

MIND. BODY. SPIRIT



MACRO GUIDE

REFINE YOU



Welcome.

Thank you for your interest in Refine YOU and this FREE Macro Guide.

I am excited that you are interested in improving your health and I hope that this guide helps you on your journey.

In this guide you will learn about macros as well as get some tips on how to start tracking macros to help you reach your goals.



Please keep in mind that this guide is a general guide and is not specific to your needs and goals. For an individualized, customized program check out [The Refine YOU Program](#). This 7 week online program will provide you with a customized nutrition plan with workouts to help you reach your health and fitness goals with daily support and accountability. This is the best way to ensure that you have the right plan that will work for you and that it fits your lifestyle. The program is designed to help you achieve a total transformation, mind, body, and spirit!

To join the healthy living Facebook Group, that provides tips, recipes and workshops to help you along the way [click here](#).

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MACRO NUTRIENTS-CARBOHYDRATES, FATS, AND PROTEIN

What are Macros?

Macros stand for macronutrients. They make up the calories that we eat. There are 3 that are important in our body composition; fat, protein and carbohydrates.

Why they matter?

To have a good body composition we want less fat and more lean muscle. Looking at the scale is not where it is! Just cutting calories isn't doing to do it either. Don't get me wrong... calorie deficits will help you lose WEIGHT initially but will not give you lasting fat loss and lean muscle gain. To Improve our body composition, we need to improve the composition of what we eat.

PROTEIN

Most of us associate protein with building muscle, when in fact, proteins are the building blocks for ALL living tissue in the body. Protein IS important for muscle gain, muscle maintenance and repair. So, a diet too low in protein will inhibit muscle gain and encourage muscle breakdown. On the other hand, a diet TOO high in protein will put too much stress on your liver and other organs because your body can only store a certain amount of protein at a time. The leftover protein your body doesn't need (when you eat too much) will be stored as FAT. Therefore, getting enough (but not too much) protein can help us feel full, gain/maintain muscle, and lose fat.

FAT

Fat, in the body, comes in 2 forms. Fatty acids and triglycerides.

Fat that is floating around in our bloodstream and can be used for fuel are Free Fatty Acids. Triglycerides are the form of fat in our fat cells. Insulin is the main hormone in charge of regulating whether fat is in the fatty acid form (able to be burned for energy) or triglycerides (the storage form which is the fat that we see on our bodies).

When it comes to eating fat, NOT ALL FATS are not bad for you!

Fats help our bodies absorb vitamins, regulate hormones, help you feel full, and are a good energy source. Eating the right kinds of healthy fats in the right amounts can actually help you lose fat.

Monounsaturated fats in macadamia nuts, avocado, and extra virgin olive oil, are healthy fats and help our immune system and cardiovascular system.

On the other hand, trans fats and Omega-6 polyunsaturated fat, along with too little Omega-3 fats, can cause serious health problems like heart disease and cancer. These are found in vegetable seed oils, salad dressings, and processed foods.



MACRO NUTRIENTS-CARBOHYDRATES, FATS, AND PROTEIN

CARBOHYDRATES

Carbohydrates are a source of fuel. All the carbs you eat are eventually converted to glucose which your body goes to first for fuel. Insulin decides where this glucose goes. If you do not use it for fuel your body stores it. First, it is stored in your muscle and liver. When their storage tanks are full glucose is converted to fatty acids and stored in your fat as triglycerides (gaining fat).

The Standard American Diet is very high in carbohydrates from processed foods and are mostly "empty calories" which means there are a lot of calories from carbs and fats but very low in healthy nutrients. Eating these carbohydrates frequently will increase insulin and insulin controls fat storage. These insulin fluctuations affect your hunger and energy levels and cause those energy crashed and cravings for more carbohydrates. It is a vicious cycle. This is not healthy for our bodies or our minds! It causes us to struggle to keep energy levels up since we are so dependent on a steady supply of carbs. This can cause patterns of frequent hunger, cravings and fluctuating energy levels.

Carbs themselves are not bad for you. Your bodies need carbs, the right kinds, in moderation! Some carbs are better than others. The carbs we get from vegetables, that contain more fiber, are healthier for us than eating processed food like chips and bread.

So a diet low in calories may cause some weight loss initially, since you are in a calorie deficit, but this is very hard to maintain. When you do not pay attention to the types of calories you are eating, you may not be fueling your body appropriately. If all the calories you are eating are unhealthy calories, you will feel sluggish, tired, and hungry all of the time. You must eat the correct composition of fats, protein, and carbohydrates to target fat loss while keeping your body feeling good, and energized. Additionally, if you feel like you are constantly depriving yourself you will not stick to a program. It is just a quick fix but in the long run you may gain it back plus more.

The goal is to enough calories, and getting enough of these macro nutrients to fuel your body appropriately. This will allow your body to function optimally. This will also allow you to reach your health and fitness goals.



NUTRITION

Your nutrition is by far the most important thing you can focus on to help you reach your goals. In order for you to have lasting results, you need to learn how to make the right choices, on your own, with your nutrition.

The best way to really learn how to eat is to get a good idea of foods and what kind of calories (food) you are actually eating.

This involves keeping track of what you are eating and counting macro-nutrients (macros). The three macro-nutrients (macros) are fats, carbohydrates, and protein. To change your body composition, you have to change the composition of what you eat, not just cut calories. This is essential in targeting and losing stubborn fat and feeling good. Doing this, you have to keep track of what you eat, at least initially, to learn how to choose the right foods that are available to you, that you like to eat. This is also the only way to learn how to eat correctly so you can maintain this knowledge as a lifestyle. If you are told exactly what to eat or given a specific plan, you are not learning how to eat. You will not be able to adapt to real life situations when they arise such as... going out to eat, or going on vacation. Learning how to eat the right foods will give you the freedom and flexibility to never have to "diet" again!

Eating the right macro nutrients is the most efficient and effective way to target stubborn fat and lose it. Keep in mind that losing around 1-3 pounds per week is considered a "healthy" rate of weight loss. This does not take into account how much you have to lose, hormones, or strength training. If you do not have much to lose, it takes longer to tap into those fat stores. With strength training you will become more lean but may not see much change in the scale. I like to remind people to ask themselves what is important to them, being lean/tone and weighing the same or more, OR looking larger and weighing less? This is because muscle is more dense than fat. Keep in mind, hormone imbalances, stress, and lack of sleep can also hinder weight loss.

Food tracking and tracking macros is not a quick fix. "Easier" weight loss would be those strategies that are not realistic long-term. Those would be those programs and strategies that cut everything out of your diet, those that are super restrictive on the foods you can eat, those that depend on multiple shakes for meals, or depending on frozen meals for you to eat. In addition, being told exactly what to eat for each meal might be an "easier" solution initially, but how will you learn how to make the right choices on your own? For a program to be a realistic long term solution, you need to learn how to eat the right foods and still be able to eat the foods you like to eat, go on vacation, go out to eat, and have birthday cake on your birthday. You need to be able to enjoy and live life. This takes a bit of time, trial and error, and patience to learn how to make the right choices.



INSTRUCTIONS

How to Track Macros

1. Download a food tracking app.

The food tracking app that I like to use is My Fitness Pal. There is a free version and paid version. The paid version is not necessary and my clients do just fine with the free version of the app.

2. Put in your information.

Whatever app you decide to use, it will ask you for some basic information to calculate your calorie goal and your macro breakdown. Simply put in your information and the app will calculate your calorie goal from this information. Please understand that this is most likely not going to be the right plan for you because this is only going off of a few bits of information.

3. Adjust your settings.

Most of the food tracking apps use a standard formula using your age, gender, and activity level to calculate your calorie goal and settings. This is not customized to your needs or goals, it is a guide. You may need to adjust your calorie goal and your macro breakdown (grams of carbs, fats, and protein). Your calorie goal might seem very high, or it may look too high or too low in fat or carbs. To get the best and most accurate calorie goal and macro goals, it is best to do this with a well trained individual that can take into account your age, current weight, height, appropriate goal weight, training modalities, how you prefer to workout, daily activity, training frequency, training volume, training intensity, previous dieting history, medical history, your goals, preferences, special needs, mindset & mental health, and your lifestyle (just to name a few things that should be taken into consideration). If you do not have the resources to have someone help you, you can try to use the following calculations to estimate where you should start.

Keep in mind, the following calculations do not take into account all of the things mentioned previously to come up with the best strategy for you.

- In general, if you are sedentary (not very active) you can take your bodyweight and multiply it by 10 to calculate your calorie goal. If you are very active (moving a lot during the day) and you exercise regularly, you multiply your bodyweight by 13. If you are somewhere in between, you can multiply your bodyweight by 11 or 12 to calculate your total calorie goal. Next, you should calculate your protein goal. Your protein (grams) intake should aim to be between 0.7-1.0 per pound of bodyweight. From there, you can balance your fat and carbs equally to start. Again, this is a very general guide and does not take into account many other factors that could be taken into consideration when calculating calorie and macro goals.



INSTRUCTIONS

4. Track your food

Start tracking all of your food and beverages in the food tracking app. I recommend for the first week, to not even pay attention to the numbers. Do not look at the calorie goal or the grams of fats, protein, and carbs. Just get used to logging your food. This will also give you a sense of how you were eating normally before you made a change. After a week of practice, start to adjust your eating to meet the calorie goals getting the right amount of fat, protein and carbs in your Keep in mind that you learn from your mistakes.

This is not easy at first and takes a lot of trial and error. You will not "get it" right away and you will not be perfect right away. Focus on progress not perfection. This does get easier with time.

5. Stay consistent

Consistency is key when you are tracking your food. You can work in treats occasionally by logging in your "treat" first then working the rest of your day around it. It also helps to log in the food you plan to eat the night before. This takes a few minutes and you can adjust things as needed ahead of time. Doing this, you will have things figured out ahead of time and the next day, you just stick to the plan.

- In general, you should be avoiding refined grains (processed food, bread, chips, crackers, wheat). These are unnecessary in our diet for fiber or nutrients. We can get all the fiber that our bodies need from fruits and vegetables. Refined grains are made up of Lectins, Gluten, and Phytates which cause mild to severe inflammatory reactions in our bodies. If we cut refined foods out of our diet it decreases our risk of problems such as diabetes, heartburn, hypertension, and helps us get rid of pesky stubborn fat.
- You should also try to avoid dairy products on a regular basis. They commonly contain hormones, pesticides, antibiotics, GMO's, and are very inflammatory to your body. They also contain a high amount of carbohydrates and lactose that can cause sensitivities.
- Every lunch and dinner **NO MATTER WHAT DAY IT IS** should include a protein and vegetable. That is your starting point. From there you can add in carbs and fats depending on your macro settings.

6. Monitor Your Progress

I recommend weighing yourself, taking photos, and doing body measurements before making any kind of change in your diet. I would also recommend repeating this every 2-4 weeks to check on your progress (not every day). You may need to adjust things as needed depending on how things are going.



EATING TIPS

Put aside about some time each week to prepare some meals ahead of time. Meal prep does not need to be that complicated. You don't have to cook a lot of these super elaborate meals that take a lot of time. I typically will cook ahead of time 1-2 recipes for the week ahead of time, that is it. I just double the recipe if they are meals that my whole family will eat. For the rest of my food, I prepare what I call "separates."

Separates Examples:

I prepare 1-2 grain or carbohydrate items (rice, sweet potatoes, etc.)

Bake or cook on the skillet some chicken breasts (I cut them in half to cook them more quickly)

Hard boil some eggs

Brown some ground turkey or beef with a seasoning

Steam 1-2 veggies

Wash and portion out fresh fruit and veggies

Pre-measure some nuts in single servings

I will then combine these separates with other items in the fridge or pantry to make multiple different meals using the same foods but in different ways. As long as you have some pre-cooked protein, you are good to go! For example: If you have pre-cooked chicken breast you can... throw it in a salad, put it in an omelet, put it on some chickpea pasta with some tomato sauce, throw it back in the skillet with some veggies for a stir-fry, add some Mexican rice, guacamole for a fajita dish, etc.

Check out my blog articles for more tips and recipes that you can use. Click the links below...

[Refine YOU Health and Fitness Blog](#)

[Refine YOU Food and Recipe Blog](#)

If you feel you need more tools, support, and accountability, I would encourage you to consider The Refine YOU Program. This program will give you a customized nutrition plan PLUS workouts to your level (home and gym versions) with daily support and accountability. You will also have access to a client portal website with resources to help you along the way including; a recipe library with hundreds of recipes, video tutorials, demo videos for workouts, cheat sheets, and guidance on improving your mindset and overall health.

[Click here to learn more about the program](#) or contact me directly with any questions regarding the program.



FRUIT MACROS CHART

Serving Size -1 cup	Calories	Fat	Carbs	Protein	Fiber	NET Carbs
Apple	80	0.0	22.0	0.0	5.0	17.0
Apricot	74	0.6	17.2	2.2	3.1	14.1
Avocado	234	21.0	12.0	2.9	10.0	2.0
Banana	105	0.4	27.0	0.0	3.1	23.9
Blackberries	62	0.7	13.8	2.0	7.6	6.2
Blueberries	83	0.5	21.0	1.1	3.6	17.4
Cantaloupe	54	0.3	13.0	1.3	1.4	11.6
Cherries	74	0.2	18.7	1.2	2.5	16.2
Coconut	283	26.7	12.2	2.7	7.2	5.0
Dates	415	0.6	110.3	3.6	11.8	98.5
Grapefruit	96	0.2	22.7	1.2	0.0	22.7
Grapes	62	0.3	15.8	0.6	0.8	15.0
Honeydew Melon	64	0.2	16.1	1.0	1.4	14.7
Kiwi	108	0.9	26.0	2.0	5.3	20.7
Mango	99	0.6	24.7	1.4	2.6	22.1
Nectarine	63	0.5	15.1	1.5	2.4	12.7
Orange	62	0.2	15.4	1.2	3.1	12.3
Papaya	62	0.4	15.7	0.7	2.5	13.2
Peach	60	0.4	14.7	1.4	2.3	12.4
Pear	80	0.2	21.3	0.5	4.3	17.0
Pineapple	140	0.0	36.0	0.0	0.0	36.0
Plum	76	0.5	18.8	1.2	2.3	16.5
Raspberries	120	0.0	28.0	4.0	8.0	20.0
Strawberries	49	0.5	11.7	1.0	3.0	8.7
Tangerines	103	0.6	26.0	1.6	3.5	22.5
Watermelon	35	0.2	11.0	0.9	0.0	11.0



VEGETABLE MACROS CHART

Serving Size -1 cup	Calories	Fat	Carbs	Protein	Fiber	NET Carbs
Artichoke	30	0.0	6.0	2.0	1.0	5.0
Arugula	5	0.1	0.7	0.5	0.3	0.4
Asparagus	27	0.2	5.2	2.9	2.8	2.4
Baby Spinich	5	0.0	0.8	0.5	0.5	0.3
Beets	74	0.0	17.0	2.8	3.4	13.6
Bell Pepper	46	1.0	9.0	1.0	3.0	6.0
Bok Choy	20	0.0	3.0	3.0	2.0	1.0
Broccoli	31	0.3	6.0	2.6	2.4	3.6
Brussels Sprouts	56	0.5	11.0	4.0	4.0	7.0
Butternut Squash	63	0.1	16.4	1.4	2.8	13.6
Cabbage	22	0.1	5.2	1.1	2.2	3.0
Carrots	52	0.3	12.3	1.2	3.6	8.7
Cauliflower	25	0.1	5.3	2.0	2.5	2.8
Celery	16	0.2	3.0	0.7	1.6	1.4
Corn	120	2.0	22.0	4.0	4.0	18.0
Cucumber	16	0.2	2.9	0.8	0.9	2.0
Eggplant	20	0.1	4.8	0.8	2.5	2.3
Fennel	27	0.2	6.4	1.1	2.7	3.7
Garden Cress	16	0.3	2.8	1.3	0.6	2.2
Garlic	203	0.7	45.0	8.6	2.9	42.1
Green Beans	40	0.0	8.0	2.0	4.0	4.0
Jicama	46	0.1	10.6	0.9	5.9	4.7
Kale	12	0.2	2.0	1.0	0.8	1.2
Lettuce-Iceberg	10	0.1	2.1	0.9	0.9	1.2
Lettuce-Romaine	8	0.1	1.5	0.6	1.0	0.5
Mushrooms	44	0.6	6.6	6.2	4.0	2.6
Parsnip	75	0.3	18.0	1.2	4.9	13.1
Peas	117	0.6	21.0	7.9	7.4	13.6
Pickles	17	0.3	3.5	0.5	1.9	1.6
Potato	324	2.0	70.0	7.2	6.4	63.6
Pumpkin	30	0.1	7.5	1.2	0.6	6.9
Radishes	19	0.1	3.9	0.8	1.9	2.0
Red Cabbage	28	0.1	6.6	1.3	1.9	4.7
Spaghettii Squash	31	0.6	6.9	0.6	1.5	5.4
Spinach	7	0.1	1.1	0.9	0.7	0.4
Sweet Potato	114	0.1	27.0	2.1	4.0	23.0
Turnips	36	0.1	8.4	1.2	2.3	6.1
Yellow Squash	9	0.1	1.4	0.7	1.2	0.2
Zucchini	21	0.4	3.9	1.4	1.2	2.7