

Q&B

WOMENS ACADEMY

TRAINING | NUTRITION | COACHING

MACRO TRACKING GUIDE

CALORIES AND MACRO-NUTRIENT TRACKING

MACRO TRACKING GUIDE

CALORIES AND MACRO-NUTRIENT TRACKING

UNDERSTANDING THE BASICS

UNDERSTANDING HOW MANY CALORIES WE NEED, INVOLVES TAKING OUR ENERGY BALANCE INTO CONSIDERATION.

YOUR ENERGY BALANCE DEPENDS ON A LOT OF DIFFERENT FACTORS...

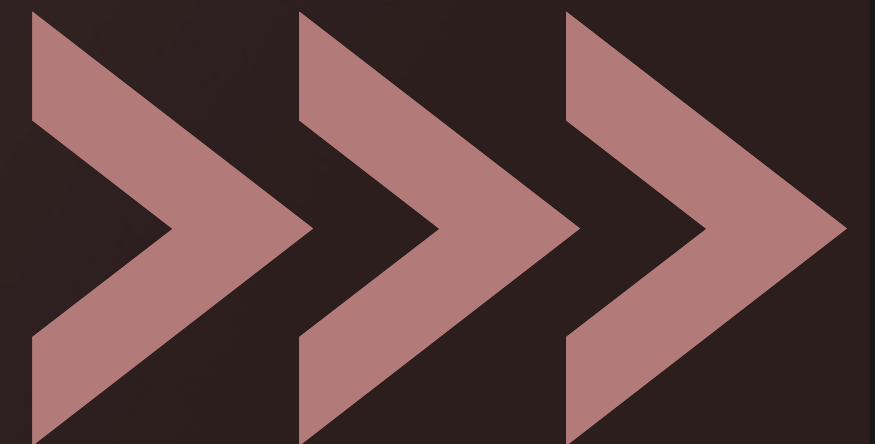
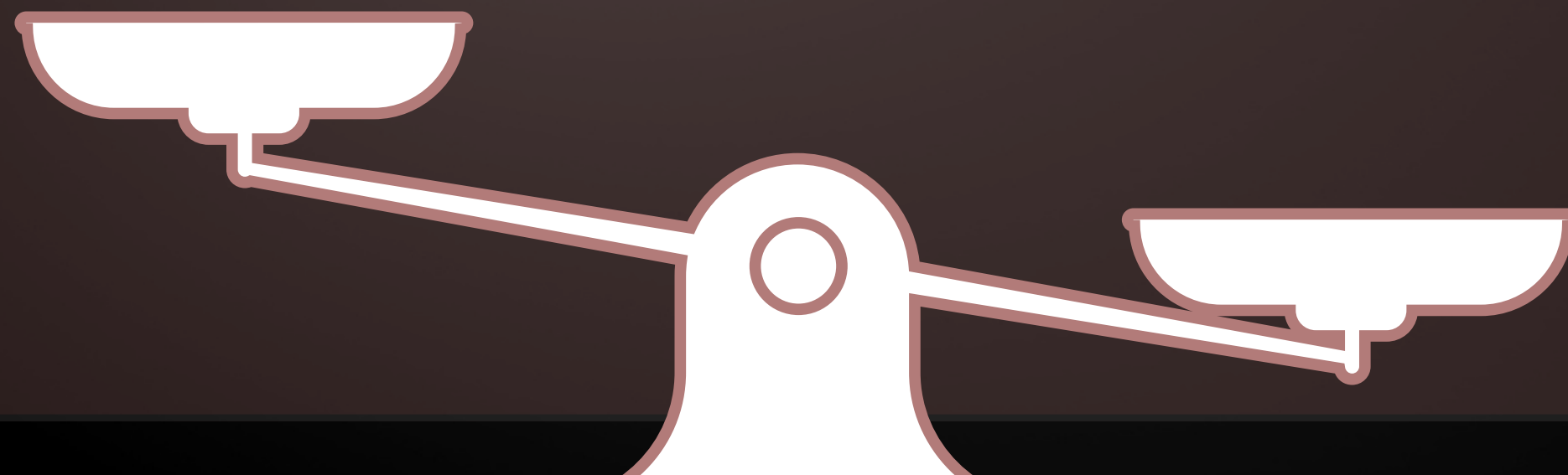
Calories In

Protein
Carbs
Fats
Alcohol

VS

Calories Out

B.M.R
N.E.A.T
E.A.T
T.E.F



MACRO TRACKING GUIDE

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UNDERSTANDING THE BASICS

Calories In

Protein



Carbs



Fats



Alcohol



Macro-nutrient

+

Micro-nutrients



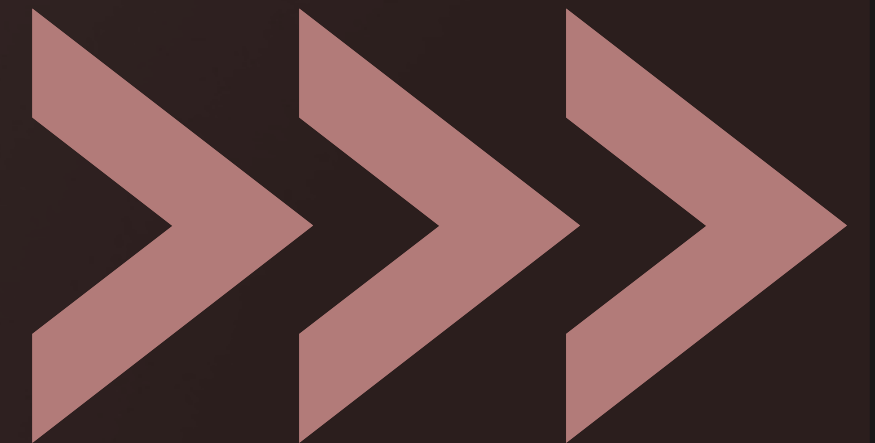
Calories Out

B.M.R - BASAL METABOLIC RATE

N.E.A.T - NON EXERCISE ACTIVITY THERMOGENESIS

E.A.T - EXERCISE ACTIVITY THERMOGENESIS

T.E.F - THERMIC EFFECT OF FEEDING



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CALORIES FOR EACH MACRO-NUTRIENT

Protein



4

CALORIES PER GRAM

Carbs



4

CALORIES PER GRAM

Fats



9

CALORIES PER GRAM

Alcohol



7

CALORIES PER GRAM

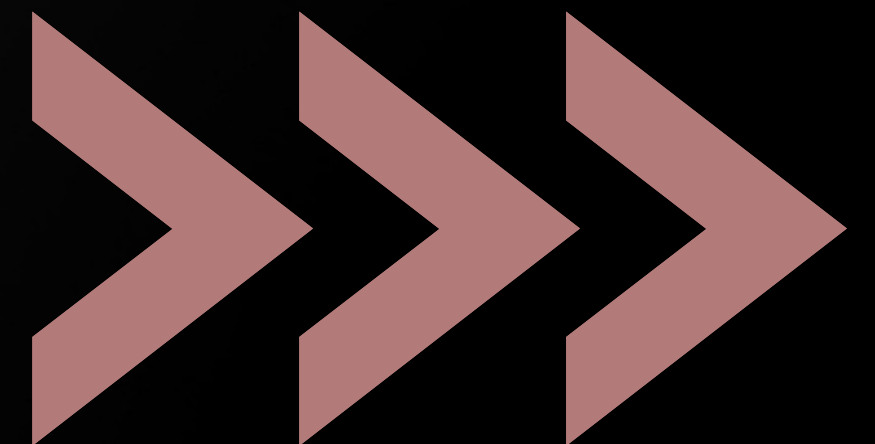
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CALORIES AND MACRO-NUTRIENT TRACKING

TRACKING FOOD INTAKE

TRACKING YOUR FOOD INTAKE IS ESSENTIAL WHEN YOU ARE LOOKING TO REACH A CERTAIN GOAL, WHETHER THAT BE...

- FAT LOSS → CALORIE DEFICIT REQUIRED
- MAINTENANCE → MAINTENANCE INTAKE
- MUSCLE GROWTH → CALORIC SURPLUS



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CALORIES AND MACRO-NUTRIENT TRACKING

→ CALORIE DEFICIT → Intaking less calories than you expend each day

→ MAINTENANCE INTAKE → Intaking the same amount of calories as you expend

→ CALORIC SURPLUS → Intaking more calories than you are expending each day

GOAL SETTING

So... where do you fit?

This all depends on the goal at hand! If you are looking to lose fat, a caloric deficit will be essential to achieve this goal. If you are looking to maintain what you have, or achieve a body recomp and maintenance intake will work well. If you are looking to really maximise muscle gain and performance, a caloric surplus will be very beneficial toward achieving this.

If you have not previously tracked prior, before jumping into these diet approaches. You must establish your baseline calories before jumping into a deficit or surplus. Everyones body performs and reacts different, depending on all of the factors we talked about previously when it comes to calculating our total daily energy expenditure.

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CALORIES AND MACRO-NUTRIENT TRACKING

BASELINE CALORIES

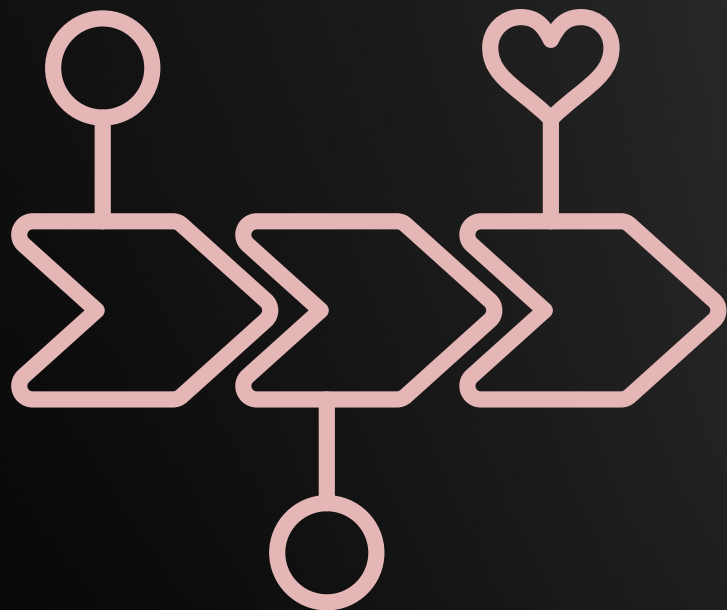
When working out your baseline calories, it is important to start off by evaluating how your current day to day eating looks like. Giving a rough estimate of calories that you are eating is beneficial as it paints a picture of your starting point.

In this phase, depending on whether you are over/under eating, you can expect to begin a reverse phase. Slowly reducing or increasing calories to establish your baseline.

We would also look to ensure that the body is being provided with sufficient macro and micro nutrients during this phase. Focusing on fuelling our bodies in the right way.

Implementing regular feeds throughout the day, with sufficient carbs, fats and proteins throughout. Putting in an effort to make sure that micro-nutrient targets are also being met!

We will also put focus on plan consistency during this phase, with regards to both diet and exercise as this will paint a picture of what your expenditure is looking like week on week.



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CALORIES AND MACRO-NUTRIENT TRACKING

REVERSE PERIODS

Once the baseline has been established, and you have set a goal in mind with regards to what you are trying to achieve within your performance and physique.

You can start the reverse process of going up or down into a surplus or a deficit, or staying at your maintenance intake.

The way we do this, is by making micro-adjustments to our diet and macros week on week. To slowly either boost intake up or down. This has been the most effective way of entering each phase of dieting.

Looking at how expenditure and intake is looking each week, through checking in by taking weights/metrics and evaluating your performance for the week.

Although scale weight is not the only measure of progress, when it comes measuring whether a maintenance, deficit or surplus is taking place. Taking scale weight can be beneficial.



MACRO TRACKING GUIDE

CALORIES AND MACRO-NUTRIENT TRACKING

APP TRACKING

The PB Fitness Academy app allows you to track calories and all of your macro-nutrients! Allowing for easy meal planning, and ease of use. Eliminating the stress of working out calories and macros your self! The app does it all for you :)

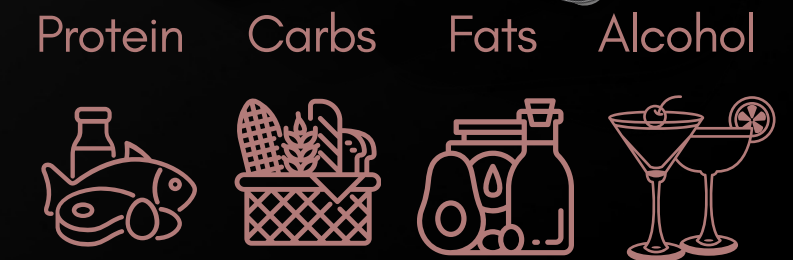


There are a few different options for what you choose to track. Different approaches can work well with different individuals depending on the goal at hand, their lifestyle and circumstances.

Option 1: Just calories – Beneficial for someone who is completely new to tracking. Meaning you won't need to worry about tracking your macro-nutrients at this point. We will focus solely on caloric intake.

Option 2: Calories and Protein – Beneficial for someone who is getting more advanced within tracking and looking to optimise muscle growth. This will mean you have a set target for your proteins, but your carbs and fat can differ provided it is within your calorie target.

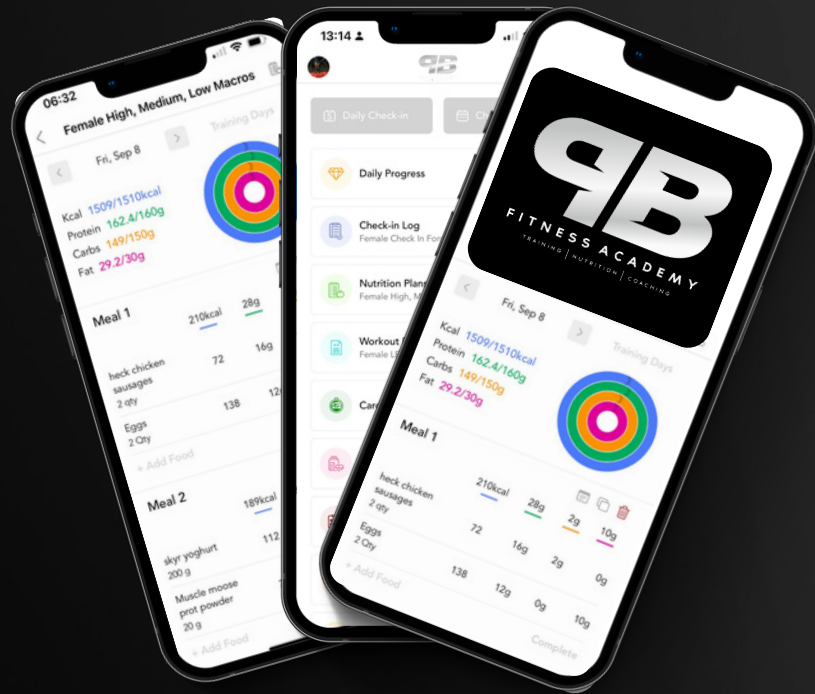
Option 3: Calories and Macros – Tracking all of your calories and macros, including proteins, carbs and fats to optimise your performance and diet in the best way.



TRACK ALL OF YOUR
NUTRITION WITH THE
PB FITNESS ACADEMY
APP!!!

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Protein Carbs Fats Alcohol



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APP TRACKING

Tracking is extremely easy when you get into the swing of it!

It comes down to tracking in the best way by pre-planning and structuring your meals.

Pre-plan either weekly or daily, having a set meal plan for the week/day will be essential. Of course things can be swapped out and you can play around with your daily intake by flexibly tracking and swapping things if and when you want to!

However having the foundation in place to ensure that your calories and macros are met is extremely important. You can do this by inputting your whole day of food into your app the night before or in the morning, prior to meal prepping.

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CALORIES AND MACRO-NUTRIENT TRACKING

Protein



Carbs



Fats



RAW VS UNCOOKED?

A common question asked, is should you weigh your foods cooked or raw. The answer: Ultimately it does not matter, provided you are inputting the food as it comes into your app.

For example, if you are to weigh chicken raw. You would weigh it out prior to cooking it, and vice versa. If you are batch cooking your chicken, and need to weigh it cooked. Provided it is inputted into the app as 'cooked' the measurements will be correct.

The same principle applies for pastas, rice and other food sources that change in weight during the cooking process.

TRACK ALL OF YOUR NUTRITION WITH
THE PB FITNESS ACADEMY APP!!!



VS



VS



VS



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PROTEIN IMPORTANCE



When it comes to tracking and planning your meals, you want to ensure that there is a sufficient amount of protein within each meal. Depending on how many calories you are intaking, you should aim to distribute protein effectively throughout the day. To ensure that MPS (Muscle Protein Synthesis) is spiked often. This is particularly important if you are looking to optimise muscle growth and repair.

Looking to get at least 25g of protein per meal is ideal, increasing this amount for the post-workout window to really ensure that Rest and Recovery is optimised.

We at PB Fitness Academy like to stay on the higher side of protein intake, recommending 2-2.5g of protein per KG of bodyweight.

PROTEIN BENEFITS

→ OPTIMISED MUSCLE GROWTH AND REPAIR

→ METABOLISM REGULATION

→ HORMONE PRODUCTION

→ HIGH SATIATION AND TEF RATING

BCAA's

Protein is made up of Branch Chain Amino Acids, essential Amino Acids that our bodies cannot create. Meaning that we must gain them through the foods we are intaking.

Protein sources contain these, meaning that if you are prioritising your protein intake, you will be getting enough BCAA's. You can intake BCAA's through supplementation, but there isn't a real need for it if you are getting sufficient protein throughout your diet.

MACRO TRACKING GUIDE

CALORIES AND MACRO-NUTRIENT TRACKING

CARBOHYDRATE IMPORTANCE



When it comes to tracking carbohydrates, it can be worth noting the difference between complex and simple carbs. Both have their uses when placed strategically throughout a diet.

Complex carbs will see a much slower rate of digestion, leading to sustained energy, less of a dip in blood sugars, high in fibre and is seen to be more satiating. Meaning it will keep you fuller for longer.

Simple sugars are seen to spike your blood sugars, following a dip. These carbohydrates lead to quick absorption and can spike hunger levels.

Both of these types are beneficial to us when placed strategically.

WHERE TO PLACE CARBS

COMPLEX

if you are looking for a pro-longed, long-lasting energy source, for example if you are working a long shift and you know you will have to go a few hours without food. Implementing a complex carb rich meal can be beneficial as it is slow digesting.

Another example could be eating a complex carb rich meal 2-3 hours before a training session to utilise the carbs in the session in the best way possible.

SIMPLE

if you are looking for quick release energy, implementing simple sugars is useful.

An example of this is consuming simple carbs 30-45 minutes before training sessions or extreme exercise. Giving you quick release, however it is not sustainable energy. Simple sugars, come with a high release of energy, followed by a dip.

SIMPLE + COMPLEX

You want to implement both complex and simple carbs into your post-workout meal. Eating a meal with both simple and complex carbs, to restore glycogen stores that have been depleted during your session.

Ensuring to accompany the carbs with a good level of protein!

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CALORIES AND MACRO-NUTRIENT TRACKING



FATS IMPORTANCE

DIFFERENT TYPES OF FATS

SATURATED

Saturated fat is a type of fat that is typically solid at room temperature and is commonly found in animal-based foods such as meat, dairy products, and eggs. It's also present in some plant-based sources, such as coconut and palm oil.

UNSATURATED

Research has shown that consuming moderate amounts of saturated fat may improve immune function, increase levels of good cholesterol (HDL), and help with the absorption of certain nutrients.

TRANS

Consuming too much saturated fat can have negative health consequences. High intake of saturated fat has been linked to increased levels of bad cholesterol (LDL), which can lead to the formation of plaque in the arteries and increase the risk of heart disease and stroke. Saturated fat can also contribute to insulin resistance, a condition that can lead to type 2 diabetes.

EFFECTS OF FATS ON CHOLESTEROL LEVELS

SATURATED

HDL ↑ ↑ **LDL**

UNSATURATED

HDL ↑ ↓ **LDL**

TRANS

HDL ↓ ↑ **LDL**

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CALORIES AND MACRO-NUTRIENT TRACKING

FATS IMPORTANCE

FAT CONSUMPTION IN AN IDEAL WORLD

In an ideal world, mostly all of our fats would come from unsaturated sources, with a small percentage being saturated. With no trans fat at all, due to the fact that there is no proven benefit at all that comes with consuming trans fats.

However, that is in a perfect world. When taking lifestyle and enjoyment into consideration, we would take more of a realistic approach when it comes to tracking fats. Looking to still have the majority come from unsaturated sources, with some level coming from saturated.

Allowing for a certain amount on trans fat, solely because the foods that we tend to love and enjoy often do contain trans fats. So to eliminate these completely would be unrealistic.

REALISTIC RECOMENDATION

SATURATED

20%



UNSATURATED

70%



TRANS

10%



FOOD INTAKE IMPORTANCE

When tracking our food intake, it is important not to attach ourselves to our targets too much. Ensuring that tracking doesn't start to effect you and your mental wellbeing negatively.

Keeping the mindset around tracking positive is extremely important. A lot of people can find themselves fixating on their targets, and not feeling good enough if they don't meet them.

Instead, we want to keep the narrative between us and our food intake, at a neutral and positive standpoint. Looking at it from a place of self care. Looking to ensure that our bodies are having sufficient fuel and strategising our diet in a way that is going to allow us to meet our goals. Whilst also living with the freedom and flexibility to incorporate all of the foods we love and enjoy.

Tracking allows you to include all of these foods, but also stay within the lines of your goals to stay on track and in a healthy place with our bodies.



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BTS CALORIE CALCULATOR



With the development of the Bin The Scales movement, we have developed a never seen before formula that works out your recommended intake, made specifically with your goals in mind. By using this, you will be given information on exactly what you need to know about your intake and how much exactly you should be eating of each macro-nutrient to reach the specific goals you have for yourself!

PB FITNESS ACADEMY APP

After using our calculations to work out your recommended calories and macros. The PB Fitness Academy app will allow you to action the goals you set for yourself within your nutrition. Giving you the ability to keep track of your intake or calories and macros by pre-planning and structuring your diet in a way that will allow you to stay within the lines of your targets!





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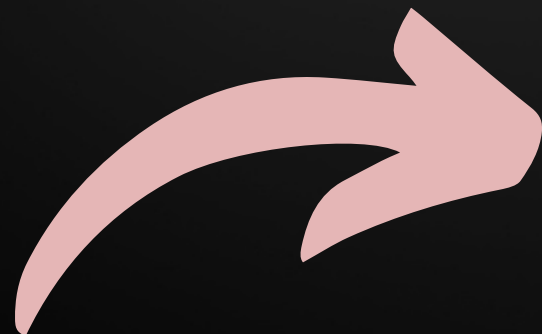


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