

# **FLEXIBLE FAT LOSS**



## **MACROS 101**

# HI!

## I'm Meryl

I once ate 11 cups of cucumber a day! That was back in my fitness competition days where I learned all about restriction, deprivation, and the yo-yo diet mindset. Fast forward several years & many restrictive diets later I knew there was a better way. Now as a Certified Nutrition Consultant and Certified Macro Nutrition Coach, I have learned restriction is **NEVER** the answer to moderation, balance & sustainable fat loss. If you know me you know I'm not willing to give up my weekend ritual of Baileys & coffee! I choose to eat in a flexible way that is enjoyable! NO deprivation. No restriction! That way is through Macro Tracking - THE MOST sustainable and flexible method to achieving your fat loss goals without giving up foods you enjoy.

I pass along these balanced philosophies to my clients. You can absolutely reach your goals without being miserable, without cutting out carbs, and without guilt. You can change your body using the most effective tool - tracking macros. The absolute best feeling is when my clients reach their goals AND continue to eat in a way they enjoy!

If you are serious about jumping off the yo-yo diet merry-go-round I recommend seeking out a qualified macro coach who will work with you to put together a science-based, flexible, and sustainable plan that will get you the results you are looking for.

In the meantime, learn more about macros & macro tracking with this guide. Please feel free to reach out with any questions you may have. I am always happy to help!



# CAN FAT LOSS ACTUALLY BE AN ENJOYABLE PROCESS?

**Yes!**

Flexible fat loss through macro tracking means no longer cutting out carbs, no longer feeling stressed about eating 'off-plan' at social events, and no longer feeling like you're always trying to lose the same 10, 20, 30+ pounds.

If you are looking to lose weight there are hundreds of differing nutritional methods to follow. Some common methods include: Paleo diet, Mediterranean diet, weight watchers, Jenny Craig, keto, intermittent fasting, carb-cycling, gluten free, Atkins, blood-type diet, flexible nutrition, and many more!

Deciding on which nutritional method is right for you means doing your research on what you think will fit into your lifestyle, what you enjoy, and what you feel would be sustainable for YOU in the long term.

What is important to remember is no matter what method you choose, if you are trying to lose weight, you need to be in a calorie deficit.

## So why Macro Tracking?

Flexible Fat Loss through macro tracking means getting rid of the all or nothing mentality, getting rid of the good vs bad foods mentality. Instead the focus is eating in a way you enjoy.

Tracking macros means meeting your specific macronutrient (protein, carbohydrate, fat) intake or goals without eliminating entire food groups, without setting severe guidelines on foods that can and can't be eaten, or thinking of foods as 'good' or 'bad'. It's about flexibility!

Each person will have a unique amount or ratio of macronutrients their body requires. This is dependent on many factors including age, gender, height, weight, body composition, activity level, and goal. Over the past several years my clients find they are able to achieve long-term sustainable weight/fat loss success using this method!

# Macros 101: What is a Macronutrient?



Macronutrients or 'Macros' for short, are energy providing nutrients made up of proteins, carbohydrates, and fats that the human body requires in large quantities to survive and thrive. Micronutrients, on the other hand, consist of vitamins and minerals which are required in smaller quantities to ensure normal metabolism, growth, and overall health.

Each macronutrient has its own energy value:

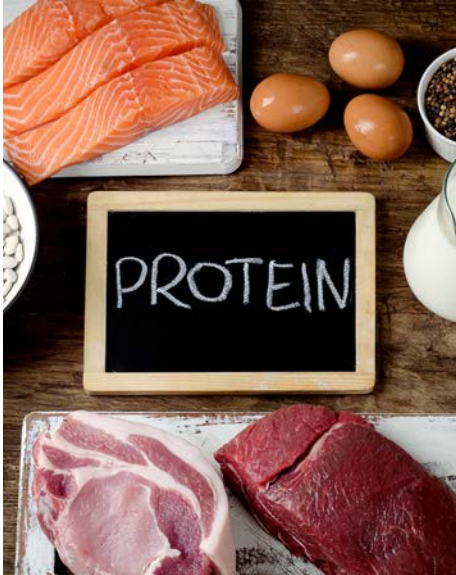
Protein = 4 calories per gram  
Carbohydrates = 4 calories per gram  
Fats = 9 calories per gram

The phrases "tracking your macros," or "counting your macros" means you are tracking your daily intake of protein, carbs, & fat.



# THE BIG 3 MACROS

Let's break them down...



## PROTEIN

An essential nutrient for our body to thrive. It's found throughout our body (hair, skin, nails, organs, and muscles). It is crucial for muscle repair, building lean muscle mass, feeling satisfied after a meal, & maintenance & integrity of our body tissues .

Protein is our most satiating macro & helps prevent muscle breakdown when eating in a calorie deficit for fat loss.

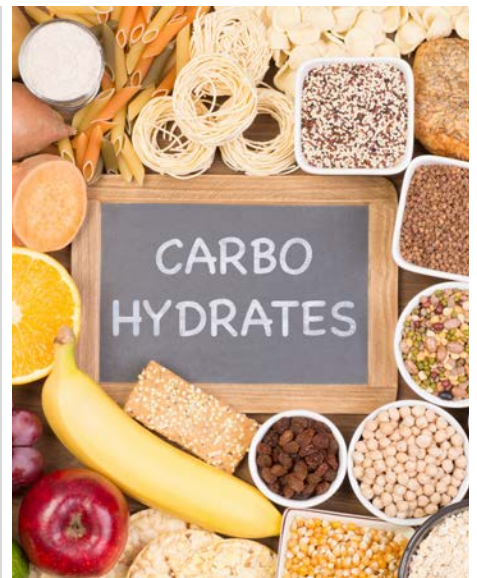
**Examples include: meat, fish, eggs whites, protein powders**

## CARBOHYDRATES

Carbohydrates are the primary provider of energy in our body.

Every single cell in our body requires a constant supply of glucose (sugar) as a source of fuel. This fuel is provided through our diet. Excess carbohydrates are used as energy for immediate use; stored in the body as glycogen as an energy source; or in the longer term, stored as fat.

**Examples include: potatoes, rice, grains, bread, fruit, pasta, veggies, sugars**



## FAT

Fats, in recommended quantities, are essential in providing energy, supporting cellular growth, and protecting our internal organs. Excess fat intake is stored and leads to excessive weight gain, and in the case of saturated fats can increase our cholesterol levels.

**Examples include: cooking oils, dressings, avocado, nuts, seeds, butter, mayo**





## WHERE DOES THE FLEXIBILITY FIT IN?

Your macronutrient profile is like a budget and you get to decide how to spend it.

**This is where the 80/20 rule is helpful**

**80%** of your daily intake should come from nutritionally dense foods (lean meats, fruits, veggies, grains, beans...).

whereas

**20%** of your daily intake can be used for your more 'fun' foods. These are typically the more calorie dense foods (ice cream, cookies, sweets, chips, dips, crackers, alcohol...).



# Macros & Nutrition Labels

The number of servings  
& serving size

.....

9 g of fat x 9 calories  
/gram  
= 81 calories

.....

34 g of carbs x 4 calories  
/gram  
= 136 calories

.....

15 g of protein x 4  
calories /gram  
= 60 calories

.....

Total calories per serving =  
F 81 cal + C 136 cal + P 60  
cal  
= 277

## Nutrition Facts

4 servings per container

**Serving size** 1 cup (227g)

**Amount per serving**

**Calories** 280

% Daily Value\*

**Total Fat** 9g 12%

Saturated Fat 4.5g 23%

Trans Fat 0g

**Cholesterol** 35mg 12%

**Sodium** 850mg 37%

**Total Carbohydrate** 34g 12%

Dietary Fiber 4g 14%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein** 15g

Vitamin D 0mcg 0%

Calcium 320mg 25%

Iron 1.6mg 8%

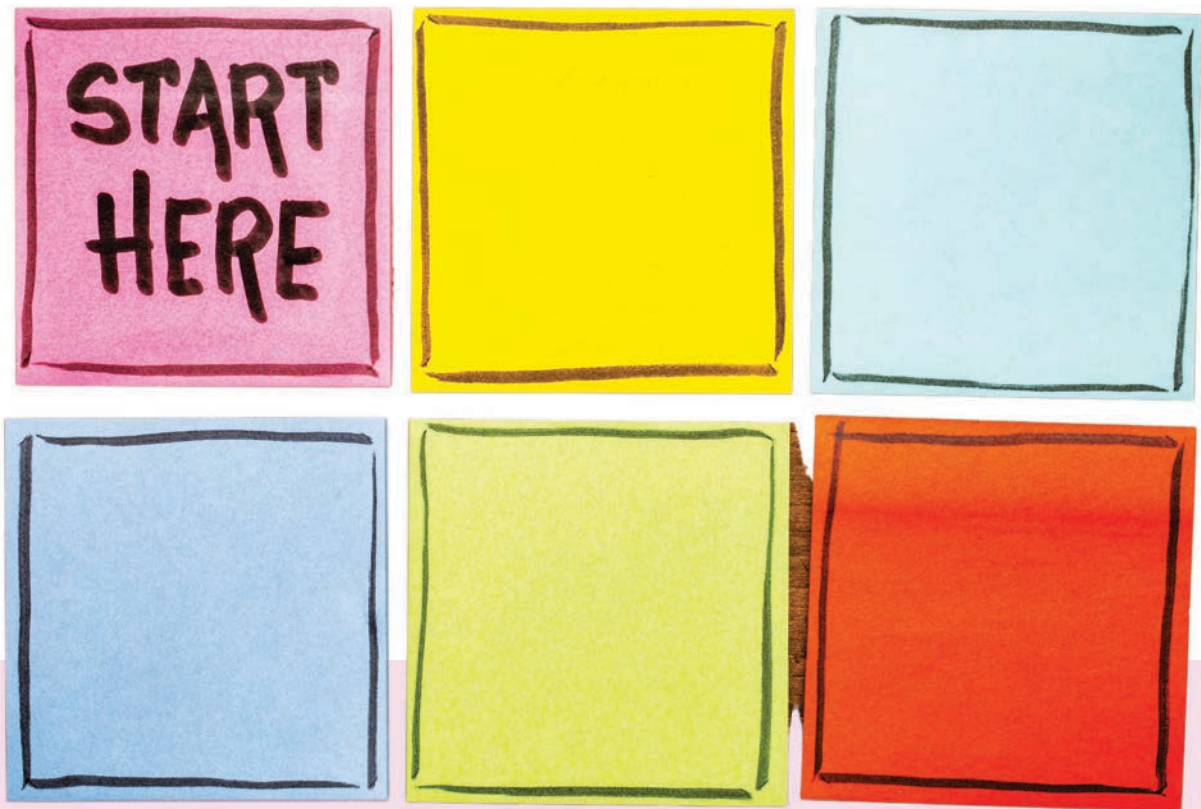
Potassium 510mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Why the 3 calorie discrepancy? For the sake of "concision and consistency" the FDA applies rounding rules for nutrition labels



# Where to start?



**Step 1.** Calculate your calorie needs to meet your goals (lose weight, maintain weight, gain weight).

- There are various ways to do this (ie: macro calculators) but the most accurate & reliable would be to find yourself an experienced coach to guide you with your initial macros & adjustments

**Step 2.** Determine your macronutrient breakdown (based on goals & macro preferences).

- This means how many grams of protein, carbs, & fats would make up your daily calorie intake.
- Protein will typically be 10-35% of your total daily calories or 0.5-1.0 gram/pound of body weight
- Fats will be 20-35% of your total daily calories
- Carbs will be 45-65% of your total daily calories

**Calculating your calorie needs is based on many factors including your basal metabolic rate, total daily energy expenditure, exercise activity, non-exercise activity, & the thermic effect of food!**



# A LITTLE MACRO MATH

Don't worry it's easy math!



## CALCULATE PROTEIN NEEDS

Remember 1 gram protein = 4 calories

### Example:

Jodi weighs 150 lbs; Daily calorie intake = 1700

Based on her goals I start her at 0.8 g/lb

Jodi's daily protein goal = **120 grams**

(120 grams = 480 calories)

## CALCULATE FAT NEEDS

The percentage of your fat macros will depend on a few factors including your preference. Do you prefer fats over carbs or vice versa?

Remember 1 gram fat = 9 calories

### Example:

Jodi weighs 150 lbs; Daily calorie intake = 1700

I set her fat at 30%

$1700 \text{ calories} \times 30\% = 595 \text{ calories}$

Jodi's daily fat goal =  $595 \text{ calories} / 9 = 66 \text{ grams}$



## CALCULATE CARB NEEDS

Carbs are determined from a percentage OR from your leftover calories (the balance left after subtracting your protein & fat calories).

Remember 1 gram carb = 4 calories

### Example:

Jodi weighs 150 lbs; Daily calorie intake = 1700

Protein = 120 grams (480 calories); Fat = 66 grams (595 calories)

$480 + 595 = 1075 \text{ calories}$

$1700 - 1075 = 625 \text{ calories}$

Jodi's daily carb goal =  $625 \text{ calories} / 4 = 156 \text{ grams}$

# Starting Tools



## CHECKLIST



There are a few things you will need to ensure you set yourself up for tracking success.

1. A food tracking app.
2. A food scale.
3. Progress tracking sheet
4. Patience & Consistency

Let's look at each of these in more detail then we can discuss macro tracking tips to set you up for success!

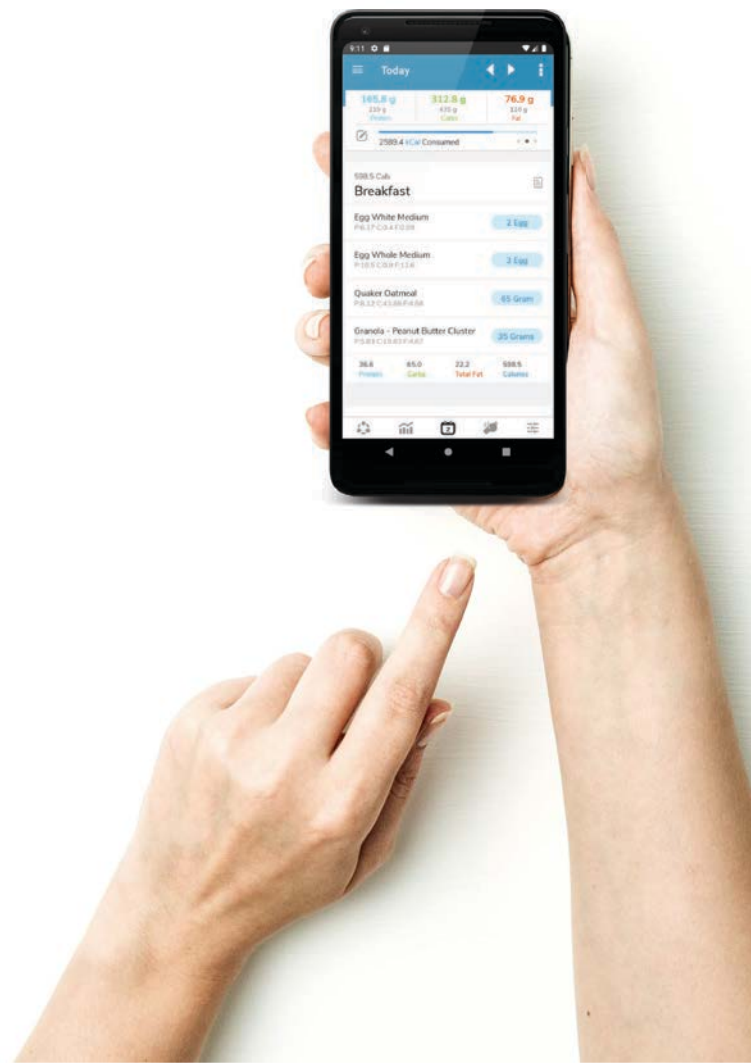
**What you do MOST of the time is more important than what you do SOME of the time. Prioritize consistency when tracking macros.**

## A food tracking app.

There are several tracking apps to choose from.

My favorites are MyFitnessPal and My Macro+.

Which ever you choose there will be a learning curve to get used to logging, tracking, and building up your personal food database.



## A food scale

Digital is preferable for accuracy.

Measuring via weight (grams & ounces) vs volume (cups, tbsp) or 'eyeballing' is much more accurate.

Try THIS one.





# Progress Tracking Sheet

Tracking fat loss means we need to collect data. This can be as simple as writing it down in a notebook or creating an excel spreadsheet. Be as creative as you'd like but these are the important data points to keep track of:

## 1. Measurements

- a. This is where we will see fat loss change. I suggest measuring the following areas: neck, upper arm (mid-arm), chest (nipple level), below the breasts (bra line), waist, belly button, hips, and thigh.
- b. Measure biweekly



## Progress Tracking

### 2. Progress Pictures

- a. It's hard to see changes when you look at yourself everyday, but much easier to see changes when you compare your pictures over a period of weeks & months!
- b. Take your pictures in the same clothing, similar lighting, every 2-4 wks. Front, side, and back view.

## Progress Tracking

### 3. Scale weight.

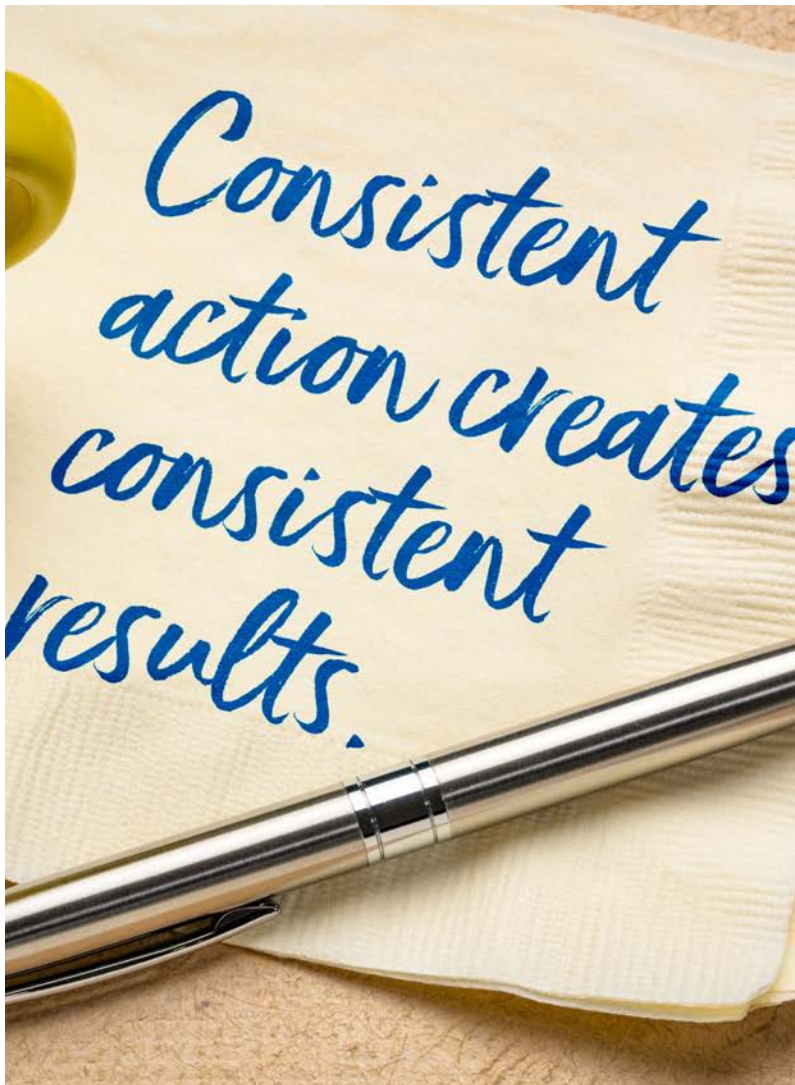
- a. Remember this is only ONE data point. It does not necessarily reflect fat loss (fat loss & weight loss are different). There are several reasons your weight will fluctuate up & down daily but what you want to look for is a downward trend over time.
- b. Weigh yourself first thing in the morning (after you've used the bathroom), naked.
- c. Decide how you feel before you step on the scale. **Do NOT** let the scale dictate your emotions.
- d. Record and move on. Remember it is just data!



## Progress Tracking

### 4. Other ways to track progress

- a. How consistent have you been?
- b. How is your hunger and/or cravings?
- c. How is your energy (same, increased, decreased)?
- d. How is your sleep (same, improved, worse)?
- e. How well are you recovering from workouts?
- f. How well are you managing stress?





# TIPS FOR MACRO TRACKING SUCCESS

## 01 PLAN, TRACK, EAT

Planning your macros ahead of time is the key to success. Schedule 20-30 minutes the day before or the morning of and enter your plan for breakfast, lunch, dinner, snacks. Adjusting as needed during the day to hit your macro targets. IF you can't plan ahead then your second rule of thumb is to track & log whatever you are about to eat before eating it. You can still hit your targets this way.

## 02 SATISFACTION FOODS FIRST

This is what flexible fat loss is all about. Track the food or drink that make you feel satisfied & happy first. Then plan your day around it. If you know you like to have an Oreo after dinner - track that first. Glass of wine? Track it first. This increases your enjoyment, adherence, and ensures you don't feel deprived!

## 03 RINSE & REPEAT

If you plan, build, & calculate meals and/or days that hit all of your macros for the day, simply repeat them! This works well if you typically eat the same breakfast (me!) or snacks. Use the 'Copy to' function in your tracker to copy & paste your meal over to your desired day!

## 04 START SMALL

If you are new to tracking macros, tracking all 3 (protein, carbs, & fats) can be overwhelming. Start with getting consistent with hitting your overall calorie goal & protein goal. As you get more consistent & gain confidence start including your carbs & fats.

## 05 BALANCE YOUR MEALS

Take your total of each macro and divide by the number of meals you want to eat each day.

(ie. you have 120 grams of protein per day. You plan on eating 4 meals. Divide  $120/4 = 30$  grams of protein per meal.

You can try the same for each macro.

## 06 ENJOY THE PROCESS

Tracking macros is the best tool for you to use to achieve your fat loss goals without the deprivation, restriction, and guilt of eating foods you enjoy! Stay within your 'structured' macros but embrace the food freedom & flexibility you have!



**FEEL FREE TO REACH OUT FOR  
MORE INFORMATION**



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