'You Don't Have to Eat Kale to be Healthy' High Fat/Low Carb Program!

Week 4 How to Track Your Macros

When you are following the meal plans, you do not need to track your macros. However, when you start experimenting with planning your own meals tracking your macros will be very helpful when you want to plan meals according to the same ratio of fat, protein, and carbohydrate in your meal plans.

How To Use This

Ideally track macros for three days out of each week, including a weekend day. An example would be tracking Monday, Thursday, and Saturday. This will give you insight into the macronutrient breakdown of what you are eating.

You will slowly become more aware of what your choices should be based on where your macros have been falling. This is a very useful tool to get started with. It can, however, become disordered fairly quickly. Don't feel the need to use this obsessively or track every single bit of food every day. It's just one more tool in your arsenal to help you adjust to a new way of eating..

Tracking Using My Fitness Pal

1. Set up an account at myfitnesspal.com (choose sign up and enter your info to get the account started).
2. Go to Goals (top menu on desktop)
3. Click Edit
4. Choose your macronutrient percentages based on the ratios we outlined in the HFLC Program Overview in week 2.
5. Hit save changes
6. Now go to Food (top menu)
7. Under the appropriate heading Breakfast, Lunch, Dinner, Snack) click add food.
8. Type in what you are eating (e.g., egg) and hit search
9. Choose the best match (hopefully with a green check mark, meaning it's verified)
10. Once you click on the best match, you can adjust the quantity on the right-hand side and then click 'add to food diary.'
11. Repeat this process for all food for the day
12. Along the bottom will be a running total of your calories, fat, protein and carbohydrates eaten.
13. If you're using the app, the nutrition option at the bottom of the food diary will give you a chart showing those macronutrients as percentages.
14. If you're using the desktop version, you need to do a quick calculation to find out your percentages

Fat Equation

___g of fat X 9 = _____/total calories for the day X 100 = fat %

Protein & Carb Equation

___g of protein X 4 = _____/total calories for the day X 100 = protein %
___g of carbs X 4 = _____/total calories for the day X 100 = carb %

Example:

Breakfast	Calories kcal	Carbs g	Fat g	Protein g	Fiber g	Sugar g	
Spectrum - Organic Coconut Oil, 14 g (15 ml or 1 tbsp)	120	0	14	0	0	0	⊖
Great Lakes - Collagen Protein, 2 tbsp	50	0	0	13	0	0	⊖
Add Food │ Quick Tools	170	0	14	13	0	0	

Lunch							
Egg - Egg, 2 large	143	1	10	13	0	0	⊖
California - Avocado, 0.5 fruit	114	6	11	1	5	0	⊖
Salad greens - Mixed Greens, 2 cup	40	6	0	4	2	2	⊖
Oil - Olive, 1 tsp	40	0	5	0	0	0	⊖
Add Food │ Quick Tools	337	13	26	18	7	2	

Dinner							
Gallo - Olive Oil, 1 tsp	40	0	5	0	0	0	⊖
Broccoli - Sauted, 2 cup	34	7	0	3	4	0	⊖
Salmon, 8 oz.	200	4	2	42	2	0	⊖
Homemade - Zucchini Noodle Pasta, 1.5 cups	171	16	12	2	2	5	⊖
Oil - Olive, 1 tablespoon	119	0	14	0	0	0	⊖
Add Food │ Quick Tools	564	27	33	47	8	5	

Snacks							
Starbuck's - Grande Iced Americano W/ Heavy Whipping Cream, 16 oz	215	7	20	1	0	0	⊖
Add Food │ Quick Tools	215	7	20	1	0	0	

	Calories kcal	Carbs g	Fat g	Protein g	Fiber g	Sugar g
Totals	1,286	47	93	79	15	7
Your Daily Goal	1,400	35	109	70	25	45
Remaining	114	-12	16	-9	10	38

Fat: 93g X 9 = 837/1286 X 100 = 64%
Protein: 79 X 4 = 316/1286 X 100 = 24%
Carbs: 47 X 4 = 188/1286 X 100 = 14%

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