

MACROS

FOR WEIGHT BALANCE



PROTEIN (30% OF CALORIES)

Essential to the diet. Should be the cornerstone of your meal. Beef, pork, poultry, beans, lentils, fish, seafood.

CARBS (40% OF CALORIES)

Choose whole foods first. Good examples are rice, beans, quinoa, corn, fruit or starchy vegetables.

HEALTHY PLATE



FAT (30% OF CALORIES)

Don't be afraid of fat!

- Helps slow digestion
- Cushions joints
- Preferred fuel for the heart.
- Choose good sources
- Avocado oil
- Olive Oil
- Nuts
- Seeds
- Butter
- Grass fed animal fats

MEAL PLAN

THINK THROUGH HOW MUCH TIME YOU HAVE TO PREPARE EACH MEAL

Can you spare 10 min? 20 min? 30 min?

FIND A PLACE TO WRITE DOWN MEAL IDEAS

Dry erase board? Meal planning website? Paper and pen? Calendar?

INCLUDE FAVORITE FOODS

Key to success if making food you like

TRACKING

BY TRACKING YOUR MEALS YOU CAN SEE IF YOU ARE EATING TOO LITTLE OR TOO MUCH

- Takes the guesswork out!
- Measure portions
- Use Myfitness Pal or Cronometer (both free!)