

# **Flexible Dieting**

How to Track Macros

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## FLEXIBLE DIETING

Let's face it, on occasion, you may not want to follow your meal plan.

That is completely fine.

BUT...

This does not mean nutrition goes out the window.

What it means is, you'll have the choice to take a flexible (yet still calculated) approach to your diet.

### THE MACRONUTRIENT BASICS



**Protein:** any of a class of nitrogenous organic compounds that consist of large molecules composed of one or more long chains of amino acids and are an essential part of all living organisms, esp. as structural components of body tissues such as muscle, hair, collagen, etc., and as enzymes and antibodies.

**Carbohydrates:** any of a large group of organic compounds occurring in foods and living tissues and including sugars, starch, and cellulose. They contain hydrogen and oxygen in the same ratio as water (2:1) and typically can be broken down to release energy in the animal body.

**Dietary Fats:** Fats consist of a wide group of compounds that are generally soluble in organic solvents and generally insoluble in water. Chemically, fats are triglycerides: triesters of glycerol and any of several fatty acids.

# GETTING STARTED

1. Use the Shredded Meal Plan Macronutrient Calculator to determine your macronutrient intake (Fats, Carbs, and Protein).

Daily Calories	
Total Daily Calories	<b>2410</b>
Macronutrients (grams)	
Daily Protein	<b>135</b>
Daily Fats	<b>47</b>
Daily Carbs	<b>361</b>
Fiber (grams)	
Daily Fiber	<b>36</b>

2. Download an app like [My Fitness Pal](#) to track your macronutrients for the day.
3. Consume foods of your choice while tracking to ensure you stay within your macronutrient limits.



## HOW TO TRACK MACROS

### Step 1: Look Over the Nutrition Label

There are two things that are accomplished by looking at the nutrition label. Number 1 is to find whether or not you can (or want to) fit this feed into your daily intake. And number 2 is to find the serving size for an accurate measurement.

<b>Nutrition Facts</b>	
Serving Size 172 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 200	Calories from Fat 8
% Daily Value <sup>*</sup>	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	1%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 7mg	0%
<b>Total Carbohydrate</b> 36g	12%
Dietary Fiber 11g	45%
Sugars 6g	
<b>Protein</b> 13g	
Vitamin A 1%	Vitamin C 1%
Calcium 4%	Iron 24%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
<b>NutritionData.com</b>	

### Step 2: Decide the Amount of Servings

Whether you need a ton of a specific macro or are low on another, choosing the amount of servings is critical. So whether you want  $\frac{1}{4}$  of a serving or 3 whole servings is up to you and your individual needs/preference.

## Step 3: Weigh Out Your Food



Now that we know exactly how many servings we need/want, it's time to weigh it out. So if you wanted half a serving (using the nutrition label above), then you would weigh out 86 grams. If you wanted 1 serving it would be 172 gram. And 2 servings would be 344 grams.

Other foods may show serving sizes in ounces so make sure you grab a food scale that has that option.

## Step 4: Plug Your Food In

Once the food is measured, simply open up My Fitness Pal (or whatever app you choose to use) and plug in the name of the item. Choose the item and ensure you have selected the correct serving size.

Once you plug in the food item, it will automatically add that to your total daily numbers.

## Step 5: Repeat Until You've Hit Your Macros!

# MICRONUTRIENTS



Some other things that should be accounted for are your, what I like to call, obligations.

If we can ensure we are meeting these “obligations” then we are now not only dieting for muscle growth, but for general health as well.

With that said, there are some additional guidelines to a flexible diet.

These guidelines are simple...

Make sure you are getting your micronutrients (Vitamins and Minerals).

Although I do not expect anyone to track every single vitamin and mineral, there is a very simple formula you can use in order to ensure you are consuming sufficient micronutrients to achieve full health benefits and avoid deficiencies.

Look at the chart below.

This chart gives a very basic layout of how many servings of fruits and vegetables we must consume per day (according to our total daily caloric intake) in order to avoid nutrient deficiencies.

## How to Make Sure You are Getting Your Micronutrients

Fruits and Vegetables	Your Caloric Intake	Servings per Day
	1200 – 2000 Calories Per Day	2 serv. Veggies + 2 serv. Fruit
	2000 - 3000 Calories Per Day	2-3 serv. Veggies + 2-3 serv. Fruit
	3000 – 4000 Calories Per Day	3-4 serv. Veggies + 3-4 serv. Fruit

## **FLEXIBLE DIETING FAQ**

### **What about foods with no nutrition labels? (Fruits and Vegetables)**

You have a couple choices.

1. Plug it into My Fitness Pal and read the nutrition facts.
2. Google the item for its nutrition facts.

### **Should I look out for sugar intake?**

Sugar is a carb. With regard to intake, moderation is probably best. All of your carbs should not come from sugar, but you certainly don't need to ditch it completely.

As long as you are including the right amount of fruits and veggies in your diet as well as keeping an eye on your total fiber intake, you'll be fine.

### **Should I weigh the meat raw or cooked?**

Measure it raw as the serving size on the label is representative of it being uncooked.

If you've ever cooked meat then you know that the size decreases when cooked. If you forget to measure it raw, then go off of the cooked weight instead. Not a big deal.

### **Can I still eat at restaurants?**

Absolutely!

Most restaurants have the nutrition facts of the items on their menu online. Make sure the item you choose fits your intake beforehand.

No, the numbers aren't always going to be 100% accurate, but this should not stop you from enjoying your life and going out every once in a while.

