NUTRITION & FOOD TRACKING BIBLE

YOUR ALL-IN-ONE RESOURCE FOR INFORMATION, TIPS, GUIDES, TEMPLATES, AND MORE

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Use this section to learn or review weight loss 101 to help you focus on what matters and stop stressing about what doesn't.

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Intro to Energy Balance & Macronutrients

In order to lose weight, you have to take in fewer calories than you use through a combination of bodily functions and exercise.

[Energy Balance = Calories In Vs. Calories Out]

When you burn more calories than you take in, you have a negative energy balance.

This means that your body will break down whatever it's got (glucose aka carbs, amino acids aka protein/muscle tissue, and fatty acids aka body fat) to support necessary bodily functions.

Our goal is to **maximize fat burning while minimizing muscle breakdown.**

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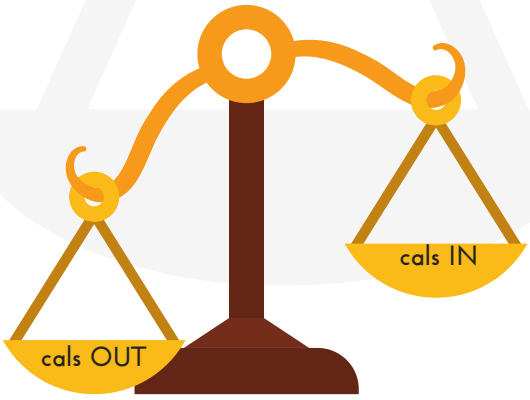
Despite the fact that calories - and therefore calorie counting - is not an approximation, not an exact science, energy balance is still the absolute most important factor in losing or gaining weight.

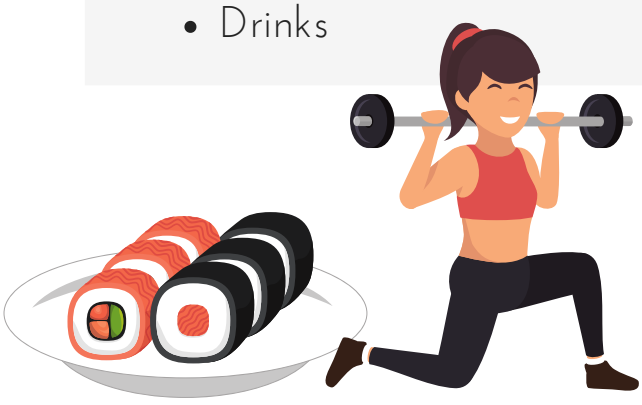
While I wholeheartedly believe that calorie counting should not be an all-the-time thing, initially you are much more likely to see the results you want if you are willing to do the work & track intake, at least temporarily.

TO LOSE WEIGHT

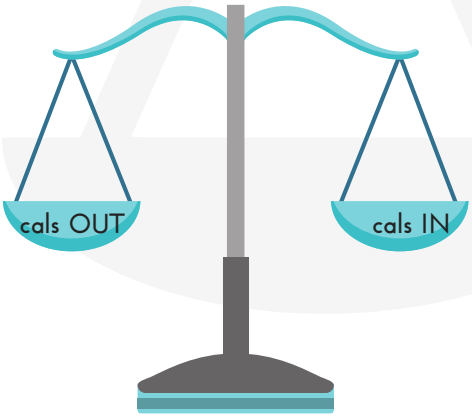


Cals OUT > Cals IN =
Calorie Deficit
Calories IN come from:

- Food
- Drinks



TO MAINTAIN WEIGHT



Cals OUT = Cals IN =
Calorie Balance
Calories OUT come from:

- **Basal Metabolic Rate (BMR)** - the calories you burn just to survive when doing nothing
- **Physical Activity** - calories you burn during intentional exercise AND non-exercise activity - NEAT)
- **Thermic Effect of Food (TEF)** - calories burned digesting food you eat

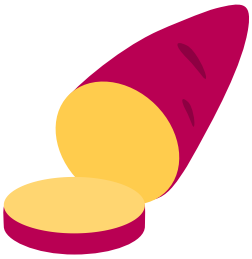
Once you're habitually eating balanced meals, in appropriate portions, most of the time, counting becomes much less necessary.

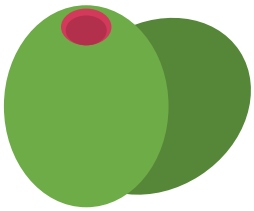
In the meantime, using this approach will **improve nutritional awareness & conscious decision making.** You've heard the phrase "what gets measured gets managed" - if we don't know what & how much you're eating on a daily basis, it's very hard to make adjustments.

And without adjustments to what you've *been* doing, nothing will change. Capiche?

OK, moving on.

Macronutrients ("macros" for short) are the components of our diet that are needed in relatively large amounts. They fall into 3 main categories: **protein, carbohydrates**, and **fat**. (Alcohol technically falls into a fourth category, even though our body doesn't need it.)





Carbs & Proteins have **four calories per gram**.
Fats have **nine calories per gram**. (This means fats are more than twice as calorie-dense as carbs & proteins. THIS DOES NOT MEAN EATING FAT IS BAD. Fats are essential to your overall health. It's just important to be especially mindful of portion sizes as the calories can quickly add up.)
Alcohol has **seven calories per gram**.

	Macro			
	Protein	**Carbohydrate**	**Fat**	**Alcohol***
Calories/gram	4cal/gram	4cal/gram	9cal/gram	7cal/gram
This means for every 1g of the given macro you take in, you take in 4-9 calories, depending on the source.				
*Your body does not need alcohol but it's considered a separate category for tracking purposes.				
Why it's important	Building/retaining muscle Boosting metabolism Staying full	Your body's preferred source of energy	Hormonal balance	Gets you drunk

Every food is made up of 1 or more macros in different proportions. Some foods, like chicken breast, are almost entirely 1 macro (protein, in this case), while others a split of 2, or even all 3, macros (like nut butters which are primarily fats but have considerable amounts of protein and carbohydrate.)

The upcoming pages will dive into each macronutrient individually and provide a diagram to help you make sense of this if you're a visual learner. In the appendix you'll find macro cheat sheets to help you learn which foods are highest in each macro.

ALL ABOUT PROTEIN

WHY IS IT IMPORTANT?

- Helps **build and repair almost every tissue in the body**, including muscle, bone (ward off osteoporosis anyone?), hair, skin, and fingernails!
- **Synthesizes hormones**, particularly those that play a role in making you happy and relaxed.
- **Supports your immune system** to help you stay healthy.
- **Boosts your metabolism** so you're burning more fat and have an easier time maintaining a healthy weight.
- Is the most satiating macronutrient, so it helps **keep you feeling full for longer.**

WHAT COUNTS AS A LEAN PROTEIN?

- By USDA guidelines, one **3.5oz serving** (roughly a palm size) can have **no more than 10 grams of fat** (4.5 grams of which can be saturated) and less than 95 milligrams of cholesterol.
- Look for words like "**loin,**" "**shoulder,**" and "**breast,**" and "**90% lean**" (or higher). Also check the nutrition label to see how it compares to the guidelines above.

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ALL ABOUT PROTEIN (cont.)

How Much Is A Serving?

One serving of protein for a **woman** is 20-40g and is about the size of **1-2 of her palms**.

One serving of protein for a **man** is 40-60g and is about the size of **2 of his palms**.

What Are Good Sources Of Protein?

LEAN MEATS like beef, pork, elk, ostrich, venison, lamb, rabbit, boar, veal, bison

POULTRY like chicken, turkey, duck, eggs, egg whites

SEAFOOD like fish (bass, bluefish, catfish, cod, flounder, rockfish, grouper, haddock, halibut, mahi mahi, snapper, swordfish, tilapia) and shellfish (crab, shrimp, lobster, scallops)

MEAT-FREE SOURCES like dairy (cottage cheese, Greek yogurt), beans (chick peas, navy, pinto, black, lentils), soy products (tofu, tempeh), and protein powders

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ALL ABOUT HEALTHY FATS

WHY ARE THEY IMPORTANT?

They help:

- Speed up **recovery**
- Nourish fatty tissues (brain, eyes, cell membranes)
- Absorb vitamins (A, D, E, and K)
- Keep muscle-building & sex **hormones functioning correctly**
- With **weight loss**
- Improve heart and brain health*
- Decrease inflammation*
- Improve cell communication*
- Improve joint mobility*

May also:

- Improve blood lipids, reduce symptoms of depression & anxiety, regulate metabolism & blood sugar, prevent cancer, preserve memory*

(*Denotes benefits from Omega-3 fats, specifically).

WHAT COUNTS AS A HEALTHY FAT?

Healthy fats **occur naturally** or are **minimally processed** (just pressed or ground to extract oil) - as opposed to created through an industrial process.

Omega-3s are an extra-healthy type of fat found in certain nuts, seeds, and aquatic life.

ALL ABOUT HEALTHY FATS (cont.)

How Much Is A Serving?

One serving of healthy fat for a **woman** is 7-15g and is about the size of **1-2 of her thumbs.**

One serving of healthy fat for a **man** is 15-30g and is about the size of **2 of his thumbs**.

What Are Good Sources of Healthy Fat?

OILS like olive, coconut, flax seed, hemp seed

NUTS & NUT BUTTERS like almonds, cashews, pecans, pistachios, Brazil nuts, and peanuts (which are technically a legume)

SEEDS like pumpkin, sunflower

MISC SOURCES like butter, olives, coconut, avocado (and guacamole)

OMEGA-3s COME FROM seeds (chia, flax, hemp), coldwater fish (salmon, sardines, mackerel, trout, anchovies), shellfish, algae

ALL ABOUT SMART CARBS

Why Are They Important?

They:

- Promote health
- Are rich in nutrients essential for bodily functions
- **Digest slowly**
- **Help you feel satisfied**
- Are high in fiber, vitamins, minerals, and phytonutrients that your body needs
- Help regulate blood sugar, hormones, and digestion

What Counts As A Smart Carb?

Smart carbs are whole or minimally processed, nutrient dense, easy to cook, and can be used in a variety of ways (think of the versatility of a potato). Other carbs are more highly-processed, refined sugar "foods" with minimal nutrients and fiber but a long list of ingredients and even longer shelf life.

Quick Note About Fruit:

You'll see Fruits & Veggies lumped together in a few pages due to the fact that they have a lot of similarities but **most fruits are considered smart carbs** due to their high (natural) sugar content.

For the purposes of meal planning and grocery shopping, you could have a carb-dense piece of fruit in lieu of another smart carb but you should still have a veggie to make a balanced meal (more on that later).

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ALL ABOUT SMART CARBS (cont.)

How Much Is a Serving?

One serving of smart carbs for a **woman** is 20-40g and is about the size of **1-2 of her cupped hands.**

One serving of smart carbs for a **man** is 40-60g and is about the size of **2 of his cupped hands.**

What Are Good Sources Of Smart Carbs?

FRUITS like (fresh or frozen) berries, citrus, peaches, pears, plums

STARCHY TUBERS like potatoes, sweet potatoes, yucca, cassava, taro

WINTER SQUASHES like butternut, acorn, kabocha

WHOLE GRAINS like quinoa, brown rice, wild rice, oats, buckwheat, amaranth, sprouted grains

BEANS & LEGUMES like lentils, kidney, black, chick peas

ALL ABOUT VEGGIES & FRUIT

Why Are They Important?

They:

Have lots of vitamins, minerals, phytonutrients, fiber, and water.

Boost your immune system.

Decrease inflammation.

Improve recovery & performance.

Are **low in calories** so you can eat a higher volume (& quantity is one way that our bodies regulate hunger so you'll feel full).

What Counts As a Veggie Or Fruit?

Vegetable is actually not a scientific term and just refers to the edible part of a plant: the roots/tubers, stems, leaves. A fruit is the part of the plant contains the seeds.

Many fruits (like bananas) and starchy vegetables (tubers like potatoes) are high in natural sugar (that is, they're more carb-dense) and are considered 'smart carbs.'

Examples of 'smart carbs' are listed on the previous page.

ALL ABOUT VEGGIES & FRUIT (cont.)

How Much Is a Serving?

One serving of veggies for a **woman** is about the size of **1 of her fists.**

One serving of veggies for a **man** is about the size of **2 of his fists.**

See fruit serving sizes on 'smart carb' page.

What Are Good Sources Of Veggies/Fruit?

Different colors provide different nutrients, so **eat the rainbow!**

REDS & PINKS like

- Red peppers
- Pomegranate
- Red Berries
- Tomatoes
- Watermelon
- Beets
- Radiccio
- Rhubarb

ORANGES & YELLOWS like

- Oranges
- Bell Peppers
- Cantaloupe
- Carrots
- Yellow Beets
- Mango, Papaya
- Pineapple
- Peaches, apricots

GREENS like

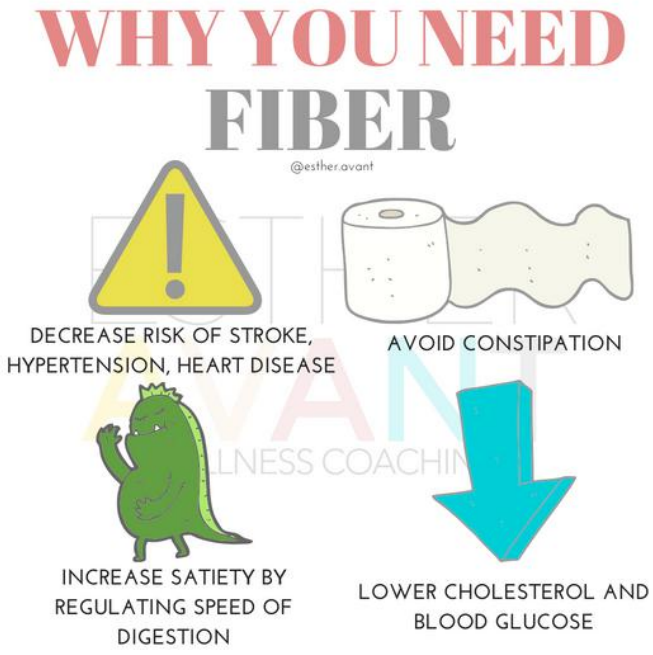
- Broccoli
- Spinach
- Kale, Swiss Chard
- Arugula
- Green Beans
- Okra
- Brussel Sprouts

PURPLES & BLUES like

- Blueberries
- Eggplant
- Figs

A Note About Fiber

Fiber is a type of carbohydrate that is resistant to digestion.

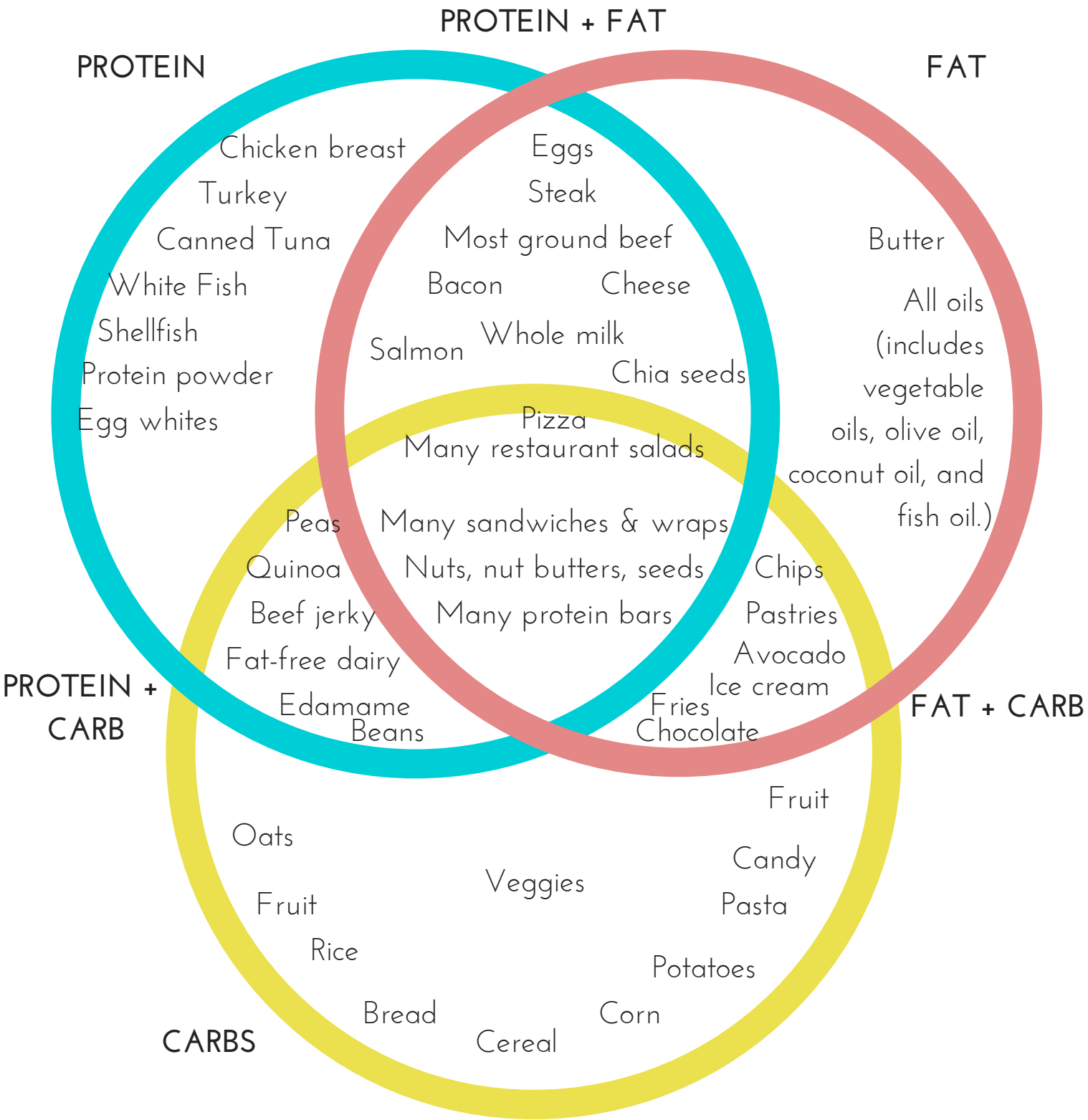


Due to its importance, you will have a daily fiber goal of ~21-25g (depending on age), as recommended by the American Heart Association.

(**Fun fact:** the average American only gets ~15g/day.)

Sources: Fruit, vegetables, whole grans, legumes (beans)

Macronutrient guide



2 IMPORTANT TIPS

EAT SLOWLY

One of the absolute most important things you can do for your nutrition is **SLOW DOWN**! It doesn't matter if you're eating foods listed on the following pages or if you're eating your favorite not-so-healthy indulgence.

HOW? Try putting your fork down between bites, chewing thoroughly, having a sip of water, carrying on a conversation.

Not only does eating slowly play an **important role in the digestive process** & ensuring that you're actually making use of important nutrients, but it also allows you to **pay closer attention to your body's hunger and fullness cues**, which will make you less likely to mindlessly overeat.

STOP BEFORE STUFFED

Slowing down allows you the opportunity to pay attention to what your body is telling you. We often eat so quickly that **we eat way more food than we need** & we're stuffed by the time our brain catches up.

HOW? When you pause between bites, assess whether this bite is tasting as good as the first, if you're still experiencing hunger pangs, if you could get up right now and do something active.

If 0% full is absolutely starving and 100% full is absolutely stuffed, **shoot to stop around 80% full**.

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Why track your food?

Food tracking is a TOOL.

It is NOT something that you will have to do forever but is one of **the** most useful skills you can develop to learn about your body's energy needs, how to lose weight without restrictive dieting, and know exactly how to maintain your results without continuing to track.

We will be tracking your intake initially **to build awareness & knowledge** about your current intake & habits.

I'll walk you through the basics here, you'll practice & be a pro before you know it. It gets easier with time & will take up no more than a couple minutes per day once you're up & running.

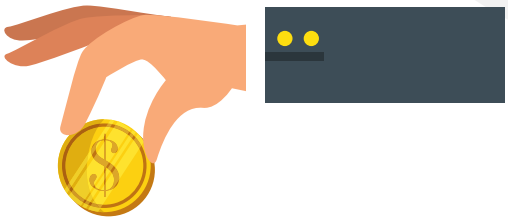
Warning: I know it may be frustrating at times, especially if you're new to this. THIS IS NORMAL. There is always a learning curve when you're learning new skills. Do not get frustrated & decide you "can't" do it. You can. **Remember that if you want to make a change, you have to be willing to do something different, build new skills, and try things that may feel uncomfortable at first.**

How Tracking Macros Works

You have a target for each macronutrient.

Think of these like a budget.

You have so many protein dollars, carb dollars, and fat dollars.*



You can spend them however you want and no food is off limits but you'll be best off if you try to spend about 80% on nutrient foods and 20% (or less) on treats.

When/if you want to fit an indulgence into your budget (likely a fat/carb combo), you may need to "save up" during the day.

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How Tracking Macros Works (cont.)

It's **very** easy to blow right through your fat and carb budgets and end up having a lot of protein left over.

This is NOT what you want. It's important to get consistently close to your targets by the end of the day. **Protein is the most important** macro during fat loss phases so planning is key to ensure you hit your target by the end of the day.

You will learn more as you begin logging your food & drinks. Be prepared for some eye-opening info!

*Total calories and protein are, by far, the most important, so we'll focus heavily on those. Substantial research suggests that carb & fat intake doesn't much matter for fat loss purposes so our focus here is on what feels sustainable and enjoyable for *you*.

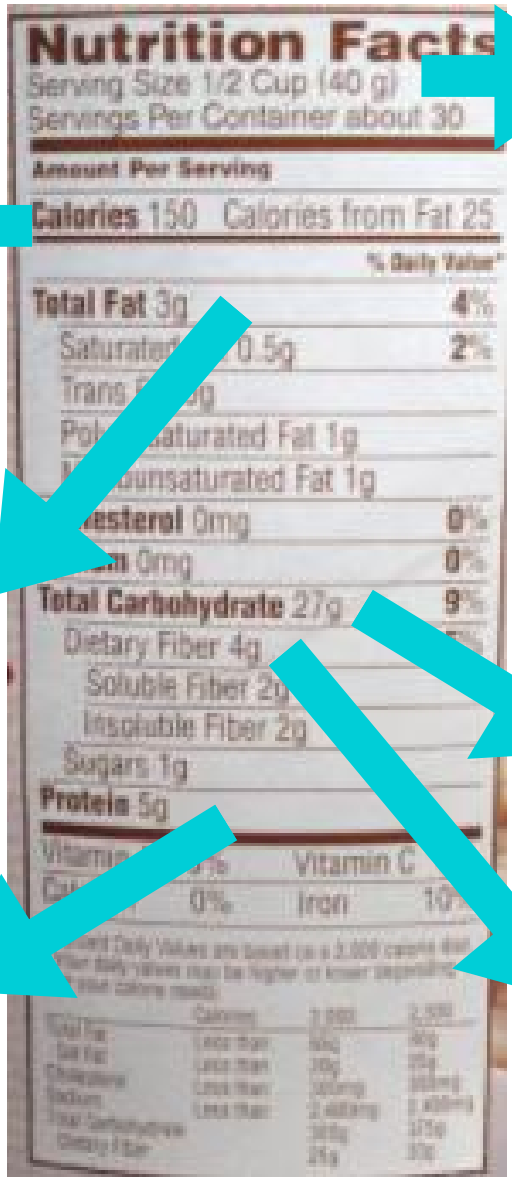
Reading Nutrition Labels

In order to track properly and successfully you need to know how to read a nutrition label. This article will help, as well.

Total Calories = (grams of carbs x 4) + (grams of protein x 4) + (grams of fat x 9
This is an important equation to know so you can double check entries in MFP.

# of grams of fat in 1 serving. Remember 1 gram of fat = 9 calories

# of grams of protein in 1 serving. Remember 1 gram of protein = 4 calories
Protein is your most important target to hit!



Serving sizes are very important. If you have 2 servings, you need to double all the amounts. **Use the more accurate measurement** (grams instead of cups) because there can be a large margin of error with measuring cups/spoons.

# of grams of carbs in 1 serving. Remember 1 gram of carbs = 4 calories

Look out for fiber because you'll have a daily target within your carb goal

Note: Companies are allowed to put 0-calories on the label if there are fewer than 5 calories per serving.

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Reading Nutrition Labels

THERE ARE PROBABLY MORE SERVINGS PER CONTAINER THAN YOU REALIZE.

IT MAY SERVE YOU TO MEASURE OUT SERVINGS UNTIL YOU ARE ABLE TO ESTIMATE ACCURATELY.

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

SERVINGS ARE PROBABLY SMALLER THAN YOU THINK.

ALL INFO ON THIS LABEL IS PER SERVING

(IF YOU ARE TRACKING YOUR INTAKE, USE THE MORE EXACT MEASUREMENT WHEN POSSIBLE)

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Reading Nutrition Labels

IF YOU'RE SHOOTING FOR A CERTAIN # OF CALORIES, FAT, AND CARBS, THESE WILL BE MORE RELEVANT.

IF NOT, JUST TAKE NOTICE IF THEY SEEM LIKE HIGH OR LOW NUMBERS RELATIVE TO OTHER FOODS.

Nutrition Facts

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Total Carbohydrate		300g	375g
Dietary Fiber		25g	

DON'T STRESS TOO MUCH ABOUT THESE. YOUR % WILL VARY.

THAT'S WHAT THIS PART IS SAYING.

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Reading Nutrition Labels

SHOOT FOR .7-1 GRAM OF PROTEIN PER POUND OF BODYWEIGHT EACH DAY.

YOU'LL LIKELY HAVE TO PAY ATTENTION THROUGHOUT THE DAY TO HIT THAT RANGE.

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 72

	% Daily Value*
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FIBER HELPS:

- ⌄ RISK OF STROKE, HYPERTENSION, & ♥ DISEASE
- ✕ CONSTIPATION,
- ⌃ SATIETY
- ⌄ CHOLESTEROL & BLOOD GLUCOSE

PER DAY AIM FOR:

MEN - 38G
WOMEN <50 - 25G
WOMEN >50 - 21G

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Tools You'll Need for Accurate Tracking

1) **Food Tracking app** - Unless you want to go old school and track with a pad and pencil (not recommended), you'll need to download MyFitnessPal. The next several pages will walk you through how to get started and make tracking as easy as possible. I also have a playlist of YouTube videos to help you.

2) **Food Scale** - To accurately weigh and measure your food, you'll need to invest in a food scale. These are relatively inexpensive (~$20) and can be found in stores like Target or online at Amazon, etc.

3) **Measuring Cups and Spoons** - Whenever possible, actually weigh the food on the scale but sometimes that's not practical or possible so these will provide a reasonably accurate estimate.

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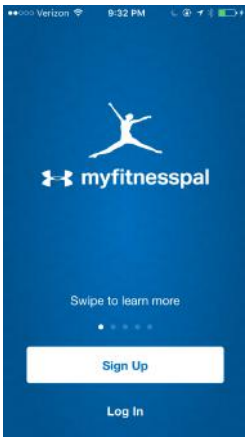
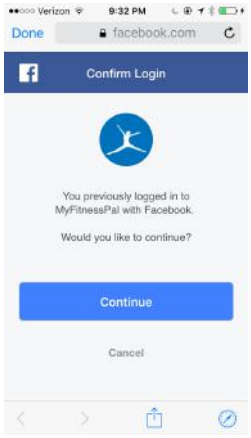
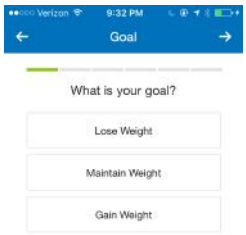
Getting Started with MFP

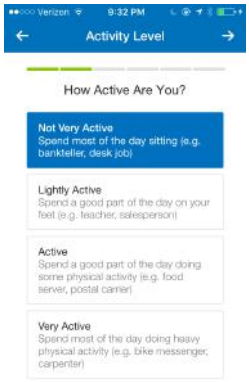
Download the MyFitnessPal app onto your phone. You do **not** need to upgrade to the paid version. You can if you want, but the free version can do everything we need.

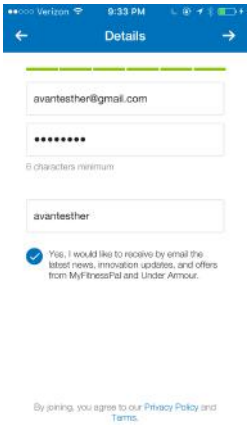
MyFitnessPal makes it very easy for you to get up and running once you've created your account. Just follow the steps as they're laid out for you:







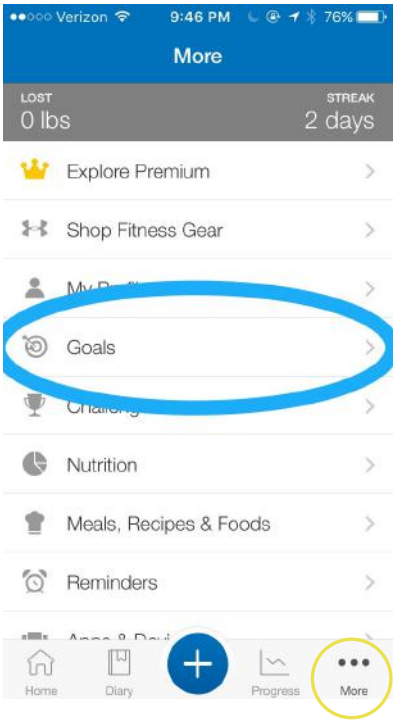


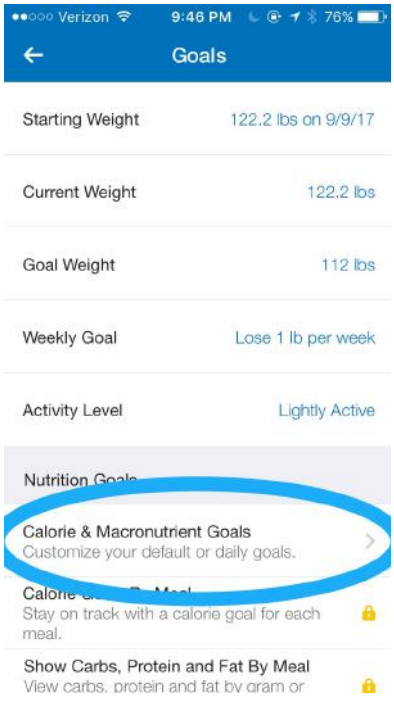


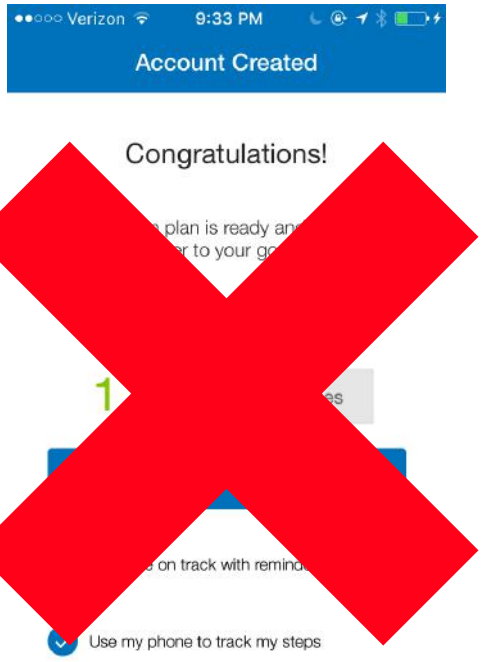
Adjusting Your Targets

Make sure you watch part 2 of the Beginner's Guide to Counting Macros for Fat Loss to calculate your own starting targets more accurately than MFP would do for you.

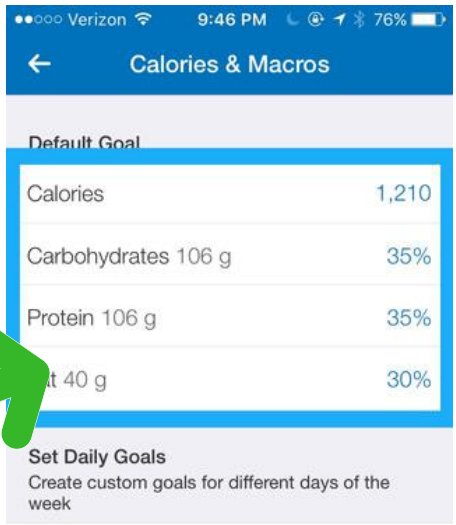
Once you have your individualized targets, you will need to manually input them.





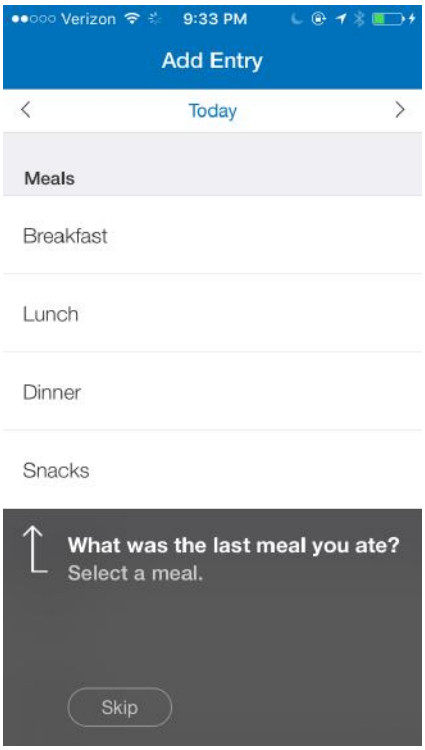


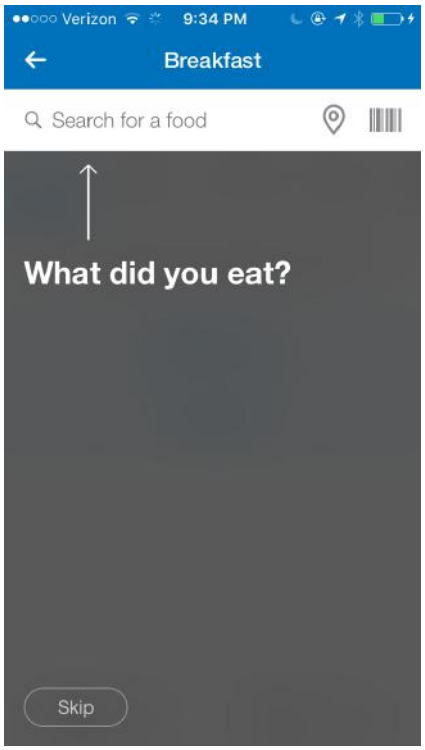
This video walks you through the process of adjusting your targets (paid version not necessary.)

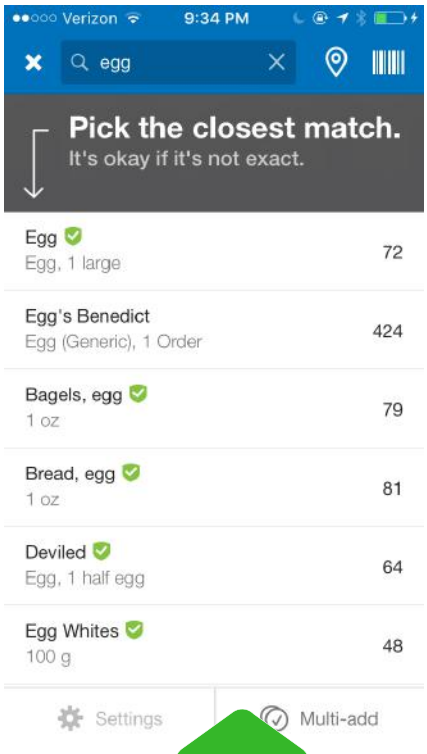


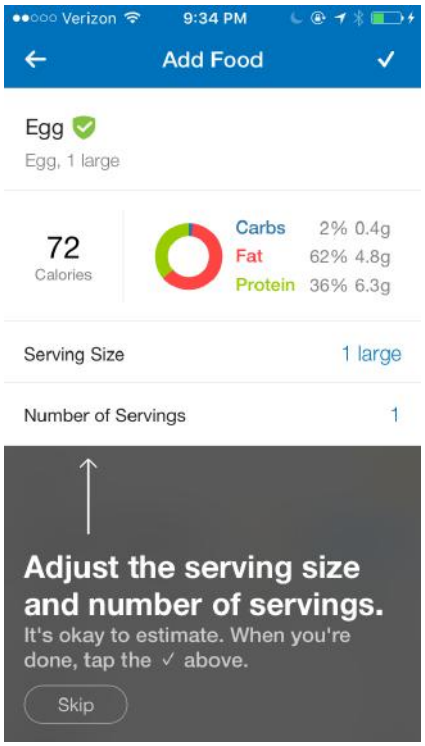
Logging Food

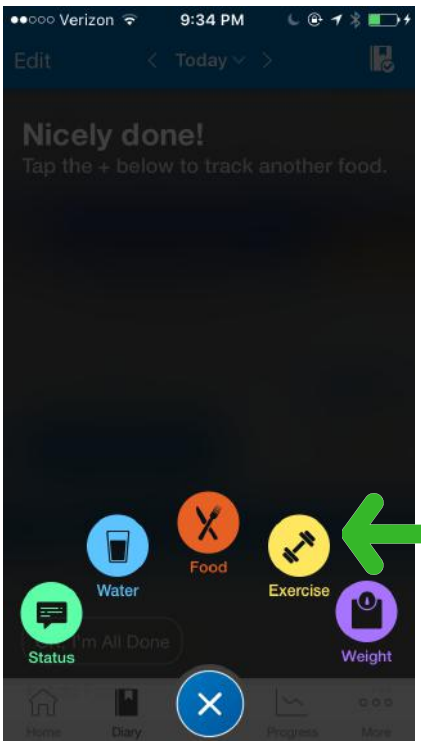
The app will walk you through this for the first time:











You may notice a lot of different options for one food. See page 46 and our YouTube playlist for help learning how to decide on entries!

Make sure you disconnect any activity trackers from MFP so it doesn't encourage you to "eat back" those calories.

(Do not worry about logging anything except your food here).

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Tips, Hacks, & Troubleshooting

This section will help you avoid the newbie mistakes & potential challenges you may run into with videos and photo/written tutorials. For more hands-on guidance, consider joining Foundations, our 6-week group coaching program.

Tips, Hacks, & Troubleshooting

For your convenience, we've created a YouTube playlist full of tutorials we think you might find useful. This is an ever-growing list but currently includes such topics as:

- How to adjust calorie and macro targets
- How to change your meal names
- How to create your own food
- How to filter food options
- How to create a recipe (not from a website)
- How to add a recent food
- How to use the recipe importer
- How to view your food log
- How to Track & create an entry for alcohol
- How to disconnect activity trackers
- Creating a complex recipes
- Logging restaurant meals
- Choosing accurate entries

CLICK HERE TO VIEW

Tracking Consistently

Before you're in the habit of tracking, you might find it hard to do it consistently. Since being consistent is the #1 thing, it's worth figuring out how you can make tracking a part of your routine so it becomes easier to do without much thought.

Consider:
setting alarms to record meals
setting aside time in the evening or morning to track ahead
putting visual reminders around your environment to remind you

If you've attempted to track before and have thrown in the towel in the first month or two, it's likely you've experienced the "grind" which is when you:
-haven't been at it for long enough to be out of the beginner stage so it still feels clunky and time consuming and you have a lot of self-doubt
-haven't seen a ton of progress so it's hard to stay motivated and believe that it's going to work, especially when it feels so hard
-still feel like you have a long way to go and it feels defeating

This is a NORMAL part of the process and the most important time for you to STAY CONSISTENT. When you commit to the "Big Rocks", the results *will* come. You just have to keep showing up.

If you need help doing that, join us in Foundations.

Tracking Consistently

You may also notice that if you eat something "bad" or "off-plan", you don't want to keep tracking that day (especially common on weekends!).

***Tracking* isn't what gets results; it's the choices you make.**

Tracking is just documentation of what's actually happened so that you can reflect on the data and make informed decisions about what you want to change.

You will never be perfect, nor are you expected to be. Just do your best and be honest with your log. You're the only person looking at it and you can just decide to do so without judgement.

Not wanting to track when you've been "bad" or saying "screw it" & eating with reckless abandon the rest of the day is just that old all-or-nothing mentality rearing its head & it's something you can work on addressing.

Commit to tracking, whether or not it's something you want to see, & if you need help, check out Weight Loss Mindset Mastery or our Foundations program.

General Tips

- **Be realistic.** You probably won't hit your targets right away but the more you practice, the easier it gets. Give yourself the gift of the time you need to learn the skill of tracking and master the "Big Rocks."

- Aim for within 10% of each macro target and 5% of your total calorie goal. Closer is great but **don't obsess.**

- Learning the macros for different foods will help you develop a mental database that will be very useful when you stop tracking since you'll be better equipped to eyeball your portions. ***While* you're tracking is the perfect time to figure out what habits, routines, skills, tools, and mindsets you need to master in order to learn what you need to maintain *without* tracking.**

- Remember that **this is a temporary tool** that you're using for a specific purpose. After you have some practice with the scale and measuring cups, you can swap those out for a more intuitive, mindfulness based approach using your newly developed skills of estimation.

General Tips

- **Plan ahead,** especially in the beginning! This will make hitting your targets SO much easier & help you get familiar with the macros in different foods (don't forget to check out the Macro Cheat Sheets in the Appendix).

- Ideally, **track the night before**, but at the very least, keep a running total for the day. Don't want until evening to input all your meals and see what you have left or try to track retroactively - that's a great way to get frustrated & give up.

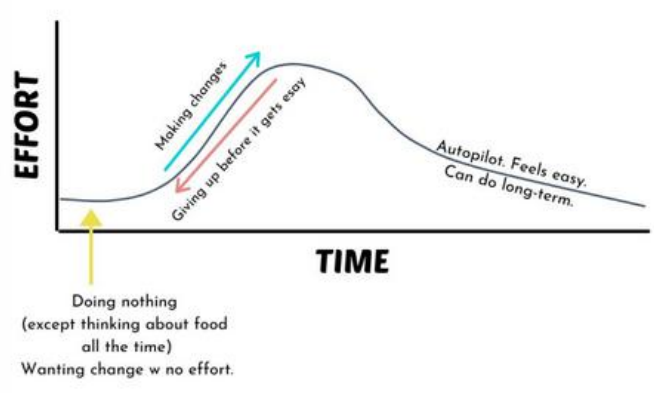
- **Have quick, individual macro sources on hand** so that you can top up the day with minimal hassle. (Examples: egg whites for protein, olive oil for fat, fruit for carbs - refer to the Cheat Sheets in the Appendix).

- To minimize hunger, **choose high fiber food and high volume carbs.** (Example: 20g of carbs from butternut squash is much more food than 20g of carbs from rice.) If you're struggling with feeling really full, prioritize higher fat foods.

- **Shoot for 80% nutrient-dense foods** and 20% (or less) from treats or indulgences.

Tips, Hacks, & Troubleshooting

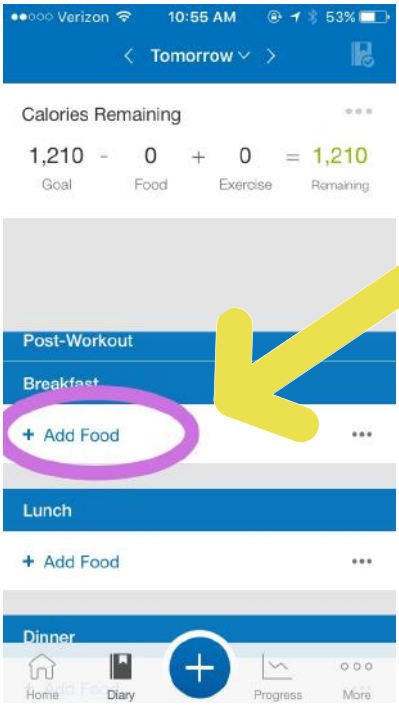
Feeling like it's too time consuming



Remember that something you're new and inexperienced at will always be a little more labor intensive than once you're a pro at it. Be patient with yourself as you learn a new skill and trust that it will get easier and feel more natural with time!

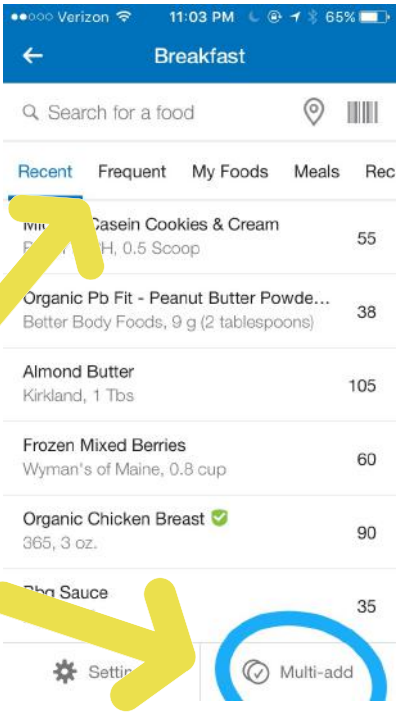
The next few pages provide you with some ways to make tracking quicker and easier by utilizing MFP features you may not know about, including adding recent foods, copying meals, adding recipes, customizing meal names, viewing intake, and scanning barcodes.

Adding a food you've eaten recently



To save time when logging foods that you eat frequently or have eaten recently, press + Add Food . This will allow you to select a food from these options.

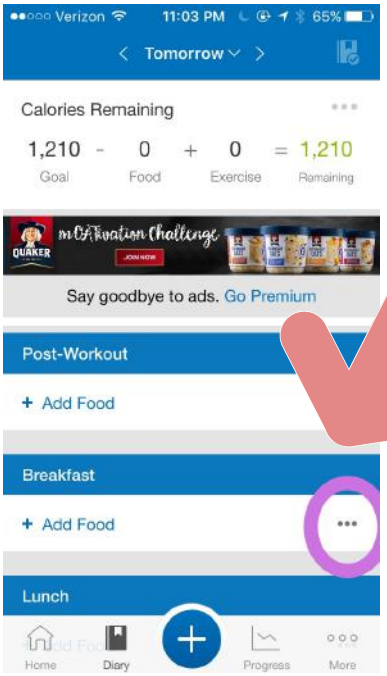
To save even more time, enable the Multi-add function so that you can add several foods at the same time.



EA COACHING

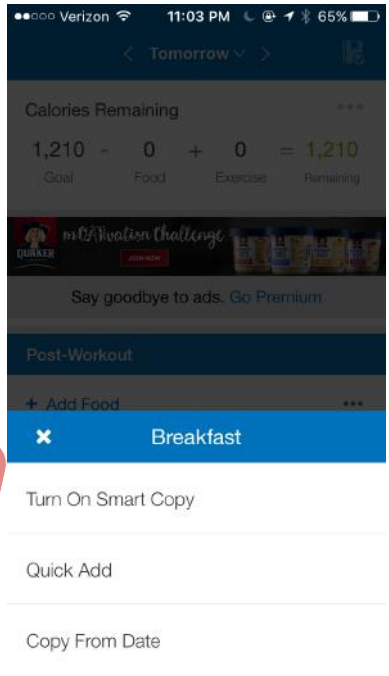
Tips, Hacks, & Troubleshooting

Copying meals from another day



To save time when logging entire meals that you've eaten before, press the ... icon.

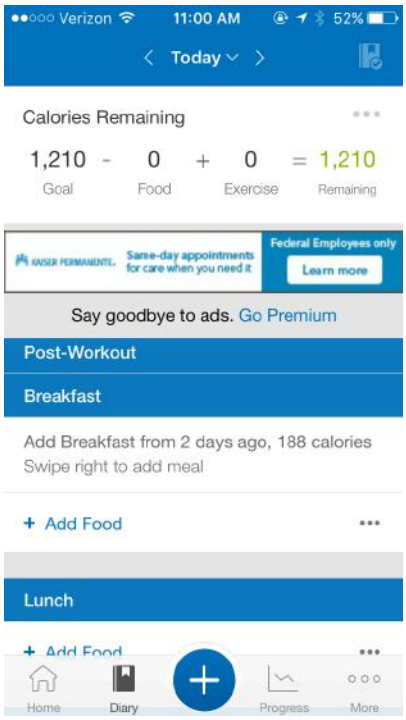
These options will pop-up.



Here is what those options do:

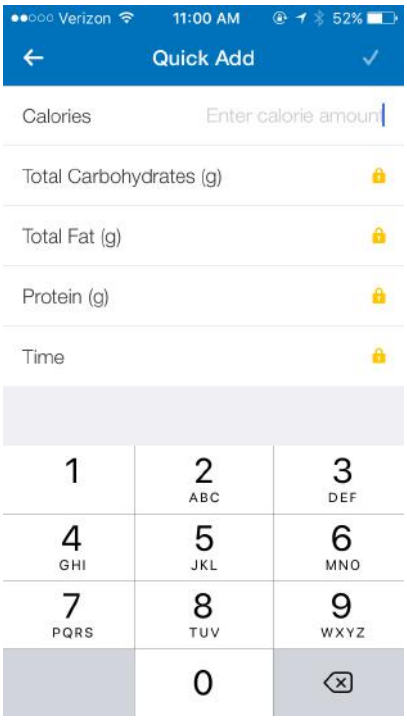
Turn On Smart Copy

Copy over the most recent entry for that meal onto the present day.



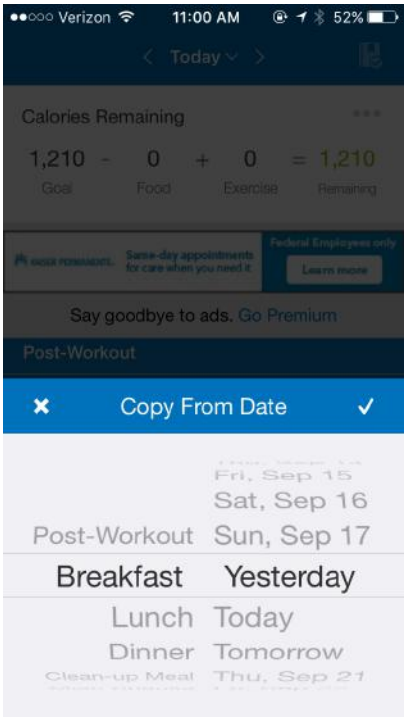
Quick Add

Not recommended: Add just total calories for that meal (no macros).



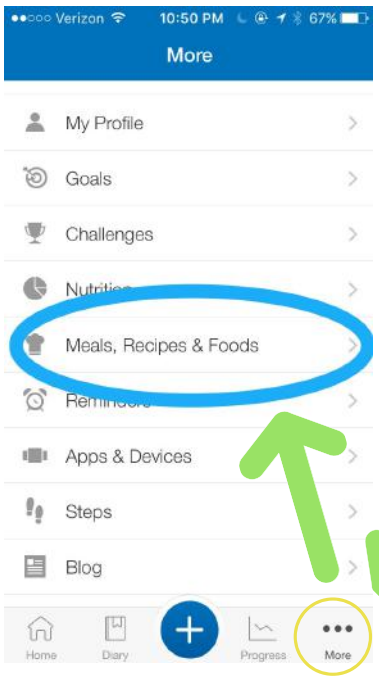
Copy From Date

Copy over any meal from any day (great if you're having leftovers).



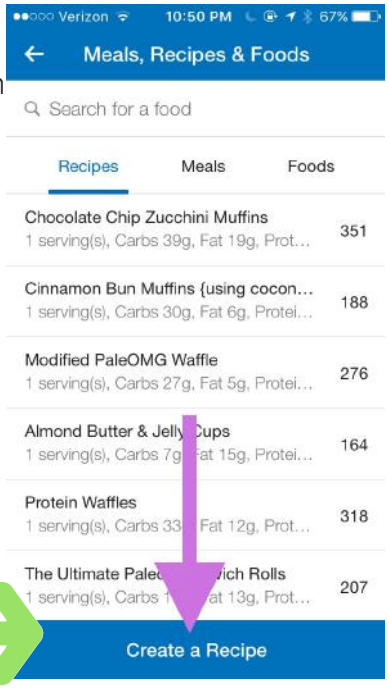
Tips, Hacks, & Troubleshooting

Adding your own recipes



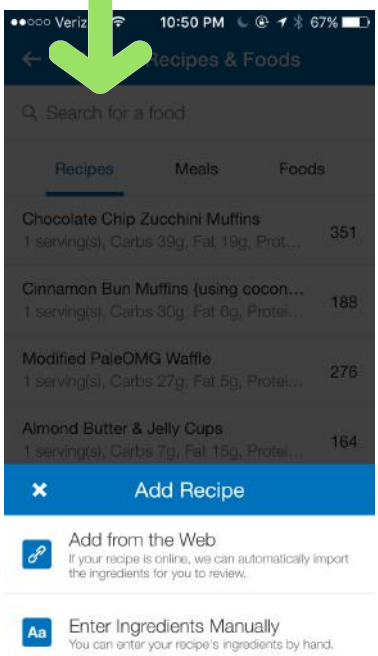
The recipe option is really helpful for meals like casserole, lasagna, etc., with many ingredients combined into one. This will save you from having to input all those ingredients individually.

On the home page, click the ...More icon, and then Meals, Recipes, and Foods.

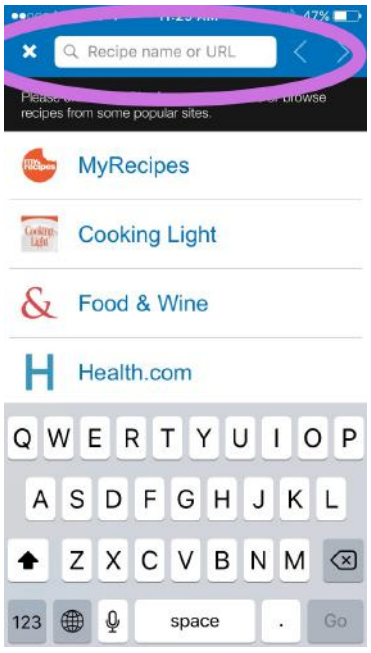


From there click Create a Recipe.

This gives you 2 options: either to Add a Recipe from the Web using its URL, or Enter Ingredients Manually if it's a recipe from a book/family/etc.



Note: Make sure to double check entries when they load to make sure ingredients & amounts were transferred correctly.

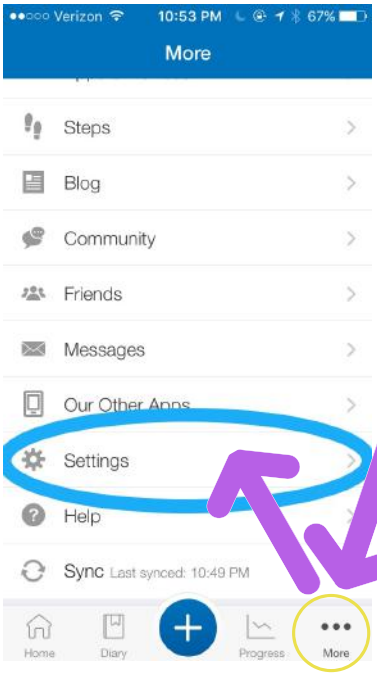


You can input the URL for the recipe or search popular recipe sites.

You can create your own recipe by naming it, and listing ingredients & quantities. Turning on Bulk Import Ingredients will save you time.

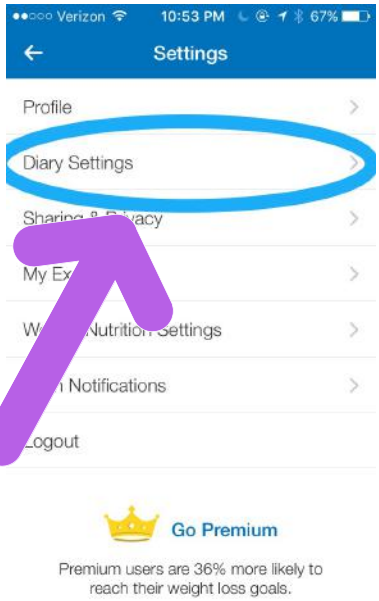
Tips, Hacks, & Troubleshooting

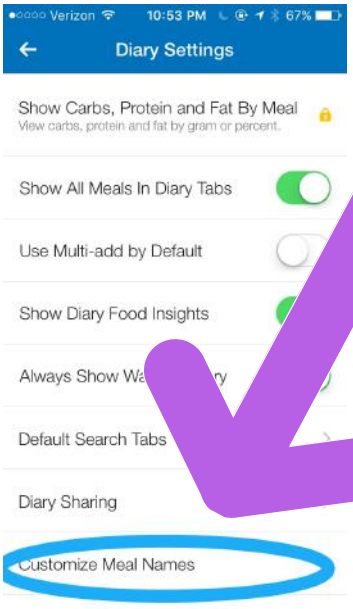
Customizing # of Meals & Names



You can update your settings to list as many/few meals as you would like to eat (up to 6). And you can name them whatever you want.

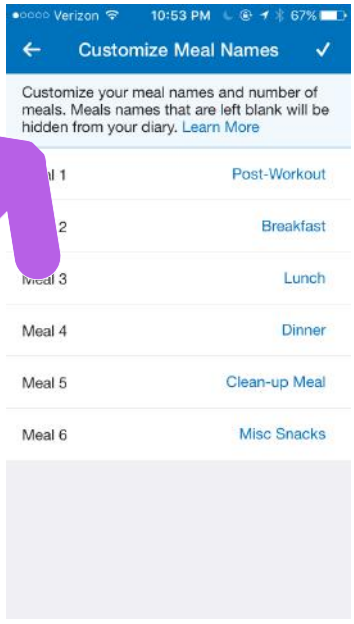
Click ...More, followed by Settings. From there select Diary Settings.





From there, click Customize Meal Names.

This screen is where you can make updates to number of meals & names. (Personally, I'm fond of Breakfast, Second Breakfast, Dinner Breakfast).



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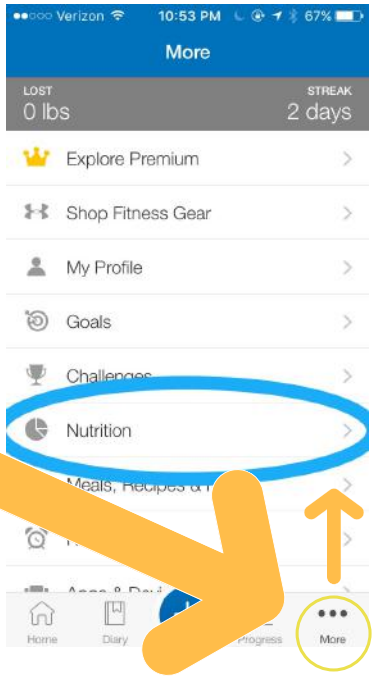
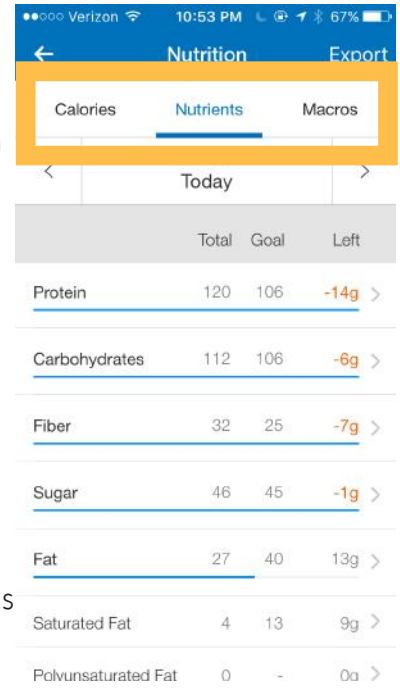
Tips, Hacks, & Troubleshooting

Viewing Your Intake

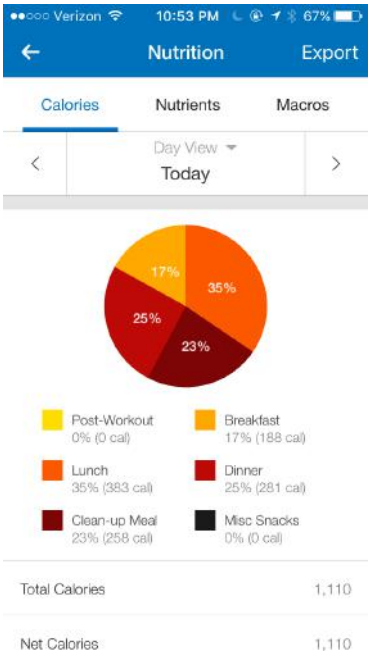
To view your intake for the day (or any day), click ...More and then Nutrition.



Using the bar at the top, you can toggle between Calories, Nutrients, and Macros views.



Calorie view shows you how many calories you've eaten *per meal*



Macro view shows you your daily percentages of carbs, protein, and fat.

Nutrient view (above) shows you your per gram breakdown of macronutrients, as well as important vitamins & minerals.

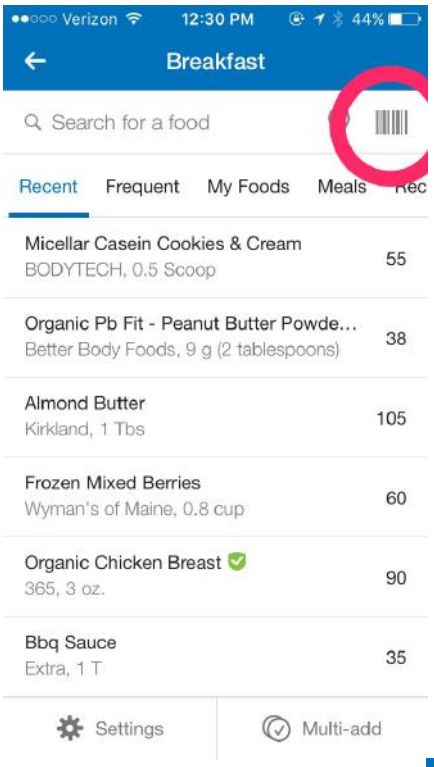
Note: Don't worry about any #s except the ones for calories, macros, and fiber.

These are merely tools for observation. You do not have to look at them. Do not get obsessive about the #s & REACH OUT IF YOU ARE.

Tips, Hacks, & Troubleshooting

Scanning a Barcode

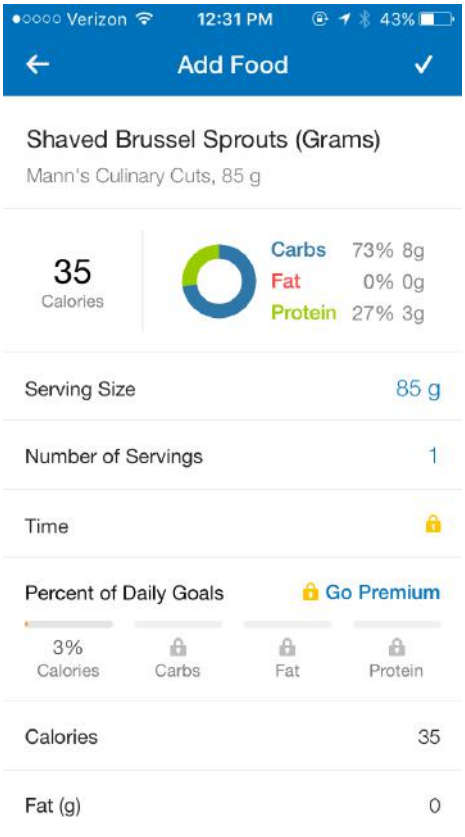
For packaged foods with barcodes, you can simply scan the code and the nutrition info will populate.



From the +Add Food menu, click the barcode icon.

The camera should pull up (within the app) to search for the barcode.

If, for some reason, the camera can't pick up on it, you can input the barcode # manually.



Once the barcode is recognized, the nutrition info will populate and you can log as you normally would.

This space intentionally left blank. (j/k, just didn't have anything useful that would fit here).

Tips, Hacks, & Troubleshooting

Guessing & Estimating

There will be times when you have to track something you're not entirely sure about, whether a restaurant meal, something a friend has made, etc.

Having to guess or estimate makes a lot of new tracker anxious but remember we're not striving for perfection. We're just trying to get an accurate approximation as to what & how much you're eating. One-off situations that occur every so often just aren't a huge deal or worth stressing about. Do your best to track to the best of your ability using the tips from the next few pages, let it be good enough, and move on.

If you're finding that you're doing a lot of guessing AND you're not seeing progress, consider making choices that leave you more in control (ie cooking more for yourself or going places/buying pre-made things that you can estimate more accurately).

Check out the videos in our YouTube playlist about creating complex meals/recipes and use the following pages to help you select entries and estimate portions.

Tips, Hacks, & Troubleshooting

Estimating Portions

Even though using a food scale is the most accurate way to track (see page 47), it's not always practical, so using the "hand guide" below will help you reasonably estimate portions when something more accurate isn't an option. The more time you spend measuring portions at home, the easier it'll be to estimate when you're not!

A thumb-sized portion of a healthy fat is roughly a tablespoon.

A palm-sized portion of a lean protein fat is roughly 3-5 ounces.

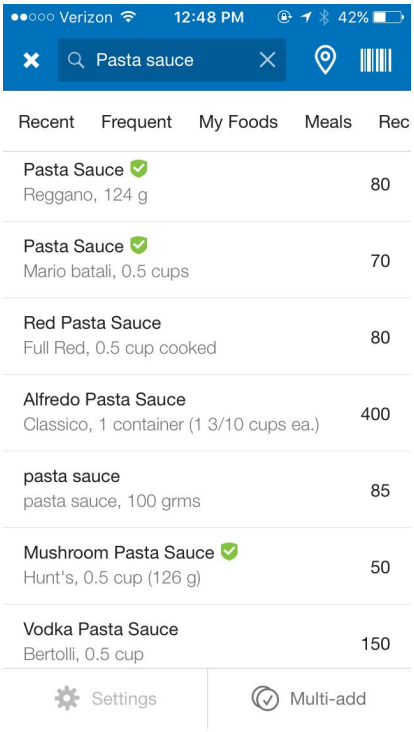
A cupped-handful portion of a minimally processed carb is roughly 1/2 cup.

A fist-sized portion of veggies is roughly 1 cup.

Tips, Hacks, & Troubleshooting

Picking an Accurate Option from Multiple Entries

There are many scenarios in which you may not have a nutrition label to refer to to double check an already existing entry in MFP.



You may notice that there are dozens of entries for the same food & many of them vary in their content.

In these instances, it's helpful to be as specific in your search as possible, for example, using brand names (when known).

Generally, by clicking on a handful of options, you can pick up on a consensus in entries that will help you determine an accurate calorie/content range for that food.

Pick one that seems reasonable based on this method & don't stress about it.

In this example, you can likely rule out the major outliers and assume most standard pasta sauces have 70-80 calories/serving.

Note: This badge indicates when MFP *thinks* a food listing is complete. This is not always the case, however. Many of these entries have been inputted by other users and may be inaccurate. This does not mean you should immediately distrust an entry with the badge, but do not automatically assume it is accurate without double checking yourself.

Similarly, an entry without the badge is not necessarily *in*accurate.

Use your judgement & ask for help if you're unsure about a certain food.

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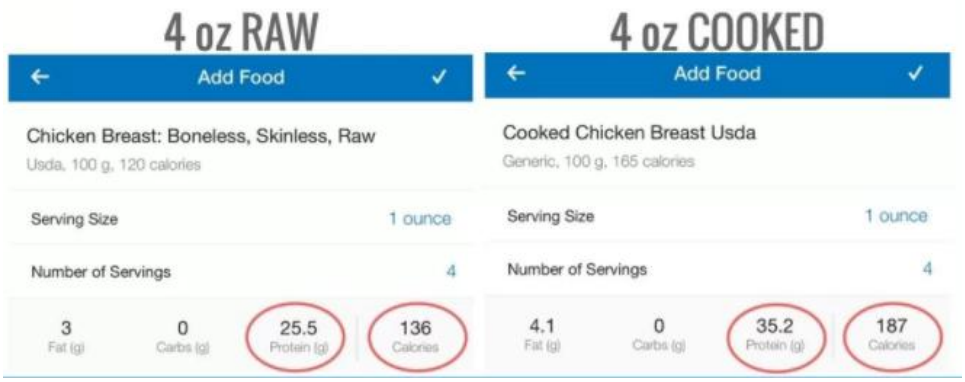
How To: Track Accurately

In short, if you eat it or drink it, you log it.

That includes bites of your kid's meals, samples at Costco, tastes while you're making dinner, condiments, creamer, etc. The point is to get an accurate reflection of your actual intake and those licks, bites, tastes, and sips can add up to much over the course of the day than most people realize.

Tip: Be aware of whether you're logging foods raw or cooked. It doesn't matter which you choose, as long as you're aware of which one you're choosing.

Example:



Tip: Lean proteins like chicken breast lose about 25% of their weight in the cooking process (due to water loss.) 6oz of raw chicken turns into 4.5oz cooked but the protein content is the same.

Tip Use the "tare" function on your scale to zero it between ingredients. Put your plate on the scale, press "tare," add your first ingredient, weigh out necessary amount, press "tare" again, repeat for other items to know the weight of only that food item each time.This will save you a lot of time & calculations.

Tip: Use weights (grams/oz, not cups/spoons/sizes) whenever possible, especially when you're first starting out.

ea COACHING

How To: Plan Balanced Meals

The easiest way to ensure that you are eating a well-balanced meal is to **simply choose one serving of a food from each of the categories above**. Remember that fruit and some veggies are considered 'smart carbs'.

- Choose **one protein** from the list on page 11.
- Choose **one healthy fat** from the list on page 13.
- Choose **one smart carb** from the list on page 15.
- Choose **one veggie** from the list on page 17.

(For a printable resource, see Macro Cheat Sheets in the appendix.)

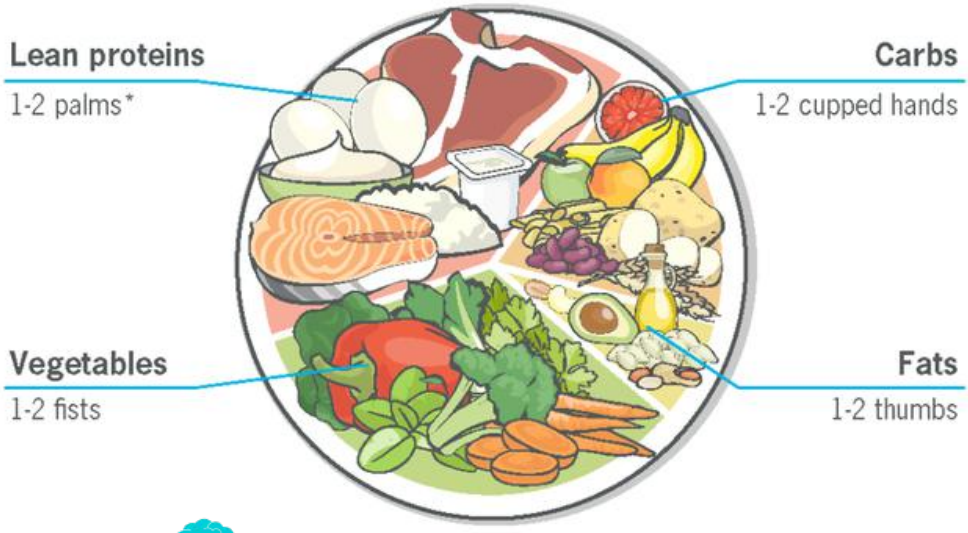
What Does A Balanced Meal Look like?

The plate below includes examples of foods from all 4 of the categories in this guide, as well as portion-size reminders.

Portion-sizes given in this guide **are estimates** and may take some tweaking to individualize for your specific needs.

Your portion-sizes may vary based on your:

- Genetics
- Body size
- # of meals/day
- Activity level
- Goals



How To: Plan Balanced Meals

Step 1: Decide how many meals you want. You may find it easier to eat at least 4 meals to help you get in all your protein for the day.

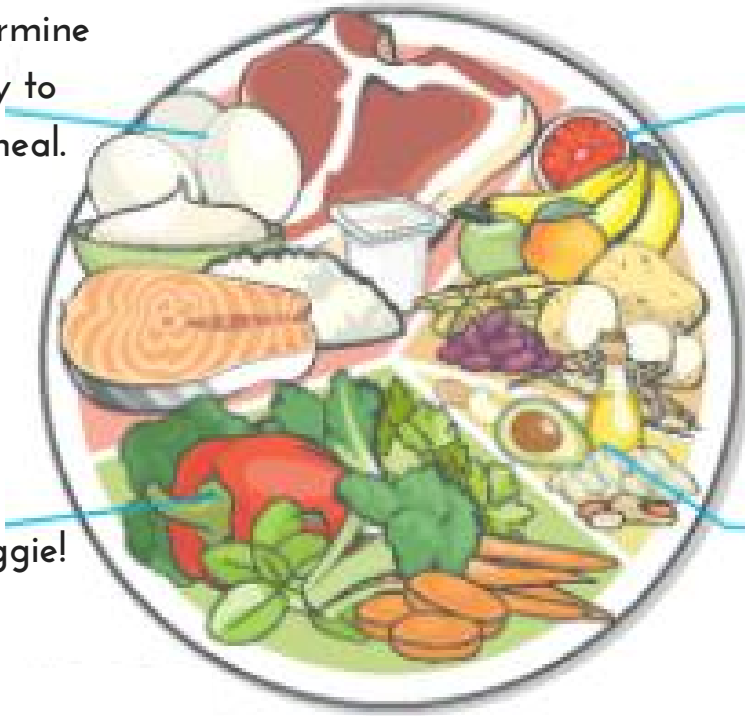
Step 2: Divide your total protein goal by the number of meals you've decided on. (120g for the whole day / 4 meals = 30g protein/meal)

Step 3: Choose your protein and determine how much of it you need to hit your meal target.

Step 4: Choose your carb and fat sources and log those in your tracker so you have a running total of what you have left for the day.

Step 5: Don't forget a veggie! (Technically these fall under the carb umbrella but they're important enough to warrant a second mention. Also, fiber. Shoot for at least 1 serving of veggies per meal.)

Pick protein & determine amount necessary to reach target for meal.



Pick carb and fat sources and log them so you have running total of what you have left for the day.

Don't forget a veggie!

How To: Plan Balanced Meals

Use this template to generate some of your own balanced meal ideas

BREAKFAST DAY 1

Whole wheat toast topped with banana & almond butter, 2 hard-boiled eggs & cherry tomatoes on the side

LUNCH DAY 1

Whole wheat wrap with deli meat, lettuce, tomato, onion, roasted red pepper, hummus, avocado & an apple on the side

DINNER DAY 1

Spaghetti Squash with lean ground turkey, mushrooms & broccoli sauteed in olive oil & topped with tomato sauce

SNACKS DAY 1

Hummus & carrots
Jerky & nuts

NEED HELP WITH RECIPES?

Click the iPad images on the next page to open 3 recipe books each with 10+ high-protein, easy-to-make meal ideas.

How To: Plan Balanced Meals

USE THE TEMPLATE IN THE APPENDIX TO PLAN YOUR OWN

BREAKFAST DAY 2
Avocado & egg toast with spinach & tomato

LUNCH DAY 2
Buddha Quinoa Bowl with grilled chicken

DINNER DAY 2
Sesame beef, broccoli, & carrots

SNACKS DAY 2
Yogurt & berry medley
Apple & almond butter

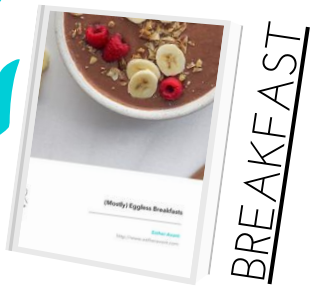
BREAKFAST DAY 3
Turkey & sweet potato hash with peppers & onions, topped with guacamole & salsa

LUNCH DAY 3
Egg Salad Wraps

DINNER DAY 3
Broiled halibut with asparagus, sweet potato & fruit medley on the side

SNACK DAY 3
Smoothie with banana, peanut butter, spinach, and protein powder

CLICK THE GRAPHICS BELOW FOR RECIPES & MEAL IDEAS


BREAKFAST


LUNCH


DINNER

How To: Plan for an Indulgence

Part of the fun of tracking macros is that you can have any foods you want - nothing is off-limits.

But that doesn't mean you can eat treats all the time and still reach your goals.

At least 80% of your food should be from nutrient dense sources. Whatever's left can be for fun foods.

Here's how to make that work:

Step 1: Look up the nutrition info for your treat.

If I want this Reese's Peanut Butter Cup for dessert, I have to save 13g of fat, 24g of carbs, and 5g of protein for it.

Step 2: Subtract the treat macros from your daily totals before you plan the rest of your meals for the day. This way you're only working with what you'll have leftover after accounting for the indulgence.

	PROTEIN	CARBS	FAT
TARGET	150g	200g	175g
REESE'S	5g	24g	13g
ADJUSTED TARGET	**145g**	**176g**	**162g**

How To: Go Out To Eat

While the beauty of tracking macros is that nothing is off-limits, eating out at restaurants can still pose a challenge due to all the uncontrollable variables. This is especially true during a strict weight loss phase.

1. **Decide how strict you need/want to be.** Assuming you are not preparing to step on stage in a bikini, you can probably afford a little leniency. Moderate indulgence could be in the form of a cocktail but not dessert, dessert but not appetizer, etc.

2. Leading up to the meal out, **prioritize protein**, as per ushe, that'll probably be the macro you have the hardest time hitting. Carbs & fat will be no problem to hit at a restaurant.

3. **Know what numbers you're working with** before you order and if possible, look at the menu before you to go find options that will fit your targets. Refer to the Restaurant Cheat Sheet for ideas. Many restaurants list nutrition info on their websites and others can be found in the MFP database.

4. **Simple orders are easier to track** (think chicken/mashed potatoes/asparagus vs lasagna) but if you choose something trickier, log your best guess based on an average of similar meals you see listed in MFP.

5. Restaurant servings are notoriously larger than what you'd eat at home. You don't have to eat every morsel on your plate. **Eat slowly and be mindful of fullness cues.**

How To: Go Out to Eat (cont.)

6 It's best to **overestimate a bit** since restaurants usually cook with more oil/butter than you'd use a home.

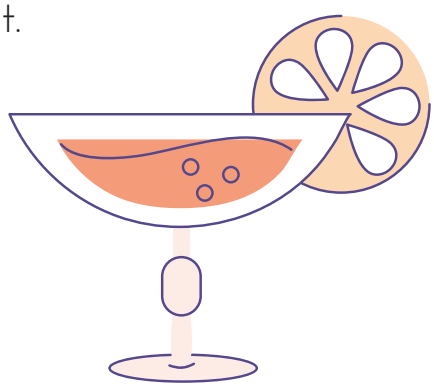
7 Consistency is the name of the game so a few meals here and there that you're not able to track 100% accurately are no big deal. Just **do your best and don't stress too much.** You'll be back on track with the next meal.

How To: Track Alcohol

With 7 calories per gram, alcohol falls between protein/carbs and fat. Since protein is most important, you don't want to mess with that budget.

This means that **you can subtract alcohol from *either* your carb budget or your fat budget or a combination of the two.** Take the total calorie content of your drink and divide it by 4 if you're going to count it towards your carbs, and divide by 9 if you're going to count it towards your fat.

Example: Five ounces of red wine has 125 calories. If you want to fit it into your carbs, divide the calories by 4; so it counts as 31g carbs. If you want to fit it into your fat allotment, divide by 9 and count it as 14g fat.



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How To: Navigate Social Events

Treat most social events like you would a restaurant meal:

- Plan your other meals around the event.
- Prioritize protein and save carbs and fat.
- Indulge in moderation.
- Do your best to eyeball portions, overestimate a bit to be safe, and log your best guess. Don't bring your scale - it's not that serious!
- Do not freak out about not knowing exactly what you're eating. Tracking your food is a tool that you are using temporarily to reach a goal. This is good practice at putting into action the skills you're developing by tracking in the first place.

How To: Travel & Take Road Trips

I sound like a broken record at this point but protein will likely be the hardest target to hit when you're traveling or on the road. Carbs and fat are easy to come by but protein may take more of an effort.

Pack or buy when you stop at a gas station, protein-centric snack options like bars, tuna, jerky, protein powder/shakes, Greek yogurt, string cheese, or hard boiled eggs.

If you're staying at a hotel, ask for a room with a kitchenette or at least a mini-fridge so you can store some fruit, veggies, and lean proteins.

If you're staying somewhere with a full kitchen, stop at a grocery store upon arrival and only get the foods you *want* to eat - whatever comes into your environment will get eaten.

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How To: Make Daily Changes

Tracking is just documentation. Without looking back at your log, comparing your current intake to your targets, and making gradual changes, nothing will change.

Set aside a few minutes each evening and weekend to review your log, see what went well, where you were over or under-target, and what you'll tweak the next day or week in order to consistently get closer to where you want to be.

How To: Make Target Adjustments

Most women are way too quick to slash calories and find themselves in a bad situation. The goal is to be able to eat as much as possible and still be losing fat at a healthy and sustainable rate (this rate is probably slower than you'd like!).

DO NOT decrease calories unless you have
-consistently and accurately hit your calorie and protein targets for a MINIMUM of 2 consecutive (ideally 3-4) weeks
AND
-you have not seen any improvements on the scale, tape measure, photos, or clothing fit (DO NOT rely solely on the scale to determine your progress).

If this is the case, make a SMALL (50-100 calorie) reduction from carbs or fat, not protein, and repeat the process.

In Foundations, we will oversee your progress and any changes to your targets so that you don't need to stress about it and can just focus on nailing the tracking and living your life.

Going Further...

If you want to put yourself in the best possible position to master the "Big Rocks" and use tracking as a tool to help you reach your weight loss goals *while* you develop the skills and mindset you need to stay there without tracking, join us in

This 6-week small group program provides:

- **hands-on guidance** to help you put all these pieces together in a way that works for YOU and your lifestyle
- **daily accountability** to help you show up for yourself consistently and reap the benefits of doing so
- an incredibly **high level of support** to help you treat yourself with the self-compassion you deserve, learn how to stop letting the scale determine your worth, and so much more.

Foundations is the hybrid of a knowledge-packed course PLUS live coaching from nutrition pros who will help you build the foundation for a lifetime of success & lasting results. Get all the info and join us at www.estheravant.com/foundations.

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APPENDIX

In this section you'll find the following supplemental resources:

Macro Cheat Sheets
Meal Planning Template
Grocery Shopping Template

PROTEIN SOURCES

Source	Serving	Protein	Fat	Carbs
Beef (Ground, 85% lean)	3oz cooked	18	12	0
Beef (Ground, 95% lean)	3oz cooked	26	5	0
Beef Jerky (Original, Jack Links)	3oz	39	3	12
Bison (Ground)	3oz cooked	22	7	0
Chicken (Breast, No Skin)	3oz cooked	19	1	0
Chicken (Thigh, No Skin)	3oz cooked	22	9	0
Cottage Cheese (Fat free, Great Value)	1 cup	28	0	14
Cottage Cheese (2%, Great Value)	1 cup	24	5	10
Crab	3oz cooked	17	1	0
Deli Meat (Black Forest Ham, Dietz & Watson)	3oz	18	1	0
Deli Meat (Chicken Breast, Dietz & Watson)	3oz	17	3	0
Deli Meat (Pepperoni, Dietz & Watson)	3oz	21	18	0
Deli Meat (Roast Beef, Dietz & Watson)	3oz	18	3	0
Deli Meat (Turkey, Dietz & Watson)	3oz	18	1	0
Duck (No Skin)	3oz cooked	20	10	0
Egg Whites	3tbsp	5	0	0
Eggs (Large)	1 large	6	5	0
Fish (Cod)	3oz cooked	19	1	0
Fish (Halibut)	3oz cooked	23	3	0
Fish (Salmon)	3oz cooked	19	11	0
Fish (Snapper)	3oz cooked	22	1	0
Fish (Tilapia)	3oz cooked	22	3	0
Fish (Tuna, canned)	3oz	18	1	0
Fish (Tuna, filet)	3oz cooked	20	3	0
Greek Yogurt (0%, plain, Fage)	1cup	23	0	9
Greek Yogurt (2%, plain, Fage)	1cup	23	4.5	9
Greek Yogurt (Full fat, plain, Fage)	1cup	18	10	8
Lobster	3oz cooked	16	1	0
Pork (Chop, Boneless)	3oz cooked	23	5	0
Pork (Ground, 96% lean)	3oz cooked	27	5	0
Protein Powder (Optimum Nutrition, Vanilla)	31g (1 scoop)	24	1	2
Scallops	3oz cooked	20	1	0
Shrimp	3oz cooked	18	1	0
Steak (Top Sirloin)	3oz cooked	26	4	0
Steak (Strip)	3oz cooked	24	6	0
Tofu	3oz cooked	7	4	1
Turkey (Ground, 90% lean)	3oz cooked	15	8	0
Turkey (Ground, 93% lean)	3oz cooked	17	6	0
Turkey (Ground, 99% lean)	3oz cooked	21	1	0

VEGGIE SOURCES

Source	Serving	Protein	Fat	Carbs	Fiber
Artichoke	1 medium	6	3	14	7
Asparagus	10 spears	4	0	6	3
Bamboo Shoots	1 cup	4	0	8	3
Bean Sprouts	1 cup	6	0	12	4
Beets	1 cup	2	0	13	4
Bell Peppers	1 cup, sliced	1	0	6	2
Bitter Melon	1 cup	1	0	5	3
Broccoli	1 cup, chopped	3	0	6	2
Brussels Sprouts	1 cup	3	0	8	3
Cabbage	1 cup, chopped	1	0	5	2
Carrots	1 cup, chopped	1	0	12	4
Cauliflower	1 cup	2	0	5	3
Celery	6 sticks	1	0	5	2
Collard Greens	1 cup, chopped	1	0	2	1
Cucumber	1 cup, sliced	1	0	4	1
Eggplant	1 cup, cubed	1	0	5	3
Green Beans	1 cup	2	0	8	4
Iceberg Lettuce	1 cup, chopped	1	0	2	1
Jicama	1 cup	1	0	11	6
Kale	1 cup, chopped	2	0	7	1
Leeks	1 cup	1	0	13	2
Long Squash	1 cup	2	0	6	2
Mushrorom (White)	1 cup, sliced	4	0	4	2
Mushroom (Portobello)	1 cAp	3	0	3	1
Mustard Greens	1 cup, chopped	2	0	3	2
Okra	1 cup	2	0	7	3
Onion	1 cup, chopped	1	0	16	2
Radish	1 cup, sliced	1	0	4	2
Snow Peas	1 cup	2	0	5	2
Spaghetti Squash	1 cup	1	0	10	2
Spinach	1 cup	1	0	1	1
Swiss Chard	1 cup	1	0	1	1
Tomatoes	1 cup, chopped	2	0	7	2
Turnip	1 cup, cubed	1	0	8	2
Yellow Squash	1 cup, chopped	1	0	4	1
Zucchini	1 cup, chopped	2	0	4	1

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FRUIT SOURCES

Source	Serving	Protein	Fat	Carbs	Fiber
Apple	1 med (2.75" dia)	0	0	19	3
Apricot	1 cup, sliced	2	1	18	3
Banana	1 med (7-8")	1	0	27	3
Blackberries	1 cup	2	1	14	8
Blueberries	1 cup	1	0	21	4
Cantelope	1 cup, cubed	1	0	13	1
Cherimoya	1 cup, diced	3	1	28	4
Cherries	1 cup, no pits	2	0	23	3
Clementine	1 med	1	0	9	1
Dates	1 date	0	0	6	1
Figs	1 med (1.25" dia)	0	0	10	1
Grape	1 cup	1	0	29	1
Grapefruit	1/2 med (4" dia)	1	0	10	1
Guava	1 cup	4	2	24	9
Jackfruit	1 cup, sliced	2	1	40	3
Kiwi	1 cup	2	1	26	5
Lychee	1 cup	2	1	31	3
Mango	1 cup, sliced	1	0	28	3
Melon (Honeydew)	1 cup, diced	1	0	15	1
Melon (Cantelope)	1 cup, cubed	1	0	13	1
Orange	1 med (1.62" dia)	1	0	15	3
Papaya	1 cup, cubed	1	0	14	3
Peach	1 med (2.5" dia)	1	0	9	2
Pear	1 med (.4lb)	1	0	26	5
Persimmon	1 med (2.5" dia)	1	0	31	6
Pineapple	1 cup, diced	1	0	20	2
Plum	1 med (2.13" dia)	0	0	8	1
Pomegranate	1 med (3.38" dia)	1	0	26	1
Pomelo	1 cup	1	0	18	2
Raspberries	1 cup	1	1	15	8
Strawberries	1 cup, sliced	1	1	13	3
Tangerine	1 med (2.38" dia)	1	0	11	2
Watermelon	1 cup, diced	1	0	11	1

STARCHY CARB

Source	Serving	Protein	Fat	Carbs	Fiber
Beans (Black, Cooked)	1/2 cup	14	1	20	8
Beans (Chickpea, Cooked)	1/2 cup	6	2	18	6
Beans (Lentil, Cooked)	1/2 cup	6	1	15	4
Beans (Lima, Cooked)	1/2 cup	5	1	15	3
Beans (Navy, Cooked)	1/2 cup	8	1	21	9
Beans (Pinto, Cooked)	1/2 cup	6	1	18	5
Bread (Bagel, Plain)	1 bagel	11	2	53	2
Bread (English Muffin)	1 muffin	5	1	26	2
Bread (Ezekiel, Whole Grain)	2 slices	8	1	30	6
Bread (Hamburger Bun, Safeway)	1 bun	4	2	20	1
Bread (White, Wonder)	2 slices	3	1	20	1
Bread (Whole Wheat)	2 slices	5	2	26	2
Corn	1/2 cup	3	1	15	2
Couscous (Cooked)	1/2 cup	3	0	17	1
Grits (Cooked)	1/2 cup	1	0	12	0
Oats (Cooked)	1/2 cup	3	1	13	2
Parsnips (Cooked, Sliced)	1/2 cup	1	0	12	4
Pasta (Regular, Cooked)	1/2 cup	4	0	21	1
Pasta (Whole Wheat, Cooked)	1/2 cup	4	0	19	3
Peas	1/2 cup	4	0	11	4
Poi (Taro Brand)	1/2 cup	0	0	33	0
Popcorn (Plain)	1/2 cup	0	0	3	1
Potato (Sweet, Cooked, Cubed)	1/2 cup	2	0	20	2
Potato (White, Cooked)	1/2 cup	2	0	16	1
Plantain (Cooked, Sliced)	1/2 cup	1	0	24	2
Pumpkin (Canned)	1/2 cup	2	0	11	3
Quinoa (Cooked)	1/2 cup	4	2	21	2
Rice (Brown, Cooked)	1/2 cup	3	1	22	2
Rice (Cake, Plain)	2 cakes	2	0	14	0
Rice (White, Cooked)	1/2 cup	2	0	22	0
Squash (Acorn, Cooked, Cubed)	1/2 cup	0	0	8	2
Squash (Butternut, Cooked, Cubed)	1/2 cup	0	0	8	1
Taro (Sliced, Cooked)	1/2 cup	0	0	23	4
Tortilla (Corn, Mission)	2 tortilla	2	2	22	4
Wrap (Spinach, Mission, 70g)	1 wrap	6	5	36	3
Wrap (Whole Wheat, Mission, 70g)	1 wrap	6	5	34	5
Yam (Cooked, Cubed)	1/2 cup	1	0	21	3

FAT SOURCES

Source	Serving	Protein	Fat	Carbs	Fiber
Almond (Butter)	1tbsp	2	9	3	1
Almonds	1oz	6	14	6	3
Avocado	1/2 medium	1	12	6	5
Avocado (Oil)	1tbsp	0	14	0	0
Bacon (Oscar Mayer)	2 pieces	4	6	0	0
Beef (Ground, 75%)	3oz	13	21	0	0
Beef (Sausage)	3oz	6	12	2	0
Brazil Nuts	1oz	4	19	3	2
Butter	1tbsp	0	12	0	0
Canola Oil	1tbsp	0	14	0	0
Cashews	1oz	5	12	9	1
Cheese (American)	1oz	5	7	2	0
Cheese (Bleu)	1oz	6	8	1	0
Cheese (Cheddar)	1oz	7	9	0	0
Cheese (Feta)	1oz	4	6	1	0
Cheese (Mozzarella)	1oz	6	6	1	0
Cheese (Swiss)	1oz	8	8	2	0
Chia Seeds	1tbsp	4	2	4	4
Coconut (Meat)	1oz	1	9	4	3
Coconut (Milk, Canned)	1/3cup	1	11	2	0
Coconut (Oil)	1tbsp	0	14	0	0
Flax Seeds	1tbsp	2	4	3	2
Half & Half	2tbsp	1	3	1	0
Hazelnuts	1oz	4	17	5	3
Heavy Whipping Cream	1tbsp	0	5	1	0
Macadamia Nuts	1oz	2	21	4	2
Olive (Oil)	1tbsp	0	14	0	0
Olives (Green)	10 olives	0	4	1	1
Olives (Kalamata)	10 olives	0	9	2	0
Peanut (Butter)	1tbsp	4	8	3	1
Peanuts (Shelled)	1oz	8	15	4	3
Pecans	1oz	3	20	4	3
Pesto	1tbsp	3	8	1	0
Pine Nuts	1oz	4	19	4	1
Pistachios	1oz	6	13	8	3
Pork (Sausage)	3oz	9	12	0	0
Sesame Oil	1tbsp	0	14	0	0
Sunflower Seeds	1oz	6	14	5	3
Walnuts	1oz	4	18	4	2

Meal Planning Template

- Use this to help you plan out balanced meals ahead of time so you're not leaving anything to chance and just hoping for the best.
- Don't stress if you don't get each category in each meal, just do your best.
- Try to get lean protein & veggies at every meal.
- Prioritize smart carbs around workouts & healthy fats at meals further from workouts.
- You should be satiated from your meals so snacks are optional/as needed.

DAY(S):

BREAKFAST

☐Protein. ☐Carb
☐Veggie ☐Fat

LUNCH

☐Protein. ☐Carb
☐Veggie ☐Fat

DINNER

☐Protein. ☐Carb
☐Veggie ☐Fat

SNACKS?

☐Protein. ☐Carb
☐Veggie ☐Fat

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Meal Planning Template

DAY(S):

BREAKFAST

☐Protein. ☐Carb
☐Veggie ☐Fat

LUNCH

☐Protein. ☐Carb
☐Veggie ☐Fat

DINNER

☐Protein. ☐Carb
☐Veggie ☐Fat

SNACKS?

☐Protein. ☐Carb
☐Veggie ☐Fat

DAY(S):

BREAKFAST

☐Protein. ☐Carb
☐Veggie ☐Fat

LUNCH

☐Protein. ☐Carb
☐Veggie ☐Fat

DINNER

☐Protein. ☐Carb
☐Veggie ☐Fat

SNACKS?

☐Protein. ☐Carb
☐Veggie ☐Fat

Meal Planning Template

DAY(S):

BREAKFAST

☐Protein. ☐Carb
☐Veggie ☐Fat

LUNCH

☐Protein. ☐Carb
☐Veggie ☐Fat

DINNER

☐Protein. ☐Carb
☐Veggie ☐Fat

SNACKS?

☐Protein. ☐Carb
☐Veggie ☐Fat

DAY(S):

BREAKFAST

☐Protein. ☐Carb
☐Veggie ☐Fat

LUNCH

☐Protein. ☐Carb
☐Veggie ☐Fat

DINNER

☐Protein. ☐Carb
☐Veggie ☐Fat

SNACKS?

☐Protein. ☐Carb
☐Veggie ☐Fat

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Meal Planning Template

DAY(S):

BREAKFAST

☐Protein. ☐Carb
☐Veggie ☐Fat

LUNCH

☐Protein. ☐Carb
☐Veggie ☐Fat

DINNER

☐Protein. ☐Carb
☐Veggie ☐Fat

SNACKS?

☐Protein. ☐Carb
☐Veggie ☐Fat

DAY(S):

BREAKFAST

☐Protein. ☐Carb
☐Veggie ☐Fat

LUNCH

☐Protein. ☐Carb
☐Veggie ☐Fat

DINNER

☐Protein. ☐Carb
☐Veggie ☐Fat

SNACKS?

☐Protein. ☐Carb
☐Veggie ☐Fat

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GROCERY LIST TEMPLATE

- We'll first categorize ingredients by meal and then transfer into one master list. Feel free to skip this in between step if you want.

INGREDIENTS

BREAKFASTS	DINNERS
LUNCHES	SNACKS

GROCERY LIST TEMPLATE

- Put together your master list categorized by macro.
- You may not need to buy everything every week! You might have cooking oils in the pantry or meat in the freezer so take inventory before you go!

VEGETABLES

Type	Amount

FRUIT & CARBS

Type	Amount

PROTEINS

Type	Amount

FATS

Type	Amount