A woman with blonde hair, wearing a black tank top and leggings, is lying on her back on a dark mat. She is smiling broadly and laughing, with her head tilted back and her hands near her face. The background is dark and out of focus.

*Macros
Made Easy
Guide*

LEE-ANN WATANABE
LEVELUP LIFESTYLE METHOD

WHAT ARE MACROS?

MACROS IS SHORT FOR MACRONUTRIENTS
MACROS ARE PROTEINS, CARBOHYDRATES AND FATS

1 GRAM OF PROTEIN = 4 CALORIES

1 GRAM OF CARBOHYDRATE = 4 CALORIES

1 GRAM OF FAT = 9 CALORIES

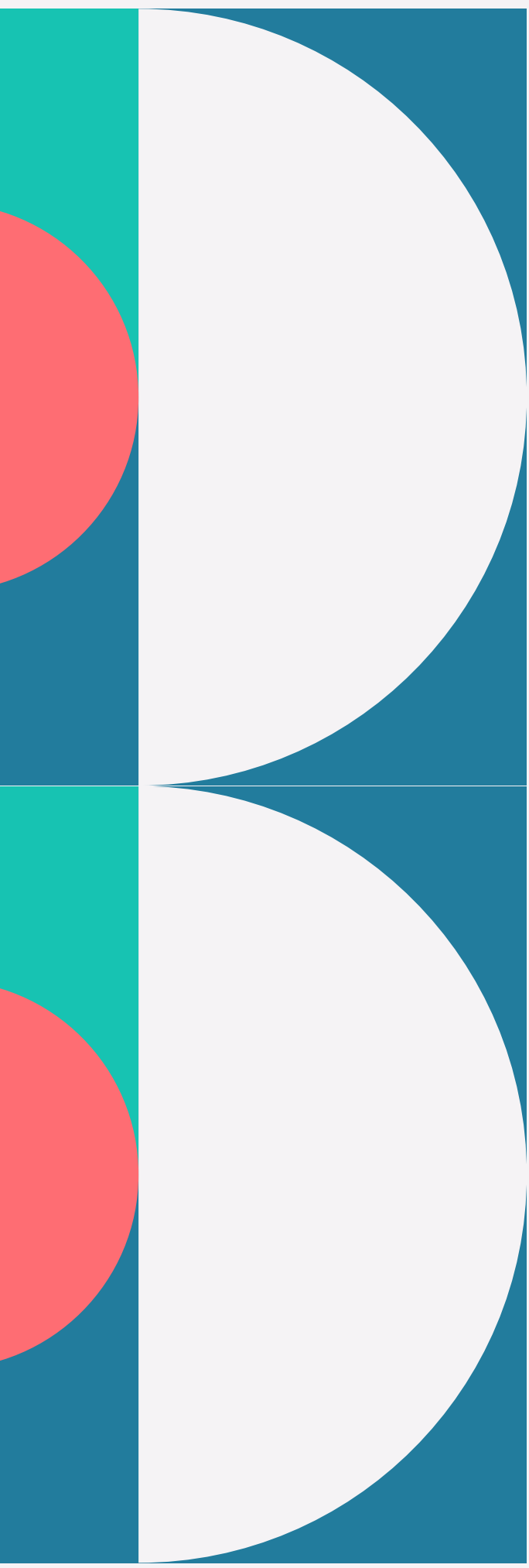
Macro counting is "AWARE EATING" knowing where your calorie consumption is broken down into protein, carbohydrates and fat calories and grams per day.

All calories are not created equal. You need the right amount of protein every day to preserve muscle.

You need the right amount of carbs every day to give you enough energy for exercise intensity,

You need the right amount of fat Every day to maintain optimal hormonal balance.

COUNTING MACROS IS FAR BETTER THAN COUNTING CALORIES. IT ALLOWS YOU TO FOCUS ON IMPROVING BODY COMPOSITION, NOT SIMPLY JUST LOSING SCALE WEIGHT.



Reading A Nutrition Label

Nutrition Facts			
Serving Size 1/2 cup (57g) ←			
Servings Per Container 15			
Amount Per Serving			
Calories 240	Calories from Fat 70		
% Daily Value*			
Total Fat 8g ←	12%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 90mg	4%		
Potassium 250mg	7%		
Total Carbohydrate 37g ←	12%		
Dietary Fiber 4g	16%		
Sugars 18g			
Protein 5g ←			
Vitamin A 0%	• Vitamin C 0%		
Calcium 4%	• Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

The serving size in weight.

How much fat is within each serving size

How many carbohydrates are in each serving size and the source (Fiber V Sugar).

The amount of protein in each serving size

CALCULATE YOUR MACROS HERE!

[Follow THIS LINK to calculate your macros!](#)

You will use the macro results you get from the calculator above on the next page "How to Structure Your Macro Meals"



How to Structure Your Macro Meals!

Step 1: Spread out Protein

Take your daily protein number and divide it by the number of meals you plan to eat. Aim for 4-5 meals daily.

Step 2: Spread out Carbohydrates

Take your daily carbohydrate number and divide it by the number of meals you plan to eat. Aim for 4-5 meals daily.

Step 3: Spread out Fat

Take your daily fat number and divide it by the number of meals you plan to eat. Aim for 4-5 meals daily.

MACROS ARE MEASURED IN GRAMS!

**USE A FOOD SCALE TO MEASURE YOUR
MACROS!**

**NEVER USE MEASURING CUPS OR SPOONS.
ALWAYS USE A FOOD SCALE TO MEASURE ALL
OF YOUR FOOD AND MEASURE ALL OF YOUR
FOOD IN GRAMS!**

The Macros Made Easy Meal Chart

LevelUp Lifestyle Ladies Use!

DAILY TOTAL	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5
Protein 150 grams	30G	30G	30G	30G	30G
Carbs 170 grams	34G	34G	34G	34G	34G
Fat 55 grams	11G	11G	11G	11G	11G

TIPS:

- Measure only in grams and only using a food scale
- Download the app My Macros Plus (MM+) and use that to track your macros. Practice practice practice!
- Find me @24cycle on My Macros Plus and follow me!
- Use the MM+ barcode scanner to scan foods you eat
- Create meals for fast entry
- Create recipes for quicker entry
- Copy meals from one day to another
- Join my private Facebook group to share tips, tricks, recipes, macro food combos and much more!
- Join the Macros Made Easy Coaching Program to get started!

GROCERY LIST!

Proteins:

Chicken/Turkey Breast

Lean Ground Chicken

Lean Ground Turkey

Lean Ground Beef (grass fed) Lean cuts of steak

Game (deer, bison, etc)

Salmon/Sea Bass

Canned Tuna/Salmon – Whole Chunk in Water,
preferably Wild Planet Brand)

White Fish : turbot, sole, halibut, cod

Seafood (lobster, clams, shrimp, etc)

Protein Powder

Egg/whites

Tofu

Tempeh

Setain

Protein Powder (I use PaleoValley and BioHealth brands

Carbohydrates:

Veg : All Veggies

Especially leafy, dark greens (spinach, kale, chard, etc)

Cooked Tomatoes (sharp increase in lycopene)

Beets

Colorful vegetables (bell peppers, winter squash,
carrots, etc)

All Beans, Lentils, Legumes

Chick Peas

Turtle Beans

Edamame)

GROCERY LIST continued

Fruit:

All fruit (Melon, Cherries, Oranges, Banana etc)

Especially dark berries (raspberries, blackberries, blueberries, strawberries etc)

Applesauce (great source of pectin)

Starch:

All Cereals (oatmeal, cream of rice, smart bran, Coco Puffs etc)

Whole Grains

Rice cakes

White Rice/Rice

Flours: Gluten free, rice, etc

Pasta (gluten free, rice, etc)

Sweet potato/potato/cassava/taro/yam Breads

If no allergy to gluten, then choose wheat-based products as well

Fats:

Avocado

Coconut Oil SPRAY *please use oils SPARINGLY if at all

Egg yolks

Butter

Chia/Flax seeds

Walnuts

Nut Butters (sparingly)

Fats in the Meats/Proteins

Cheese (preferably organic)

*It's far better to choose fats from whole foods like eggs, meats, fish, avocado, and dairy than relying on nut butters & oil.

GROCERY LIST continued

Other:

Seasonings and sauces

Sugar free BBQ sauce

Sugar free Teriyaki sauce

Sugar free Ketchup

Everything But the Bagel seasoning

Furikake

Salt, pepper

Nutritional Yeast

Pickled Garlic Mustard

Bragg's Aminos Rice Vinegar Lime/Lemon juice Fish Sauce

Tamari

Vinegars

Dried Herb Mixes

Broth

NEED MORE HELP?

Learning how to track your macros is a skill. It takes time to master so be kind with yourself. My best advice would be to preplan your days ahead of time. Creating a meal plan for yourself to follow. Using an app like My Macros + to make sure you are hitting your numbers.

In the end it gives you an invaluable education in nutrition that allows you flexibility and fun. It gives you food freedom whether you want to be able to order at a restaurant with minimal stress or lose the last 5lb without feeling severely restricted.

The goal is to properly fuel our bodies and understand portion sizes so we may not only feel confident about our choices but ultimately the skin we are in as well.

For an opportunity to join the LevelUp Lifestyle Team

**Apply
Here**

