

# Q&A



## **Should I count vegetables when I track my macros? They don't really seem like a carb!**

Yes, track your vegetables! It may seem strange to think of broccoli and green beans as carbohydrate sources, but they do in fact contain carbohydrates (albeit, a small amount.) Basically, track everything you eat when possible! All foods, whether processed or whole, are made up of macronutrients and should therefore be tracked.

## **Does it matter what time of the day I eat, or how many meals I eat a day?**

Not so much. Some people prefer to eat 6 small meals a day, others prefer 3 larger meals. It's all about personal preference. If you tend to get hungry later in the day between meals, plan to have 3 larger meals plus one or two snacks each day. If you have a demanding schedule that leaves little room for snacking, try planning for three larger meals per day. Find what works for you, and work your macronutrient numbers into your meals. Remember, tailor this process to fit your lifestyle so it's sustainable.

## **Can I eat carbohydrates at night?**

Eating carbohydrates after a certain hour will not cause you to gain weight. Our bodies do not magically convert carbs into fat just because it's past 7:00 pm. However, look at your carbohydrate servings as your main source of fuel and energy. Consuming carbohydrates is most beneficial both pre and post-workout. Having a few carb servings in the morning and before your workout will provide the energy you need to power through a tough workout, while consuming carbs coupled with protein post-workout will aid in muscle recovery and repair. This type of "carb timing" makes

much more sense than consuming 5 of your carbohydrate servings right before bed. In other words, be smart about your carb timing consumption - use that energy source to your advantage!

## **What happens if I go way over on my macro servings for the day? Should I do extra "cardio" the next day to compensate?**

First, do not panic. This may happen to you at some point or another, and it's not something you should freak out about. Yes, it is true that we want to stay as close to our macro numbers as possible each day; however, please realize that we are all human, and

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we all make mistakes. There is no need to do extra cardio the next day to compensate for the extra calories. The absolute best thing you can do is jump right back into tracking the very next day, and remain consistent in the following days. Training and working out should not be used as a “punishment” or a “catch up” tool for poor nutrition. Look at exercise as a compliment to your nutritional plan, not as a way to burn calories so you can eat more.

**Tracking macros is cool and all, but I don't think I want to do this for the rest of my life. Is there a way to slowly transition to intuitive eating?**

Absolutely! You shouldn't have track macros for the rest of your life – that would be crazy. Tracking macros is simply a tool to help us achieve our fitness goals, to develop an understanding of proper nutrition and what our bodies need to reach those goals, and a way to learn portion control. After you've tracked macros for a while, it becomes easier and easier. Soon enough, you'll know exactly what 4 ounces of chicken looks like, or 100 grams of rice. We will slowly ween you off tracking with occasional check-ins (i.e., maybe tracking 1 day out of the week just to see where you're nutritional intake is at). The great part about learning this process is you can use it as a tool whenever you see fit. Perhaps you are doing really well with intuitive eating, but you want to tighten up just a bit for a vacation. You can whip out your macro tracking knowledge and track for a few weeks to lose those extra few pounds with a methodical approach.

**I'm finding it difficult to hit my protein goal for the day. How do you eat so much meat, chicken, and fish in one sitting?**

It may seem daunting to eat so much protein, especially when you aren't accustomed to it. The best way to get your protein servings in is to plan ahead. Schedule out your meals each night for the next day, making sure to spread those servings over the course of several meals and snacks.

**What if I'm invited to a party/work function and I have no control over what's going to be served?**

Plan ahead... and by that, we mean save some of your macronutrient portions for that party! If you know you have a

birthday party or get together coming up where there will be plenty of unforgiving foods, eat lighter meals throughout the day and save the majority of your carbohydrates for later. Yes, you will need to do some serving size “guesstimating” while you are there, but at least you know you've saved a good portion of your macros for the party so you can enjoy yourself. Macro tracking is **not** meant to control your life. Remember, it's just a tool to help you learn portions and how to eat in a balanced manner. Trust in yourself to “guesstimate” food servings when you need to, and don't stress over it.

**What if I have macros left over at night, but I'm not hungry?**

Do not feel the need to force feed yourself

if you aren't hungry. We want to practice intuitive eating just as much as flexible dieting. Just get back into your regular schedule the next day, and perhaps plan your meals better so you can fit all of your macros in.

**Should I include the oil I cook my food in as a fat serving?**

Yes! If you are pan frying or roasting vegetables or protein in olive oil, track it! For instance, if you use 1 tablespoon of olive oil to grease your pan, count make sure to track it in your nutrition app. If you are out to eat and your food seems a bit oily, err on the side of caution and guesstimate how many tablespoons of oil might be in the meal. Again, this is all about being as accurate as you can without driving yourself crazy.

**How much water should I drink throughout the day?**

A lot! Drinking water is not only beneficial to your health and well-being, but it's also important for your digestion. Because you will be consuming a higher amount of protein, it's important

to increase your water intake as well. Aim for a minimum of nine, 8-ounce glasses of water, or 2.2 liters. We recommend a minimum of 2.2 liters and up to a gallon a day. If you find yourself forgetting to drink water throughout the day, set a phone alarm every hour, and drink a glass of water when the alarm goes off. It's a simple but effective way to get in the habit of drinking water throughout the day.

**Should I track the spices I use when seasoning my food?**

Nope! Spices are calorie free, so do not worry about tracking them. However, if you use any kind of sauce or condiment when cooking, make sure to track them!

**If I am active and on my feet all day, should I eat more than my recommended macronutrient intake?**

Nope! Your coaches already included your daily activity factor into your macronutrient intake from the beginning.

**What app do I use to track my macros?**

We recommend using My Fitness Pal. It's extremely user friendly, and one of the more popular nutrition trackers. Refer to the “My Fitness Pal Tutorial” to learn how to use the app.

**How close to my macronutrient recommendations do I have to hit each day?**

The more accurate you are, the better. We recommend coming within +/- 10 grams of your protein and carbohydrate goals, and +/- 5 grams of your fat goal. For example, if your macros are 150g protein, 180g carbohydrates, and 60g fat, your macronutrient ranges would be:

Protein 140 - 160  
Carbs: 170-190  
Fat: 55-65

