



# Guide to Flexible Dieting

## What are Macros?

- **Macronutrients:** Main nutrients which include Protein, Fats, and Carbohydrates that your body needs for survival. They provide energy and support your metabolism as well as muscle growth & recovery.
- **Protein:** Composed of amino acids, which are organic compounds made of carbon, hydrogen, nitrogen, oxygen or sulfur. Amino acids are the building blocks of proteins, and proteins are the building blocks of muscle mass. Aim for 1-1.5grams of protein per lb of lean body mass. 1g protein = 4 calories
- **Fats:** Fats in our diet also help with blood clotting and controlling inflammation. Fats keep our skin and hair healthy. They help the body absorb certain vitamins and move them through the blood. 1g fats= 9 calories
- **Carbohydrates:** At the chemical level, they contain carbon, hydrogen and oxygen and are your body's main source of energy.

## What is Flexible Dieting?

Flexible Dieting also known as If It Fits Your Macros (IIFYM), is the counting of macronutrients to achieve a body composition goal. For starters, flexible dieting is not a diet - it's a nutritional concept. The basic rundown is simple: You have a daily calorie, macronutrient (carbohydrate, protein, fat), and fiber target to hit and as long as those specific numbers are achieved, then food selection is left up to your personal preference.

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## How to Track Macros

- 1. Download Myfitnesspal app (Free version)
- 2. Input everything you eat into your daily diary (may need to buy a food scale to weigh things like meat)
- 3. Don't pay attention to the calorie/macro goals the app sets for you
- 4. I will send you personalized calorie goals to set in the app
- 5. This requires a lot of work up front but after you do it for a week or so, all of your previous entries are saved in "recent" additions so adding in food takes less time (If you have time to scroll through Facebook or Instagram, you have time to track calories)
- 6. Don't forget to track condiments, drinks, supplements, etc.
- 7. You can plan out your meals for the next day if you want or you can enter breakfast/lunch and plan your dinner based on your remaining calories and protein
- 8. Hitting your Protein goal and staying close to your calorie goal will be the most important things to do

## Why you should Track Macros:

I believe everyone should track macros even if it's only for a short period of time simply because it will educate you and make you aware of what you are putting in your body. Even if you never track macros again, this way of dieting will give you the tools you need to make healthier choices in the future. You will:

1. Know how to read nutrition labels
2. Understand the dietary values of foods
3. Learn how to eat for your aesthetic or fitness goals
4. Learn proper serving sizes and portion control
5. How to view food from a macronutrient standpoint (when you look at a plate, you will see proteins, carbs & fats and will be able to portion control based on that knowledge.

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## Macro Intake Based on Aesthetic Goals

- A common misconception among beginners is that you can build muscle and get lean at the same time. It is not physically possible to do this because nutritionally speaking, these goals require the exact opposite nutrient intake.
- I do want to note that there is such a thing as "Beginner Gains" in which resistance training within the first year can result in more muscle gain while losing body fat. But it is important to focus on one goal at a time for best results.
- Fat Loss or "Cutting" - You must be in a Calorie Deficit in order to lose body fat which means that calories burned must be greater than calories consumed (what you eat). To find estimated Basal Metabolic Rate, go to [myfitnesspal.com](http://myfitnesspal.com), go to apps, and use the BMR calculator.
- Muscle Building or "Bulking"- you must be in a calorie surplus in order to add actual muscle tissue to your body.
- Maintenance:  $\text{Calories Burned} = \text{Calories consumed}$

## Why I do Flexible Dieting:

I believe that having control and knowledge over what you put into your body, is key to achieving your fitness/aesthetic goals. Your macros should be primarily from whole foods like proteins, fruits, good fats, complex carbohydrates, and vegetables. I don't think that diets that completely restrict any type of food are sustainable for most people long term. I love the "flexible" aspect because you can still find ways to fit in other foods that you may enjoy in moderation.

I also think it is important for you to enjoy your food so it is important to find meals that fit into your macro goals that you enjoy. It is helpful to find "go to" meals that you know you love that are easy to make because I know we are all busy.



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## Sample Day of Eating for me:

### Breakfast:

Example 1: Kodiak Protein Pancakes topped with Sugar Free Syrup and Blueberries with 1/2 cup of Egg Whites,

Example 2: Egg White Omlett with bell peppers, bacon, and cheese and coffee

Example 3: Quick Cook Oats, with Blueberries, 1/2 cup egg whites, sprinkled with cinnamon

### Lunch:

Example 1: Lettuce Wrap Tilapia Tacos (Pan seared Tlapia, avacado slice, Pico De Gallo, hot sauce)

Example 2: Chicken Breast (baked), 1/2 cup White Rice, Grilled Asparagus

Example 3: Chick-Fil-A Grilled Chicken Wrap (no Dressing) & 8 Piece grilled nuggets

### Snack:

Choani Simply 100 Pecan Turtle greek yogurt, Quest Cookies N Cream Protein Bar, Tuna packet with 1 tbps mayo & Relish, Rice Cake with Buff Bake Almond Butter, Combat Crunch Birthday Cake Protein Bar, Icon Meals Protein Popcorn, Lenny & Larry Snickerdoodle cookie

### Dinner:

Example 1: Sauted Bison with Grilled Bell Pepper & Onion over Lettuce or Rice with Yellowbird Serrano Sauce, Avacado slice, Pico De Gallo

Example 2: Baked Salmon with Broccoli and grilled Sweet Potato Diced with Coconut Oil. Pink Salt, Cayenne Pepper, Cinnamon, and Chili Powder

Example 3: Grilled Chicken Breast with roasted Red Potatoes, & grilled Asparagus with Lemon Juice



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## Things to Remember:

There is no "clean" eating. Choose whichever foods you ENJOY to make up your Macros - as long as you are getting in enough Fiber and Protein. Do not ever feel Bad or "guilty" for eating a food that fits your macro intake. Old habits like eating only "clean" can make you feel guilty towards certain food groups but once you understand macros, you won't feel that way. You will see awesome progress as long as you are hitting your goals. There are no more "good" foods or "bad" foods. You do want to pay attention to how your body "feels" after eating certain foods. I know if I start eating too many processed foods, I feel bloated and have an upset stomach. It is good to have a balance of fresh, natural, whole foods with some fun (generally processed) foods. There are so many great recipes on Facebook or Pinterest and others that I will share that are quick and easy. It is super helpful to have meals prepped ahead of time on a day that you aren't as busy.

I also supplement with a meal prep company's like The Healthy Smoker (code AMBER10 for 10% off your order) or Meal Pros. They are both in the Austin area but you can have them shipped if you aren't in this area. There is another great meal prep company in Dallas area called Icon Meals that also has local pick-up and delivers. These are macro-friendly options for those of you that want to spend the money to make quick meals easily accessible. I often use these meals for my lunches.