

MACRO CHALLENGE

# HOW-TO GUIDE

# DISCLAIMER

---

Here's all the fun legal stuff our lawyer says we must put in here:

\*\*\*This program is for information purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. Instead, this program is designed as a nutritional and exercise guideline and is intended only to supplement, NOT REPLACE, medical care or advice as part of a healthy lifestyle. As such, the information should be used in conjunction with the guidance and supervision of your physician.

\*\*\*You must consult your physician before beginning this program, as you would with any nutrition or exercise program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using this product/service from LIVunLtd, you agree to accept full responsibility for your actions.

\*\*\*By utilizing the nutritional guidance and exercise strategies contained herein, you recognize that despite all precautions on the part of **LIVunLtd**, there are risks of injury or illness that can occur with any program, and you assume such risks and waive, relinquish, and release any claim that you may have against LIVunLtd or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of this nutritional guide and exercise program for personal use.

\*\*\***IMPORTANT:** Again, more fun things from our lawyer: This program is copyrighted, and to copy, share, or reproduce violates the law, and prosecution will be enforced.



# WELCOME TO YOUR MACRO

## HOW-TO GUIDE



Ready to roll up your sleeves and get started? This guide has everything you need to:

- ✔ **CALCULATE YOUR UNIQUE MACROS**
- ✔ **TRACK THEM!**

If you don't already have one, pick up a reliable *digital food scale*, preferably one that can switch between grams and ounces. They are relatively inexpensive and your scale will be one of your most valuable tools to help you hit your goals during this program.

Spend some time getting acquainted with your scale if you haven't used one before.

### QUICK TIP

*Place an empty plate on your scale and press the "tare" button to return the weight to zero. THEN add your food and record its weight.*

**MACRO ALERT!** *Don't confuse the weight of your food with its macronutrients. For example, 3 ounces of chicken breast might weigh 85 grams, but nutrition-wise, it contains 21 grams of protein.*

# HOW TO TRACK

## YOUR MACROS



### STEP 1: Determine your TDEE (Total Daily Energy Expenditure)

To Access Your TDEE Calculator, click here: [My Nutrition Calculator](#)

This formula is one of the most accurate ways to determine how many calories you need on a daily basis. *If this calculator won't open, use the one in the worksheet below.*

To do this the right way, you'll need to get your activity level right. (Most of us actually overestimate our daily activity level!)

TIP: Think about how active you are on most days of the week and choose the amount that most closely fits your everyday life.

Once you put your info in the calculator, it will tell you how many calories you are estimated to burn every day. (You only need the TDEE number the calculator gives you)

**MY TDEE:**





# HOW TO TRACK YOUR MACROS

## STEP 2: Download My Fitness Pal or other tracking app

My Fitness Pal is a free application and web portal you can use to track your macros and food. It is a helpful tool to allow you to input the foods you eat and the amounts.

You do not need to upgrade to the paid subscription for this challenge - you will have access to all you need with the free account.

There are other similar tracking apps you can use as well, the information below is based on using My Fitness Pal.

## STEP 3: Calculate Your Macros Using the Worksheet

On the Macro Resource Page, you can download the Excel document to determine your personal Macros for this challenge. If you have a goal to maintain your weight during the 28-Day Macro Challenge, choose the appropriate calculator on the worksheet.

### Macro Challenge Worksheet

How to Use this worksheet:

1. [Find out your TDEE from this calculator](#)
2. Once you have the TDEE, enter it into this worksheet
3. Your Personal Macro Goals will auto-calculate
4. Create and Log Into your myFitness Pal account (or other tracking account)
5. Enter and track your daily food intake

| YOUR MACRO GOALS - calorie deficit         |                         |          |         |   |
|--|-------------------------|----------|---------|---|
| ENTER YOUR TDEE HERE<br>(FROM CALCULATOR): | << ENTER YOUR TDEE HERE |          |         |   |
| Calories                                   | Protein (g)             | Carb (g) | Fat (g) |   |
| YOUR PERSONAL MACRO GOALS                  | 0                       | 0        | 0       | 0 |
|  |                         |          |         |   |
|  |                         |          |         |   |
| YOUR MACRO GOALS - weight maintenance      |                         |          |         |   |
| ENTER YOUR TDEE HERE<br>(FROM CALCULATOR): | << ENTER YOUR TDEE HERE |          |         |   |
| Calories                                   | Protein (g)             | Carb (g) | Fat (g) |   |
| YOUR PERSONAL MACRO GOALS                  | 0                       | 0        | 0       | 0 |
|  |                         |          |         |   |
|  |                         |          |         |   |



# HOW TO TRACK YOUR MACROS

## ➤➤➤ STEP 4: Come up with your personal macro results-getting plan!

You can edit your macro goals on My Fitness Pal:

### Web Portal:

1. My Home
2. Goals
3. Daily Nutrition Goals - Edit
4. Set numbers to
  - a. Use the calories given from the worksheet
  - b. Protein - 30%
  - c. Carbohydrates - 45%
  - d. Fats - 25%



### My Fitness Pal Mobile App

1. More (three lines in corner)
2. Settings
3. My Goals
4. Nutrition Goals - Calorie, Carbs, Protein and Fat Goals
  - a. Use the calories from the worksheet
  - b. Protein - 30%
  - c. Carbohydrates - 45%
  - d. Fats - 25%

## QUICK TIP

*We recommend coming up with 2-3 meal templates you can rotate between during the week.*

- Choose a protein source to eat at each meal
- Layer in veggies, fruits, and/or starchy carbs
- Include healthy fats

Don't worry about hitting your daily targets exactly. The first few times you do it, try to get within 10 grams of each macronutrient target.

If you need ideas and inspiration for your meals, check out your [Macro Meal Prep & Ideas ebook](#).





## HOW TO TRACK YOUR MACROS

### ➤➤ STEP 5: Prep + Eat Your Meals!

- You can prep several meals at once and keep them stored in portion-sized reusable containers in the refrigerator, or you can prep each meal just before you eat it.
- One of our favorite meal prep methods: prepare your meal ingredients ahead of time – roast a chicken, grill some turkey burgers, cook a pot of brown rice, roast some veggies, etc. – and assemble your meals when it's time to eat.

This is important enough to repeat: Remember, do not worry about being perfect. It's about PROGRESS!



# MEASURING OPTION

## »»» "HAND-Y" PORTION GUIDE



### DON'T WANT TO USE A SCALE TO WEIGH/MEASURE YOUR FOOD?

You already have a very valuable tool you can use ...

#### »»» Your hand!

- Your palm = your protein portions
- Your fist = your vegetable portions
- Your cupped hand = your carb portions
- Your thumb = your fat portions

Plus, using your hand is perfect any time you don't have access to your scale, like when you're dining out.

We've included a quick guide on the next couple pages on how to use your hand to "guestimate" your macro-based portion sizes.







# MEASURING OPTION: 'HAND-Y' PORTION GUIDE

## VEGETABLES

### FIST



### SERVING SIZE

(approx.)

- 1 cup non-starchy vegetables (peppers, leafy greens, cabbage, broccoli)

### MACRO

### BREAKDOWN

(estimated)

- 1.5 g protein
- 5 g carb
- 0 g fat
- 25 calories

## PROTEIN

### PALM



### SERVING SIZE

(approx.)

- 3 to 4 oz (85-115 g) cooked lean meat, fish, shellfish, poultry, or tofu
- 1 cup (225 g) low-fat plain Greek yogurt or cottage cheese
- 2 whole eggs
- 1 scoop protein powder

### MACRO

### BREAKDOWN

(estimated)

- 22 g protein
- 2 g carb
- 4 g fat
- 130 calories

## STARCHY CARBS

### CUPPED PALM



### SERVING SIZE

(approx.)

- ½ to ⅔ cup (100-130 g) cooked grains or legumes (oats, rice, lentils, etc)
- 1 medium fruit (apple, small banana, etc)
- 1 medium potato or sweet potato

### MACRO

### BREAKDOWN

(estimated)

- 3 g protein
- 22 g carbs
- 1 g fat
- 110 calories



## MEASURING OPTION: 'HAND-Y' PORTION GUIDE

### OILS, FATS, NUTS, ETC.

#### THUMB



#### SERVING SIZE

(approx.)

- 1 Tbsp (15 g) oils, butter, seeds, cheese

#### MACRO

#### BREAKDOWN

(estimated)

- 2 g protein
- 2 g carb
- 8 g fat
- 90 calories





# RESOURCES

## »» & COMMON QUESTIONS



### »» HOW MANY MEALS A DAY SHOULD YOU EAT?

There is no perfect number of meals to eat in a day, but we find that many who follow a macro-based way of eating like to eat 3 meals a day and have 1-2 smaller “mini-meals” or snacks.

But you might prefer not to eat snacks — whatever works for you is best!

For best results, include a protein source and veggie (or fruit if it’s a snack!) every time you eat.



### »»» TREAT MEALS

Your 28-Day Challenge includes planned “treat” meals so you can enjoy some of your favorite foods.

You do NOT count macros during these meals. The idea is to help you avoid feeling deprived – and help you discover the joys of moderation!

***Our advice: Don't do anything that you will regret.***

#### QUICK TIP

*Be sure to schedule your treat meal on a day you work out.*



That's basically it. Remember: you can't out-train your diet.

After being great with your macros all week, you do NOT want to undo all of your hard work.

#### **Some incentives not to overdo it:**

- Eating too much can leave you feeling blah, bloated, and achy – and it can make it hard to get a full night of sleep.
- Make sure you drink plenty of water before and after.
- Consider enjoying your treat meal on a Sunday night (just make sure you work out that day!). That way, you'll slide into your Monday weekday routine, making it easier to jump back on your program.



## >>> EASY SWAPS GUIDE

One of the best things about following a macros-based way of eating is that it is flexible. You can swap out and substitute similar foods in similar amounts.

## PROTEIN FOOD SWAPS

### LEAN MEATS

|                |   |
|----------------|---|
| <b>Chicken</b> | <i>Boneless (skinless) breast, tenderloins, ground chicken</i>                    |
| <b>Turkey</b>  | <i>Boneless (skinless) breast, ground turkey</i>                                  |
| <b>Beef</b>    | <i>Top sirloin, top round steak, eye of round steak, round beef (90% or more)</i> |
| <b>Pork</b>    | <i>Tenderloin, chops, pork top loin or sirloin, Canadian bacon</i>                |
| <b>Bison</b>   | <i>Filet Mignon, ground bison (90% lean or more)</i>                              |
| <b>Lamb</b>    | <i>Tenderloin, loin chops, boneless leg (trim off as much fat as possible)</i>    |

### SEAFOOD

*Depending on where you live, you'll need to buy flash frozen.  
Also be mindful of mercury levels.*

|                  |  |
|------------------|--|
| <b>Salmon</b>    | <i>Wild sockeye, coho (leanest of the two cuts)</i>  |
| <b>Mahi Mahi</b> | <i>Filet, steak (do not consume more than once per week due to mercury levels)</i>   |
| <b>Swordfish</b> | <i>Filet, steak</i>  |
| <b>Tuna</b>      | <i>Steak, canned (look for low mercury and wild-caught)</i>  |
| <b>Whitefish</b> | <i>Wild-caught: cod, snapper, haddock, halibut, tilapia (farm-raised fish may contain dioxins, a cancer-causing chemical, and methylmercury)</i> |

### EGGS

|                   |  |
|-------------------|--|
| <b>Whole Eggs</b> | <i>Pasture-raised, free-range, organically fed chickens and local are best</i>   |
| <b>Egg Whites</b> | <i>Pasteurized egg whites (make sure the ONLY ingredient is 100% egg whites)</i> |

### PROTEIN SUPPLEMENTS

*We don't recommend more than 3 scoops of whey protein isolate per day as you want the majority of your protein sources coming from meat, which is a high-thermic food.*

**Whey Protein Isolate**

**Plant-Based Protein Powder**





## CARB FOOD SWAPS

### STARCHY CARBOHYDRATES

|                 |   |
|-----------------|---|
| <b>Oatmeal</b>  | <i>Make sure you choose "plain" not flavored oats.</i>                            |
| <b>Bread</b>    | <i>Gluten-free sprouted grain bread (Ezekiel bread is hands down the best)</i>    |
| <b>Rice</b>     | <i>Brown rice or other "whole" grain</i>  |
| <b>Potatoes</b> | <i>Sweet potatoes, fingerling potatoes, white potatoes, yams</i>                  |
| <b>Quinoa</b>   | <i>Check the label to make sure it's not packaged with processed ingredients.</i> |

### FRUITS

|                    |                   |                  |                   |
|--------------------|-------------------|------------------|-------------------|
| <i>Apple</i>       | <i>Cantaloupe</i> | <i>Lemon</i>     | <i>Pear</i>       |
| <i>Apple Sauce</i> | <i>Cherries</i>   | <i>Lime</i>      | <i>Pineapple</i>  |
| <i>Apricot</i>     | <i>Grapes</i>     | <i>Mango</i>     | <i>Plum</i>       |
| <i>Banana</i>      | <i>Grapefruit</i> | <i>Nectarine</i> | <i>Raspberry</i>  |
| <i>Blackberry</i>  | <i>Honeydew</i>   | <i>Oranges</i>   | <i>Strawberry</i> |
| <i>Blueberry</i>   | <i>Kiwi</i>       | <i>Peaches</i>   | <i>Tangerine</i>  |

### VEGETABLES

*Eat as often as possible and as much as you like with all your meals because you are eating clean.*

|                         |                                 |                         |   |
|-------------------------|---------------------------------|-------------------------|---|
| <i>Artichoke</i>        | <i>Carrots</i>                  | <i>Okra</i>             | <i>Turnips</i>  |
| <i>Artichoke Hearts</i> | <i>Cauliflower</i>              | <i>Onions</i>           | <i>Zucchini</i>   |
| <i>Asparagus</i>        | <i>Celery</i>                   | <i>Parsnip</i>          | <i>Note: If you have stomach aches, bloating, gas or diarrhea after eating certain veggies, try steaming or cooking them to ease digestion.</i> |
| <i>Alfalfa Sprouts</i>  | <i>Cucumber</i>                 | <i>Peppers</i>          |   |
| <i>Beets</i>            | <i>Eggplant</i>                 | <i>Pumpkin</i>          |   |
| <i>Brussel Sprouts</i>  | <i>Leafy Greens (all kinds)</i> | <i>Radishes</i>         |   |
| <i>Broccoli</i>         | <i>Leeks</i>                    | <i>Squash (variety)</i> |   |
| <i>Cabbage</i>          | <i>Mushrooms</i>                | <i>Tomato (variety)</i> |   |



## FAT FOOD SWAPS

### OILS & NUTS

*Some of your fat will come from your meats and eggs but to reach your fat requirements, use the list below to add to your meals for more flavor and get the best fat into your diet.*

|                       |  |
|-----------------------|--|
| Avocado               | <i>This fruit is in this section due to its high fat content</i> |
| Avocado Oil           | <i>Unrefined, minimally cold processed</i>                       |
| Almonds               | <i>Option: almond butter</i>                                     |
| Brazil Nuts           |  |
| Cashews               | <i>Option: cashew butter, avoid seed oils</i>                    |
| Coconut Oil           | <i>Unrefined, minimally cold processed</i>                       |
| Ghee Clarified Butter | <i>Grass-fed if possible</i>                                     |
| Hazelnuts             |  |
| Macadamia Nuts        |  |
| Olive Oil             | <i>Unfiltered extra virgin is best</i>                           |
| Peanuts               | <i>Option: peanut butter, avoid seed oils</i>                    |
| Pecans                |  |
| Pine Nuts             |  |
| Pistachios            |  |
| Walnuts               |  |



## DAIRY FOOD SWAPS

*Choose organic and hormone-free dairy products whenever possible.*

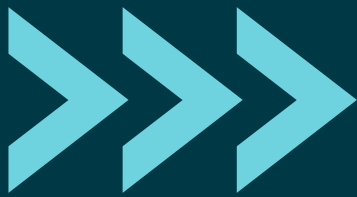
|                                   |   |
|-----------------------------------|---|
| <b>Cottage Cheese</b>             | <i>Look for a minimal ingredient list</i>   |
| <b>Extra Sharp Cheddar Cheese</b> |   |
| <b>Feta Cheese</b>                |   |
| <b>Goat Cheese</b>                |   |
| <b>Plain Greek Yogurt</b>         | <i>Avoid flavored and high sugar yogurt varieties<br/>Option: Use plain Greek yogurt in place of sour cream</i> |
| <b>Mozzarella Cheese</b>          |   |
| <b>Parmesan Cheese</b>            |   |
| <b>Ricotta Cheese</b>             |   |
| <b>Swiss Cheese</b>               |   |

## DRESSINGS & CONDIMENT OPTIONS

*TIP: Plan ahead if you want to use better quality condiments, marinades, and dressings. Look for brands that are low in sugar and contain just a few ingredients that you recognize. Here are a few we recommend.*

|                          |  |
|--------------------------|--|
| <b>Primal Kitchen</b>    | <i>Ketchup, mayo, mustard, and dressing options</i>  |
| <b>Tessemae's</b>        | <i>Dressings and marinades options make sure to avoid seed oils in some products)</i>      |
| <b>Frank's Hot Sauce</b> | <i>Typically short ingredient list; make sure to avoid seed oils in some products</i>      |
| <b>Whole30</b>           | <i>Sauces and dressings</i>  |
| <b>G Hughes</b>          | <i>BBQ, marinades, and dressing options; make sure to avoid seed oils in some products</i> |
| <b>Bragg's Organic</b>   | <i>Dressings and apple cider vinegar</i>   |
| <b>Dr. Furhman</b>       | <i>Sauces, condiments, and dressings</i>   |





**“IT’S NOT ABOUT COUNTING  
CALORIES. IT’S ABOUT MAKING  
YOUR CALORIES COUNT!”**

**SECRET WONDERFUL PERSON**