

A woman with long, wavy brown hair, smiling, wearing a dark-colored off-the-shoulder crop top and leggings. She is holding a black resistance band with both hands, positioned in front of her. The background is a gradient from purple to blue.

# BEGINNER'S GUIDE TO TRACKING MACROS

A simple and efficient guide to counting macros to help mamas lose the baby weight and fit back in their pre-baby jeans by following a flexible nutrition plan.

K E L S E Y B Y E R S . C O M



## HELLO LADIES!

Hi, I'm Kelsey. I'm a Mom of Two, NASM Certified Personal Trainer, Fitness Nutrition Specialist, 50+ Pound Weight Loss Success Story and Oxygen Magazine Cover Model!

Thank you for joining me on this journey as a healthy, fit mom of two. As many of you have seen through social media, I changed up my nutrition after having my second baby. I got to a point where the weight just wasn't budging with my regular old "clean eating," so I knew I needed to adjust something.

My friend, Diane, recommended I track my "macros" aka macronutrients.

Mac-ro-nu-tri-ent – a type of food (e.g. fat, protein, carbohydrate) required in large amounts in the diet.

For years I was closed off to the idea because it seemed overwhelming. I didn't know where to start or what was right for my body.

## BEGINNER'S GUIDE TO TRACKING MACROS

She reassured me it was simple math and I was already used to food journaling, so it would be simply plugging my food into a phone app.

After a few days of consideration, I figured I had nothing to lose (but weight, of course!) I gave it a shot- and guess what?! It worked!

I have been so pleased with my results so far from macro tracking. It makes me feel more balanced with my nutrition and food choices. I actually like my food and don't feel like I fell off the wagon if I'm eating something other than extra-lean turkey, chicken, brown rice, etc. I can also eat food other than meals I've prepped and still be successful.

After a ton of messages asking for guidance, I decided to put this simple plan together so that you can start seeing the benefits of counting macros, too! I can't wait to see your results.

Be sure to tag me on Instagram so we can stay connected!

**Use Hashtags: #KBFITCOMMUNITY #KBMacroFam**

Love,  
*Kelsey*

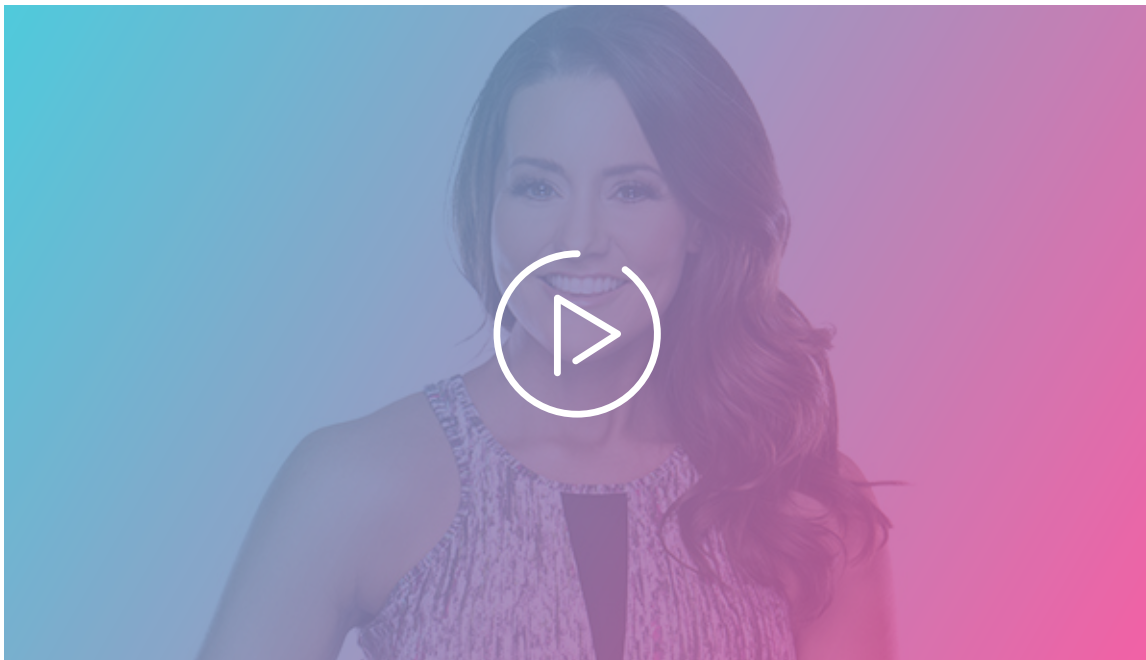
“ TO ME, HEALTH AND FITNESS IS ALL ABOUT FEELING GREAT IN MY SKIN AND ENJOYING TIME WITH MY LOVED ONES. I DON'T WANT TO OBSESS OVER FOOD OR LIVE IN A GYM. I WANT TO LIVE AND EXPERIENCE LIFE WHILE MAINTAINING A HEALTHY BALANCE.”

-KELSEY



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WELCOME VIDEO  
(watch first)



<https://youtu.be/AstDFkj7THU>

*Disclaimer: This is not a customized nutrition plan. This is simply a guide to show you how to start a flexible nutrition plan. If you would like a plan customized to your specific body, I recommend hiring a registered dietician or certified nutritionist. This guide is a take-it-and-run-with-it plan and does not offer coaching via email or phone.*



## BENEFITS OF FLEXIBLE EATING

There are many articles and “influencers” out there that preach about flexible dieting. I do NOT think it’s a free pass to eat junk. If you go into it with that mindset, you will burn up your daily food budget with junk and have no room for the good stuff. Plus, you’ll feel awful. Ideally, we are doing this to lose body fat, feel good, look good AND not feel restricted. I have enjoyed this method of eating because it allows room for things like: mac & cheese with my daughter, frozen yogurt, a cheeseburger, pizza AND I can still meet my goals.

I track my macros six days a week and typically give myself a break on Saturday. I don’t eat poorly on Saturday, I just don’t want to worry with it that day. I typically have a drink with my husband on a patio on the weekend or splurge on pizza or a burger.

Our bodies need protein, carbs and fats for optimal functioning and energy so this method of tracking gives your body exactly what it needs to perform.

**TIP:** I don’t meet my macros perfectly every day. Often times, I am a little under in protein but meet my carb and fat budgets. Every day I just try to do my best and don’t beat myself up when life doesn’t go perfectly.

“ WE ARE HERE ON THIS EARTH TO HAVE FUN  
AND LIVE LIFE. IT'S IMPORTANT TO MAKE  
YOUR HEALTH A PRIORITY SO THAT YOU CAN  
BE AROUND TO MAKE MEMORIES WITH FAMILY  
AND FRIENDS. IF YOU AREN'T FEELING YOUR  
BEST, THEY WON'T GET THE BEST OF YOU. YOU  
CAN'T POUR FROM AN EMPTY CUP. SELF-CARE  
IS A NECESSITY.”

-KELSEY



## STEP 1

# SPECIFY YOUR GOALS

Don't say, "Ugh, I need to lose weight." Specify what you'd like to accomplish and how bad you want it. Establish your WHY and make it an emotional reason. This is so important so that you think about your WHY every time you don't feel motivated. It's those times when you don't feel motivated but you drag yourself to the gym, complete that home workout or choose a healthy meal anyway that you have breakthroughs!

**Goal:** "I want to lose 8 pounds this month and 60 pounds this year. I want to lose the weight because I want to be able to run and play with my kids. I want to be able to run a 5k with my teenager."





## DETERMINE YOUR GOALS

Write your goals here and make them realistic and measurable. Invite friends to join you for accountability. Putting your goals in writing is very powerful.

- ⊗ Not Measurable: "I want to lose a bunch of weight."
- ✓ Realistic & Measurable: "I will lose 5 pounds this month by tracking my food, prepping healthy meals and working out 4 days a week."

**Short term:** In one month, I will achieve....

**Long term:** This time next year, I will have achieved....

*Answer these questions:*

Putting your goals in writing is very powerful. Answer the following statements:

My ideal relationship with nutrition looks like:

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My ideal relationship with my body looks like:

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My future self will thank me for:

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The conversations I have with myself about food and my body image are positive and look like this:

“ I love my body and I’m grateful it carries me throughout my day. I am thankful for my health and the ability to take care of my family. My food is fuel and not entertainment. Put good in, get good out. ”

*-Kelsey*





## MACROS

Download the **My Fitness Pal** app on your phone.

I recommend upgrading to the premium version. It's under \$50 for a year. You will be tracking your macros in the app daily. I listed the main differences in the two versions below. **Use the free month trial to determine if it's for you.**

**Next Steps:** You need to figure out which macro split is best for you and your body!

My body tends to do better with lower fats & higher carbs, so I chose the 40-40-20 split. If you prefer higher fats and lower carbs, you can go with option 2. There are other splits that can work better but I recommend choosing one of those to begin with. Be willing to try it 3-4 weeks consistently to see how your body responds before trying something else.

**Option 1:** This is the macro calculator I'm using.

# 40-40-20

That's 40%  
Protein

That's 40%  
carbohydrates

That's 20%  
Fats

Use the calculator below to figure out your daily macros based on your lifestyle. You need to calculate this based on your **CURRENT ACTIVITY LEVEL**. As you become more active, you can always come back and re-calculate based on activity and weight.

I had to be really honest with myself about my lack of training and the fact that I sit all day. I chose the activity level of "sedentary" to begin with. I just focused on macros for a couple of weeks before I refocused on exercise. Do what feels right for you. You can be successful with fat loss by tracking macros alone, however, exercise will speed up the process and make you feel great.

Calculate two sets of macros – one for a sedentary day (depending on your job) and one where you are active and working out consistently. Then based on the day you have, eat accordingly.

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# CALCULATE YOUR MACROS

View the article below:

[https://www.bodybuilding.com/fun/macronutrients\\_calculator.htm](https://www.bodybuilding.com/fun/macronutrients_calculator.htm)

**NUTRITION**

RECIPES

MEAL PLANNING

DIET PLANS


**CALCULATORS**

NUTRITION TIPS


SUPPLEMENTATION

Nutrition | Calculators

## Macronutrient Calculator: Find Your Macro Ratio For Flexible Dieting and IIFYM

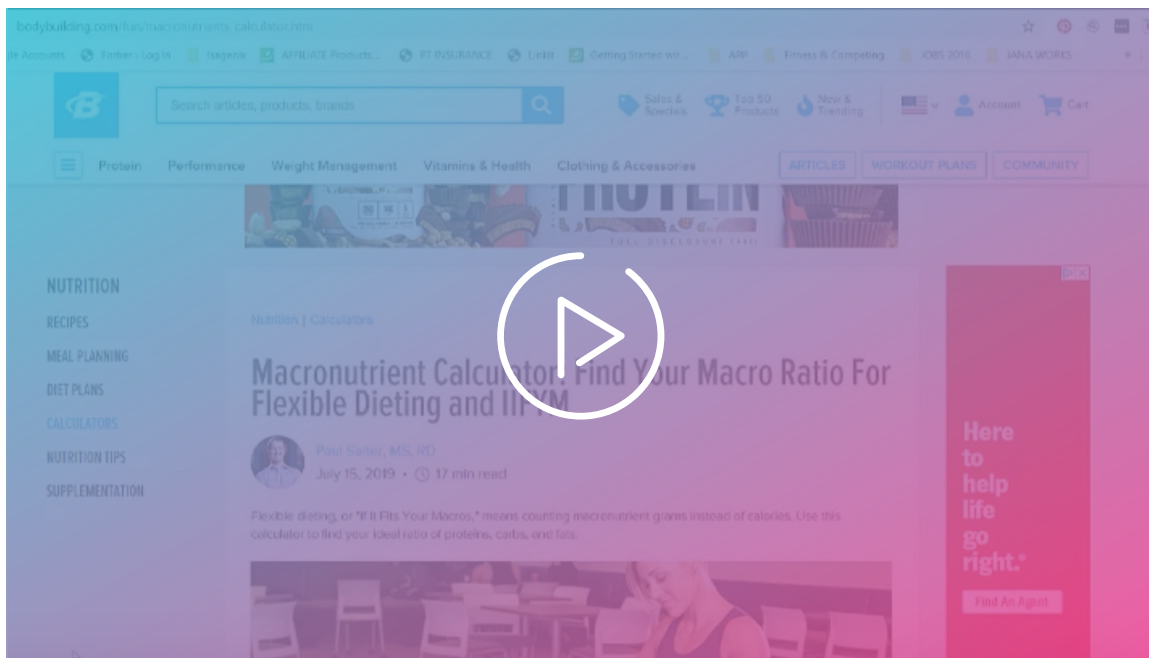
 **Paul Salter, MS, RD**  
July 15, 2019 • ⌚ 17 min read

Flexible dieting, or "If It Fits Your Macros," means counting macronutrient grams instead of calories. Use this calculator to find your ideal ratio of proteins, carbs, and fats.



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## HOW TO USE THE BODYBUILDING.COM MACRO CALCULATOR



<https://youtu.be/73-d4aF95Kk>

**Option 2:** The next option is 40-30-30 (or close to it).

# 40-30-30

That's 40%  
Protein

That's 30%  
Carbohydrates

That's 30%  
Fats

Use the calculator below to determine your macros based on your lifestyle and activity level. This calculator is lower carb/higher fat. If you know your body responds better to this, try this calculator.

CALCULATE YOUR MACROS  
[View the article below](#)

**IIFYM**  
If It Fits Your Macros

[IIFYM HOME](#) [HOW TO START IIFYM](#) [MACRO CALCULATOR](#) [WEIGHT LOSS CALCULATORS](#) [WEIGHT LOSS](#)

**Our Average Client Drops  
17 lbs and 11 inches  
In Their First Few Months**

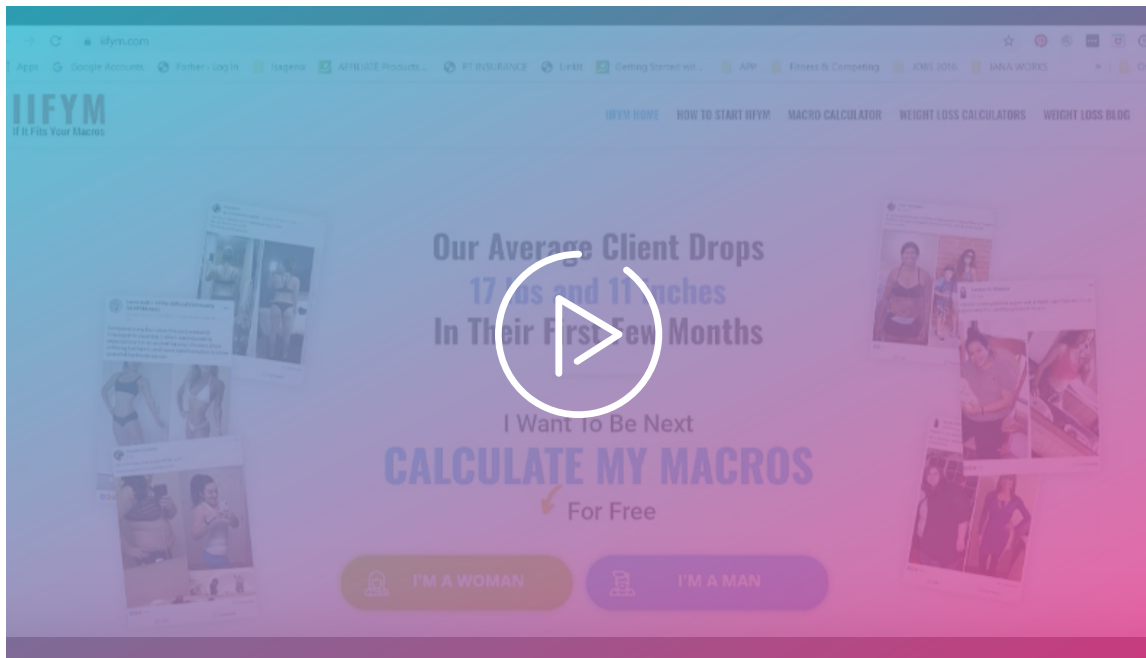
I Want To Be Next  
**CALCULATE MY MACROS**  
For Free

[I'M A WOMAN](#) [I'M A MAN](#)

[IIFYM.com](http://IIFYM.com)

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## HOW TO USE THE IIFYM CALCULATOR ([ifitfitsyourmacros.com](https://ifitfitsyourmacros.com))



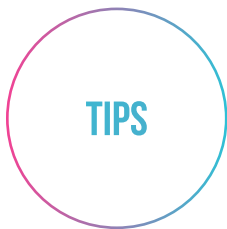
[https://youtu.be/YRjW0b\\_6IAI](https://youtu.be/YRjW0b_6IAI)

# Fitness starts with what you eat.

Take control of your goals. Track calories, breakdown ingredients, and log activities with MyFitnessPal.

**START FOR FREE**

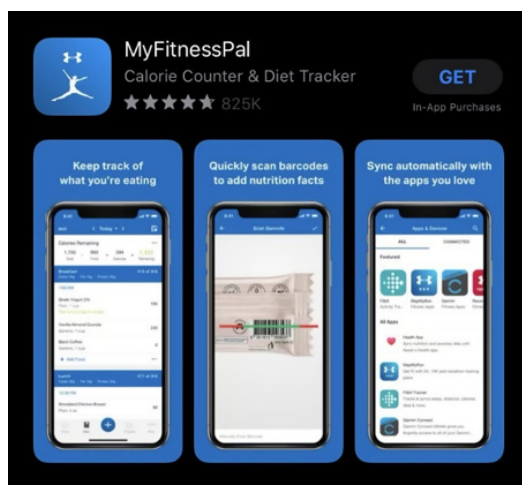
Already have an account? [Login](#)



## MY FITNESS PAL = PREMIUM

To actually add your macros by grams in My Fitness Pal, you need to upgrade to the premium version. It will allow you to enter your calories and specify percentages in the simple version.

I recommend trying Premium for free for a month and see if you like it! In premium, you can actually type in your grams of protein, carbs and fats.



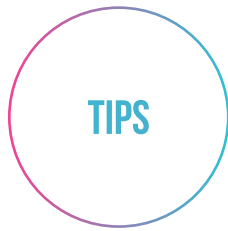


**After downloading the app, follow these steps:**

1. Click "sign up" to create a new account. You can sign up with email or using Facebook. Follow the prompts to set up your account.
2. Indicate your Goal: lose, maintain or gain weight.
3. Indicate activity level (be honest with yourself): I chose "Not Very Active" to begin with.
4. Continue following prompts to customize your profile.
5. If your goal is "weight loss" I recommend choosing a loss of "1 pound per week."
6. You can try the Premium free for 1 month (recommended).

**Main Differences in Premium:**

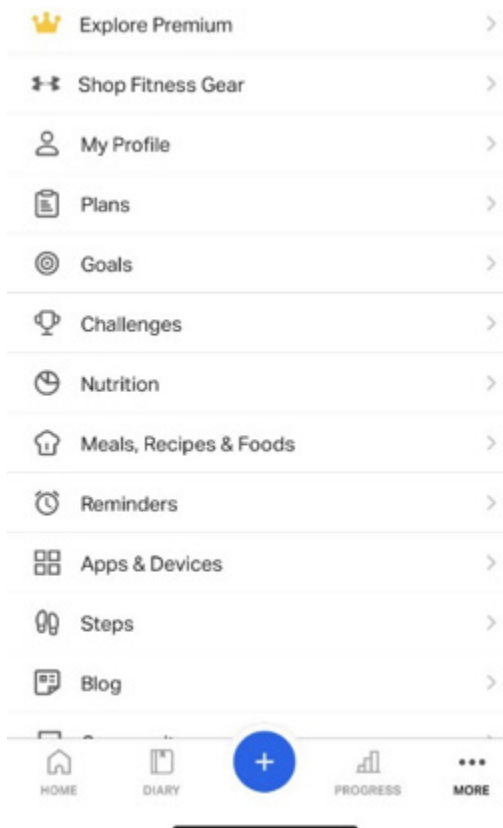
- Plug in specific macro grams in your "goals" section
- You can set different goals day by day, based on your activity level
- Ability to see carbs, protein and fat by meal
- Ability to see what time you eat certain foods



## NUTRITION GOALS & MYFITNESSPAL - BASIC

In MyFitnessPal, click **"MORE"** at the bottom right of app. Select **"GOALS."** Under Nutrition Goals, Select "Calorie, Carbs, Protein & Fat Goals."

This is where you will enter your macros you received from the calculator. In the Premium version, you can type in specific grams. In the basic version, it only allows you to select percentages.



### Daily Nutrition Goals

Calories	1600
<b>Macronutrients</b> Set by Grams	
Carbohydrates 160 g	40%
Fat 36 g	20%
Protein 160 g	40%
<b>% Total</b> Macronutrients must equal 100%	<b>100%</b>

[Back to Goals](#)

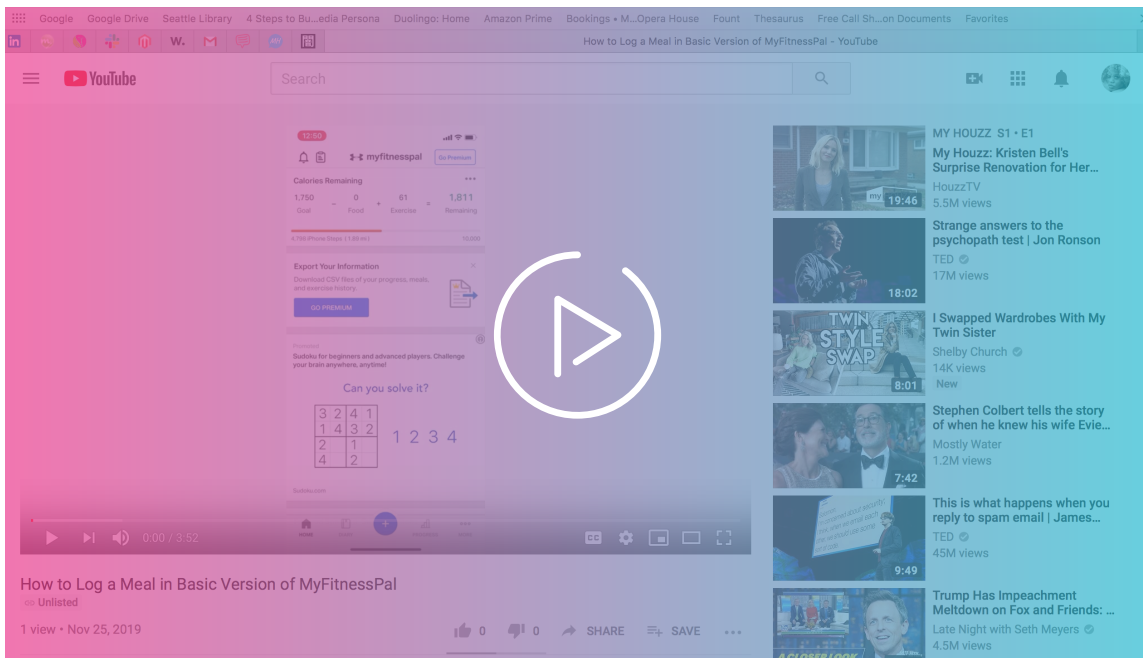
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ENTER NUTRITION GOALS  
IN MYFITNESSPAL  
(Basic Version)



<https://youtu.be/h3cejO50fAI>

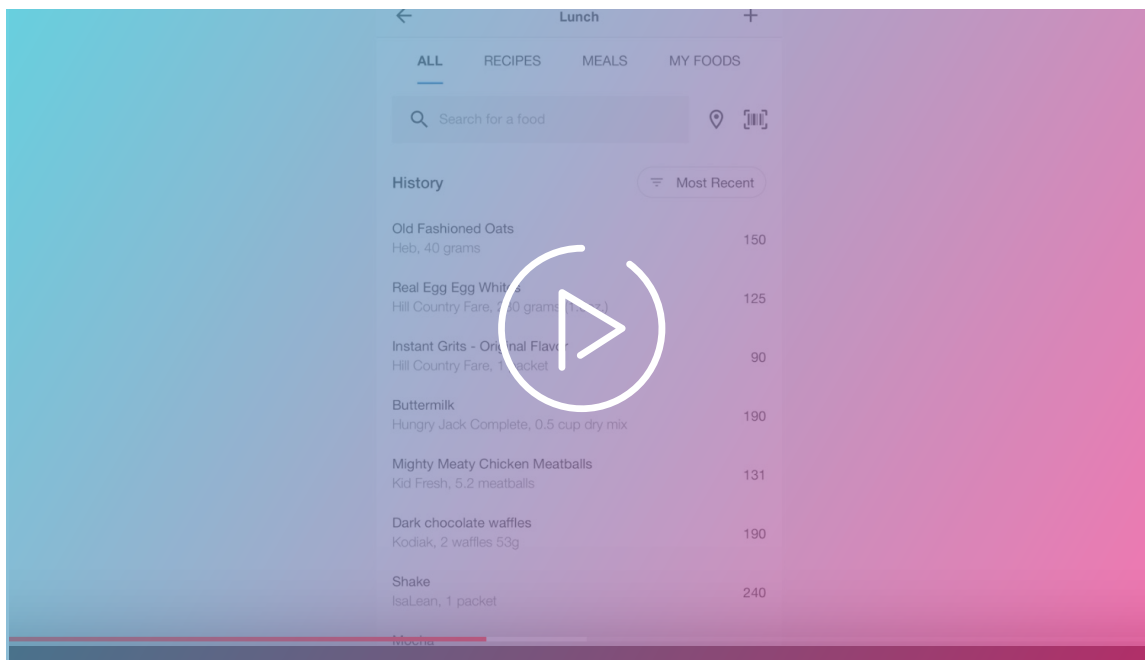
# INPUT DAILY MEALS IN MYFITNESSPAL (Basic Version)



<https://youtu.be/lkZHUfm7pYs>

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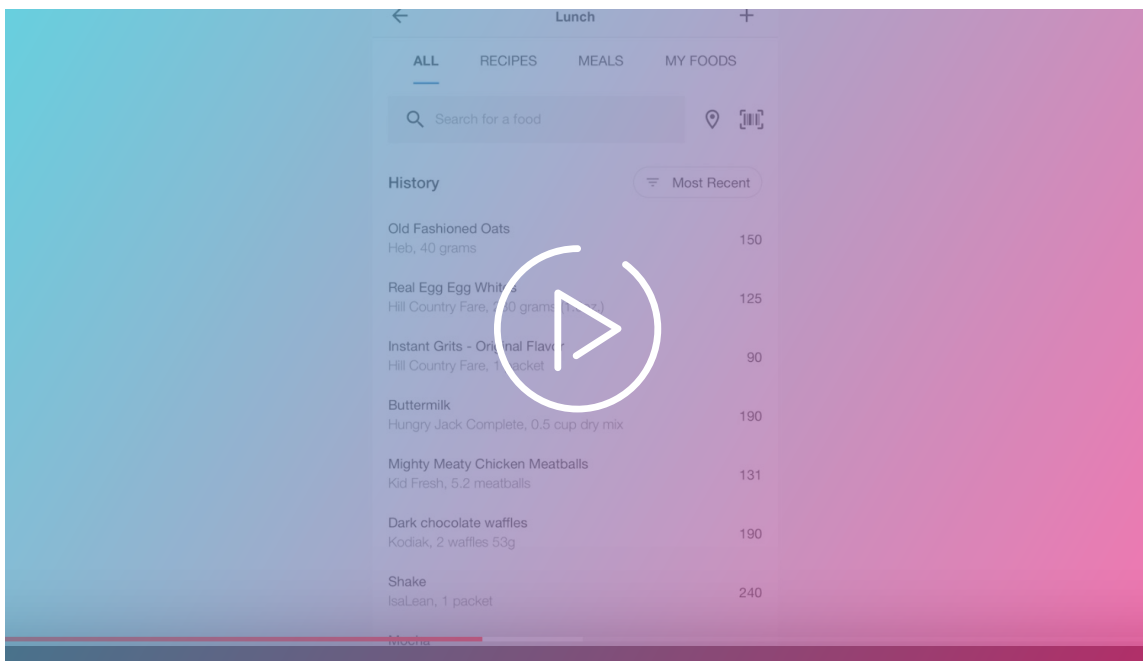
## ENTER NUTRITION GOALS IN THE PREMIUM VERSION OF MYFITNESSPAL (Premium)



<https://youtu.be/fAHuXKmVqhc>

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## INPUT DAILY MEALS IN MYFITNESSPAL (Premium)



<https://youtu.be/wh0x-ndsWnM>



## STEP 4

# START DAILY TRACKING

This is the fun part! And by fun, I mean eye opening. I was amazed at how I was under-eating protein and over-eating carbs. Tracking my food daily gives me freedom to choose what I want to eat based on my body's needs, plus allows me to still meet my weight loss goals.

### Tips

- ✓ Keep your sugar intake under 50g per day.
- ✓ Keep your fiber intake under 25g per day.
- ✓ Eat every 3 hours, 5-6 meals a day to increase your metabolism and to keep your body fueled.





### **Make a Cheat Sheet:**

If you find you don't want to track your meals every single day, I recommend making a "cheat sheet" of "perfect days" where you met your macros. For example, if I see that I met my macros today, I'd make a list of everything I ate so it's my go-to on a busy day where I don't want to track.

### **An example might look like:**

- Breakfast: 2 protein waffles
- Snack: meal replacement shake
- Lunch: 4 oz of chicken, 4 oz sweet potatoes, 4 oz baked zucchini
- Snack: Greek yogurt with fruit
- Dinner: 1 cup of lean turkey spaghetti with hummus & veggies

*My go-to perfect day looks like this:*

Day 1

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Day 2

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Day 3

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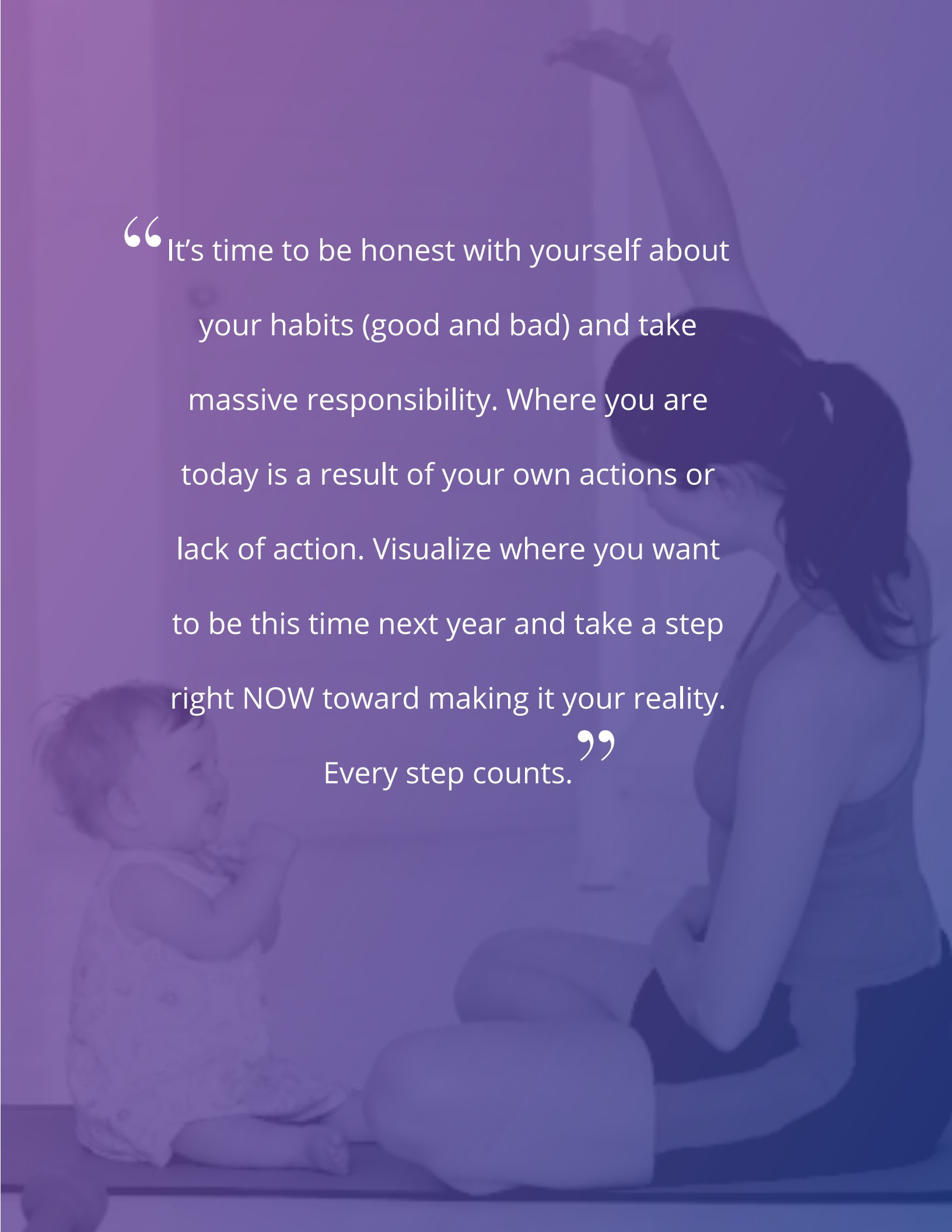
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Day 4

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A woman is shown in a yoga pose, kneeling on the floor with her right leg tucked under her left and her right arm raised high. She is wearing a dark tank top and leggings. To her left, a baby is sitting on the floor, looking towards the woman. The entire scene is overlaid with a semi-transparent purple filter.

“It’s time to be honest with yourself about your habits (good and bad) and take massive responsibility. Where you are today is a result of your own actions or lack of action. Visualize where you want to be this time next year and take a step right NOW toward making it your reality.

Every step counts.”



## FOODS I EAT

I am currently eating a variety of foods and I'm not feeling restricted, which is the most important part. These are my go-to healthy foods I eat weekly but just remember, you can choose your own based on what you like to eat. There are tons of recipes on Pinterest. Search for macro-friendly recipes and you're set! My faves are any recipe using a crockpot, instant pot or any type of meal in a bowl.

### **Protein:**

Chicken

Lean ground beef

Lean ground turkey

Protein bars

Egg whites (4 egg whites, 1 yolk)

Grilled flank steak

Organic chicken nuggets

Greek yogurt

Boiled eggs

### **TIP: All In One Meals That Are Easy:**

Meal replacement shakes (up to two per day)

Kodiak waffles and pancakes





### **Carbs:**

Tortillas – corn, flour or wheat

Quinoa

Sweet potato

Oatmeal

Grits

Ezekiel bread

Beans

Hashbrowns

Rice – any kind

Hummus

Edamame (also great for protein and fat)

Whole wheat or edamame pasta

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### **Vegetables:**

Zucchini

Squash

Carrots

Bell peppers

Spinach

Green beans

Kale

**“You don’t have to be extreme to be successful. You just have to be consistent.”**



## STEP 5

## TREAT MEALS

I give myself one day a week where I don't track anything. It's typically on Saturday but you can decide what fits your lifestyle best. On that day, I eat healthy for the most part, but I do indulge in a glass of wine or two. I also usually have a burger or pizza. I don't eat too much but just enough to feel satisfied. It's been working great for me and I want the same balance for you. Plus, during the week when I track I don't feel restricted either so it's really felt like a better balance.



## STEP 6

### DRINKING ALCOHOL: Calculation for Macros

For many people, eliminating alcohol may be necessary for a period of time if you are in a hurry to lose weight. However, I believe that having a drink or two in moderation can fit into your lifestyle. I have a drink or two every other week. Hello, [#momlife](#). Here's a simple way to calculate alcohol into your macros for those special occasions.

Protein and carbs are about 4 calories per gram. Fat is 9 calories per gram. You can either use your daily carbohydrate grams OR fat grams budget that day to have the drink. Check out these two simple calculations and see which works best for you. This example uses a glass of wine with 160 calories (beverages differ).



**Choose one:**

Deduct from Carbs Grams - Calculation:

- Drink =  $160 \text{ calories} / 4 \text{ calories} = 40 \text{ grams}$
- Deduct 40g of carbs from your daily carb budget. If your daily carb budget is 161g, deduct 40 grams for the drink and you'd have 121g of carbs left for the day.

Deduct from Fat Grams - Calculation:

- Drink =  $160 \text{ calories} / 9 \text{ calories} = 17.77$  or 18 grams of fat (round up)  
If your daily fat grams for the day are 36, deduct 18g, which would give you 18g of fat left for the day.



## STEP 7

# TRACKING MACROS WHILE BREAST FEEDING

ACOG recommends eating at least 1,800 calories a day to maintain your milk supply. For breastfeeding, I would try starting with a 40-30-30 split and adjust from there based on milk supply and your appetite. I was no longer breastfeeding when I started tracking my macros but I have found many women are successfully tracking macros through pregnancy and after.

I recommend consulting with your doctor before reducing your caloric intake while breastfeeding. If you are not eating enough, it could zap your energy and your milk supply. Remember, give your body grace and eat healthy. It will happen! Give yourself a year to lose the baby weight and don't stress. You just grew a human! Mamas are super heroes!



## TIPS

# STARTING YOUR JOURNEY

- When I started tracking my macros, I tried out a couple of meal prep services that provided macros for the meals I ordered. It was simple to plug them in and didn't require much work on my end. After a few weeks, I went back to meal prepping (it's cheaper) and simply scanned barcodes or label nutrition facts and started plugging things in.
- You can plug in your macros ahead of time for the day if you like to project where you'll be. If you know your favorite show is on that night and you want popcorn, budget more carbs for night time. There are ways to plan ahead based on your life and schedule. That's the beauty of it! I plug in my macros as I go, personally.



## TIPS

## STARTING YOUR JOURNEY

- If you work out at night, I recommend saving 20-30g of carbs for post workout. That's what I do and it's great because I feel fueled and I'm still losing body fat.
- As you lose weight, re-calculate your macros. I re-calculated once I lost 10 pounds. Calculate two sets of macros – one for a sedentary day (depending on your job) and one where you are active and working out consistently. Then based on the day you have, eat accordingly.

## ARE YOU READY?

### Current Stats

Today's Date:   /   /   /

Weight:

#### **Measurement in Inches:**

Hips:

Waist:

Biceps:

Thigh:



THANK YOU!

Thanks for joining my **#KBMacroFam** and challenging yourself to create your own transformation this year! Join my Facebook group to connect with other ladies on this journey. Accountability is everything!

**Invite a friend or two to join you and spread the love!**

**Ladies Only Facebook Group:**

<https://www.facebook.com/groups/1237880046238798/?ref=bookmarks>  
[or search "Kelsey Byers Fitness Community"](#)

**Website:**

[www.kelseybyers.com](http://www.kelseybyers.com)

I look forward to connecting with you and following your success!

Love,  
*Kelsey*

“**FOCUS ON BEING HEALTHY AND  
HAPPY. DON'T OBSESS OVER A  
NUMBER ON THE SCALE. FOCUS ON  
PUTTING HEALTHY FOOD IN AND  
SCHEDULE YOUR EXERCISE. YOUR  
ENERGY, SKIN AND BODY WILL  
THANK YOU. HEALTHY STARTS  
FROM THE INSIDE OUT.**”

-KELSEY



A woman with long, wavy brown hair, smiling, wearing a dark grey off-the-shoulder crop top and black leggings. She is holding a black resistance band with both hands, positioned in front of her. The background is a gradient from purple to blue.

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