



HOW TO START COUNTING MACROS LEARNING THE BASICS

WHITNEY JONES IFBB PRO



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LEARNING THE BASICS

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WHAT'S BEHIND MACROS

Macro-based nutrition has become all the rage lately. When it comes to “dieting” this method has proven to be successful and sustainable for many. There is a reason you may have heard the countless success stories all over social media. But what’s Macro Dieting all about?

First, let's start off with a little background on Macros so you can better understand the science behind this philosophy. Macronutrients are made up of Fats, Carbohydrates and Proteins. These are the most important components of your diet. It is essential to have a proper balance of Macros, as this will aid in gaining muscle and losing fat. Macro-based dieting focuses on tracking Fats, Carbohydrates and Protein. This may sound daunting and pointless, but rest assured this will be the key to your fitness success. The real work is done outside of the gym through proper nutrition.

WHY DOES OUR BODY NEED MACROS?

Fats, Carbohydrates and Protein all play an important role in our body. We need a balance of all three in order to build muscle, lose fat and essentially function properly from day-to-day. Everyone's nutritional needs are different; meaning specific numbers which work for you may not provide the same results for someone else. Macro numbers can vary depending on an individual's daily activity, current body composition and personal fitness or nutritional goals. Each component plays an important role in the body and is utilized differently based on the individual's needs.

Who needs Fats anyway?

Fats are essential in balancing hormones, protecting our organs and keeping the brain functioning. When hormones are balanced it is easier to lose weight and build muscle. Healthy fats should be included in an everyday diet. Fats come from meats, fish, nuts, oils, avocados and whole-fat dairy etc. Our body needs healthy fats as opposed to the fried Trans Fats you can find at McDonalds..... those clog the liver and arteries. Good fats keep a healthy heart and happy mind.

"Fats are bad no matter what kind?!" This is a common misconception our society has surrounding the consumption of fats. Many have adopted a low-fat diet, but still do not see success. A healthy intake of fats is not going to make you fat. A balanced intake is actually essential when attempting to drop body fat. Our body will utilize fats as fuel if given the opportunity. Most importantly fats are essential for hormone balance and energy. Do not eliminate them because of fear. Fats do not make you fat!

What does Protein do?

Protein is vital for building and maintaining lean muscle mass. When the body has muscle it requires more calories for fuel, which equals a better metabolism. It is important to have substantial protein in the diet because this helps build and repair the muscle fibers that have been broken down during weight training/workouts. Protein is also important when trying to lose weight. In order to decrease body fat a calorie deficit is needed (Calories out are greater than calories in), but nobody wants to lose the vital muscle that has been built. During a calorie deficit the body will use proteins and fats for energy if glycogen stores (Carbs) have been depleted. For this reason it is important to provide the body with adequate protein to ensure the muscles are not used for energy.

So just remember, Protein = muscle/metabolism. The more muscle you build the better the metabolism will be and the more calories you will burn! Typically proteins are found in meats, fish, eggs, beans, or whey/casein/pea protein.

Give me Carbs!!!

Everyone enjoys a good slice of bread or bowl of pasta! When consuming Carbohydrates our brain will typically activate the pleasure center and release dopamine. Most people experience a feeling of euphoria or a sense of happiness upon consumption. Carbohydrates act as a comfort food for the exact reason that we feel happier when consuming them. This Macro is a simple source of energy for the body. Carbohydrates are quickly converted to glucose, which is a type fuel the body can readily access and use for energy. A balanced consumption is essential when attempting to lose body fat. If Carbohydrates are consumed in large amounts the body will produce excess glucose that may not be needed. The excess will be stored as fat, which is why one must find a balance.

Carbohydrates are found in bread, rice, pasta, potatoes, oatmeal, legumes/beans, fruits, vegetables; essentially everything. Many people ask about Net Carbs when counting Macros, but for this program we will not consider these. You are still processing Carbohydrate calories. Net Carbs just means the glycemic index is lower due to increased Fiber in the product. A Carb is still a Carb for the purpose of basic Macro-Counting.





Protein



Fat



Carbohydrate

Do Macros have Calories?

Could we simply track calories versus Fats, Carbs and Proteins? Yes, but tracking calories alone without looking at each macro component will not ensure your body is receiving the proper nutrition to achieve your fitness goal. When looking at only calories a person may be eating a diet higher in Carbohydrates, but lacking the appropriate amounts of Fat and Protein. By consuming a strategically designed Macro plan you can ensure the body is receiving proper calories from all three major components in order to reach personal nutrition goals.

All food has calories, but all food is made up of Macros. This goes back to counting calories alone vs. Macros. By counting the grams of Fats, Carbs and Proteins you will essentially end up with a final calorie count. Do we truly care what that is? No, because we are counting the grams of Fats, Carbs and Proteins you are eating. The only time calories come into play is if the Macro numbers become too low. It is recommended to keep calories above 1250 for females and 1350 for males. Anything below these numbers could lead to malnutrition. Provided below is the calorie breakdown for each Macro:

- Protein contains 4cal/gram so if something has 10g of protein, it contains 40 calories.
- Fats contain 9cal/gram so if you have something with 10g of fat, it contains 90 calories.
- Carbs contain 4cal/gram so similar to protein, if it has 20g of carb, it contains 80 calories.



HOW TO NAVIGATE A MACRO PLAN

So, enough about the science behind Macros. Let's get to the point of it all. If you've never tracked Macros we recommend downloading a nutritional app or using the provided worksheet in this section. No matter what, you will need a way of tracking Macro numbers. By initially tracking and measuring food one may be surprised at how quickly the Macros add up. (Those days of mindless eating are gone).

Macro-based dieting has proven to be a successful approach because it allows for a variety of foods to be incorporated into a meal plan. The fun part about Macros is not having to eat the same thing every day. You can change-up the meals and keep things interesting. Another valuable consideration with Macro dieting is the flexibility it offers. Life changes day-to-day and so does your schedule. The ability to exchange foods helps when going to business lunches or attending unexpected dinner outings. Boring diets lead to binge-eating and are typically unsuccessful.

MACROS ARE AS EASY AS 1-2-3!!

Follow these Simple Steps to creating a basic Macro Plan:

GOAL WEIGHT MACROS

1. Determine a realistic body weight and locate it on the chart below. Next to your goal weight you will find a set of Macro numbers. This is typically a good starting point and can be adjusted based on the body’s response. The numbers can either be increased or decreased according to personal progress. It is recommended to keep macro numbers above 1250 for females and 1350 for males. Anything below those values can become unhealthy and creates a potential nutrient deficit.

Women				
	Protein	Carbohydrates	Fat	Calories
Weight				Approx
100-115lb	110-120	120-130	20-30	1100-1270
115-130lb	120-130	135-145	35-45	1335-1505
130-145lb	135-145	150-160	40-50	1500-1670
145-160lb	150-160	165-175	40-50	1620-1790
160-175lb	165-175	170-180	45-55	1745-1915
175+	175-180	175-185	50-60	1850-2000

*If the selected “goal weight” values are more than your current Macros, then drop to the lower weight numbers. Gradually work your way up to the goal weight values over a few weeks. This will also depend on your body’s response to weight loss.

* Please keep in mind current body composition. Those with more muscle may not reach goal weight compared to those with lower-muscle/higher-fat composition.

Men				
	Protein	Carbohydrates	Fat	Calories
Weight				Approx
150-165lb	180-190	250-260	55-60	2215-2340
165-180lb	190-200	270-280	60-70	2380-2550
180-195lb	200-210	290-300	65-75	2545-2715
195-210lb	210-220	310-330	70-80	2710-2920
210-225lb	225-240	330-340	75-85	2895-3085
225-240lb	250-260	360-370	80-90	3160-3330
240+	260-270	380-390	85-95	3325-3495

CREATING A MACRO PLAN

2. Now that the Macro numbers have been determined it is time to design a meal plan. This is the fun part of Macro-counting.

- First, establish a set number of meals you can realistically consume per day. It is recommended that at least 3 meals are planned in a day to ensure proper balance of Macro numbers.
- Next, try spacing out the total Macros throughout the day so the majority of food is not consumed before bed.
 - A simple method of balancing Macro numbers would be to divide your recommended daily totals by the set number of meals per day. This will give you a good baseline of how many grams of Fats, Carbohydrates and Protein are consumed at each meal. These values can be re-balanced depending on the meals you have created.
- When choosing foods you must know the specific Fats, Carbohydrates and Protein grams, along with the serving size.
 - In order to determine the Macro numbers when planning meals it is vital to analyze the nutrition labels
 - Look at the grams of Fats, Carbohydrates and Protein values on the label
 - Determine the serving size - this is located at the top of the nutrition label
- All foods must be weighed and measured before consuming.
 - Meat, vegetables, rice and potatoes are weighed cooked. Oats are measured dry.
- Try and limit the sugar intake. Sugary foods will quickly be converted into glucose and if not completely utilized this will lead to fat storage. Keep the sugar consumption to 30g or less per day.
- The best way to stay on track is by planning meals the morning of or night before. This will provide a sketched out plan that will keep Macros balanced. "Winging-it" as a beginner can lead to over or under eating.
- No refeed or cheat meals during the first 2 weeks on the new meal plan. It typically takes the body 2 weeks to adjust to a nutrition plan. A refeed/cheat meal is considered an untracked meal once per week. This does not mean you can have a "free-for-all" day. Rather a nutrient dense meal that provides a surplus of Macros. A recommended refeed meal would be a burger and fries, sushi or pizza with a chicken salad. A refeed meal should encompass all three Macronutrients: Fats, Carbohydrates and Protein. Meals high in sugar content are not recommended.

PICKING YOUR FOODS

3. Please choose foods from the recommended list below. For optimal results, we advise sticking with basic foods as a beginner. (Especially during the Pro Physiques *Beach Body Circuit HIIT* Program). After becoming comfortable with Macro-counting you can begin exchanging foods.

Protein

Chicken	Flank Steak	Cottage Cheese/Greek Yogurt
White Fish	Ground Beef	Whey, Casein, Pea, Egg
Protein Turkey	Eggs and Egg Whites	Beans and Legumes

Carbohydrates

Oatmeal	White or Brown Rice	White or Sweet Potato
Quinoa	Beans and Lentils	* Whole Grain/Rice Pasta
*Kashi Waffles	*Kodiak Protein Mix	*Whole Grain Breads
*Rice Cakes	*Cereal	*Bear Naked Granola

Fruits: Blueberries, Strawberries, Blackberries (Lower in Fructose)

Fats

Nut Butters: Almond, Peanut, Cashew, Sunflower

Oils: Olive, Coconut, or MCT

Fatty Protein: Salmon, Beef, Turkey, Pork, Whole Eggs

Avocado

Oil-based Salad Dressings

*Most processed foods contain some sort of Fats, Carbohydrates and Protein.

These are allowed in a Macros-based diet to help add variety and fun.

We recommend keeping these foods limited to about 10% of your current diet.

MACRO WORKSHEET

	Protein	Carbs	Fats
meal 1			
meal 2			
meal 3			
meal 4			
meal 5			
Daily Macronutrient Numbers			
Daily Recommended Macros			
Daily Calories			
Total Calories For The Day			

SAMPLE MEAL PLAN

145-160LB FEMALE

Time	Daily Log	Protein	Carbs	Fat
meal 1	Pre Workout			
	1 Scoop Dymatize Iso-100	25	1	0
	1/2 TBS Now MCT Oil	0	0	7
	Totals	25	1	7
meal 2	Post Workout			
	4 Egg Whites	16	0	0
	1 Whole Egg	6	0	5
	1oz Raspberries	0.3	3	0.2
	2 kashi Waffles	5	25	5
	Walden Farms Syrup	0	0	0
	Totals	27	28	10
meal 3	Single Serving Mac and Cheese	7	40	3
	4oz 99%ground turkey	26	0	2
	4oz green beans or 4oz broccoli	0	8	0
	Totals	33	48	5
meal 4	4oz chicken Breast	26	0	2
	4oz Zucchini /Zoodles	2	4	0
	1/2 Cup Jasmine Rice	2	23	0
	Totals	30	27	2
meal 5	2 Ole Wellness Fiber Wraps	8	32	3
	2 Whole Eggs	12	0	10
	3 Egg whites	12	0	0
	2 TBS Salsa	0	2	0
	1/2 Lenny and Larry Cookie	8	27	6
	Totals	40	61	19
	Totals	0	0	0
	Daily Macronutrient Numbers	155	165	43
	Daily Recommended Macros	150-160	165-175	40-50
	Daily Calories	621	660	383
	Total Calories For The Day		1665	

EXTRA TIPS AND TRICK OF MACRO COUNTING

How to Stay on Track All Week!

- When starting out with Macro-counting it is recommended that you design 1 or 2 set meal plans and stick with them for the first few weeks. This will allow ‘The Beginner’ to become increasingly comfortable with tracking and counting. Over time pick a meal from the plan and exchange foods to help build your Macro confidence. Progressively you will be able to easily change your meal plans from day-to-day

-Prepping meals in advance is highly recommended. You can cook your basic Proteins , Vegetables and starchy Carbohydrates in bulk once or twice a week. By doing this you will have food readily available so there is no excuse to miss hitting those Macro numbers!

Additional Resources

- Looking for specific Macros on an item that does not have a nutrition label? Check out the following website for fruit and vegetable Macros

<http://nutritiondata.self.com/>

- For simple tracking on your phone or computer download My Fitness Pal

- Offers the ability to scan or search a data base for specific foods and Macros

- Be aware that not all Macros inputed into the system are accurate, they must have a green check to indicate FDA Verified



MACRO-FRIENDLY RECIPES

RECIPES

Need some ideas for Macro-friendly meals? You are in luck because this book provides you with a few ideas to help make Macro cooking a little easier. When learning how to cook and track food it may seem tedious and difficult. As you progress and become more comfortable with Macro-counting, creating new recipes will become easier. We have provided a few sample recipes to give the new Macro-Counter an idea of what possibilities flexible dieting offers.

ENGLISH MUFFIN PIZZA

Serves: 1

Serving Size: 1 English Muffin Pizza

Macros: F 14g/C 30g/ P 17g

Ingredients

- English Muffin (Thomas Whole Grain)
- 6 slices of Pepperoni
- 28g of Low-Fat Mozzarella Cheese
- 2TBS Pizza Sauce (Ragu)

Instructions

- Preheat Oven to 350 Degrees and line a baking sheet with foil.
- Cut English muffin in half and place on baking sheet.
- Top with sauce, pepperoni and cheese.
- Bake for 10 mins or until cheese is bubbling.

Enjoy!!!



HEALTHY STEAK STIR FRY

Serves: 4

Serving Size: 7 oz

Macros

P33g/C14g/F9.3

Ingredients

- Flank Steak
- 16 oz- Stir Fry Veggies
- 1TBS Sriracha Sauce
- 2TBS Liquid Aminos



Instructions

- Thinly Slice Flank Steak. Place in large non-stick skillet. Cook until no longer red (3-5 mins).
- Set Flank Steak aside once cooked.
- Add Stir Fry Veggies to skillet. Cook on high heat for 4-5 min or until crisp and tender.
- After veggies are cooked, add in steak, and sauces. Mix together and serve!

** Liquid Aminos are a healthy soy sauce alternative. Low in sodium and high in nutrients.

*Recipe does not include Rice or noodles Macros

PROTEIN PEANUT BUTTER COOKIE

Serves 24 cookies

Serving Size 1 cookie

Macros P5.5/C4.7/F7.3

Ingredients

- 2 Egg whites
- 2 scoops Vanilla or peanut butter protein
- ½ cup Almond meal
- ½ cup Stevia in The Raw
- 1tsp Baking soda
- 1 cup Natural Peanut Butter or Almond Butter
- ½ tsp Vanilla extract

Instructions

- Preheat oven to 350 Degrees. Spray cookie sheet with PAM.
- Beat egg whites lightly and add in the rest of the ingredients. Mix together.
- Form bite size balls with hands and place on cookie sheet. Slightly flatten with palm of hand.
- Bake for 10-12 mins or until golden brown and let cool before transferring to plate.

Great Bite size treats - low CARB and low SUGAR! Gives you the right amount of healthy fats!

** You can also add in sugar-free chocolate chips.... Makes them an extra yummy treat!



PROTEIN WAFFLES

Serves 1

Serving Size 1 waffle

Macros P42g/C24g/F4g

Ingredients

- 1 scoop protein
- 1/3 cup rolled oats
- 4 -6 egg whites
- ¼ tsp Baking powder
- 5 drops Liquid Stevia
- Splash of Unsweetened Almond milk (Create a thick and creamy consistency)



Instructions

- Spray PAM in waffle maker. Heat prior to pouring the batter.
- Mix all ingredients in bowl until well blended
- Pour batter into waffle maker. Let cook for 3-5 mins or until golden brown.
- The Best Part..... Top with Almond Butter for a tasty addition!

**One little tip: Make the night before and put in toaster the morning of for a crispy breakfast.

** Can add in sugar-free chocolate chips for a little extra yum!!

WHAT'S NEXT?

As with anything new, Macros may seem like unfamiliar territory. This type of diet has proven to be a successful nutritional approach as seen by many who have reached their fitness goals. Once you understand the basics of Macro planning, it will become a way of life. For further information or to have a custom plan designed contact

FitWhitJones@gmail.com

WHITNEY JONES IFBB FITNESS PRO

Growing up I played every sport I could possibly enter. Having two older brothers, I had no choice but to develop a love for sports and competition. This continued through high school and onto college at Arizona State University where I graduated with honors, summa cum laude, with a degree in Business Communications.

Living a fit and healthy lifestyle has always been a priority and helping others to do the same motivated me to become a personal trainer and influenced me to open my own business. I am the co-owner of Pro Physiques, the largest personal training gym in the state of Arizona, which opened in 2010. Since then, Pro Physiques has extended our services and now train clients not only in person but also worldwide via online training. We focus on training for weight loss, muscle gain, injury rehabilitation, sports specific training, post pregnancy weight loss and have a large contest prep team with athletes all around the country.

For myself personally, I began competing in my first figure and fitness competition in the summer of 2010 as an amateur at the local Arizona show. From there I moved up the ranks to compete at a National level and in less than one year I received my Pro card establishing me as an IFBB Fitness Pro. I am fortunate enough to get to travel the world representing the United States and competing in countries like Brazil, Spain, Germany, Australia, Africa, China, Canada and of course the United States. As of 2023, I have competed in a total of 35 Pro shows and have never placed outside the top 10. I hold the prestigious title of 3x Ms. Fitness Olympia with plans to compete again at the end of this year and I am most proud to hold the title of the first ever Mother to be an Olympia champ! .

I am a Mom to two incredible little boy's ages 17 and 15, a job that I am the most proud of, a personal trainer, contest prep coach, choreographer, show promoter of the NPC Whitney Jones Classic, NPC AZ State Championships and the IFBB/NPS Triple O Dynasty. I am also a co-host of Olympia TV's Femme Flex Friday, an emcee for fitness events across the US, a Lululemon and FitFluential Ambassador, blog writer, spokesperson and health and wellness expert in the fitness community. I am fortunate enough to have some amazing companies supporting and backing me in my fitness career with incredible sponsors like BSN Supplements, LiftTech Fitness, Legend Fitness, FitChoice Foods, Toxic Angelz Bikinis and Liquid Sun Rayz.

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