

# MACROS 101

## WHAT ARE MACROS?

"Macros"- short for Macronutrients - are the nutrients our body needs in large quantity and consist of Carbs, Fats & Proteins. Our bodies also need Micronutrients - which include vitamins and minerals and are found in Macronutrient sources.



Just about everything we eat is a Carb, Fat, Protein, or Combination of the three

## CARBS

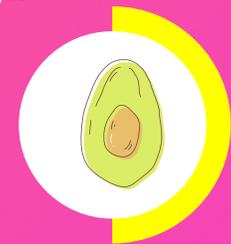
Carbohydrates contribute 4 calories per gram, and are the bodies preferred fuel source. They provide a clean, easy burning energy source to fuel our activity! Carbohydrates can be divided into three categories:



**Fiber:** a complex carb that the body cannot digest, but is important in keeping blood sugar levels from rising sharply as well as keeps us full. Ex: fruits, veges, whole grains

**Starches:** a complex carb can be found in foods like grains, oats, corn, and potatoes, Refined starches, like those found in white rice or white flour, act like a simple carb - raising blood sugar faster

**Sugar:** a simple carb naturally found in fruits, veges, and dairy. Sugar provides quick energy



## FATS

Healthy fats are an important part of our diet! Contributing 9 calories per gram, we need them for proper hormone function, mood balance, hair, skin and nails! Fats can be divided into three categories:

**Unsaturated fats:** the healthy fats largely found in plant foods like nuts, avocados, fatty fish, flaxseeds, and vegetable oils



**Saturated fats:** typically found in animal foods like red meat, sausage, cheese, and dairy.

**Trans fats:** commonly used in processed foods and don't offer a health benefit

## PROTEINS

Protein is the bodies building block for bones, muscle, blood, and skin. Contributing 4 calories per gram, it helps balance blood sugar levels, helps us maintain lean body mass, and keeps us fuller longer. The two main types of proteins are lean and fatty proteins.



# MACROS 101

## HOW MUCH DO I NEED?

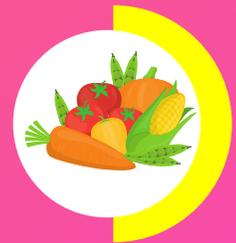
Daily intake of each macronutrient varies based on age, gender, size, activity level, and goals. There isn't a one-size-fits-all number for everyone and our metabolisms are all unique to our current intake and dieting history. In general you don't want to overconsume more than your body needs, but you also don't want to feel hunger or lacking energy. Tracking your current intake or working with a professional will allow you to find your sweet spot!



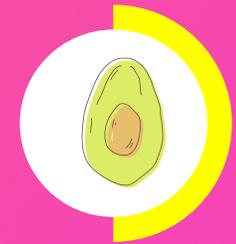
## DAILY MACROS

When determining the proper % of macros each day, prioritize protein intake and then balance out the remainder of calories from fat & carbohydrate. As an example - let's take a 2,000 calorie diet and break it up into a balanced split:

- 30% Protein = 150g
- 40% Carb = 200g
- 30% Fat = 65g



The goal is to split up your daily Macro nutrients over your preferred number of Meals & Snacks per day! I always recommend an evenly spread out mix of protein and then spread out fats & carbs as preferred. It is really important to understand that there is not a single "diet" that is better than the other - it is all about doing what makes you feel your best & is sustainable long term!



## MACRO SPLITS

An example of a balanced daily breakdown looks like this:  
5 Meals: 30g Protein, 40g Carb, 13g Fat

## BUILDING MEALS

Once you have Macro targets, no food is "off limits" simply build your favorite meals to fit your macros! Knowledge and Practice is all you need in order to Master your Macros! In the beginning, using a nutrition tracking tool, like My Fitness Pal, as well as weighing and measuring, allows you to start to learn what category each food falls into and what quantity work to hit your targets!



## MACRO SWAPPING

Once you know which foods contribute each Macronutrient - you can easily make swaps!

Ex:

4 oz of Chicken Breast = 26g pro, 0g carb, 1g fat

4 oz of Ground Turkey Breast = 28g pro, 0 carb, 1g fat



When just starting out, try not to get too lost in absolute perfection and focus more on seeing food as fuel and what it contributes to your overall macro intake!

# MACROS 101

## Macros for Key Foods

### PROTEINS

Protein is the bodies building block and an essential part of our diet! It keeps us fuller longer, helps balance blood sugar levels, and maintains lean body mass.

**Meal Timing:** You want to include protein with every single meal & snack

- 1 scoop whey protein: 24g pro, 3g carb, 1g fat
- 4 oz chicken breast: 26 pro, 0g carb, 1g fat
- 4 oz of ground turkey breast: 28g pro, 0 carb, 1g fat
- 6 oz liquid egg whites: 20g pro, 0 carb, 0g fat
- 6 hard boiled egg whites: 24 pro, 0 carb, 0 fat
- 1 cup non fat greek yogurt: 23g pro, 7g carb, 0 fat
- 5 oz white fish: 26g pro, 1g carb, 0g fat

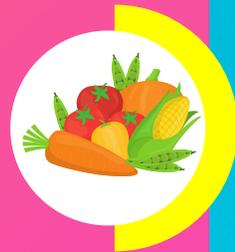


### CARBS

Carbohydrates are the bodies preferred fuel choice! They provide a clean, easy burning energy source to fuel our activity! Try to select sources that offer the most nutritional value! Also note that green veggies offer little to no calories - so use as many of these as you like!

**Meal Timing:** Include based on activity level & balance with fat intake

- 1 cup cooked rice: 4g pro, 45g carb, 0 fat
- 7 oz plain baked potato: 4g pro, 42g carb, 0g fat
- 7 oz plain baked sweet potato: 4g pro, 41g carb, 0g fat
- 1 slice wheat bread: 4g pro, 24g carb, 2g fat
- 3/4 cup UN-cooked oatmeal: 8g pro, 41g carb, 0 fat
- 1 cup blueberries: 1g pro, 21g carb, 0g fat
- 200g yellow squash: 2g pro, 7g carb, 0g fat
- 2 cups spinach: 3g pro, 4g carb, 0g fat

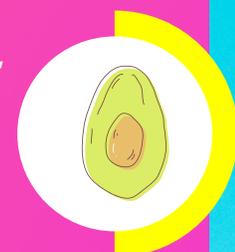


### FATS

Healthy fats are an important part of our diet! We need them for proper hormone function, mood balance, hair, skin and nails!

**Meal Timing:** You want to balanced your fat intake with carbohydrate intake

- 2oz avocado: 1g pro, 5g carb, 9g fat
- 16g almonds: 3g pro, 3g carb, 9g fat
- 1 tablespoon nut butter: 4g pro, 3g carb, 8g fat
- 1 tablespoon olive oil: 0g pro, 0g carb, 14g fat
- 1 tablespoon grass-fed butter: 0g pro, 0g carb, 11g fat



### SPICES & SAUCES

The best way to add variety to your meals is to incorporate spices & low calorie sauces! (Make sure you count higher fat sauces in your fat category and choose healthy oils)

Examples: turmeric, cumin, red pepper, curry, paprika, pepper, basil, hot sauces, mustard, etc.



# MEAL PREP 101 *The Benefits of Meal Prepping*

## SAVE TIME

Take back your time and cut out the guesswork! Planning & prepping allows you to save time & energy!



## SAVE MONEY

Buy in bulk, make the quantities needed, reduce the number of meals eaten out!



## HEALTH

Cut out unnecessary additives and sugars - know exactly what is going into your body!



## EDUCATION

The more you prep, the more you learn about healthy eating & what foods make you feel your best!



## LESS STRESS

Less decisions = less stress! Take out the guess work.



# MEAL PREP 101

## The Steps for Success

### PLAN

- Identify you & your families favorite healthy meals
- Decide which meals & quantities you will prep
- Create a weekly shopping list of all items & ingredients needed



### SHOP

- Plan 1 day a week that you will shop and/or have food delivered
- Weekly allows you to test out food combos & change as needed



### PREP

- Select 2 days per week that you will prepare your food (ex: W/Su)
- Prepare foods in each category in bulk (ex: Carbs, Proteins, Veges)



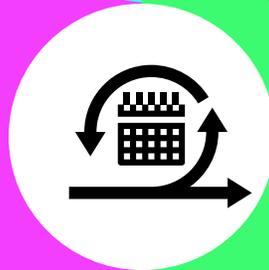
### STORE

- Store your prepared items in seperate bulk containers for easy daily compiling.
- Important to know storage dates on these items to avoid spoiling.



### DAILY

- Each day, compile the foods for the meals you wish to eat - add in spice & sauce!



# MEAL PREP 101

# My Favorite Meals!

These are my FAVORITE go-to balanced Meal + Snack Combos! You will want to plug in the quantities that fit YOUR Macros! Remember you can create any combos you want AND you can also eat your meals + snacks whenever you want! Ex: I will eat typical breakfast foods for dinner + vice versa! There is not one way - there is only what works best for YOU! Keep finding what works best for you - that's the FUN part!

*Please note: you will want to know your own individual Macros in order to plug in quantities. If you would like me to assist you with that message me at [bree@bodbybree.com](mailto:bree@bodbybree.com)*

## BREAKFAST COMBO IDEAS

- #1: egg whites, spinach, avocado & oatmeal
- #2: protein shake (whey protein, fruit & veggies, almond milk, nut butter) & a side of oatmeal
- #3: protein pancakes: kodiak cakes, whey protein, melted nut butter as topping



## LUNCH COMBO IDEAS

- #1: chicken wrap (chicken, veggies, tortilla, low cal spread) & salad (green veggies & oil dressing)
- #2: tuna sandwich (tuna, wheat bread, light mayo or mustard) & salad (green veggies & avocado)
- #3: chicken thigh stir fry (chicken thighs, all the veggies, rice, low cal sauce, spices)



## DINNER COMBO IDEAS

- #1: chicken breast, spinach (any veggies), sweet potato, low cal sauce, spices
- #2: salmon (note this adds the healthy fat!), green veggies, baked potato
- #3: spaghetti & ground turkey sauce (ground turkey, pasta, low cal marinara, veggies, spices)



## SNACKS

- #1: protein shake with fruit, veggies & peanut butter
- #2: greek yogurt, fruit, veggies & almonds
- #3: rice cakes with protein spread (whey protein mixed with nut butter)

## MEAL PREP INTEGRATION

As you are just beginning, consider eating some of the same meals during the week so you can keep your shopping & prep more basic in nature. Overtime, you will build up your go-to favorites, you will know quantities that work for you & your family, and you will be able to get more and more creative. Keeping it simple in the beginning will pay off!

You can also plan to only prep 1-2 meals per day versus going all in at first!

Remember: Any tweak you make that you can stay consistent with will make a HUGE Impact!

