



GETTING STARTED WITH MACROS

Nutrition Coaching with Kate



WHAT ARE MACROS?

"Macros" are the macronutrients (protein, carbs, and fat) that make up our food and where our dietary calories (energy) come from. A macro-based approach goes one step further than calorie counting. Instead of counting calories, you track the macronutrients (grams of protein, carbs, and fat) that you consume within your calorie goals and ratios.

Counting macros can help you make better and more balanced food choices. For example, instead of eating a 400-calorie sprinkle donut, a more balanced meal (macro-wise) might be a steak salad with avocado. Protein, fat, and fiber combine to satisfy both your taste buds and hunger, so you're not on a blood sugar roller coaster and craving something else to eat just a short while later.

400 CALORIE DONUT



FAT	24
CARBS	44
PROTEIN	4
SUGAR	24

400 CALORIE STEAK SALAD



vs.

FAT	23
CARBS	21
PROTEIN	29
SUGAR	2

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PROTEIN

Protein is essential for building muscle and repairing damage throughout the body. It is made up of building blocks called amino acids. Some amino acids can be produced in the body and some need to be eaten in food. Your protein intake should depend on your weight and activity. And while getting in enough protein is important—more is not always better. Too much protein, and not enough carbs and fats, can result in the body relying on protein for energy instead of using it for gaining and repair muscle. Knowing your protein needs is key for reaching your weight and activity goals.

CARBOHYDRATES

Simply put, carbohydrates provide energy. Quick energy carbs come from fruit, candy, sports drinks, and processed starches, like white bread and crackers. They should be eaten around a workout so your body uses the energy that they give. When you eat simple carbs and do not use the energy they provide, the excess energy can be stored as fat. Slowly digested, or complex carbs, have more fiber, which prolongs their release of energy, keep you full longer, and helps to keep digestion regular. Some examples of complex carbs are oats, sweet potatoes, brown rice, and quinoa.

FATS

Fat doesn't make you fat - please do not fear it! The types of fats that we eat are important. Fats from plant sources like nuts, chia seeds, and avocados are excellent sources. Fats from animal sources, like meat, fish, high-quality dairy, and eggs, have their place in a healthy diet, too. When you eat fat is also important. You should try to consume fats in each meal since they will help to keep you satisfied. Fat shouldn't be eaten right before or during workouts since your body requires quick energy during those times.



WHAT ARE MACROS?

There are 4 calories in every gram of protein, 4 calories in every gram of carbohydrates, and 9 calories in every gram of fat.

1g protein = 4 calories
1g carbohydrates = 4 calories
1g fat = 9 calories

Why should you track macros?

- Helps you find out how much food is appropriate for your activity level
- Helps you find “food freedom” so you can stop feeling guilty about your choices
- Provides you with a framework for your diet instead of feeling like you have no control
- Helps you ditch the idea that restrictive diets are the only way for you to lose weight
- Gets a plan in motion since you have achievable goals to aim for each day
- Keeps you accountable and moving forward with a daily reminder of your goals

FIBER, WHAT?

In addition to your protein, carbs, and fat goals, be sure to keep an eye on your [daily fiber consumption](#).

Fiber is so important for weight loss as well as satiety at meals, gut health, hormones, response to insulin, and more! It also helps ensure that you're making quality food choices in your diet (i.e. eating lots of fruits and veggies). Please aim to consume 25-35g per day.



MACRO CHEAT SHEET

CARBOHYDRATES

Breads	Potatoes	English Muffins	Squash
Rice	Pasta	Pancakes	Pumpkin
Couscous	Oats	Whole Wheat and Whole Grains	Berries
Cereals	Cream of Wheat	Vegetables	Fruits
Bran	Corn		Sugars

Beans	Quinoa	Skim Milk
Sprouted Grains	Yogurts	Peas

PROTEIN

Chicken	Fish	Whey Protein	Cottage Cheese (low/non-fat)
Turkey	Buffalo	Turkey Bacon	Greek Yogurt (low/non-fat)
Egg Whites	Bison	Lean Beef	

FATS

Eggs	Chia Seeds	Duck
Salmon	Cottage Cheese	Full-Fat Yogurt
Bacon	Full-Fat Milk	Hemp Hearts

Avocado	Nuts	Flaxseed	Coconut
Nut Butters	Oils	Seeds	Butter
Egg Yolks	Olives		



MYFITNESSPAL TRACKING GUIDE

[Check It Out](#)

Some quick tips for macro-tracking success using MyFitnessPal

1 SET YOUR MACROS

In your MyFitnessPal app, click on “More” in the lower right hand corner and then click on “Goals.” Once there, click “Calorie & Macronutrient Goals.” Here is where you edit your macro goals by adjusting the percentages. (The app translates the percentages into grams for each macronutrient.) You might not be able to get them exact, but get as close as possible. Note: Premium app users have the option of setting goals in grams or percentages.

2 TRACK YOUR MACROS

As you enter meals and snacks into your food diary, MyFitnessPal will total how many grams of carbohydrates, fat and protein you’ve eaten - it’s similar to counting calories, but instead you’re paying attention to macros.

- Protein contains 4 calories per gram, so 25 grams of protein X 4 = 100 calories
- Carbohydrates are 4 calories per gram, so 25 grams of carbs X 4 = 100 calories
- Dietary fat contains 9 calories per gram, so 10 grams of fat X 9 = 90 calories

Keep an eye on your macro totals for the day by clicking “Calories” at the top right and then selecting “Nutrients” and/or “Macros” to see how you’re doing for the day. Try to be within 5-10 grams above or below your macro goals with protein being the priority. A little over and under is totally fine as long as your daily calorie goal is within range.

3 ADDING RECIPES TO MYFITNESSPAL

Option 1: Select Food Meal (i.e. Breakfast), My Foods, and then Create a Food. Enter the name of the recipe (under Description) and serving size. On the next screen, enter the calories & macros per serving (from the recipe). This method is so much easier than adding all of the recipes individually.

Option 2: Select a Meal (i.e. Breakfast), scroll to the bottom of the Recent food selections and then select Quick Add. Add each of the macros per serving.



4 PLAN YOUR DAY AHEAD OF TIME

This is super important and often key to clients' success. Planning your macros ahead of time typically ensures that you meet your goals for the day - and it's easy to do. The night before, open up MyFitnessPal and swipe to the next day. Enter in everything you need for breakfast, lunch, dinner, post-workout snack, etc. and adjust as necessary to hit your goals. Of course, the next day, if you need to adjust a little bit here and there, that's ok. What you have set up ahead of time is an awesome plan and takes the work out of eating and planning. Now, all you have to do is follow it!

5 LOG IT BEFORE YOU EAT IT

If you can't plan a whole day in advance, then at least keep this rule in mind: log it before you eat it. Most of the time, if you log it before you eat it, you will be successful in hitting your macros! A lot of us fail when we try to log AFTER eating various foods throughout the day. I've had it happen too many times. It's 7:00 PM. I'm hungry, and I still have 45g of protein and 5 carbs to eat. Uh, I guess dessert is a protein shake and a ton of egg whites?

6 USE THE SCANNING FEATURE

I recommend MyFitnessPal to my clients because it's easy to use and has the most extensive food database I have found. A great feature is the UPC scanner. It makes food logging so easy and so accurate. You simply open up the app, click the scanner, and scan the food UPC label of the food you want to log.

7 KEEP AN EYE ON YOUR TOTALS

Keep an eye on your macro totals for the day by clicking "Calories" at the top right and then selecting "Nutrients" and/or "Macros" to see how you're doing for the day. **Try to be within 5-10 grams above or below your macro goals** with protein being the priority. Going over and under is totally fine as long as your daily calorie goal is within range.



TIPS FOR STRESS-FREE TRACKING

Schedule days OFF from tracking. I typically track Monday - Saturday and then take off Sunday because it works for me and my social life. I generally stay close to my numbers on Sunday while meal prepping and running errands. You could always apply this to the work week too - maybe pick Monday, Tuesday, and Thursday to track and then just do your thing on the other days with, of course, being mindful of your choices. You don't have to track every single day to see results!

Only track the macronutrient that you struggle with most. If you have trouble hitting your protein goal for the day, make sure to track protein accurately and then just wing it with carbs and fat. Using protein as the base of meals and snacks helps to keep the day balanced, but doesn't require tracking every single food you consume.

Build 2 or 3 complete, macro-balanced days in MyFitnessPal at the start of the week and then rotate them. If you calculate a few days that come close to hitting all of your macros, just repeat them. Of course, you can make small tweaks here and there, but the majority of the planning is done for you. You already tracked the macros, so you won't have to think about it for the rest of the week! [MFP tip: Utilize the Copy to Date/Copy from Date feature in MyFitnessPal to quickly add meals/snacks that you eat frequently.]

Remind yourself that you don't need to be perfect. Adjust your expectations for being "perfect" and give yourself some wiggle room with your numbers. At the end of the day, even if you go 10g over or under, you're still doing okay! Just be sure to keep an eye on your overall calories and keep them as consistent as possible.

Guesstimate! Again, you don't have to be perfect all the time with your macros to see results and live a healthy, happy life. Guesstimating is your friend, especially at events, traveling, or whenever you haven't planned ahead. A piece of wedding cake? Margaritas with friends? Just guess the best you can and move on. You gotta live your life! MFP tip: Either search the MyFitnessPal database for an option that seems close or try the "Quick Add" option (go to "add a food," scroll to bottom, add approximate macros - close enough)!



DAILY WELLNESS CHECKLIST

- ✔ **Drink half of your body weight in ounces of water.** For instance, if you weigh 140 pounds, aim to drink 70 ounces of water. Set a reminder or, better yet, get a [fun stainless steel or glass bottle](#) to keep you on track during the day.
- ✔ **Sleep at least 7-8 hours.** Count backwards from your wake-up time and then set an alarm on your phone or fitness tracker to remind you to start getting ready for bed. Quality sleep is essential to weight loss!
- ✔ **Eat 6-8 servings of non-starchy vegetables per day.** Veggies, veggies, and more veggies! Veggies and fruit are where the majority of your carbs should come from. Aim for 25-25g of fiber per day.
- ✔ **Consume protein at every meal and snack,** so you're not eating a big bowl of egg whites at the end of the night! Same goes for fat - do not be afraid of it! All of your meals and snacks should include protein, fat, and fiber.
- ✔ **Get in some form of physical activity.** It doesn't need to be a full-on workout to "count." Even walking your dog or practicing 10 minutes of yoga in your bedroom will do the trick. At the same time, be sure to schedule rest days from your fitness goals. Rest days are part of fitness, too!
- ✔ **Manage stress levels** with [meditation](#), yoga, [journaling](#), nature walks, podcasts, wandering around, etc.
- ✔ **Plan your day ahead of time.** This is very important and often a key to success. When you're winding down, open MyFitnessPal for the next day and enter your meals and snacks and adjust as needed to hit your macro goals. Of course, you can always make changes the next day, but what you set up ahead of time takes the work out of eating and planning!



FREEDOM & FLEXIBILITY

Tracking macros is a way of eating that allows you the freedom and flexibility to eat the foods you love most, but still reach your body composition goals. Like any new habit, it can seem daunting and overwhelming at first, but eventually it becomes a second nature.

In the coming weeks, take note of how you feel with regard to hunger, energy, mood, workouts, sleep, etc. Even just a couple of weeks can provide you insight into what's working and what's not.

Consistency is key here. Your macro calculations are a starting point, so the more consistent you are, the better able you are to assess your progress and goals. From there, we can always make tweaks (while working with me one-on-one) to determine the right macro ratio for you! If you need any help tracking your macros, feel free to [reach out at any time with questions!](#)

ABOUT KATE

I'm Kate, a functional nutritionist and founder at [The Facility Denver](#). I am passionate about taking a proactive approach to health, particularly the impact of good movement and eating habits on overall well-being.



EDUCATION and CERTIFICATIONS

Master of Science, Human Nutrition and
Functional Medicine-
University of Western States

Bachelor of Science, Neuroscience-
Washington and Lee University

Clinical Nutrition Specialist-
American Nutrition Association (ANA)

Certified Functional Medicine
Practitioner, Candidate-
Institute for Functional Medicine (IFM)

All information and resources found in this document are based on the opinions of the author (unless otherwise noted). The information is intended to motivate clients to make their own health, nutrition, and fitness decisions. Please schedule an in-person consultation to discuss personal history before making any health or diet changes related to a specific diagnosis or condition. The nutrition information and meal plans are not medically-prescribed diets. NO information in this document should be used to diagnose, treat, prevent, or cure any disease or condition.



NUTRITION SERVICES

CUSTOM MACRO CONSULT

I'd love to help you figure out a good starting point for your daily calories and macronutrient ratios. During our initial appointment we'll discuss diet history, current goals, preferences, and lifestyle to determine an ideal macro breakdown. 60 minutes, \$105.

MONTHLY MACRO COACHING

Need more accountability and support? Monthly macro coaching includes the initial visit to determine starting point (see above), plus weekly check-ins and adjustments to numbers based on progress. You'll have one in-person visit with Kate per month, plus email communication throughout your term. \$185/month, *requires three-month commitment.*

[book at SoBo](#)

[book at Cherry Creek](#)

FUNCTIONAL MEDICINE

Functional Medicine goes beyond macronutrients and considers your diet quality, lifestyle factors, genetic history, and environment as it relates to autoimmune conditions, hormone imbalance, gut dysfunction, mental health, and skin problems. I work directly with Dr. Mitchell Rasmussen, DC, CFMP on all functional medicine cases. We use functional lab testing and nutritional intervention to address the root cause of disease.

[learn more about FM at The Facility](#)



MEET YOUR NUTRITIONIST KATE DAUGHERTY, MS, CNS

Kate Daugherty is a Certified Nutrition Specialist (CNS), functional nutritionist, and co-founder of The Facility Denver. Her mission is to educate individuals on how to nourish their bodies, minds, and spirits, and to help them develop a personal nutrition strategy for long-term health.

Since 2019, Kate has counseled individuals using Functional Medicine, allowing them to have a greater impact on the health of their families and communities.

"Feeling great and taking care of your self - physically, emotionally, and nutritionally - allows you to take better care of your inner circle."

HAVE QUESTIONS?

Send me an email!

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[Click here to learn more about Functional Nutrition at The Facility Denver!](#)



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