

Macronutrient Magic

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Hello! Welcome to the Macronutrient course! Thank you for joining me and I hope the material helps you meet your goals! Please also download the video segment for live examples and common questions that aren't addressed in the written material.

Click [Here](#) to download the video.

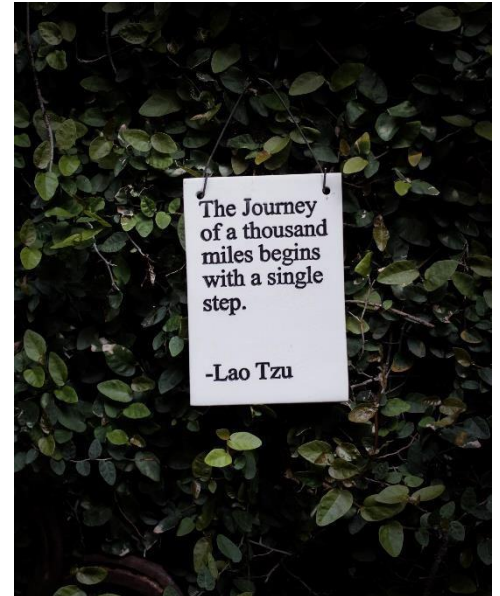
Course objectives:

1. Understand your personal caloric needs and be able to calculate for your goals. Be able to successfully calculate your TDEE
2. Understand the importance of each macronutrient and how to calculate the carbs and fat and protein for your bodyweight and goals
3. Experiment and become comfortable with MyFitnessPal or a similar macro tracker
4. Understand the common pitfalls of macro tracking for fat loss and how to avoid
5. Understand the additional factors that go into body comp like sleep, hormones, weight training, stress, alcohol and others factors, and when, why, (and how) to reverse your diet.
6. Learn how to build macros when cooking a few sample meals
7. Learn the importance of consistency vs perfection
8. Increase awareness of other coaching services that may lend well to reaching your goals in addition to this course



What Are Macros??

Macronutrients are large (macro) amounts of nutrients that the body needs to function at a healthy level. Macros are protein, carbohydrates, and fats. Macronutrients are needed to provide your body with energy measured in the form of calories. We all need energy. We all need to eat. But how do we eat enough? Not too much? What even is enough or too much? What ratios are best for fat loss? How do I even figure this out for my personal goals? Here's a general breakdown of my suggestions. Keep in mind variations will occur based on body type, goals, medical history, and food sensitivities.



Questions to ask yourself before making a lifestyle change

1. Will I be able to adhere to it?
2. Will I still be able to enjoy my life, without feeling overly restricted?
3. Will I be able to maintain the results when I reach my goal?
4. Do I have the information and support to be successful long term?

In order to fully understand Macronutrients, we must first understand calories:

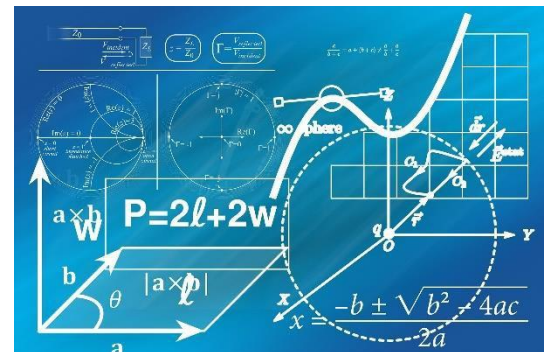
When calculating, it is important to know that no calculator is perfect ... in fact NONE are. The best thing you can do is stay consistent with reaching your numbers for at least 3 weeks, look at all the variables (like consistency) and then adjust based on your results.

How to figure out your TDEE (Total Daily Energy Expenditure)

TDEE is an estimation of how many calories you burn per day with exercise and daily activity.

BMR (basal metabolic rate): the number of calories you need just to sustain life. Calories burned just by being alive.

NEAT (Non-Exercise Activity Thermogenesis): energy expended for everything we do that is not a formal workouts. For example, the energy to work, type, garden, run errands or cook.



TDEE Method 1: Tracking current calories.

Start tracking right now (if you aren't already)

Use an app like [MyFitnessPal](#) for a few weeks. Don't judge yourself, just input whatever you are consuming that has a calorie with the best estimate possible. Do this for at least one week. This includes all meals, snacks, bites, beverages, and supplements.

Analyze your current calorie intake.

If you have been gaining weight or managing your weight with the calories you are eating, and you are looking to lose weight, it is possible that you are eating too much and need to decrease your calories slightly. If this is the case, create an average with the calories you have been eating now and decrease by 10% for fat loss. For example, if I tracked for 5 days and my average calorie intake is 2000 calories, and I am maintaining my weight right now – I would decrease to 1800 calories and begin there.

MyFitnessPal sample weekly summary



The reason why I have you track your current intake where you maintain/gain weight now is because this will provide more accuracy than any calculator. For example, if I currently maintained my weight by eating at 2300 calories per day, but a calculator stated that I maintained around 2000 calories and that I needed to decrease to 1700 calories – this would be very hard for me as that is a 600-calorie decrease. The goal with any fat loss protocol is to slowly decrease to keep the adherence high. Jumping into high deficit is never a good idea because you'd lose lean muscle mass.

TDEE Method 2: Simple Bodyweight Method

Your bodyweight multiplied by 14

For example, if you weigh 150, you will calculate $150 \times 14 = 2,100$

You would estimate that your TDEE is 2100 calories. Keep in mind that your current intake, activity, and dieting history will dictate this most. So, if you do base your TDEE off this, it is best to focus on how your body responds after three weeks of consistently tracking.

TDEE Method 3: Mifflin St Joer equation

Calculate BMR first:

Women: $10 \times \text{weight(kg)} + 6.25 \times \text{height(cm)} - 5 \times \text{age (years)} - 161$

Men: $10 \times \text{weight(kg)} + 6.25 \times \text{height(cm)} - 5 \times \text{age(years)} + 5$

You would then take your BMR multiplied by an exercise variable to get your TDEE:

Exercise variable

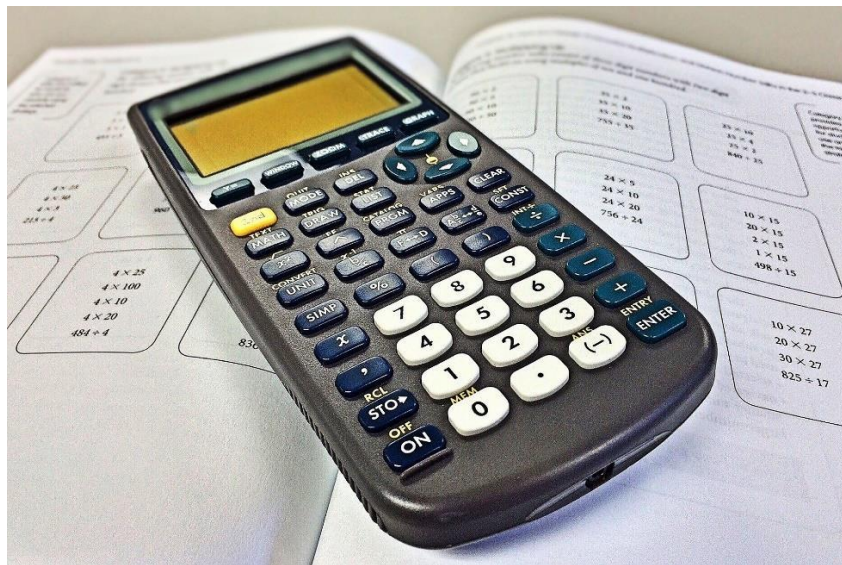
No exercise BMR x 1.2

1-3 days light BMR x 1.35

3-5 days moderate BMR x 1.55 6-

7 days intense BMR x 1.7

Use the worksheet that follows, calculate your TDEE using the Mifflin St Joer equation



Mifflin St Joer equation Worksheet

Convert weight to kg

Your weight in pounds divided by 2.2 = weight in kg

_____/2.2 = _____ kg

Convert your height to cm

Your height in inches multiplied by 2.54 = height in cm

_____x2.54 = _____ cm

Now calculate your BMR

Women: $10 \times \text{weight(kg)} + 6.25 \times \text{height(cm)} - 5 \times \text{age (years)} - 161$

$10 \times \frac{\text{Your weight}}{\text{Your weight}} + 6.25 \times \frac{\text{your height}}{\text{your height}} - 5 \times \frac{\text{your age}}{\text{your age}} - 161 = \underline{\hspace{2cm}}$

Men: $10 \times \text{weight(kg)} + 6.25 \times \text{height(cm)} - 5 \times \text{age(years)} + 5$

$10 \times \frac{\text{Your weight}}{\text{Your weight}} + 6.25 \times \frac{\text{your height}}{\text{your height}} - 5 \times \frac{\text{your age}}{\text{your age}} + 5 = \underline{\hspace{2cm}}$

For the final calculation you need to consider your weekly exercise level. Use the table below to decide on which exercise variable to use.

No exercise	1.2
1-3 days light	1.35
3-5 days moderate	1.55
6-7 days intense	1.7

$\frac{\text{Your BMR}}{\text{Your BMR}} \times \frac{\text{Exercise Variable}}{\text{Exercise Variable}} = \underline{\hspace{2cm}} \text{Your TDEE}$

What about macros?

In my 1:1 practice I work with people on macros with great success, after however we address foods quality, supplements, lifestyle modifications and reduction of symptoms of disease.



Your results will primarily come from paying attention to your daily/weekly calorie intake, as well as your protein intake. Carbs and fats are important macronutrients, but when it comes to body composition, they don't affect it like protein and calories do. The importance here is that you pay attention to how your body responds. For example, if you are finding your energy for workouts is low, you may find that you need more carbs. Some people thrive on low carbs and others thrive on high carbs, do what works for you. Give your body a few months of consistent tracking before you change any macros.

Protein:

Protein is sufficient at 1g per lb of ideal bodyweight. For example, if my goal weight is 150lbs my protein will be around 150g. You can adjust this based on your adherence, your lifestyle and your results. The goal should be to try to consume within 10g +/- of your target protein intake. A more accurate protein calculation that I prefer is using your lean body mass goal. For example, if your goal weight is 150 lbs and your body fat goal is 25%, then your lean body mass goal is about 113 lbs. Then the range for protein becomes LBM x 1-1.4 for total protein range. I almost always suggest on the upper end of the range for best results in my opinion except in cases of protein intolerance, those who follow only plant based, or those with kidney issues. So, in this case the suggested protein range for this person would be 113-158g per day. Your protein grams should not change at any part in the process unless your lean body mass or total body weight goal changes. I'd likely go with 150 grams here. 150g x 4 calories per gram is 600 calories. The remainder will be fat and carbs.

Fats:

I generally suggest 30% of calories from fat as a starting point for most people. Again, this can vary depending on your specific goals. Using 1800 calories as a number (assuming the person was eating 2000 a day and wants to decrease body fat) I'd take $1800 \times .3$ for 540 calories. Fat has 9 calories per gram so $540/9$ is 60 grams of fat per day.

Carbs:

30-40% of daily calories (or what remains from total calories - protein calories - fat calories). Again, using the same example above we have 600 calories so far from protein and 540 calories from fat. That leaves us 1800-1140 for carbs which is 660 grams. Carbs have 4 calories per gram so that's $660/4$ or 165g of carbs per day.

If you were to break this person's calorie percentages down it would be pretty balanced:

33% protein-150g----- 600 calories

30% fat-60g ----- 540 calories

37% carbs-165g -----660 calories

That's a total of 1800 calories if we are using the initial example of someone's TDEE at 2000 calories who wants to begin losing body fat.

How much carbs and fat you consume is about preference and sometimes body type and medical history. Calories and protein will matter most, but fats and carbs will be up to you with the remaining calories left after the protein. But staying within the ranges above is ideal.

How to calculate for YOUR GOALS:

- What if you want to lose fat?

Your calories should be in deficit for weight-loss, but moderate (ten percent to start).

- What if you want to lose fat AND look defined?

Follow the same rules above, while paying attention to your protein intake and strength training with intensity in the gym-at least 4 days a week for 45 min each. By strength training I do NOT mean a class with light weights, I mean consistent challenging of different muscle groups (progressive overload) on different days at a weight you can manage at no more than 12 reps per set.

- What if you want to gain muscle?

Muscles love calories and need them to grow. When it comes to gaining muscle, you must be eating at a calorie surplus. This means that you will be eating ABOVE your maintenance calories. For example, if you maintain your weight at 2000 calories, you will eat above these calories at 10%. Ex. 2,200 calories to begin and building from there. You would also want to prioritize strength training with all muscle groups as stated in the previous example.

- What if you want to maintain my weight and look more defined?

Maintaining your weight means eating at your maintenance calories. For example, if you did the simple calculation above and found your maintenance to be estimated at 2000 calories, you'll eat at that amount adjusted based on your results. Definition will come down to training with intensity in the gym and consuming enough protein.



When to make adjustments

With any fat loss journey, the goal is to consume as many calories as you can while seeing results. Starting with 10% calories below your maintenance calories and slowly adjusting based on your results and consistency every 3 weeks. Never start out with a high deficit as you can only go so far.

Please remember to look at ALL FORMS of progress before adjusting. If your clothes fit better, you are making better nutritional choices, getting better sleep, nailing form, increasing energy, seeing progress in pictures, and your measurements going down ... ALL of that is progress. So, before you adjust your calories, focus on that progress and consistency first. If progress has stalled and consistency is high, it may be time to decrease.

When to reverse diet and take a diet break

Reverse dieting is an eating plan that involves gradually increasing your calories over a period of several weeks to months to boost your metabolism and help you burn more calories during the day .

If you have been in a deficit for over 12 weeks and hit as low as you can comfortably go and no longer see progress unless you go to extremes, it may be time to take a diet break.

Taking a diet break simply means eating at your maintenance calories (your TDEE)

Once you reach your maintenance calories, you can stay here for however long you like, but I'd recommend at least 8 weeks. Once you are ready to go into a cutting phase again, you would decrease just as you would in the beginning – 10% calories first and then adjust every 3 weeks based on your results and consistency.

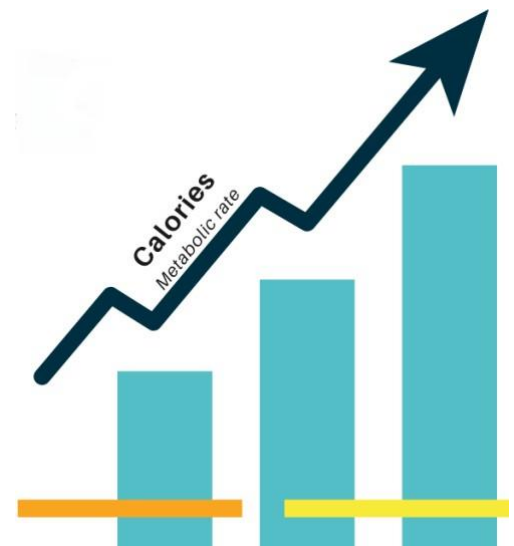
Another approach is adding 100 calories every 2 weeks until you are at your TDEE. Keep protein the same always and the 100 calories you add should come from 70% carbs and a 30% fat. So, if your carbs were at 150, I'd increase to 168. If your fat was at 50, I'd increase to 53.

Carbs have 4 calories per gram so 18×4 is about 70 calories. Fat has 9 calories per gram so 3×9 is about 30 calories.

While on a diet break, you may also take this time to mindfully eat or take time off during the week to not track at all. Since you are using this time for growth, use it as a time to take a break from tracking as well.

Why would you reverse your diet?

- You feel tired, sick, or have a decreased immunity
- Missed periods
- Decreased sex drive
- To reset your metabolism



Before adjusting calories, it is best to be honest with yourself and ask these questions:

- Have I been tracking everything I consume that is a calorie?
- Have I been weighing calorie dense foods for accuracy?
- Have I been consistent each week?
- Has my activity changed these past few weeks?
- Am I seeing progress, even if it isn't as quick as I'd like?
- Am I using various methods to track my progress (not just the scale)?

Often, after weighing the variables, we realize maybe we haven't been as consistent as we'd like. You should not keep decreasing if this is the case. The best thing you can do is focus on improving consistency first. NEVER increase or decrease your macros drastically or you'll either lose well-earned lean muscle or gain unwanted fat. It is a process that often takes years to see final results and months to see movement in the right direction.

Why people fail

1. Too restrictive/ Bad vs. Good foods

When restriction is high, let's say avoiding less nutrient dense foods like cookies, bread, chocolate, ice cream, you are more than likely to experience episodes where you overeat. The focus should always be on how your body responds to certain foods, enjoying them in moderation and only truly grabbing them if you crave them (not because they are just there). If you want a cookie, have a cookie – just don't eat the entire box. When tracking your macros, fit in what you would like when you are craving it. Try to consume nutrient dense foods while still hitting your target calories and protein. 80/20 is important. The focus should be to eat as much as possible to reach your goals. Prioritize nutrient dense foods. Eat a wide variety of foods most days of the week

2. Not Verifying foods first

If you're using an app like MyFitnessPal, look for the green check mark that shows it's been verified. If it hasn't, double check with the label or search online.

3. Track it as you eat it

Don't weigh raw chicken breast and track it as cooked chicken breast. Instead track it as you weigh it. Uncooked foods weigh differently than cooked foods.



4. Not tracking everything

When starting out, paying attention to portion control is key. It is important that you track everything you consume - those random bites and sips count – as those are all calories you are consuming. I am not saying be crazy with your tracking, but in the beginning be mindful of these random snacks.

5. Not being mindful of your hunger and fullness

When hunger becomes unmanageable, you are likely to eat whatever is in front of you without paying attention to your fullness, which in the end can lead to overeating. It is particularly important to eat when you are hungry, limit distractions, and take your time eating with each meal. I suggest that if you are hungry to eat a meal, not a snack. Snacking can become a slippery slope. The key is to not be too full or too hungry.

6. Failing to plan ahead

I find most people are successful if they cook meals for the week in advance. Try to track the night before or morning of to see what you have in the house and play around with your macros as you add them. This will give you an idea of what and how much you can eat – most of the time you'll be surprised how much volume you can add when you sit down and pay attention.

7. Obsessing over numbers

This is a lifestyle, not a race or a competition. YOU ARE DOING THIS FOR YOU. Although hitting your target calories and protein goal is key, hitting them every single day just isn't realistic. If you reach close to them – That's awesome! Consistency matters most, not perfection. Try to be flexible and not overly rigid about the process yet hold yourself accountable. Sometimes hiring a coach for support and accountability can be helpful as well.

8. Not taking a break

If you have been dieting for months in a deficit focusing hard on hitting numbers and no longer seeing results... it may be time to reverse diet (100 calories every 2 weeks) to your maintenance calories and staying there for at least 8 weeks. This is beneficial for your training and for your hormones. Don't be afraid to eat more food, as that may be exactly what your mind and body need.

9. Binge eating on the weekend or extreme caloric restriction for long periods of time

I hear this most often! Please know that your 2-3 day binge or even moderately unhealthy eating can completely derail your progress on the other 4-5 days. I suggest going "all in" for 30 days tracking consistently to develop the habit, and then building in mini non-tracking breaks like one meal a week that's reasonable... What I've typically done is tracked everyday all month and I choose 3 days out of the month to take a break. This approach is most helpful for sustainable results. Conversely, extreme calorie restriction is also not suggested as it slows down your metabolism and impacts the number of micronutrients you need to have for basic bodily functions.

10. Not addressing other areas that impact fat loss and energy

Sleep, activity level, micronutrient deficiencies, and underlying medical conditions can contribute to inability to lose weight, decreased energy, brain fog, etc. I also often see food intolerances, having a diagnosed Autoimmune condition (where an anti-inflammatory diet is warranted) or leaky gut issues like SIBO or candida get in the way.

11. Hydration: over or under hydrating

While each body is different, I suggest half your body weight in water each day. You can jazz it up and add lemons or cucumbers or mint or some electrolytes, but it should pretty much be water. Under hydrating can result in inability to build muscle, dizziness, and fatigue. Overhydrating can also result in flushed electrolytes which can cause dizziness.

12. Alcohol

Make sure to track all your beverages, especially alcohol. Some people decide to reduce or eliminate alcohol for a period of time to improve body composition. The consumption of alcohol impacts a variety of health conditions in the gut and can impede fat loss for sure. It's not just the caloric value, in fact it's rarely that, but the fact the body will burn alcohol first before other energy sources thus slowing down your metabolism. Your food you ate then does NOT get utilized for energy. For women it begins to impact the metabolism negatively with over 4 standard drinks per week, for men it's 6.

Other tips for success:

1. Frequency (how often you eat) and timing (when you eat) matters less than other factors. I suggest eating meals not snacks to allow the full “rest and digest” cycle to occur within your intestines for optimal gut health and to reduce bloating symptoms. Spread your meals out throughout the day to avoid hunger and blood sugar dips.
2. Consistency is #1. Consistency over perfection. Don’t use the “all or nothing approach” or you’ll fail every time because no one can reach 100%. This applies to sleep, macro tracking, and resistance training.
3. Do not adjust calories up or down too quickly or it will poorly impact your metabolism, and cause fat gain and/or muscle loss. Consider adding more/less calories with activity level if it is particularly low or high, however. This could be running a half marathon or on the contrary if you are on bedrest for a week.
4. The 4 biggest things that matter to see results are: food quality (choose whole foods), appropriate calories, protein, and strength training.
5. Eat enough carbs pre and post workout and eat your meal about 30-60 minutes before and after. Being too hungry will not give you the energy to sustain a successful workout. Being too full will impede digestion. A normal sized meal and hour before and after a workout should suffice.
6. Food quality matters. CHOOSE WHOLE FOODS. There should be very few foods you need to read labels for.
7. Your body isn’t a calculator. You will need to test and adjust numbers as needed and your needs will vary during different points of your life (menopause, stress, pregnancy, etc.)
8. Try to enjoy the process and trying new foods!

Choose nutrient dense foods - what does this mean?

Generally anything without a label, box or in a package is going to be a good choice. Lean meats, fish, poultry, fruits, veggies, digestible starches and root veggies like squash, potatoes, and plantains. Maybe some limited gluten free grains. I generally suggest most people go completely gluten and dairy free when trying to lose fat as these can be inflammatory for most people and inflammation does NOT lend well to losing weight. I never suggest any packaged foods when attempting for healthy long term fat loss.



Sample healthy foods list for Macro tracking

Vegetables	Fruits
<ul style="list-style-type: none"> ○ Artichokes ○ Arugula ○ Asparagus ○ Avocado ○ Beets ○ Bell peppers ○ Bok Choy ○ Broccoli ○ Brussel Sprouts ○ Carrots ○ Cabbage ○ Cucumbers ○ Eggplant ○ Endive ○ Fennel ○ Garlic ○ Green Beans ○ Jicama ○ Kale ○ Kohlrabi ○ Leeks ○ Mushrooms ○ Olives ○ Onions ○ Parsnips ○ Pumpkin ○ Radishes ○ Romaine ○ Rutabaga ○ Spinach ○ Swiss Chard ○ Tomatoes ○ Watercress ○ Winter Squash: acorn, spaghetti, butternut ○ Green peas ○ Sugar snap peas ○ Snow peas ○ Zucchini ○ Summer Squash 	<ul style="list-style-type: none"> ○ Blackberries ○ Boysenberries ○ Blueberries ○ Cranberries ○ Goji berries ○ Raspberries ○ Apple ○ Apricot ○ Banana ○ Cantaloupe ○ Cherries ○ Figs ○ Grapefruit ○ Grapes ○ Guava ○ Honeydew ○ Kiwi ○ Lemon ○ Lime ○ Mango ○ Nectarine ○ Orange ○ Papaya ○ Passion fruit ○ Peaches ○ Pears ○ Persimmon ○ Pineapple ○ Plums ○ Pomegranate ○ Rhubarb ○ Starfruit ○ Strawberries ○ Tangerine ○ Watermelon <p>Eggs:</p> <ul style="list-style-type: none"> ○ Chicken ○ Duck ○ Goose ○ Pheasant ○ Quail

Sample healthy foods list for Macro tracking

<p>Starches in moderation</p> <ul style="list-style-type: none"> ○ Cassava ○ Potatoes ○ Sweet potatoes and Yams ○ Wild Rice ○ Taro ○ Plantains ○ Quinoa ○ Gluten free steel cut oats ○ Jasmine rice <p>Nuts and Seeds (generally raw is suggested)</p> <ul style="list-style-type: none"> ○ Chia ○ Flax ○ Almonds ○ Brazil nuts ○ Macadamia ○ Pecan ○ Pine nuts ○ Pistachios ○ Pumpkin seeds ○ Sesame seeds ○ Sunflower seeds ○ Walnuts ○ Nut and Seed butters ○ Hazelnuts <p>Healthy Fats</p> <ul style="list-style-type: none"> ○ Avocado ○ Coconut ○ Coconut oil ○ Extra Virgin cold pressed olive oil ○ Avocado oil ○ Macadamia nut oil ○ Sesame oil ○ unprocessed palm oil <p>Condiments and dressings</p> <ul style="list-style-type: none"> ○ Avocado oil mayo and salad dressings (or make your own) ○ Olive oil salad dressings (not canola, soy or corn oil) ○ Vinegar ○ Organic ketchup, bbq, mustard, teriyaki, coconut aminos 	<p>Proteins: Fish, Poultry, and Beef</p> <ul style="list-style-type: none"> ○ Cod ○ Haddock ○ Halibut ○ Herring ○ Mackerel ○ Mahi Mahi ○ Perch ○ Red Snapper ○ Salmon ○ Sardines ○ Tilapia ○ Tuna ○ Walleye ○ Other wild caught fish ○ Clams ○ Crab ○ Lobster ○ Mussels ○ Oysters ○ Scallops ○ Shrimp ○ Beef ○ Chicken ○ Lamb ○ Pork ○ Turkey ○ Pheasant ○ Alligator ○ Buffalo ○ Duck ○ Elk ○ Goose ○ Venison <p>Other in moderation</p> <ul style="list-style-type: none"> ○ Dark chocolate ○ Local goat or sheep cheese ○ Grass fed organic full fat yogurt if no dairy intolerance ○ Coconut milk yogurt or cashew or almond yogurts without additives
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What about intermittent fasting?

Again, this could be its own class... But I'd like to mention a few words. Intermittent fasting is essentially an umbrella term for various meal timing schedules that cycle between voluntary and non-voluntary fasting over a given period. Methods may include alternate day fasting or periodic fasting (2 days a month) or daily time restricted feeding. Benefits can include weight loss, resting the gut and improving digestion, increasing HGH and insulin sensitivity which both impact weight loss and lean body mass retention. Your cells can also repair, and it can decrease inflammation. It can also simplify your eating schedule because you are eating less meals. IF is not suggested if you are underweight, trying to build muscle, or have a history of eating disorders. There's mixed research on whether it's good for some women at all. It can impact hormone regulation, periods and impact blood sugar negatively. You should consult with a doctor if you have diabetes, low blood pressure, trying to conceive, have a history of amenorrhea, or are pregnant.



Strength Training and Body Composition

When resistance training is combined with consuming enough calories for your goal (calorie deficit for fat loss, etc.), it supports fat loss while maintaining lean muscle. I cannot express how much this matters less for weight loss but for body composition goals. I've had many clients in my office who get to their goal weight but state their 'shape' isn't what they want... If you are not performing regular resistance training, you will likely lose muscle mass when you lost weight. If you need help with a strength training program, please seek out a local personal trainer near you.



Hormones and Fat loss

Honestly, this is a huge topic that's a whole class in itself... But I just wanted to make mention of it. Leptin, insulin, and estrogens influence our appetite, metabolism and body fat distribution. An imbalance in any of these can impact bodyfat. Hypothyroid-or an underactive thyroid as well as Hashimotos can also lead to weight gain or more difficulty in losing fat because your thyroid isn't producing enough hormones. Thyroid hormones influence your appetite, body temperature, and metabolism. Often with women with weight gain the TSH level is high, T3 is high and Free T4 is low.

There's also leptin resistance -a hormone that's released by fat cells. Leptin tells your hypothalamus when you've had enough to eat and stimulates the thyroid hormone to burn fat. When there's too much leptin your body becomes less sensitive to leptin signals resulting in resistance. That means your hypothalamus isn't

being told you are full and goes into starvation mode, decreasing the number of calories you burn and tells you you are still hungry.

Insulin is a hormone that is produced by your pancreas and keeps your blood sugar regulated. When your insulin is elevated, your cells become less sensitive to the signals-resulting in needing more insulin to keep your blood sugar steady. High insulin results in weight gain and puts you at risk for T2 diabetes. Insulin is deemed the fat building hormone because it builds fat around your organs.

How to build a meal with macros in mind-

Over time, you will learn how to build your meals based on your macro goals. Let me give you one example. If your protein goal is 150g a day that's about 37-38g per meal x 4 meals. Let's say one of those meals is a protein shake at that protein amount. The other three meals you'll need to build your protein in. The same goes for carbs and fats. Let me give you an example of building one meal using the 1800 calorie meal plan we devised previously. I'm making chicken vegetable soup for the week for one of my meals. Chicken thighs have about 6g protein per ounce. So, I'd add about 5 ounces of chicken per day to my soup. 5 ounces x 7 days is 35 ounces of chicken. So, I would add that to the pot first. Then I'd measure in lots of veggies, and likely some bone broth for extra protein, followed by 7 servings some jasmine rice I cooked ahead. The macro breakdown of this meal would be:

	Carbs	Fat	Protein
Chicken 35oz	0g	40g	202g
Bone broth 4c	0g	4g	36g
Vegetables 7c	70g	0g	7g
Rice 3.5 c cooked	280g	14g	28g
TOTAL	350g	58g	273g
Servings/7	50g	8g	39g



Here you've built a lean protein meal that's consistent with your macro goals the rest of the day!

RECIPES

Here are a few of my favorite recipes that myself and clients enjoy that have a balanced macronutrient profile. You can adjust amounts to fit your exact macro goals. Each recipe has 7 servings except for the smoothie (serves 1)

*Triple Berry Smoothie

*Pumpkin Pie Donut Holes

*Turkey Breakfast Sausage

*Stead Salad w/ Veggies

*Maple Balsamic Pork Tenderloin

*Roasted Root Vegetables

Pumpkin Pie Donut Holes

10 ingredients · 25 minutes · 7 servings



Directions

1. Preheat the oven to 350 F and line a baking sheet with parchment paper
2. Cream together the coconut oil and maple syrup until thoroughly combined
3. Combine the coconut oil, maple syrup, and flours and stir. Then add in the pumpkin, dry gelatin, cinnamon, salt, and baking soda and mix to combine.
4. Roll the dough into balls (Make 7 or 14) and place on the parchment paper
5. Bake for 15 minutes or until browned
6. Serve warm

Ingredients

1/3 cup Tigernut Flour
1/4 cup Coconut Flour
1/4 cup Tapioca Flour
1/4 cup Coconut Oil
1/4 cup Pureed Pumpkin
1/3 cup Maple Syrup
1 tbsp Gelatin (Vital Proteins or similar)
1/4 tsp Baking Soda
1 tsp Cinnamon
1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	164	Fiber	3g
Fat	9g	Protein	2g
Carbs	18g	Sodium	98mg

Triple Berry Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Blend 30 seconds in mini blender

Ingredients

1 1/2 scoops Protein Powder

1 cup Frozen Berries

1 tbsp Ground Flax Seed

1/2 cup Coconut Milk (vanilla)

1 handful Baby Spinach

Nutrition

Amount per serving

Calories	330	Fiber	7g
Fat	6g	Protein	34g
Carbs	31g	Sodium	243mg

Turkey Breakfast Sausage

7 ingredients · 15 minutes · 7 servings



Directions

1. In a large mixing bowl, combine all ingredients with a spatula. Form the mixture into 14 even patties. (Note: the patties will shrink with cooking.)
2. Melt the coconut oil in a large skillet over medium-high heat. Cook the patties about 1 to 2 minutes per side, or until cooked through. Let cool before serving. Enjoy!

Notes

Serving Size

1 Serving is two patties

Ingredients

- 1 1/2 lbs Extra Lean Ground Turkey
- 2 1/3 tsps Ground Sage
- 2 1/3 tsps Dried Thyme
- 1/3 tsp Garlic Powder
- 1/3 tsp Paprika
- 2/3 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving

Calories	168	Fiber	0g
Fat	10g	Protein	18g
Carbs	1g	Sodium	292mg

Steak Salad w/Veggies

6 ingredients · 10 minutes · 7 servings



Directions

1. Slice steak into bite sized pieces. Marinate in ½ c coconut aminos for 4-12 hours.
2. Sear for 5 minutes on grill or griddle. Lay atop other ingredients and top with dressing- a little goes a long way!

Ingredients

2 lbs Flank Steak
10 ozs Mixed Greens
1/2 cup Coconut Aminos
2 Red Bell Pepper
2 cups Cherry Tomatoes
1/2 cup Primal Kitchen Greek Dressing (1 tbsp each day)

Nutrition

Amount per serving

Calories	338	Fiber	2g
Fat	19g	Protein	30g
Carbs	14g	Sodium	583mg

Maple Balsamic Pork Tenderloin

6 ingredients · 10 minutes · 7 servings



Directions

1. Place meat in freezer bag. Whisk other ingredients and mixture in with pork. leave refrigerated overnight.
2. Place on grill or griddle 3min each side.

Ingredients

2 lbs Pork Tenderloin (trim and slice into 7 portions)

1/2 tsp Sea Salt

1/4 tsp Black Pepper

2 tsps Garlic (minced)

2 tbsps Maple Syrup

1/2 cup Coconut Aminos

Nutrition

Amount per serving

Calories	176	Fiber	0g
Fat	3g	Protein	27g
Carbs	8g	Sodium	547mg

Roasted Root Vegetables

6 ingredients · 1 hour · 7 servings



Directions

1. Preheat oven to 425.
2. Place chopped vegetables in baking dish or pan.
3. Drizzle with truffle (or olive oil), sea salt and rosemary.
4. Cover and bake at 425 degrees for 45-60 minutes.

Ingredients

3 cups Carrots (chop and peel ahead)
3 cups Beets (chop and peel ahead)
3 cups Sweet Potatoes (peel and chop ahead)
3 tbsps Truffle Oil
1 tbsp Dried Rosemary
1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	142	Fiber	6g
Fat	9g	Protein	2g
Carbs	21g	Sodium	180mg

Macronutrient Magic Course

Quiz/Questions to Consider:

1. What is one question you should ask yourself before beginning any major lifestyle change?
2. What is a macronutrient? What are the three types?
3. Name and explain one way to figure out your TDEE. Calculate it using this method below:
4. What are the general fat and carb percentages of total macros Sarah suggests for fat loss?
5. Explain two ways to calculate your protein requirements in grams per day. Calculate using one method below:
6. What are two important things I should do if I want to lose fat and look more defined?
7. What is the most important thing to remember when making macro adjustments?
8. What is a reverse diet and name one reason you may use this method?
9. List 3 of the many reasons people often fail tracking macros
10. Consistency over _____!
11. Name the 4 most important behaviors when looking to lose body fat tracking macros
12. What is one medical condition that might impede fat loss?
13. What type of exercise is best for optimal maintenance of lean body mass?
14. List ten nutrient dense whole foods
15. Provide a description of how you'd build a dinner that fits your daily macros below. Provide amounts of ingredients and simple directions
16. List pieces of info regarding macro tracking that you learned in this class that you were not aware of previously

Additional Resources

[Catalyst Website](http://www.catalystwellnesscoaching.com) - www.catalystwellnesscoaching.com

- [Catalyst Meal Plans](#)- I offer a handful of non- customized ready to go 6-week meal plans.
- [Catalyst Services](#)- Check out the variety of packages and services that I offer.
- [Catalyst Resources Page](#) – numerous links to helpful apps (including MyFitnessPal), book list and local resources.
- [Catalyst Blog](#) - I post a monthly blog on a variety of topics. Follow the link to subscribe.



I hope you've thoroughly enjoyed the Macronutrient Magic course! Please feel free to contact me @ 608-291-4448 or sarah@catalystwellnesscoaching.com for more info or visit my website and blog @ www.catalystwellnesscoaching.com

Keep moving forward!

SARAH 