ASHLEY WIENS FITNESS

HOW TO TRACK MACROS

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DISCLAIMER

First of all I would like to thank you for downloading my FREE eBook. I wanted to develop this information to help educate as many people as possible on how to start tracking macros because I feel like this is the most sustainable and maintainable approach to nutrition long term.

The recommendations in this eBook are not intended to replace or conflict with the advice given to you by your physician or other health professional you are under care of. I encourage you to discuss all matters regarding your health with your doctor prior to starting any new program or plan.

I recommend to consult your physician before following any of the suggestions in this eBook. I also encourage you to follow any safety instructions before beginning any nutrition plan, workout plan or supplement. This is extremely important if you are are pregnant, breastfeeding, or if you have any existing or unknown medical conditions.

By choosing to follow any of these dietary suggestions could have an impact on the effect of certain types of medications, which is why I highly encourage you to notify your physician beforehand. If you are taking any medications, it is highly encouraged to talk with your physician or a registered dietitian before making any behavioral changes. It is encouraged to have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, diabetes, or if you are over 40 years old. This eBook is designed for healthy individuals 16 years and older.

This program is not recommended for women who are pregnant. Results from this eBook may vary depending on each individual's starting point, goals, adherence and effort. Exercise in combination with proper diet are necessary to achieve and maintain weight loss and muscle definition. The contents in this eBook are for educational purposes only. They are not intended to diagnose or treat any medical condition, replace the advice of a healthcare professional, or provide any medical advice, diagnosis, or treatment.

The publisher of this eBook cannot be held liable or legally pursued on any outcome using this eBook or any content for changes made to personal dietary habits.

ABOUT THE AUTHOR

My name is Ashley Wiens and I am the CEO of Ashley Wiens Fitness LLC and creator of the **12 Week Choose Method Course**. My biggest passion in life is to help educate and teach as many people as possible how to **CHOOSE to live a fit and healthy lifestyle by CHOOSING how you want to EAT, WORKOUT and FEEL (for more info on the 12 Week Choose Method Course check out my website**).

I am an IFBB Figure Professional Athlete, NASM & ISSA Certified Personal Trainer and have my Bachelors of Science degree in Food and Nutritional Sciences with my concentration being in Dietetics. After graduating from college I chose not to pursue my profession as a Dietician and instead decided to pursue a career as a health and fitness coach so I could teach my clients how to implement healthy lifestyle habits and change their lifestyles to better their health before they ended up needing the care of a Dietician in a hospital setting. I wanted to work more in the preventative side of healthcare by teaching my clients that they can **CHOOSE** to eat in a way to fuel and nourish their bodies in a way they both enjoy and maintain long term.

What this means is no more fad diets, yo-yo dieting or unrealistic "diet" plans. I believe in real foods, finding balance eating the foods you love in the right amounts for your body and your goals and in teaching that you **EAT TO LIVE NOT LIVE TO EAT**. I also want to empower my clients to exercise and CHOOSE to move their bodies in a way they enjoy, that fits their lifestyles and can be maintained long term.

I truly believes that by allowing my clients the choice to **CHOOSE** how they want to eat, **CHOOSE** how they want to exercise and **CHOOSE** how they want to feel and look they can be successful following this new lifestyle long term and maintain their results.

At the end of the day it is all a **CHOICE**. If you want to change, you must **CHOOSE** to do it in a a way that fits into your lifestyle and that you can enjoy!

WHAT IS FLEXIBLE DIETING?

Flexible dieting is tracking your macronutrient goals to achieve your overall health and body composition goals. Flexible dieting is most commonly used to track not just your total caloric intake but taking it a step further and also tracking your macronutrients, a.k.a "macros" which are your proteins, carbs and fats. These macronutrients are the nutrients you need in the greatest amounts and what give you your calories.

On the next few pages I go over what a macro is and how you will track them and how you calculate the calories.

Most people are familiar with counting calories, but flexible dieting takes it a step further and focuses on tracking not just calories but macronutrients as well. This is a total game changer when it comes to breaking past plateus because when you are focused on calories and macronutrients you can change the way your body looks and feels.

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CALORIES VS MACROS

Calories in vs calories out is what determines if you are losing weight or gaining weight. Your macronutrient ratios are what affect your body compositon and overall health not just weight loss or weight gain. So when you start to focus on macronutrients over just calories this is when your body composition will totally change.

Most people when they focus on just calories can easily get in their calorie goals eating carbs and fats because those are the foods that are highly palitable and easy to eat. However, we want to make sure we are getting a sufficient protein intake as well because that is necessary to help build and preserve lean muscle mass and your organ tissue. You want to make sure you are getting a sufficient amount of carb intake as well to help with provding your msucles with enough energy (from glycogen) so you have the energy you need to workout with high intensity. You also want to make sure you have a sufficient amount of fat intake because that is necessary for the production of vital hormones in our body. These hormones set the tone for all the funcitons in our bodies.

Now you can see why it is important to have all 3 macronutrients in your diet and how if you are eating less than the sufficient amount of each one how it can be affecting yoru progress or overall health negatively.

WHAT IS A MACRO?

The term **“macro”** is usually used as an abbreviation of the word macronutrient.

Macronutrients are what make up calories which come from the food we eat. The three macronutrients that we need to know about are:

1. **Protein**
2. **Carbohydrates**
3. **Fat.**

1 g of Protien = 4 calories

1 g of Carbohydrate = 4 calories

1 g of Fat = 9 calories

EXTRA TIP: Alcohol is not considered a macro but can be tracked as 7 calories per gram of alcohol.

PROTEIN

What is Protein?
Protein is made of amino acids, which are the building blocks of many structures in the body. There are 20 types of amino acids, 9 of which are essential amino acids and can only be found in certain foods.

Protein is an essential macronutrient for:

- repairing body tissues and cells
- regenerating body tissues and cells
- helps build muscle
- a healthy immune system
- manufacturing hormones

Good Sources Of Protein:

- Poultry: chicken, turkey, eggs
- Beef
- Fish
- Dairy: cheese, yogurt,
- Plant based: beans, legumes, seeds (hemp, chia, flax), nuts, raw greens (kale, spinach), etc.

How Much Protein Do You Need?
According to the RDA you only need about 0.8 g/kg per day to prevent a deficiency in protein. However, NEED isn't the right word in my opinion. I would recommend in order to optimize body composition and improve muscle building to consume anywhere from 1.8-2.4 g/kg of body weight. Higher protein diets have been shown to have a positive impact on increase in lean body mass, helping aid in better muscle recovery from exercise and improve fat loss compared to lower protein diets.

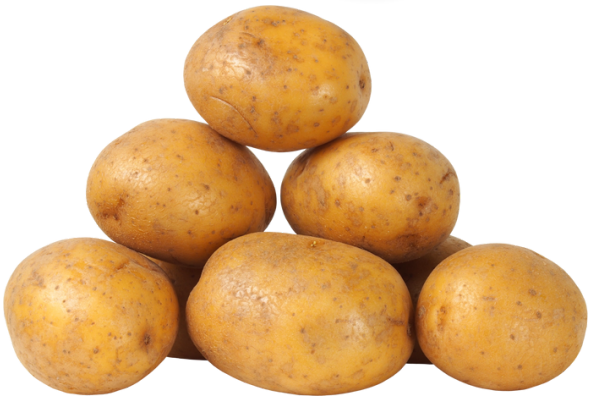
CARBOHYDRATES

What Are Carbohydrates?
Carbohydrates are composed of small chains of sugars, starches and fibers found in fruits, grains, vegetables and milk products The body breaks them down into glucose, the body's number one energy source.
Carbohydrates are fuel for the central nervous system and energy for our muscles when working out.

Good Sources of Carbohydrates:

- Oatmeal
- Rice (brow, white, jasmine, etc.)
- Potatoes (sweet, white, red, etc.)
- Rice Cakes
- Bread, Tortillas, Wraps, etc
- Fruit: apples, bananas, berries, mango, etc.
- Vegetables: cauliflower, carrots, green beans, peppers, etc.

How Many Carbohydrates Do You Need?
The RDA recommendation for carbohydrates is 45-65% of daily calories. In my opinion, this is a bit high for most of the population. However, the amount of carbs you eat varies a lot depending on your goal and your body type. Most people who are sensitive to insulin or higher carb diets tend to do better with their carbohydrate intake lower than 45% of total calories. I also think that 65% is on the high side even if you are extremely active.



FATS

What Are Fats?
Fats are an essential part of a healthy diet are important for improving brain development, overall cell function, protect the organs in our body and needed to absorb fat soluble vitamins found in the foods we eat.

Good Sources of Fats:

- Higher Fat Protein Sources: Beef, Salmon, Eggs
- Avocado
- Nuts: Almonds, Peanuts, Walnuts, Cashews, etc.
- Nut Butters
- Seeds: Chia, Flax, Hemp, Pumpkin, etc.
- Oils: Avocado, Olive Oil, Avocado Oil, Walnut Oil, Sesame Oil, etc.

How Many Fats Do You Need?
The RDA actually has pretty good target for your recommended daily fat intake in my opinion. The recommendation for daily fat intake is 20-35% of your daily calories for dietary fat. It is also recommended that 10% or less of your dietary fat should come from saturated fat and as little as possible from trans-fat.

ALCOHOL

What Is Alcohol?
Now that we have discussed the 3 main macronutrients I wanted to discuss the "fourth" macronutrient that are in most of our diets, Alcohol. Now even though it doesn't provide any nutritional value alcohol has a huge caloric value that most people don't know how to track or forget to track. Just like the 3 main macros, alcohol provides energy (calories) and the body has to burn this off. Alcohol is actually identified as a poison in the body so our body uses all of its resources to burn the alcohol off first to protect itself. Just because the body burns off alcohol first doesn't mean that you can drink unlimited amounts of alcohol without any consequences. When consuming alcohol your body is more focused on burning off the alcohol first rather than the food you have consumed at the same time. So instead of those food sources being used as an energy source they are more likely to be stored as fat.

Just so you know all the facts relating to alcohol there are negative side effects on your metabolism and your body's ability to build lean muscle mass. When consuming alcohol you block the body's ability to build lean muscle mass because the absorption of many vital nutrients from the food you consume that your body needs to grow is affected. Alcohol also dehydrates you which ca make it harder to build muscle. So make sure if you plan to drink that you hydrate yourself even more to reduce the negative side effects it has on your body.

Like anything alcohol is okay in moderation. 1 to 2 glasses once a week won't do much harm. But the more you consume the more negative side effects you might start to notice. You an still have alcohol and make progress, but it might make the process be slower and take longer.

ALCOHOL (CONT)

How To Track Alcohol:
When tracking alcohol in your macros I recommend tracking these calories as either carbs and/or fats. We never want to substitute alcohol for protein. We will use a 200 calorie drink as an example below.

Track as Carbs:
Take the total amount of calories in your alcoholic beverage and divide it by 4
EXAMPLE: 200 calorie drink / 4 = 50 g Carbs

Track as Fats:
Take the total amount of calories in your alcoholic beverage and divide it by 9
EXAMPLE: 200 calorie drink / 9 = 22.2 g Fat

OR, Track as a combo of Carbs and Fats:
Take the total amount of calories and track half the total amount of calories in your alcoholic beverage and divide it by 4, and divide the other half by 9.
EXAMPLE: 200 calorie drink / 2 = 100 calories
100 calories / 4 = 25 g of Carbs
100 calories / 9 = 11.1 g of Fat

TIP: When scanning labels of most alcoholic beverages you will see calories but very little if any actual macros listed. A great example of this would be a TRULY or White Claw. On the nutrition label you will see that it is 100 calories per can, but only 2 g of carbs. How can this be? Well that is deceitful marketing at its finest. To accurately track this please use the tips up above and divide total calories by either 4 g if you are tracking it as carbs or 9 g if you are tracking it as fat.

GROCERY LIST

Choose to have 80% of your food intake come from these sources

Carbs

- Rice
- Potatoes
- Oatmeal
- Cream of Wheat
- Rice Cakes
- Whole Wheat
- Whole Grains
- Squash
- Pumpkin
- Vegetables
- Fruit

C & P

- Beans
- Sprouted Grains
- Quinoa
- Nonfat Greek Yogurt
- Almond Milk
- Peas
- Kodiak Cakes
- PB Fit

Proteins

- Chicken Breast
- 99/1 Lean Ground Turkey
- Egg Whites
- Tilapia
- Mahi Mahi
- Cod
- Shrimp
- Lean Ground Beef
- Whey Protein
- Nonfat Cottage Cheese

P & F

- Whole Eggs
- Salmon
- Bacon
- Ground Beef
- Steak
- Bison
- Duck
- Chicken Thighs
- Whole Fat Greek Yogurt

Fats

- Avocado
- Nut Butters
- Nuts
- Egg Yolks
- Olive Oil
- Avocado Oil
- Olive Oil
- Flaxseeds
- Flaxseed Oil

GROCERY LIST

Choose to have 20% of your food intake come from these sources

Carbs

- Cereals
- Pasta
- English Muffins
- Pancakes
- Crackers
- Bread
- Bagels
- Syrup (real and sugar free)
- Pretzels
- Canned Fruit in Syrup
- Honey
- Sugar

C & P

- Most Yogurts
- Skim Milk
- Beef Jerky
- Fat Free Dairy
-

Proteins

- Protein Bars
- Ready To Drink Protein drinks
- Deli Meats
- Canned Meats
- Pre-Packaged Meat

P & F

- Cheese
- Whole Fat Milk
- Cream Cheese
-

Fats

- Mayo
- Butter
- Margarine
- Sour Cream
- Creamy Salad Dressing
- Processed Nut Butters

Other

Ice cream, cookies, cake, pop tarts, chocolate, popcorn, restaurant foods, dessert foods

HOW TO CALCULATE YOUR MACROS

The first step with getting started with flexible dieting is calculating your macros. There are so many ways to do this and by hiring me as your coach I will do this part for you. The general process of calculating your macros is:

1. Figure out your Basal Metabolic Rate (BMR): there are tons of equations you can use to figure this out. Your BMR in a nutshell is how much energy your body uses at rest. It is based on your age, sex, height and weight.

2. Adjust your BMR by activity level: because we don't just sit around at rest all day we have to adjust our BMR by our activity level. In order to do this you will multiply your BMR by an activity factor to increase the calories you should be eating based on how active you are. This is also known as your total daily energy expenditure or TDEE.

3. Adjust your daily calorie intake based on weight goals: Your TDEE is the amount of calories your body would need to maintain its weight with the amount of activity you do. Because most of us are usually wanting to lose or gain weight we need to adjust this number to account for either eating in a surplus (more calories to gain weight) or in a deficit (less calories to lose weight).

4. Determine your macros: There are multiple ways to do this and your macro numbers will vary depending on body type, goal and dietary restrictions. As a good rule of thumb though I would recommend 0.7-1 grams per pound of body weight of protein for most people. As a good rule of thumb I would recommend 0.25-0.4 grams per pound of body weight of fat for most people. The rest of the remaining calories would be allocated towards carbs.

HOW TO CALCULATE BASIC METABOLIC RATE (BMR)

Figure out your Basal Metabolic Rate (BMR): there are tons of equations you can use to figure this out. Basal metabolic rate is the amount of energy expended per day at rest and is based on your age, sex, height and weight.

My favorite equation to use is the **Mifflin-St. Jeor Equation.** The Mifflin-St Jeor Equation calculates your basal metabolic rate (BMR), and its results are based on an estimated average.

Formulas:

Men: 10 x weight (kg) + 6.25 x height (cm) – 5 x age (y) + 5

Women: 10 x weight (kg) + 6.25 x height (cm) – 5 x age (y) – 161

Once you calculate this out you now know how many calories your body needs at rest to maintain your current body weight.

EXAMPLE:

Mandy is a 50 year old female who weighs 230 pounds and is 5'8".

Women: (10 x 230

HOW TO ADJUST BMR BY ACTIVITY LEVEL:

Adjust your BMR by activity level:
Now that you know what your BMR is you will need to multiply this by your activity multiplier (see below).

Activity Level Multipliers:
Sedentary = BMR X 1.2 (little or no exercise, desk job)

Lightly active = BMR X 1.375 (light exercise or sports 1-3 days/wk)

Moderately active = BMR X 1.55 (moderate exercise or sports 3-5 days/wk)

Very active = BMR X 1.725 (hard exercise or sports 6-7 days/wk)

Extremely Active = BMR X 1.9 (hard daily exercise or sports & physical labor job or 2 X day training, football camp, etc.)

What most people assume they are way more active than they truly are. It doesn't matter if you workout for an hour every day. If you sit behind a desk all day long, you are sedentary/lightly active.

ADJUST YOUR DAILY CALORIE GOAL TO LOSE OR GAIN

Adjust your daily calorie intake based on weight goals:

TDEE is the amount of calories your body would need to maintain its weight with the amount of activity you do.

To lose weight, eat at a deficit. A 500 calorie deficit a day = 3,500 calorie deficit per week which should help you lose about 1 pound per week.

To gain weight, eat at a surplus. A 500 calorie surplus a day = 3,500 calorie surplus per week which should help you gain about 1 pound per week.

HOW TO SET UP YOUR MY FITNESS PAL?

Determine your macros:

PROTEIN: 0.7-1 grams per pound of body weight of protein for most people

FATS: 0.25-0.4 grams per pound of body weight of fat for most people

CARBOHYDRATES: The rest of the remaining calories