



Guide To Macro Tracking



Welcome to the MyFitSuite Guide To Macro Tracking! Whether you're aiming to lose weight, build muscle, or maintain a healthy lifestyle, understanding and managing your macronutrient intake is crucial. This guide will walk you through the basics of macronutrients, how to calculate your daily needs, and tips for tracking them effectively using MyFitSuite.

What Are Macronutrients?

Macronutrients, or "macros," are the nutrients your body needs in large amounts to function properly. They include:

- **Proteins:** Essential for building and repairing tissues, producing enzymes and hormones, and supporting immune function.
- **Carbohydrates:** The body's primary energy source, crucial for brain function and physical activity.
- **Fats:** Necessary for energy storage, protecting organs, and aiding in nutrient absorption.

Why Track Macros?

Tracking your macros can help you:

- Achieve your fitness goals by ensuring you're getting the right balance of nutrients.
- Improve your energy levels and overall health.
- Gain a better understanding of your eating habits and how different foods affect your body.

Calculating Your Macros

Step 1: Determine Your TDEE (Total Daily Energy Expenditure)

Your **TDEE** is the number of calories you burn in a day, including all activities. MyFitSuite has a **TDEE calculator** to make it easy!

Our calculator will use your weight, age, height, sex, and activity level to determine your personal **TDEE**. This number will be essential for macro tracking!

Step 2: Set Your Macro Ratios

Common macro ratio goals:

- **Weight Loss:** Higher protein, moderate fat, lower carbohydrate.
 - Example: 40% protein, 30% fat, 30% carbs.
- **Muscle Gain:** Higher protein and carbohydrate, moderate fat.
 - Example: 30% protein, 20% fat, 50% carbs.
- **Maintenance:** Balanced approach.
 - Example: 40% protein, 20% fat, 40% carbs.

Tracking Your Macros

Step 1: Log Your Food Intake

MyFitSuite will calculate the macros in each meal and keep a running total.

Step 2: Monitor Your Progress

Regularly check your macro intake against your goals.

Step 3: Adjust As Needed

Based on your progress, you may need to adjust your macro goals. For example, if you're not seeing the desired weight loss, you might need to reduce your carb intake slightly.

Macro Tracking Tips

- **Plan Your Meals:** Prepare meals in advance to ensure you're meeting your macro goals.
- **Stay Consistent:** Track every meal, even on weekends or holidays.
- **Educate Yourself:** Learn about the macro content of common foods to make informed choices.
- **Use MyFitSuite:** Take advantage of the features in MyFitSuite to simplify the tracking process.

Macro tracking can seem overwhelming at first, but with the right tools and knowledge, it becomes much easier. MyFitSuite is designed to support you every step of the way, from calculating your TDEE to tracking your daily intake and adjusting your goals.

Start your macro tracking journey today and take control of your nutrition and fitness!

Macro Grocery Guide

Lean (Low Fat) Protein Options

- Lean cuts of beef, pork, bison
- Chicken or turkey breast, whole or ground
- White fish, shellfish
- Lean deli meats
- Plain nonfat greek yogurt
- Cottage cheese
- Egg whites
- Beans, lentils, and legumes
- Tofu

****Look for
whole
foods***

Carbohydrate Options

- Oats, cereals, granolas
- Fruit, berries, vegetables
- Pasta
- Dates, figs, raisins
- Breads, wraps
- Honey, Syrup
- Rice

Fat Options

- Olive oil, coconut oil, other oils
- Avocados
- Nuts, seeds
- Butters, spreads, dressings
- Salmon
- Fatty meats beef, lamb, duck

Stay on track with MyFitSuite

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ain ☐ Gain ☒ Lose

Calculate

se fat, we typically recommend
using a caloric deficit of 20%.

2263
calories

e is your macronutrient bre
40% carbs, 40% protein, a
fat. Remember, Protein a
carbohydrates have 4 calor
m, and Fat has 9 calories

226g Protein

226g Carbs

50g Fat

Change Macro Ratio

Send to Meal T

Meal Tracking

Zoe Pineau ▼
Monday, June 24, 2024 ▼
150 ▼

Calories

1103

Remain

Protein

91

Remain

Carbs

122

Remain

Fat

27

Remain

Meal 1 ...

Egg whites (Naturegg)

2 cup

Cal: 273

P: 61

C: 6

F:

Cal: 273

P: 61

C: 6

F: 0

Meal 2 ...

Greek Yogurt 0% M.F. (Liberte)

301.2 g

Cal: 172

P: 29

C: 10

F:

Frozen Strawberries

1 cup, thawed

Cal: 77

P: 1

C: 20

F:

Blueberries

5 oz