sleeping ie. yard work, fidgeting and walking around. It represents a major portion of our daily energy expenditure.

It is important to consider, as it does contribute to burning calories during the day, meaning it contributes to overall weight management and health.

To Lose Weight or Fat

You will need to be in a calorie deficit. This involves calculating your EER based on your height, weight, age and activity level and consuming less calories than you are expending. A 500 calorie deficit per day means you will lose approximately 0.5kg per week. A higher deficit than this is not recommended nor is it sustainable. There are various platforms such as my fitness pal that you can download to use and track your daily caloric intake.

Protein

Protein is the most important macronutrient during weight/fat loss. Hitting your protein target will ensure you are not losing muscle and will assist you to recover from your level of activity. Protein is also satiating; this means it will make you feel fuller for longer. Always aim to hit your daily protein target.

How much protein should I eat? The below is a guide for you to calculate your daily requirement of protein.

Activity Level	Protein per kg of Body Weight
Sedentary job & no physical activity	0.8g - 1g
1-3 days moderate activity per week	1g - 1.5g
4 days or more high intensity activity per week	1.5g - 2g



Carbohydrates

Carbohydrates provide your body with an immediate energy source. It is important to time these around your physical activity while in a deficit; aim to have these around training. Minimize the consumption of dietary fats close to exercise, dietary fats will slow digestion and your bodies ability to use the carbohydrates quickly. As you may also experience bloating and indigestion during exercise. This is because during physical activity the demands of our body change and blood flow will be redirected from the digestive system to the muscles, halting digestion.

To keep it simple carbohydrates provides our body with:

- Immediate fuel supplies
- Stored energy known as glycogen
- Assists our digestive health

Carbohydrates can be split into low, medium and high glycemic index. This is based on how quick particular carbohydrates will release glucose into the blood stream. This is known as the glycemic index (GI).

Complex carbohydrates are low GI and are our starchy whole grain sources of carbohydrates. They slow the release of glucose into the blood stream and are important to be contained within a well rounded whole food nutrition plan. Timed appropriately at least 2 hours prior to training to avoid digestive upset and bloating, they are a must. These include: broccoli, legumes and full cream dairy.

Medium GI carbohydrates sit somewhere between low and high in terms of how quickly they release glucose into the blood stream. These can be taken closer to exercise than low GI carbohydrates. 1-2 hours before training

High GI carbohydrates release glucose into the blood stream quickly so are an immediate energy hit some examples are lollies, white bread and table sugar. They are best consumed about 30 minutes prior to training.

Fiber

Fiber is important to sustain regular bowel movements, aim to get 25g of fiber in daily. Fiber also has a satiating effect making you feel fuller for longer.

Dietary Fat

What role does dietary fat play?

Well it plays many roles and is essential for survival. It is crucial to regulate hunger, stores vitamins, maintains healthy cholesterol, forms outer structures of cells, essential for healthy skin, hair and nails, improves brain function and development. It has other benefits like assisting in the reduction of inflammation, increases immunity and provides the body with energy and stored energy.

Lack of dietary fat can lead to problems like hormonal imbalance, vitamin deficiencies, increase in hunger and skin problems.

Nutrition Plan

The ideal nutrition plan is the one that you are able to continue long-term. Small gradual changes are encouraged, like altering portion sizes of your favourite meals to fit your caloric needs. Your body needs carbohydrates, protein and dietary fats for healthy body functions.

Alcohol

Alcohol will limit your ability to lose weight, regulate blood glucose and increases your appetite and your risk of developing cancer, liver and heart disease.

One standard drink of alcohol contains at least 70 calories, meaning at a minimum your alcoholic beverage will contain at least 70 calories in the 10g of alcohol. It does not account for the additional calories in the other ingredients of the drink.

Please see link for guidelines on alcohol consumption:
<https://www.health.gov.au/topics/alcohol/about-alcohol/how-much-alcohol-is-safe-to-drink>

TABLE OF CONTENTS

2-3 Fundamentals of body composition

5-7 Protein Bites

8-12 Breakfast Ideas

15-24 Lunch and Dinner Ideas





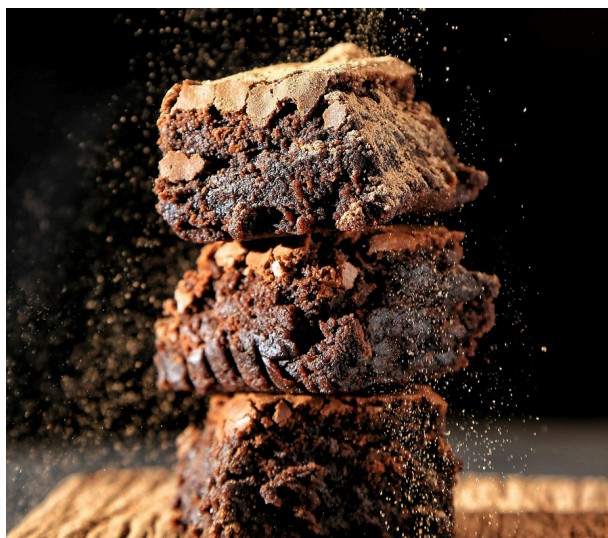
PROTEIN BITES

Quick and Easy Treats

CHOCOLATE BROWNIES

Sweet and scrumptious, these brownies make for the perfect dessert

Recipe - Serves 12



Ingredients

1 & 1/4 Cup of Oat Flour
40g of Cocoa Powder
Pinch of salt
1 tsp Baking Powder
3 Egg whites
170g Natural Greek Yoghurt
(plain or vanilla)
1/2 tsp Vanilla Extract
30ml of Milk
4 tbsp Sugar free Maple Syrup
75g Chocolate Chips (Milk or
Dark)

Directions

1. Pre-heat the oven to 190°C, line a baking tray with baking paper.
2. Whisk egg whites until white/fluffy then combine other wet ingredients.
3. In a separate bowl combine all dry ingredients. Then add all ingredients to one bowl and mix on medium for a few minutes
4. Pour into pan lined with baking paper. Place pan in oven for 15-20 minutes (this will depend on the size/shape of your pan).
5. Once cooked through test with a toothpick. Let sit and cool for 30 minutes.

RECIPE MAKES: 12

CALORIES PER BROWNIE: 101

P: 3.8G – F: 4.6G – C: 10.1G

BANANA, BLUEBERRY AND OAT CUPCAKES



Ingredients

75g of Oat Flour
56g of Protein Powder
1 tsp of Baking Powder
1/2 tsp of Baking Soda
1/2 Cup Blueberries
2 Bananas (Brown) approx. 180g
1/2 tsp of Vanilla extract
1 Egg
2 tbsp Sugar Free Maple Syrup

Directions

1. Pre-heat the oven to 170°C and line a cupcake tray with 12 cupcake liners
2. Peel bananas and place in a bowl, mash the bananas until they are in a liquid form. Add the rest of the wet ingredients to the bowl with the bananas and stir well.
3. In a separate bowl combine all the dry ingredients. Then add this to the wet ingredients, stir well.
4. Pour mixture evenly into the 12 cupcake liners. Pouring evenly ensures an accurate calorie count per cupcake.
5. Place cupcake tray in oven for 15 minutes. Once cooked stand for 30 minutes.

RECIPE MAKES: 12
CALORIES PER CUPCAKE: 61
P: 4.2G – F: 1G – C: 8.3G



BANANA BREAD

Directions

1. Pre-heat the oven to 170°C and line a baking tray with baking paper
2. Peel bananas and place in a bowl, mash the bananas until they are in a liquid form. Add the rest of the wet ingredients to the bowl with the bananas and stir well.
3. In a separate bowl combine all the dry ingredients. Then add this to the wet ingredients, stir well.
4. Pour mixture into the lined tray.
5. Place baking tray in oven for 20 minutes. Once cooked stand for 30 minutes.

Ingredients

- 75g of Oat Flour
- 56g of Protein Powder
- 1 tsp of Baking Powder
- 1/2 tsp of Baking Soda
- 2 Bananas (Brown) approx. 220g
- 1/2 tsp of Vanilla extract
- 1 Egg
- 2 tbsp Sugar Free Maple Syrup

RECIPE MAKES: 8
CALORIES PER SLICE: 100
P: 7G – F: 2.1G – C: 14.2G

OAT & BERRY MUFFIN



Ingredients

1 tsp Baking Powder
1 tsp Ground cinnamon
1 tsp baking soda
85g Rolled Oats
156g Plain Flour
1 Egg
1 tsp Vanilla extract
85g Greek/Natural Yoghurt
(Farmers Union)
4 tbsp Steeves Sugar Free maple
syrup
150g Mixed berries
165ml Milk of choice

Directions

1. Combine Rolled Oats with milk and set aside to soak for 20 minutes. Pre-heat oven to 210°C.
2. Combine all dry ingredients into a bowl set aside.
3. Combine and stir all wet ingredients into a bowl (not the berries or oats yet)
4. Combine the bowl of wet and dry ingredients mix well.
5. Fold the oats and berries into the mixture.
6. Spray or line muffin tray then pour mixture evenly across 10 of the muffin spots. Ensure you oil the tray well or use cupcake holders within the pan.
7. Place into the oven for 5 minutes at 210°C. Then turn the oven down to 175°C. and bake between 12-16 minutes. Test the muffins with a skewer (it should come out mostly clean once done).
8. Remove muffin tray from oven and let cool for an hour.

RECIPE MAKES: 10
CALORIES PER CUPCAKE: 118
P: 4.2G – F: 2.8G – C: 21G



Breakfast

CHOCOLATE OATMEAL BAKE

You'll be surprised at how conveniently you can make this at home.

Ingredients

90g Rolled oats

250ml Milk

15g Cocoa powder

125g Vanilla Yopro yoghurt

¼ tsp Baking powder

25g Cadbury baking Milk chocolate chips

2 tbsp sugar free maple syrup



Directions

1. Pre-heat oven to 175°C.
2. Combine all ingredients into a bowl except for the chocolate chips. Mix together.
3. Pour into an oven safe dish and place in oven for 25 minutes.
4. Once cooked, let it cool for at least 30 minutes, it will still be jiggly in its consistency.
5. Place chocolate chips on top.
6. Place in fridge and eat later/next day.

RECIPE MAKES: 2
CALORIES PER SERVE: 359
P: 18G – F: 12G – C: 55G

FRENCH TOAST

Ingredients

3 Slices of Helga's low calorie bread.

1 Banana

1 Egg

50g Egg whites

½ tsp vanilla extract

125ml milk

Toppings:

80g Vanilla Protein Yoghurt

Sugar free maple syrup

30g raspberries

30g blueberries

40g strawberries



Directions

1. Combine the egg, egg whites, vanilla extract and milk in a dish.
2. Place the bread slices into the dish letting the mixture soak into the bread for 5 minutes.
3. Cook bread on fry pan on medium to high heat (5-10 minutes).
4. Once cooked serve bread on plate and desired toppings.

Note: this recipe makes one serve so adjust recipe accordingly for multiple serves.

Note: The below Macronutrients only account for approx. 1/3 of the mixture the bread is soaked in as it will not absorb the whole mixture. Adjust macros accordingly. It will differ between types of bread used as well.

RECIPE MAKES: 1
CALORIES PER SERVE: 386
P: 19G – F: 5G – C: 65G

OMELETTE

Ingredients

2 Eggs

100g Egg whites

20g Eat Lean Cheese

Spinach

Mushroom

Finely shredded coleslaw (no
sauce or dressing)

Spring onion

2 Slices Helgas low cal bread

40g Avocado



Directions

1. Combine the egg, egg whites, cheese and desired salads/veggies (the salads aren't included in the calorie breakdown).
2. Spray fry pan with olive oil.
3. Cook omelette mixture on medium - high heat.
4. Toast bread as desired, spread avocado on bread (add some salt and pepper on top for seasoning if desired)
5. Once omelette is cooked serve with avocado on toast.

Note: this recipe makes one serve so adjust recipe accordingly for multiple serves.

RECIPE MAKES: 1
CALORIES PER SERVE: 393
P: 27G – F: 16G – C: 27G

SHAKSHOUKA

Ingredients

4 x Eggs

55g Tomato paste

400g Peeled tomatoes

5ml Garlic infused oil

1 tbsp Paprika

1 tsp Chilli powder

1 tsp Curry powder

120g Sourdough Bread



Directions

1. Pre-heat oven to 175°C.
2. Spray non-stick oil in a bake safe dish, spreading evenly with paper towel.
3. Combine tomato paste, peeled tomatoes, garlic oil, paprika, chilli powder and curry powder into the bake safe pan. Bake in oven for 20 minutes.
4. Remove and create spaces in the mixture to crack the eggs into. Place bake safe pan back into the oven once the 4 eggs have been added.
5. Cook for a further 10-15 minutes ensuring the egg white is cooked through the yoke should still be a little bit runny.
6. Remove from oven and serve with sourdough.

RECIPE MAKES: 2

CALORIES PER SERVE: 364

P: 21G – F: 13G – C: 41G

OVERNIGHT WEET-BIX



Directions

1. Place Weetbix in bottom of dish, add milk.
2. Add yoghurt spreading evenly.
3. Sprinkle ground cinnamon on top
4. Add desired toppings & refrigerate overnight.

Note: Get creative with your desired toppings and yoghurt flavours to personalise the recipe to your preferred tastes. Just account for them in your calories.

Ingredients

- 3 Weet-bix
- 80ml Milk
- 150g YoPro Vanilla Yoghurt
- ¼ tsp Ground Cinnamon
- 1 Small Banana
- 1 tbsp PB2

RECIPE MAKES: 1 (BANANA & PB)

CALORIES PER SERVE: 389

P: 27G – F: 5G – C: 50G

EGGS ON TOAST



Directions

1. Cook eggs as desired ie. scrambled, fried, poached or boiled.
2. Add avocado to toast, season with salt and pepper.
3. Once eggs are cooked place on top of toast.

Enjoy!

Ingredients:

- 2 Eggs (cook as desired)
- 2 Slices of helga low cal bread
- 40g Avocado

RECIPE MAKES 1
CALORIES PER SERVE: 312
P: 16G – F: 16G – C: 25G

LUNCH AND DINNER RECIPES



CLOUD PIZZA

Ingredients

4 egg whites (MUST be from
fresh eggs not a packet)

1 tsp corn flour

1 tsp oregano

100gm pizza sauce (Mutti)

75gm Primo pulled chicken

40gm shaved turkey

½ jalapeno

½ cup mushrooms

25gm Mozzarella (woolworths)

25gm eat lean cheese



Directions

1. Preheat oven to 175°C and line a baking sheet or pizza pan with baking paper, spray baking paper with non-stick oil.
2. Use a hand mixer or stand mixer with a whisk attachment to whisk egg whites, oregano and salt until egg whites are fluffy and peaks start to form, about 1-2 minutes. Add cornstarch and whisk for another minute.
3. Use a spatula or back of a spoon, spread the egg white mixture onto the prepared baking sheet or pizza pan into a pizza shape.
4. Bake in oven for approx. 15 minutes, or until golden brown. Then remove from oven.
5. Add sauce, cheese and toppings and bake for another 10 minutes or until cheese is melted.
6. Serve immediately and enjoy!

RECIPE MAKES: 1
CALORIES PER SERVE: 388
P: 54G – F: 10.6G – C: 15G

CHICKEN LAKSA

Ingredients

500g Chicken breast

160g Vermicelli rice noodle

92.5g Malaysian laksa soup paste (Ayam)

120g Lite Coconut Cream (Pandaroo)

3 cup Bok Choy

1L Chicken Stock

4 Eggs



Directions

1. Place Vermicelli into 4 large separate bowls and fill with cool water let sit for 15 minutes (or as per packet instructions).
2. Cut chicken into bite size pieces. Trim and chop bok choy.
3. Heat a large saucepan over medium-high heat and lightly spray with cooking oil.
4. Add Laksa paste and cook for a minute, then add stock. Bring to the boil. Add chicken, reduce heat and let simmer for 5 minutes until cooked through. Add coconut cream and bok choy. Simmer for a few more minutes to cook the bok choy.
5. Drain vermicelli and add back to individual bowls, split the laksa soup evenly between the 4 bowls and enjoy!

RECIPE MAKES: 4
CALORIES PER SERVE: 441
P: 39G – F: 12G – C: 41G

YELLOWFIN TUNA POKE BOWL

Ingredients

105g Sweet potato

125g Yellowfin tuna

25g Avocado

25g Pear

40ml soy sauce

2g minced ginger

Add desired mix ins:

Cucumber

Tomato

Jalapeno

Spring onion



Directions

1. Chop up sashimi grade yellowfin tuna into small bite size pieces, add to bowl with soy sauce and minced ginger.
2. Peel Sweet potato and cut up into small squares, add to pot and boil on medium-high heat for approx. 10-15 minutes (until soft).
3. Cut up avocado, pear, cucumber and tomato into bite size pieces. Chop up spring onion as desired.
4. Drain water from sweet potato and also drain the yellowfin tuna.
5. Add all ingredients to a bowl and enjoy!

RECIPE MAKES: 1
CALORIES PER SERVE: 315
P: 40G – F: 5G – C: 20G

LOADED POPCORN CHICKEN FRIES

Ingredients

500g Chicken Breast
30g Panko Bread Crumb
30g Cornflakes
1 tbsp flour
1 egg
1 tsp Paprika
1 tsp Chill powder
480g Spudlite
60ml BBQ sauce
80ml fat free mayo
20ml chilli sauce



Directions

1. Pre-heat oven to 220°C. and air fryer to 200°C.
2. Cut spudlite into chip shape pieces, spray with oil, season to taste and place on oven tray lined with baking paper. Cook for approx. 22 minutes.
3. Combine panko breadcrumbs, paprika, chilli powder and cornflakes into a shallow wide bowl.
4. Cut chicken breast into bite size pieces. Dip pieces in flour, egg and then crumb mixture until well coated. Place in air fryer basket, cook for approx. 17 minutes (this varies brand to brand; check it does not burn).
5. Mix the fat free mayo and chilli sauce to make the chill mayo sauce.
6. Once chicken and chips cooked combine together into a bowl and chilli mayo sauce and BBQ sauce.
7. Divide into 4 servings and enjoy!

RECIPE MAKES: 4
CALORIES PER SERVE: 326
P: 33G – F: 5G – C: 35G

TACO MAC & CHEESE

Ingredients

250g Elbow Pasta (San Remo)

125g Passata (Mutti)

500g Lean Beef Mince

56g Mozzarella (Woolworths)

50g Eat Lean Cheese

227g Cottage Cheese (low fat)

65ml Milk

1 tbsp Plain Flour

220g Capsicum

Taco Seasoning;

2 tsp Paprika

1 tsp Chilli Powder

2 tsp Curry Powder

1 tsp Cumin (Ground)



Directions

1. Bring a large pot of water to a boil and cook the elbow pasta as directed with the instructions on the packet.
2. While the pasta is cooking, start browning the beef mince in a pan over medium heat, break down into small pieces as you cook it.
3. While the meat is cooking combine all taco seasoning spices in a small bowl with water to create a paste. Once browned add the taco seasoning to the meat and reduce to a simmer. Add the capsicum and simmer for 5 minutes stirring as you go.
4. Use a food processor or blender to blend the cottage cheese until it is completely smooth. Once smooth add the passata, milk and flour mix together well to combine.
5. Add cottage cheese sauce, eat lean cheese and mozzarella to the pan with the meat mixture. Mix together to melt the cheese and combine.
6. Drain the elbow pasta and divide evenly into 6 serves. Do the same with the meat mixture.

RECIPE MAKES: 6

CALORIES PER SERVE: 362

P: 33G – F: 8.7G – C: 38G

CHICKEN LASANGA

Ingredients

500g Chicken breast mince

Spring Onion

Italian Seasoning

100ml Garlic infused olive oil (Cobram estate)

372g Fresh lasagna sheets (La Tosca)

500g Passata (Mutti)

340g Creamed cottage cheese (Woolworths)

25g shredded parmesan cheese

113g Mozzarella



Directions

1. In a large pan heat to medium then add garlic infused oil and spring onion, cook chicken mince. Once cooked, stir in passata sauce, set aside.
2. Meanwhile, in a medium mixing bowl, combine cottage cheese and shredded parmesan cheese.
3. Preheat oven to 175°C and in an 8 x 8 to 8 x 11" baking dish that has been sprayed with nonstick cooking spray, layer 1/3 meat sauce (more sauce than meat), and lasagna sheet and 1/3 of the cottage cheese mixture.
4. Repeat layering process with meat sauce, lasagna sheets and then cottage cheese mixture. One more layer of meat sauce and then top with mozzarella.
5. Cover with tin foil and bake for 20 minutes. Remove tin foil and bake for another 10 minutes.
6. Let rest for 10 minutes before serving. Enjoy a large serving! Makes 6 HUGE servings!

RECIPE MAKES: 6
CALORIES PER SERVE: 402
P: 40G – F: 11G – C: 31G

TURKEY BURGER W/FRIES

Ingredients

400g Turkey breast mince

100g Panko Bread Crumb

1 Egg

1 Tip top thin

480g Spudlite

80g Shredded Cheese (Eat Lean)

8 Slices of tomato

Spring onion

60ml Tomato Sauce

20ml Mustard



Directions

1. Slice spudlite into chip shape, place in air fryer on 200°C for 18-23 minutes (this varies on brand of air fryer).
2. Add panko bread crumbs, egg and mince in a bowl combine, split mixture into 4 even patties. Coat lightly with flour.
3. Cook rissoles through over medium heat on the stove top.
4. When chips and rissoles are nearly ready, put tip top thins in toaster and toast.
5. Once rissoles are cooked place cheese on top of rissoles and place another fry pan over the pan to melt the cheese. Once melted remove from pan.
6. Once chips are crisped up to your liking remove from air fryer and divide into 4 serves.
7. Remove tip top thin from toaster and start building your burger.
8. Feel free to add on any other desired toppings, just add the calories for your tracking.

Note: Calories in recipe are based off ingredients column.

RECIPE MAKES: 4
CALORIES PER SERVE: 345
P: 37G – F: 4G – C: 32G

BIG FAKE MAC WRAPS

Ingredients

500g Lean beef mince

5 Mission Lite Wrap

Shredded iceberg lettuce

Tomato

Spring Onion

Burger Sauce:

60g Fat free Mayo

15g Tomato Sauce

17g Sweet Mustard Pickle

5g mustard

1 tbsp Paprika

1 tsp white vinegar

2ml garlic infused olive oil



Directions

1. Combine all the ingredients into a bowl for the burger sauce and mix well. Put in fridge for at least 20 minutes to let it combine.
2. Cook the beef mince on medium heat on the stove top breaking into small pieces as you cook. Season to taste.
3. Get your sandwich press warmed up. Chop lettuce, tomato and onion.
4. Lay wrap onto plate and spread sauce evenly approximately $\frac{1}{4}$ of the mixture per wrap.
5. Add $\frac{1}{4}$ of the mince onto the wrap along with $\frac{1}{4}$ of the cheese and desired toppings.
6. Wrap up ingredients inside the wrap and place on sandwich press. Leave on press for approx. 5 minutes. Remove, serve and enjoy!

RECIPE MAKES: 4
CALORIES PER SERVE: 396
P: 42G – F: 7G – C: 38G

CHICKEN PARMIE W/SWEET POTATO CHIPS

Ingredients

500g Chicken Breast

Panko Bread Crumbs

Seasoning- Paprika and chilli (optional)

2 tbsp Plain Flour

1 Egg

100g Cheese (Eat Lean)

160g Pizza sauce or diluted tomato Paste

480g Sweet Potato

400g Mixed Vegetables (of choice)



Directions

1. Place flour onto a plate, place egg in large shallow bowl & whisk, Combine Panko breadcrumbs and seasonings of choice on a separate plate (mixed).
2. Cut up Chicken Breast into 4 even pieces. Take each piece and cover in the flour, then into the egg and then on the panko breadcrumb mix spreading evenly over the meat. Rest on a plate.
3. Chop up 480g of sweet potato into Fries/Chip shape place on a baking tray and put in oven for 24 minutes at 220°C.
4. Place chicken Breasts into the air fryer on 180°C for 18 minutes.
5. Place vegetables in a microwave safe dish add water and cook until ready (about 9-12mins).
6. Remove chicken from air fryer add 40g of the pizza sauce to each chicken breast spreading evenly then add 25g of the cheese on top of the sauce. Place in the oven until desired level of melted cheese is visible.
7. Once cooked split into 4 servings and enjoy!

RECIPE MAKES: 4

CALORIES PER SERVE: 345

P: 52G – F: 3.5G – C: 29G 26

