



The complete guide to *Macronutrients*

EVERYTHING YOU NEED TO KNOW

Contents

01 Welcome

Introduction to the resource

02 Understanding macros

A basic explanation

04 How to calculate macros

A comprehensive explanation

09 Food tracking apps

My recommendations

11 Carbs cheat sheet

Overview of carb sources

12 Protein cheat sheet

Overview of protein sources

13 Fats cheat sheet

Overview of fat sources

14 Meal ideas

3 quick meal ideas

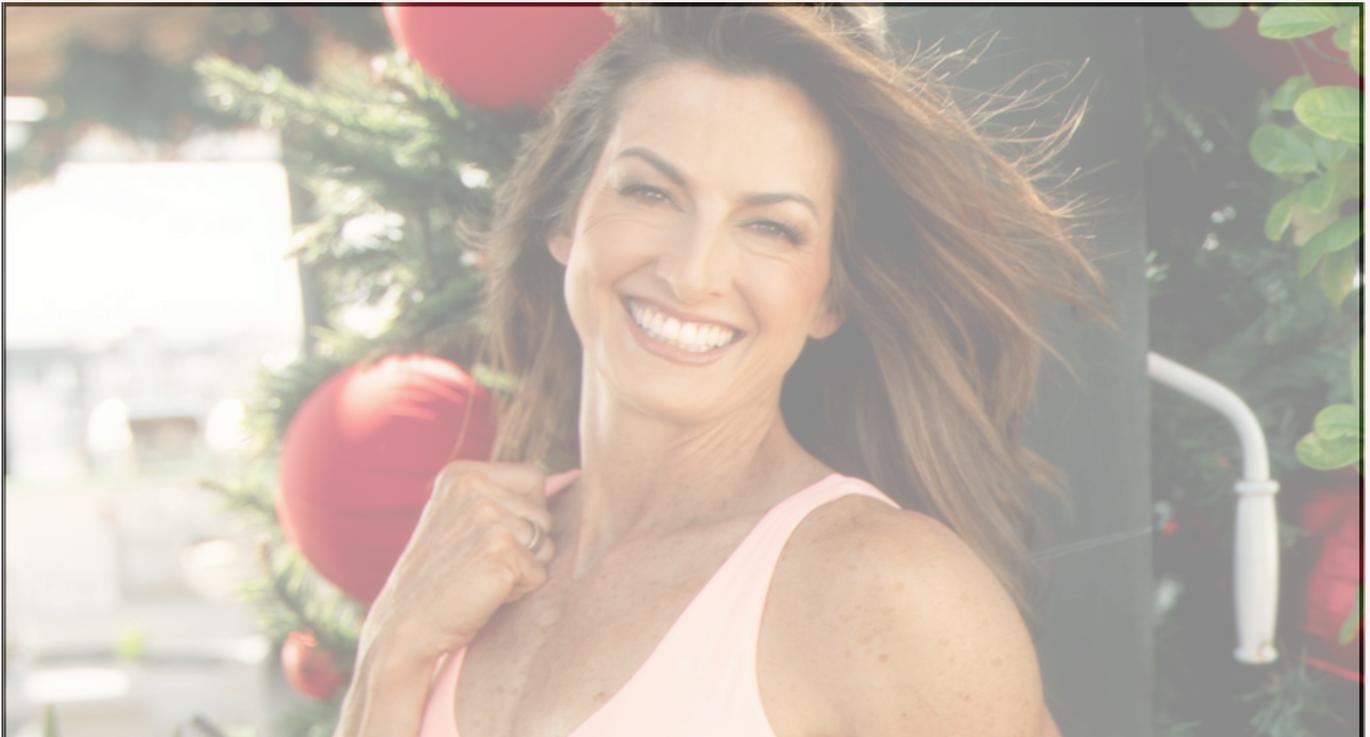
15 Snack ideas

3 quick snack ideas

16 Disclaimers

Important disclaimers to note





I'm excited you're here!

Welcome to the total guide to tracking your macronutrients.

I'm Skyler, a dedicated fitness and nutrition coach passionate about helping individuals like you achieve their health and fitness goals. In this ebook, we'll explore the basics of macronutrients—carbohydrates, proteins, and fats—and how understanding them can help you reach your goals.

My goal is to empower you with practical knowledge, tips, and strategies to take control of your nutrition and unlock your full potential. Whether you're aiming to lose fat, gain muscle, or simply improve your overall health, this guide will provide you with the basics you need to succeed.

Here for you all the way,

Skyler Burton



TheSkylerBurton



Fat

Fats serve as a concentrated source of energy and are essential for absorbing fat-soluble vitamins (A, D, E, and K), protecting organs, and providing insulation. While often associated with unhealthy foods, fats are crucial for overall health when consumed in moderation.

Healthy sources of fats include avocados, nuts, seeds, olive oil, fatty fish, and dairy products. Unsaturated fats, such as monounsaturated and polyunsaturated fats, are particularly beneficial for heart health.

Balancing macronutrient intake is essential for achieving optimal health and meeting individual nutritional needs. While the proportion of macronutrients may vary depending on factors such as activity level, and health goals, incorporating a variety of nutrient-dense foods from each macronutrient group is recommended for overall wellbeing.

In summary, macronutrients—carbohydrates, proteins, and fats—are essential components of a healthy diet, providing the body with energy and supporting vital functions.



How to calculate your macros

Calculating your macronutrient intake is a valuable tool for achieving your health and fitness goals, whether you aim to lose weight, gain muscle, or simply maintain overall well-being. By understanding and monitoring your intake of carbohydrates, proteins, and fats, you can tailor your diet to meet your specific nutritional needs.

Here's a step-by-step guide on how to calculate your macros.

Step 1: Determine Your Goals

Understanding your objectives will help tailor your macronutrient ratios to support your specific needs.

WEIGHT LOSS:

If your goal is to lose body fat, aim for a **calorie deficit** by consuming fewer calories than you expend. In this case, you may prioritize protein intake to preserve muscle mass, while moderating carbohydrate and fat intake to manage overall calorie intake.

MUSCLE GAIN:

If you want to build muscle, a higher protein intake and **calorie surplus** is typically recommended to support muscle repair and growth. Additionally, adequate carbohydrate and fat intake provides energy for workouts and supports overall health.

BODY RECOMPOSITION:

Body recomposition involves simultaneously reducing body fat and increasing lean muscle mass. Achieving body recomposition often involves eating at or close to **maintenance calories**.

GENERAL HEALTH AND WELL-BEING:

If your goal is to maintain overall health and well-being, focus on achieving a balanced macronutrient intake that provides essential nutrients and supports energy levels, cognitive function, and overall vitality.

Step 2: Figure out your calorie intake goals

You'll first need to determine your maintenance calories. From there, you can figure out how much of a deficit or surplus you need to be in.

To manually calculate your maintenance calories, you'll need to know:

1. Your Basal Metabolic Rate (BMR)

BMR represents the number of calories your body needs to maintain basic physiological functions at rest.

2. Your Total Daily Energy Expenditure (TDEE)

Your TDEE accounts for additional calories burned through physical activity and exercise. Multiply your BMR by an activity factor corresponding to your activity level (sedentary, lightly active, moderately active, very active, or extremely active) to estimate your TDEE.

PUTTING THIS INTO PRACTICE

The Harris-Benedict equation is commonly used to estimate BMR. Here's how it works:

For men: $BMR = 88.362 + (13.397 \times \text{weight in kg}) + (4.799 \times \text{height in cm}) - (5.677 \times \text{age in years})$

For women: $BMR = 447.593 + (9.247 \times \text{weight in kg}) + (3.098 \times \text{height in cm}) - (4.330 \times \text{age in years})$

Let's use an example:

Gender: Female

Weight: 65 kg

Height: 165 cm

Age: 30 years

Using the equation:

$BMR = 447.593 + (9.247 \times 65) + (3.098 \times 165) - (4.330 \times 30)$

$BMR = 447.593 + 601.555 + 509.370 - 129.9$

$BMR \approx 1,428.618$ calories per day

Once you have your BMR, you can calculate your TDEE by multiplying your BMR by an activity factor:

Sedentary (little to no exercise): $BMR \times 1.2$

Lightly active (light exercise/sports 1-3 days/week): $BMR \times 1.375$

Moderately active (moderate exercise/sports 3-5 days/week): $BMR \times 1.55$

Very active (hard exercise/sports 6-7 days a week): $BMR \times 1.725$

Extremely active (very hard exercise/sports & physical job or training twice a day): $BMR \times 1.9$

Continuing the example with a moderately active lifestyle:

$TDEE \approx BMR \times 1.55$

$TDEE \approx 1,428.618 \times 1.55$

$TDEE \approx 2,217.301$ calories per day

So, for our example of a 30-year-old, 65 kg, 165 cm tall female with a moderately active lifestyle, her estimated maintenance calories (TDEE) would be approximately 2,217 calories per day.

You can adjust this calorie intake up or down based on your goals—creating a deficit for weight loss or a surplus for muscle gain.

The general recommendations for fat loss or weight gain are below:

Calorie deficit (fat loss):

Moderate: 250 calorie deficit (≈ 0.25 kg / 0.5 lb per week loss)

Aggressive: 500 calorie deficit (≈ 0.5 kg / 1.1 lb per week loss)

Calorie surplus (muscle gain / weight gain):

Moderate: 250 calorie surplus (≈ 0.25 kg / 0.5 lb per week gain)

Aggressive: 500 calorie surplus (≈ 0.5 kg / 1.1 lb per week gain)



USING CALORIE CALCULATORS

You can simply use online calculators to help you determine the right intake for your goals. Take note that these calculators are for a starting point or to be used as guidance, and may not be 100% accurate to your individual circumstances.

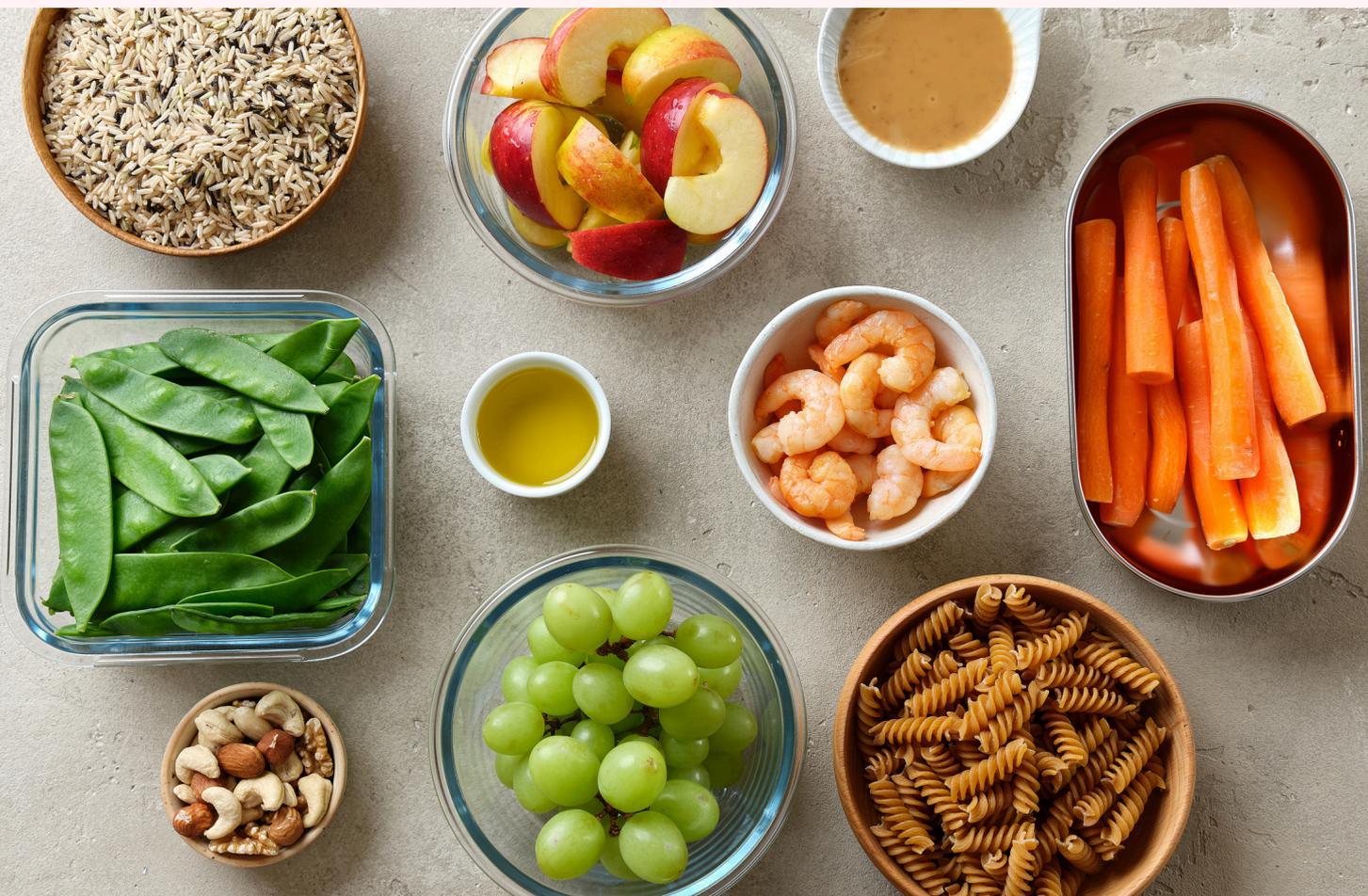
Play around with the below calculators to figure out your recommended intake.

CALCULATOR.NET

CALORIE DEFICIT CALCULATOR

MAINTENANCE CALCULATOR

WEIGHT GAIN CALCULATOR



Step 2: Establish Your Macronutrient Ratios

Once you've determined your daily calorie target, you'll need to determine your macronutrient ratios. While there is no one-size-fits-all approach, macronutrient distribution ranges can provide a starting point:

- **Carbohydrates:** 45-65% of total daily calories
- **Proteins:** 20-35% of total daily calories
- **Fats:** 20-35% of total daily calories

Adjust these ratios based on your individual goals and preferences. If your focus is to maintain or build muscle, it's recommended to stick to 30% protein and higher.

Step 3: Calculate Your Macronutrient Needs

To calculate your macronutrient needs, use the following formulas based on your chosen macronutrient ratios:

Carbohydrates: Multiply your total daily calorie target by the chosen percentage range for carbohydrates (e.g., 45-65%), then divide by 4 (since carbohydrates provide 4 calories per gram) to determine the number of grams of carbohydrates needed per day.

Proteins: Repeat the same process for proteins, multiplying your total daily calorie target by the chosen percentage range for proteins (e.g., 10-35%), then divide by 4 (since proteins provide 4 calories per gram) to determine the number of grams of protein needed per day.

Fats: Similarly, calculate the grams of fat needed per day by multiplying your total daily calorie target by the chosen percentage range for fats (e.g., 20-35%), then divide by 9 (since fats provide 9 calories per gram).

TIP: Use a fitness tracker like MyFitnessPal and input your calorie goal and percentages, and it will figure out the figures for you!

Step 4: Keeping track

Keep track of your calorie and macronutrient intake by weighing out your foods for accuracy (eyeballing portions is not a useful technique) and logging your intake using food tracking apps.

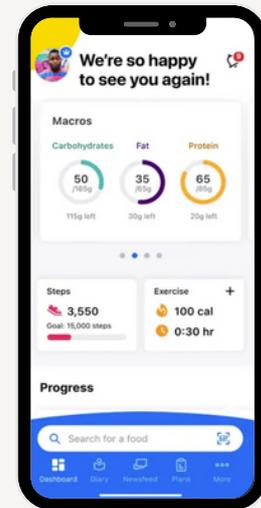
Below are a two popular apps I recommend:

MYFITNESSPAL

Myfitnesspal is the most popular and widely used calorie tracker tool, and with good reason.

With its extensive database of over 14 million foods, you can easily track your daily intake and track your protein, fat, and carbs.

[CHECK OUT MYFITNESSPAL](#)

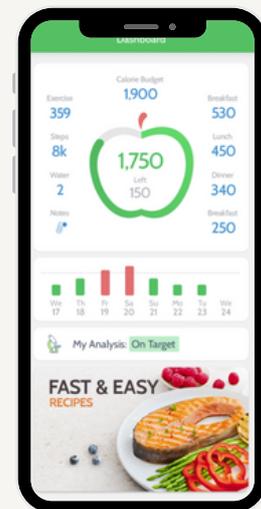


MYNETDIARY

MyNetDiary is another popular food tracking app that has an intuitive interface and comprehensive food database.

You can log meals and monitor their nutritional intake, similar to Myfitnesspal.

[CHECK OUT MYNETDIARY](#)



Both apps offer free and premium versions, but the free versions are usually sufficient for most people.

Try downloading both and see which one feels more intuitive to you.

Step 5: Monitor Progress and Make Adjustments

Regularly monitor your progress by tracking your weight, body composition, energy levels, and performance in the gym. If you're not seeing results, adjust your calorie intake accordingly. Experiment with different macronutrient ratios and see your body's response.

Remember that calculating your macros is not an exact science, and it may require some trial and error to find the optimal balance for your individual needs. Be patient, stay consistent, and listen to your body's feedback as you work towards your goals.



Feeling a little overwhelmed?

If you would like some guidance, I'm here to help. You can skip the trial and error process and receive personalized, expert guidance tailored to you.

Let's chat about your goals and we can work together to customize a nutrition plan specifically for you, and what you want to achieve.

[ENQUIRE NOW](#)

Protein cheat sheet

Easily reference the table below to see the protein breakdown for each source.

Protein Source	Grams of Protein per 100g	Calories per 100g
Whey Protein Powder	80	400
Soybeans	36	173
Beef (lean)	36	250
Chicken Breast	31	165
Chicken Drumstick	28	184
Chicken Thigh	20	209
Barramundi	26	113
T-Bone Steak	25	250
Ribeye Steak	30	250
Pork (lean)	30	143
Sirloin Steak	29	212
Flank Steak	27	175
Tuna (canned)	26	116
Basa Fish	15	96
Salmon	20	206
Filet Mignon	20	271
Shrimp	24	99
Peanut Butter	25	589
Almonds	21	576
Cod	18	82
Cottage Cheese	11	98
Greek Yogurt	10	59
Eggs	13	155
Chickpeas	9	164
Black Beans	9	339
Lentils	9	116
Turkey Breast	9	135

Carbohydrates cheat sheet

Easily reference the table below to see the carb breakdown for each source.

Carbohydrate Source	Grams of Carbohydrates per 100g	Calories per 100g
Rice Flour	79	366
Weetbix	67	361
Oats	56	389
Whole Wheat Flour	71	340
Pasta (cooked)	25	131
Barley (cooked)	28	123
Chickpeas	27	164
Black Beans	22	132
Kidney Beans	22	127
Whole Wheat Bread	49	247
White Bread	49	266
Rye Bread	45	250
Basmati Rice (cooked)	28	130
Jasmine Rice (cooked)	29	130
Brown Rice (cooked)	25	122
Lentils (cooked)	20	116
Couscous (cooked)	23	112
Banana	23	89
Sweet Potato (raw)	20	86
White Potato (raw)	17	77

Fats cheat sheet

Easily reference the table below to see the fat breakdown for each source.

Fat Source	Grams of Fat per 100g	Calories per 100g
MCT Oil	100	900
Olive Oil	100	884
Avocado Oil	100	884
Coconut Oil	100	862
Almond Butter	50	614
Ghee	99.5	900
Walnuts	65	654
Brazil Nuts	66	659
Sunflower Seeds	51	584
Peanut Butter	50	589
Chia Seeds	31	486
Flaxseeds	42	534
Butter	81	717
Cheese (cheddar)	33	402
Cashews	44	553
Almonds	49	576
Mackerel	12	305
Salmon	13	206
Tuna (canned in oil)	13	198
Avocado	15	160
Sardines (canned)	11	208
Eggs (2 eggs equivalent)	10	155

Meal ideas

Here are my favorite meals to get a great balance of carbs, protein and fats that are easy to make, and importantly, delicious!



Rotisserie chicken wrap

- 1 large protein wrap
- 100g cooked rotisserie chicken
- 1 tbsp light mayo
- Handful greens

Calories: 435

P: 35g **C:** 35g **F:** 18g



Lean bolognese

- 70g uncooked protein pasta
- 100g lean beef mince
- 1 serve packaged bolognese sauce
- 20g light cheese

Calories: 535

P: 42g **C:** 61g **F:** 16g



Chicken stir fry

- 150g raw chicken breast
- 2 tbsp stir fry sauce
- 1 serve microwave white rice
- 1 cup mixed stir fry veggies

Calories: 414

P: 38g **C:** 53g **F:** 4g

Snack ideas

Here are my favorite high protein snacks that are satiating, and will keep you full of energy until your next meal.



Apples + sweet protein dip

- 1 medium apple, cut into slices
- 100g cottage cheese
- 15g peanut butter
- 2 tbsp sweetener

Calories: 250

P: 16g **C:** 33g **F:** 7g



Protein yogurt bowl

- 150g fat free greek yogurt
- 1 scoop protein powder
- 1/2 cup berries
- 15g granola

Calories: 300

P: 40g **C:** 28g **F:** 4g



Choc banana thickshake

- 1 scoop chocolate protein
- 100g frozen banana slices (1 small)
- 1 cup ice cubes
- 1 cup unsweetened almond milk

Calories: 250

P: 26g **C:** 31g **F:** 5g

Important disclaimers

General Nature of Advice and Macronutrient Figures

The information provided in this ebook is intended for general informational purposes only and should not be construed as professional advice. All advice, recommendations, and guidelines offered are provided on a general basis and may not be suitable for every individual. Before making any significant changes to your diet, exercise regimen, or lifestyle, it's essential to consult with a qualified healthcare professional or registered dietitian who can assess your specific needs and circumstances.

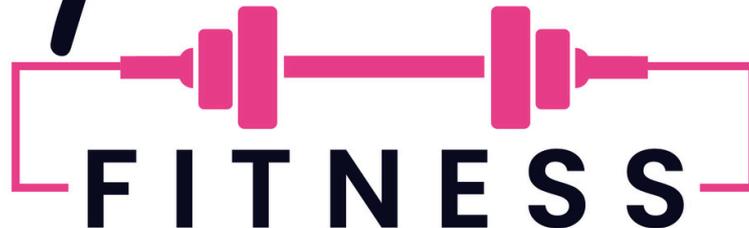
Variations in Macronutrient Figures

Macronutrient figures provided in this ebook are based on general averages and typical serving sizes. It's important to recognize that macronutrient content can vary significantly depending on factors such as product brand, preparation methods, and ingredient variations. While efforts are made to ensure accuracy, the provided macronutrient figures should be used as estimates and may not reflect precise values for specific products or servings.

Use at Your Own Risk

Any actions you take based on the information provided in this ebook are undertaken at your own risk. We disclaim any liability for damages or losses arising from reliance on the information presented herein. It's important to exercise caution and discretion when implementing dietary, exercise, or lifestyle changes, and to seek professional guidance as needed.

EmpowHER



Was this ebook helpful?

I hope this ebook has been valuable for you, and you found some actionable insights in here.

Understanding macronutrients and how they impact your body is a powerful tool to reach your goals, whether it's losing fat, gaining muscle, or simply improving overall well-being.

The journey towards better health and fitness can feel overwhelming, but please know that you're not alone. Remember to listen to your body, stay consistent, and celebrate your progress along the way.

If you'd ever like some extra help, I'm always here. Check out my website anytime to see which program suits your needs.

With thanks,

Skyler Burton

