



# MACRONUTRIENTS TRACKING GUIDE

*with Reach for Tomorrow*



*Join me and only*  
**MACRONUTRIENTS  
TRACKING GUIDE**

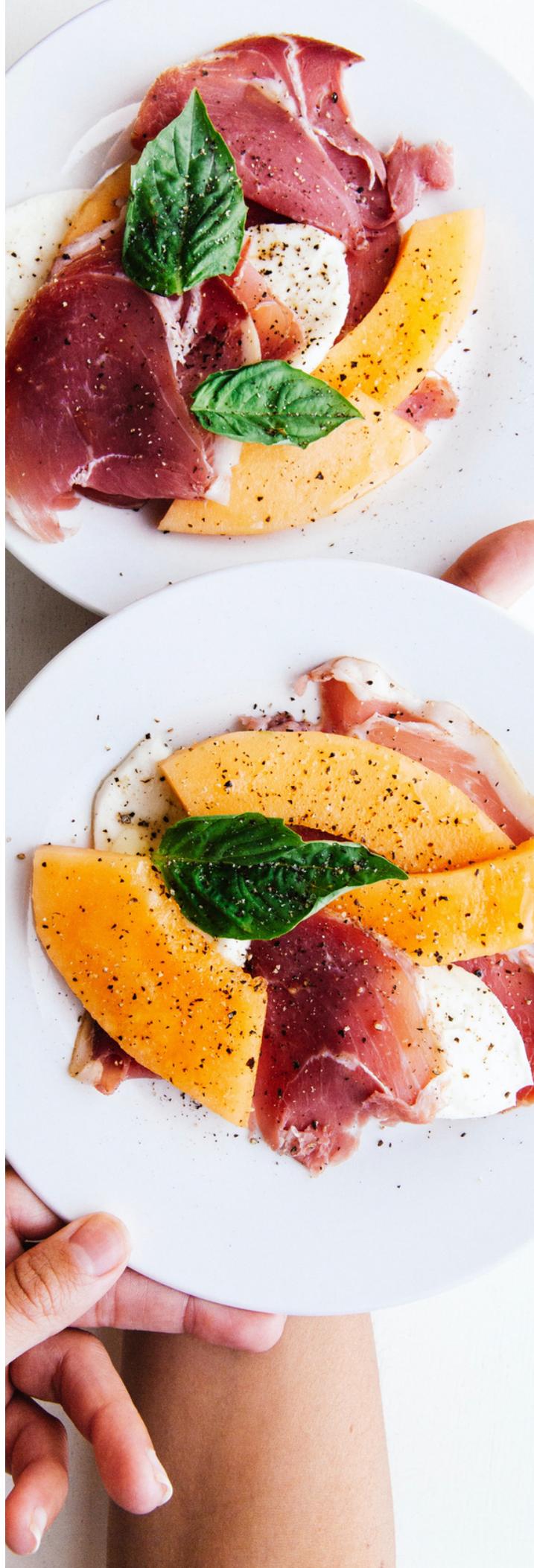
REACH FOR TOMORROW

# COPYRIGHT DISCLAIMER

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.



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*HV..*

## AND WELCOME

Thank you so much for choosing my guide to help you figure out and track your macronutrients.

Whether you are looking to improve your health, lose weight or build muscle, knowing and tracking your macros should be one of your priorities.

Since tracking macros can be daunting, we've created this guide to help make things much easier for you.

In this guide, you'll learn about energy balance and calories, macronutrients and micronutrients as well proper tracking techniques.

PS. Read until the end to take advantage of our cheat sheets!

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# What is ENERGY BALANCE

Energy balance (or calories in versus calories out) is an over-simplification of how we maintain a healthy weight and body composition. Our bodies are smarter than we give them credit for and have developed mechanisms for survival—i.e., homeostasis. This 'homeostasis' is the energy balance. When you consume a number of calories that equals to the number of calories that you expend (use) - you are in homeostasis - aka the energy balance. When you start consuming more or less calories than your energy balance, that's when your body will start to change. If you want to start losing weight, you need to consume fewer calories. And if you want to gain muscle, you need to consume more calories than you expend.

With calorie manipulation, you can achieve any fitness goal you desire.

So, where do calories come from? **Food and macronutrients of course!**

You'll learn more about macronutrients on the next page.



# What are MACRONUTRIENTS

The term 'macronutrients' refers to three major nutrients called proteins, carbohydrates, and fats.

Each macronutrient offers a different set of vitamins and minerals to support your health, wellbeing, and fitness goals. Furthermore, vitamins and minerals are interdependent on each other, so if you don't get enough of one nutrient, it can lead to nutritional deficiencies as your body may struggle to absorb other nutrients too.

This is why consuming a balanced and healthy diet is important. Some foods are more nutritionally dense than others. For instance, if you consistently ate snacks and candy without also consuming meats, fats, and vegetables, then your body could be at a greater risk of several health problems like diabetes, heart disease, and more.

However, this doesn't mean that you should completely avoid any types of snacks and sugar. It's important to also give in to your cravings but with caution. Being flexible in what you eat is important. If you are too restrictive then you are likely to face a backlash of severe cravings and the need for binge eating which will reverse any progress that you've made. So, your diet should be 80% healthy and balanced with 20% of flexibility for your favorite snacks.

With a flexible diet, you will not only find it easier to diet and stick to it, but you'll also find that you won't have severe cravings and your sweet tooth will be under control. This is particularly important if you're looking to lose weight.

Over the next few pages, you'll learn exactly what each macronutrient does.

# What does each MACRONUTRIENT DO

## PROTEINS

Proteins make up both soft and hard tissues. You need them for your immune system, muscle recovery, bone density, and hair and nails.

You cannot recover well between workout sessions without an adequate intake of proteins. So, make sure to consume 1g of protein per 1kg of bodyweight. This means that if you weigh 60kg, then you'll need to consume 60g of protein. To calculate the number of calories, simply multiply the grams by 4 since there are 4 calories in each gram.



## CARBOHYDRATES

Carbohydrates are the body's main source of energy. Carbohydrates can be starchy, sugary, or fibrous. During digestion, carbohydrates are broken down into glucose sugars. The sugar in your blood will circulate, giving you an energy boost. (Sugary snacks and sweets) cause your blood sugar levels to fluctuate dramatically, while fibrous carbohydrates cause your blood sugar levels to rise and fall more slowly and steadily. This is important because the body doesn't necessarily enjoy these kinds of fluctuations. You may feel tired quickly, moody and demotivated.

Our energy levels, appetite, and bowel movements depend on fibrous and starchy carbohydrates. You may be unable to complete any strenuous exercise without an adequate supply of carbohydrates.

One thing to note is that if you consume too many carbohydrates too often, you may also gain weight. This is because regular sugar intakes can lead to insulin insensitivity. It means that the body will stop using sugars circulating in the bloodstream for energy, and it will start storing them as fat. This is only a problem if you continuously overeat on sugars, but knowing this helps you eat more mindfully.

Therefore, make sure to dedicate 50% of your total daily calories to carbohydrates. To get the number of grams, simply divide the calories by 4 since there are 4 calories in each gram.

## HEALTHY FATS

Fats help control hormones, appetite, blood pressure, cholesterol levels, and blood sugar, but they're also the only macronutrient that can transport fat-soluble vitamins A, D, E, and K. This makes healthy fats an essential component of a healthy diet.

Approximately 30-35% of your total daily intake should come from healthy fats. Once you deduct your calories for proteins and carbohydrates, the remaining calories should be used for fats. This will be approximately 30-35%. To calculate the number of grams, simply divide the calories by 9 since there are 9 calories in each gram of fat.



# How to figure out YOUR MACROS?

The good news is that figuring out your macros isn't too complicated, and it is done with a number of steps.

## Step 1

### CALCULATE YOUR BMR

BMR is an acronym for Basal Metabolic Rate and it refers to the number of calories that your body requires to use to perform all the biological and physiological processes.

To calculate your BMR, follow these equations:

#### WOMEN

$$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age}) = \text{BMR}$$

#### MEN

$$66 + (6.23 \times \text{weight in pounds}) + 12.7 \times \text{height in inches} - (6.8 \times \text{age}) = \text{BMR}$$

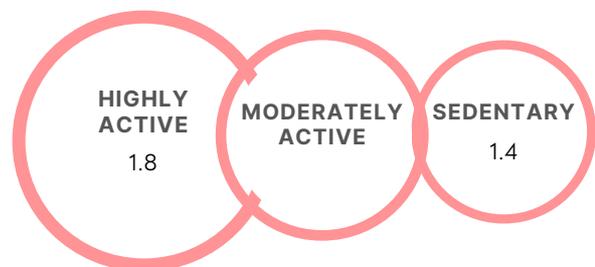
This is the number of calories that your body requires in order to survive. The next step is calculating how many calories your body requires to perform daily activities (TDEE).

## Step 2

### CALCULATE TDEE

TDEE stands for Total Daily Energy Expenditure and it refers to a number of calories that your body needs in order to perform any daily activities (plus biological and physiological processes). This is also known as your maintenance calories, and it's how many calories you need to maintain your current weight.

To calculate your TDEE, simply multiply your BMR by an activity factor as displayed below:



## Step 3

### CALCULATE YOUR DAILY CALORIES

If you want to eat healthy and keep the same weight, you can consume the number of calories that you calculated in **Step 2**. However, if you'd like to lose weight, deduct 200-500, and if you'd like to gain muscle, add 200-500 to the **Step 2 calories**.

### Step 4

#### CALCULATE YOUR INTAKE OF PROTEIN

Your protein intake really depends on your goals. An average person requires 1g of protein per kilogram of bodyweight. However, a person who is looking to build muscle requires 1g of protein per 1 lb of bodyweight.

For example, if you are looking to eat healthy (or lose weight), you should consume 1g per 1 kilogram of bodyweight. This means that if you weigh 60 kilograms, you should consume 60g of protein per day.

On the other hand, if you are looking to build muscle and you weigh 140lbs, you should consume 140g of protein.

To figure out the number of calories that is, simply multiply the grams by 4.

### Step 5

#### CALCULATE YOUR INTAKE OF CARBS

Approximately 50-55% of your total daily calories should come from starchy carbohydrates. This means that you need to divide your total daily calories by 2 (50%). Then divide those calories by 4 to obtain the number of grams.

### Step 6

#### CALCULATE YOUR INTAKE OF FATS

Once you have calculated your intake of proteins and carbohydrates, it is time that you deduct those calories from your total daily calories. The remaining calories should be dedicated to healthy fats. This should be approximately 30-33% of the total calories.

To figure out the number of grams, simply divide the remaining calories by 9.



# Summary of MACRONUTRIENT REQUIREMENTS

## PROTEIN

You should consume 1g of protein per 1kg of bodyweight. This means that if you weigh 50kg then you should consume 50g of protein. Then, multiply the grams by 4 to obtain the number of calories. Deduct these calories from your total daily calorie allowance.

## CARBOHYDRATES

Approximately 50% of your total daily calories should come from carbs. So, divide your total daily calories by 2 to obtain the calories. Then, divide these calories by 4 to obtain the number of grams. Deduct these calories from the remaining calories.

## HEALTHY FATS

30-35% of your total daily calories should come from healthy fats. All you need to do is use the remaining calories after the calories for protein and carbs have been deducted, and use them for healthy fats. Divide these calories by 9 to obtain the number of grams.



# Great Food Choices FOR PROTEIN



CHICKEN  
BREAST

165 kcals | 31g protein



BEEF  
FILLET

291 kcals | 26g protein



LAMB  
CHOP

305 kcals | 28g protein



TURKEY  
BREAST

147 kcals | 30g protein



VEAL

231 kcals | 30g protein



CHICKEN  
THIGH

214 kcals | 23g protein



BEEF  
SAUSAGE

405 kcals | 16g protein



PORK  
SAUSAGE

325 kcals | 19g protein



TOFU

83 kcals | 10g protein



SEITAN

126 kcals | 25g protein



TEMPEH

195 kcals | 20g protein



EDAMAME

121 kcals | 12g protein



SALMON

206 kcals | 22g protein



COD

105 kcals | 23g protein



CANNED  
TUNA

128 kcals | 24g protein

\*\* Calories and grams are displayed per 100g of the product unless stated otherwise.

# Great Food Choices

## FOR CARBOHYDRATES & FRUIT



WHITE  
RICE

130 kcals | 28g carbs



BROWN  
RICE

112 kcals | 24g carbs



WHOLE-  
WHEAT  
PASTA

149 kcals | 30g carbs



COUSCOUS

112 kcals | 23g carbs



QUINOA

120 kcals | 21g carbs



SWEET  
POTATOES

90 kcals | 21g carbs



WHOLEGRAIN  
BREAD

81 kcals | 14g carbs



POPCORN

557 kcals | 55g carbs



APPLE

52 kcals | 14g carbs



ORANGE

49 kcals | 13g carbs



GRAPEFRUIT

42 kcals | 11g carbs



BANANA

89 kcals | 23g carbs



STRAWBERRIES

32 kcals | 7.7g carbs



BLUEBERRIES

57 kcals | 14g carbs



RASPBERRIES

52 kcals | 12g carbs

\*\* Calories and grams are displayed per 100g of the product unless stated otherwise.

# Great Food Choices

## HEALTHY FATS



AVOCADOES

160 kcals | 15g fats



EGGS

143 kcals | 9.5g fats



ALMONDS

598 kcals | 53g fats



HAZELNUTS

646 kcals | 62g fats



BRAZIL NUTS

659 kcals | 67g fats



PEANUTS

587 kcals | 50g fats



PISTACHIOS

569 kcals | 46g fats



CASHEWS

574 kcals | 46g fats



CHIA SEEDS

486 kcals | 31g fats



OLIVE OIL  
1 tsp.

119 kcals | 14g fats



FLAXSEED OIL  
1 tsp.

120 kcals | 14g fats



COCONUT OIL  
1 tsp.

121 kcals | 13g fats

\*\* Calories and grams are displayed per 100g of the product unless stated otherwise.

# How to TRACK MACRONUTRIENTS

Tracking macronutrients can be done in a number of ways. You can do it manually by weighing everything and reading food labels, or you could do it the smart way using the MyFitnessPal APP. So, in this section, we will go over how to track your macronutrients using this FREE app.



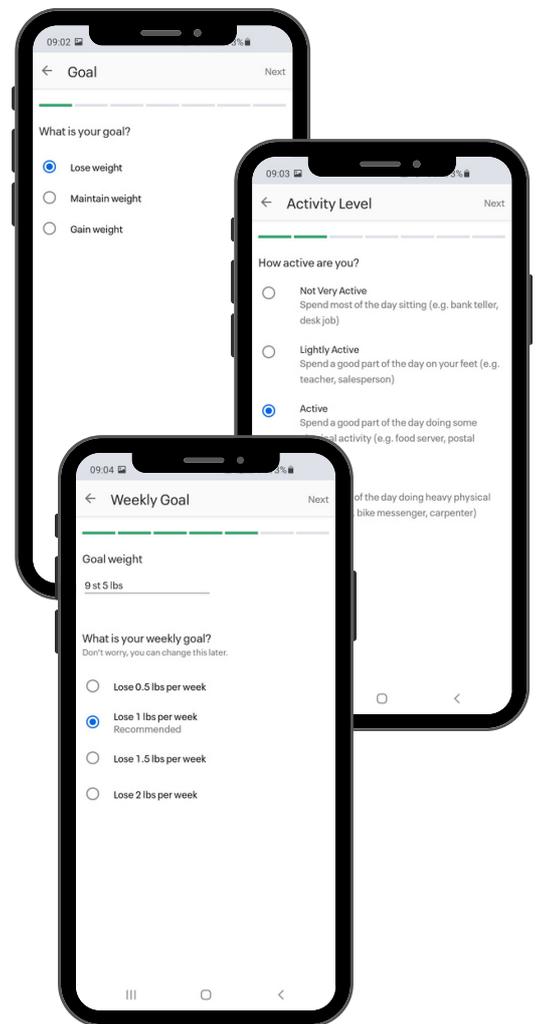
[Download APP from Apple Store](#)

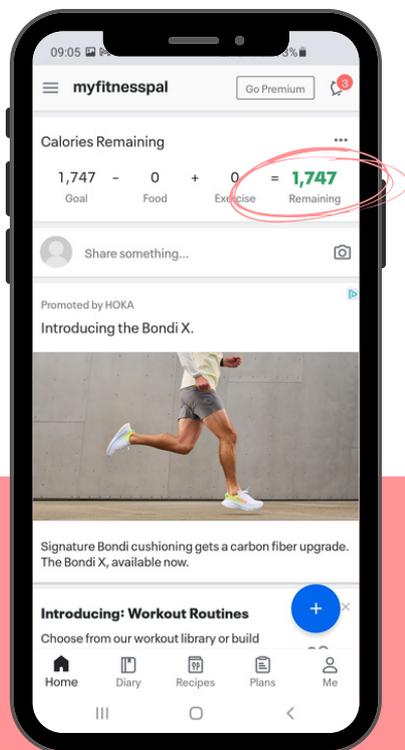


[Download APP from Play Store](#)

## THE SET UP

When you initially download the APP, it will ask you a number of questions based on your body composition and your goals. Make sure that your weight and your height have been taken in the last week. This information needs to be up to date or otherwise, there may be inconsistencies and your calories and macronutrients may be calculated incorrectly. This can hinder your progress.





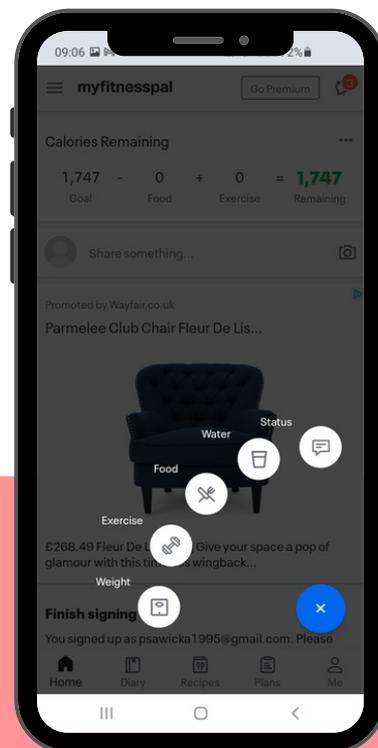
## CALORIES

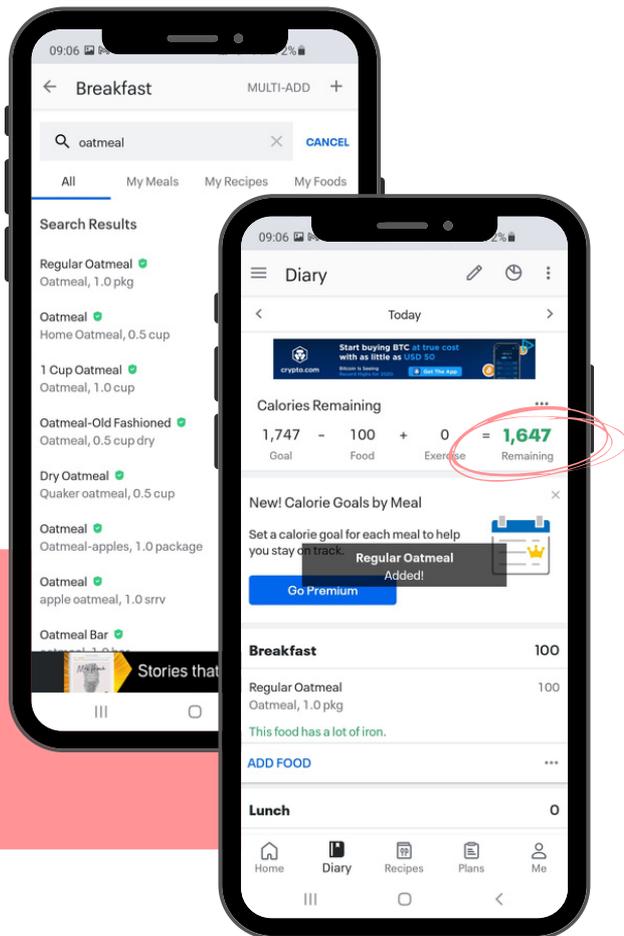
Once your body composition and goals have been entered, MyFitnessPal will automatically calculate your calories.

The green calories are the total calories that you should consume every day, and these are split between food and exercise. When you input exercise, it will add a number of calories to your total. These are extra calories that you can eat in a day.

## FOOD LOG

When you click on the blue plus sign on the bottom right corner of the app, you can log your food. So, whenever you've eaten anything, make sure to weigh it using kitchen scales or follow serving recommendations on food labels and insert the appropriate amounts into the app.





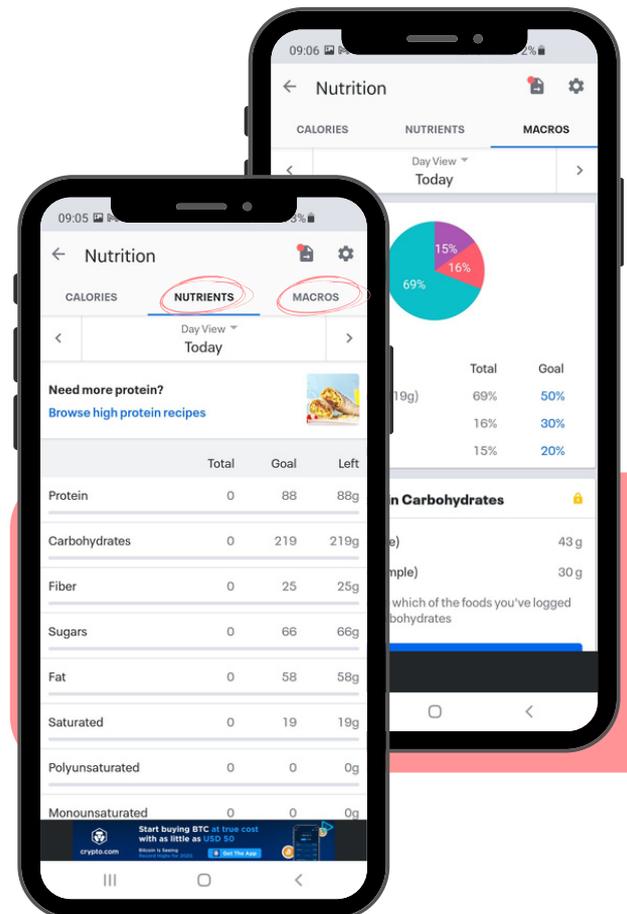
## FIND YOUR FOOD

Once you choose which meal you'd like to log, it will take you to the main food search database. You can use the top search bar to find thousands of foods from around the world and a variety of brands. Then simply choose how much you consumed, and it will calculate the calories and macronutrients for you automatically. As you can see, once oatmeal was added, the total calories on the homepage were reduced.

## TRACK YOUR MACROS

When you click on the 'calories remaining' tab, you will be taken to another screen that shows you your intake for vitamins and minerals as well as macronutrients.

The APP automatically calculates your requirements for nutrients based on your body composition (height and weight). Whenever you add any food or drinks that you consume, it will also update your intake for nutrients. You can track how much you've already consumed of a particular nutrient and how much more you should consume.



*Thank You!*  
**LET'S STAY IN TOUCH!**



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