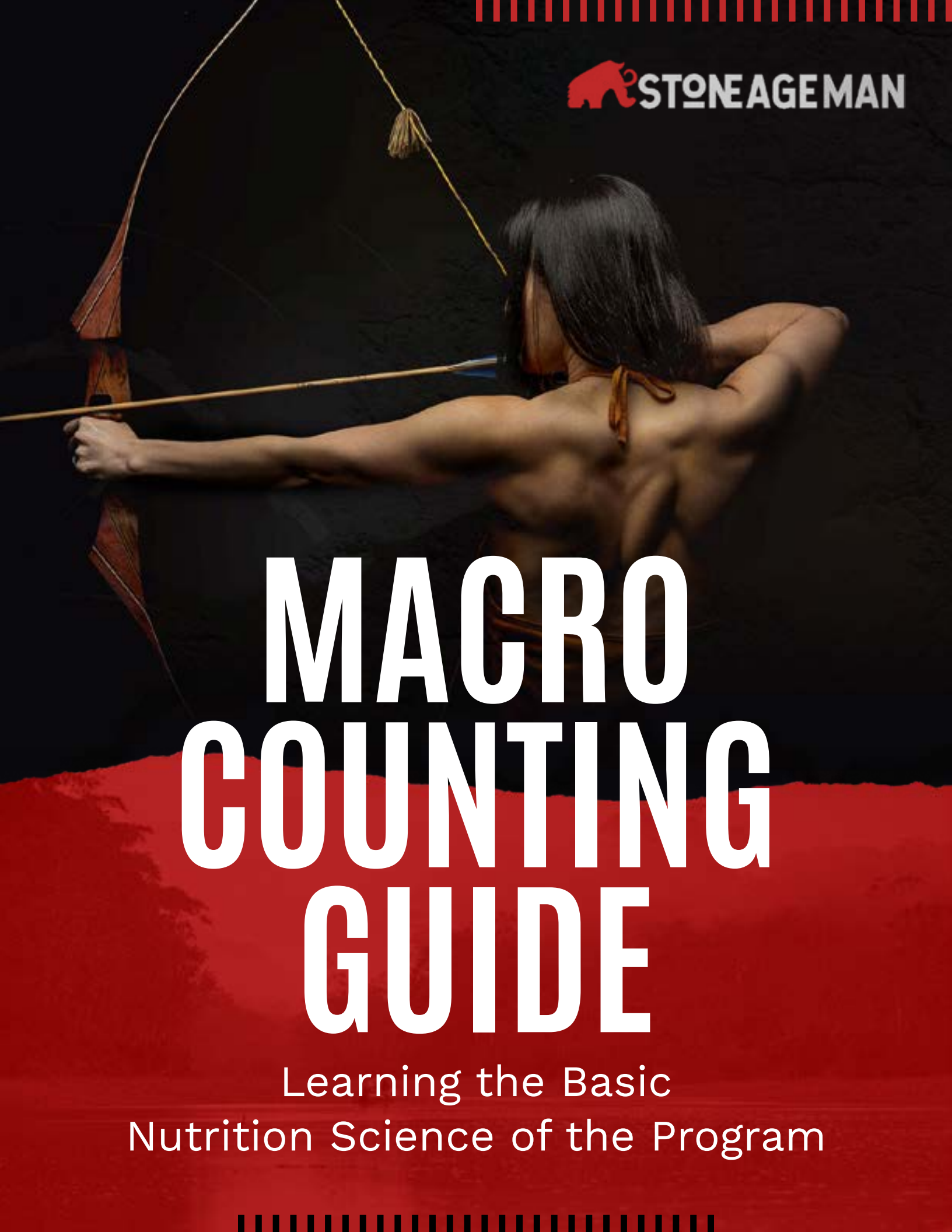




MACRO COUNTING GUIDE

Learning the Basic
Nutrition Science of the Program

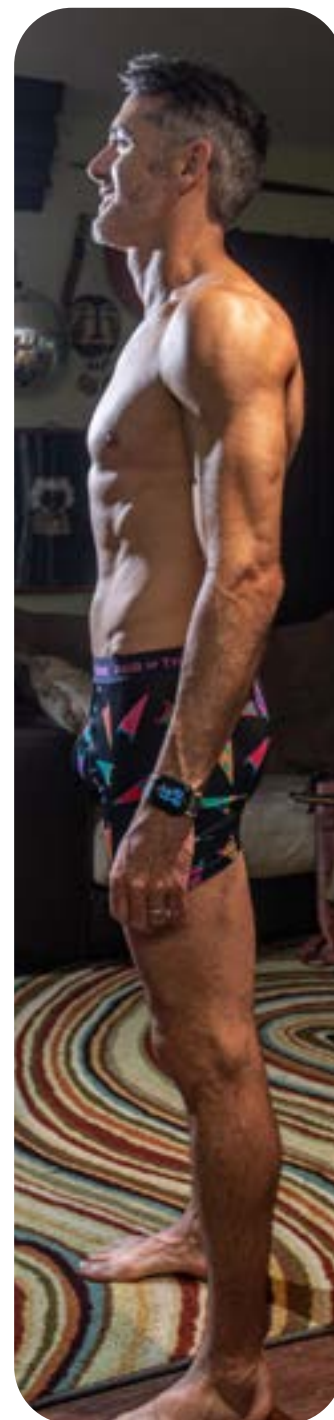
WELCOME STONE-AGED FAM!

In the way I teach about health and wellness, **DIET** falls into one of the 6 pillars of living a healthy life.

While our StoneAged Ancestors were well adapted to the harsh environments they were living in, they may not have fully optimized their health and had no understanding of modern science. We're going to now take some hints from our ancestors and understand our diet with some science so that we can commit to a healthy nutrition plan. When it comes to weight loss and muscle gain, there are countless myths, schemes, and gimmicks. So, how do you know what to trust? The key is simply following basic nutrition. I first started exploring nutrition after blowing out my knee at age 30. I could no longer out-exercise my diet. It was a major challenge for me because I loved cereal, donuts, pizza and ice cream for my calories. I even thought eating extra healthy was just a big bowl of plain rice and pasta. That is until I turned to basic nutrition science to help me figure out how to get really fit by getting the most balanced calories!

What is scientifically proven to provide your body with the right amount of nutrients, ensuring optimal muscle growth while minimizing fat gain? The answer: **MACRONUTRIENTS!** By following a macro-based diet, you can enjoy delicious snacks without guilt and avoid eating the same meals every day. Although this diet requires personal responsibility, it will be worth it once you get the hang of it.

The next couple pages is an overview of specific macronutrient groups and their importance, as well as instructions on how to count your macros and make substitutions from a base meal plan you choose. Enjoy the process, and feel free to reach out with any questions. Good luck!



MACROS

Macronutrients are the essential substances your body needs for energy, growth, and bodily functions. They are broken down into three groups: proteins, fats, and carbs. Your body requires a certain amount of each to function properly. When you consume the right amount of macronutrients, your body responds positively because it is fueled correctly. Without proper nutrition, your body will store fat and sugars unnecessarily, unsure of when it will be nourished next.

If you've never tried a macro-based meal plan, you might be surprised to find yourself eating more food, more frequently. Don't be concerned; your progress will come as your body adapts to proper fueling. If you have not been getting the proper macronutrients in your diet, your metabolism may have slowed down to conserve energy. The good news is that by increasing your food intake in the right way, we can successfully restore your metabolism, allowing you to trim body fat without going hungry.

Tracking everything you eat takes time, but it's worth it! You'll use the **MyFitnessPal** app to track your daily food intake. Start by inputting your caloric intake and setting your macronutrient percentages for carbs, protein, and fats (we'll help with that). Enter your daily food items using the app's barcode scanner or search function. Check your macro intake throughout the day to ensure you're meeting your goals within ~5 grams. Connect MyFitnessPal to your StoneAgeMan.Trainerize account so I can monitor your nutrition goals.



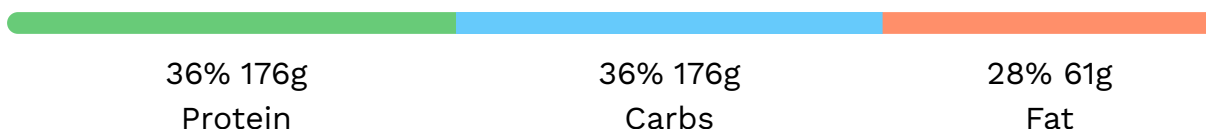
SUBSTITUTIONS

The beauty of counting macros is that you don't have to eat the same meals every day or do a gimmick diet. I'll provide you with customized macros (which will look like this.)



DAILY NUTRITION GOAL

1950cal



However, you can enjoy a variety of foods as long as you find a way to hit your end of day goals. Learning to tailor your food to fit your macros makes the plan more enjoyable. Once you have your calculated macros, you choose how to fill them. Some foods might have hidden macros, so it's essential to enter all your food into MyFitnessPal. If you're having trouble hitting your macros, refer to the macro cheat sheet for ideas on what to eat.

It's all about selecting the right foods. Check labels at the grocery store to see which brands best match your macros. Macros can be interchangeable between meals, so feel free to save carbs from lunch if you're having some pizza for dinner!



GENERAL GUIDELINES

While macros provide a lot of freedom, following a few general guidelines can make your efforts more effective:

- **Water Intake:** Consume 3-4 liters of water daily to help with energy levels, bloating. I suggest drinking one full glass (with electrolytes, first thing in the morning)
- **Weigh Yourself:** Weigh Yourself every day in the morning before you eat or drink anything. This will give more consistent measurements as your daily weight will flux quite a bit.
- **Protein:** In this training our plan is to hit 1g protein per pound of weight. That can be the hardest part. That means 40-50g per meal. Make sure you get protein right after a workout.
- **Progress Pics/Check-Ins:** You will receive updated numbers weekly to adjust your food intake. On your designated check-in day, take your checkin photos in minimal clothing before breakfast and take progress pictures from the front, back, and side. Upload those to the app for easy tracking.
- **Training:** Your macro schedule is based on how much you work out. Generally 3-4 strength training days, at least one cardio or HIIT day and 10K steps a day. Stick to the training regimen we've discussed together as your nutrition is based on your approximate weekly energy expenditure.
- **Help & Questions:** I'm available via the app here and can get back to you on questions within about 24 hours. You can also pose the question to the community here. They can help.
- **Proper Form:** Proper form is crucial in the gym. It's not about how much weight you're moving but how you're moving it. Watch the attached videos on each exercise in your program. If you're unsure, a local trainer can help you get it right (some of you might need that). Form helps you avoid injuries and develop muscles optimally.

MACRO CHEAT SHEET

CARBS

Breads
Rice
Couscous
Cereals
Bran
Potatoes
Oats
Cream of Wheat
Corn
English Muffins
Pancakes
Whole Wheat/
Whole Grains
Vegetables
Squash
Pumpkin
Berries
Fruits
Sugars

Beans

Sprouted

Grains

Quinoa

Most Yogurts

Skim Milk

Peas

PROTEIN

Chicken

Turkey

Egg Whites

Fish

Buffalo

Bison

Whey Protein

Turkey Bacon

Lean Beef

Cottage Cheese
(low/non-fat)

Greek Yogurt
(low/non-fat)

Eggs

Salmon

Bacon

Chia Seeds

Cottage Cheese

Whole Fat Milk

Duck

Whole-Fat Yogurt

FATS

Avocado

Nut Butters

Egg Yolks

Nuts

Oils

Olives

Flaxseed