

Simple Guide to Tracking Macros

Your Daily Macro Goal:

Aim for the following breakdown of your total daily calories:

- **35% Carbohydrates**
- **35% Protein**
- **30% Fat**

How to Get Started:

1. Download a Tracking App

- MyFitnessPal Calorie Tracker

2. Fill out your information

It will calculate your daily caloric needs based on your input. You can use that as a starting point if one was not given to you.

3. Set Your Macro Targets

Click on “More” (bottom right of screen) → Goals → Calorie, Carbs, Protein and Fat Goals. Adjust your settings to:

- 35% Carbohydrates
- 35% Protein
- 30% Fat

4. Log Everything You Eat and Drink

- Include snacks, beverages, sauces, and condiments.

5. See where you are, and adjust the following day

At the end of the day, you will see how many calories you consumed, where those calories came from, and what your macronutrient breakdown was (% carbs/protein/fat).

- The next day, adjust accordingly.
 - If you were too carb heavy and lacking in protein, make decisions the next day that lessen your carbs and increase your protein, etc.
 - If you consumed too many calories, look back at your food log and see how much each thing you ate “cost,” and then decide, “was it worth it?”
- Look at this like a budget. You have a certain number of calories to “spend” that day, and you want to get close to a 35/35/30 breakdown as possible (daily macro goal). What do you want to spend those calories on? What do you want to spend those macro requirements on?
- Just like you cannot budget your money without knowing what you are spending, and what you are spending on, you cannot “budget” your diet without knowing what you are consuming and what it is costing you.
- This specific breakdown (35%/35%/30%) is not going to be everyone’s exact optimal balance but is a great place to start. Once you get within this range, you can (and should!) experiment with what balance makes you feel your best. First, get close, then customize.

Helpful Nutrition Tips

Focus on Protein First

At each meal, prioritize:

- Lean meat (chicken breast, filet, ground turkey, etc.)
- Fish
- Eggs
- Greek yogurt
- Cottage cheese

- Protein shakes
- Legumes and other high-protein foods

*Meeting your protein goal is often the most important factor for maintaining muscle mass, satiety, and metabolic health.

Minimize Carbohydrates Early in the Day

Whenever possible, build breakfast around:

- Protein
- Healthy fats
- Vegetables

Examples:

- Eggs and vegetables
- Greek yogurt with nuts
- Protein shake

Avoid large amounts of:

- Cereal
- Bagels
- Pastries
- Sugary coffee drinks

*This keeps your insulin low early in the day and allows you to stay more satiated. If you eat carbs early, you:

Spike blood sugar → insulin spikes in response → insulin brings down blood sugar abruptly (“crash” after high carb meal) → you get hungry again, keep chasing all day

Minimize Carbohydrates Late at Night

Try to reduce carbohydrate intake during the last few hours before bed, especially:



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- Desserts
- Chips
- Bread
- Pasta
- Sugary snacks

If you need an evening snack, consider:

- Greek yogurt
- Cottage cheese
- Protein shake
- Turkey or chicken
- Nuts (in moderation)

*The goal here is the same, to have steady blood sugar all throughout the night. If you eat carbs late, your body will try to balance the blood sugar with the insulin response and you will have waves of spikes and crashes, even while you sleep. This will affect your quality of sleep, make it more difficult for you to lose weight, and contribute to insulin resistance, which is the basis for metabolic disease.

Consistency Beats Perfection!