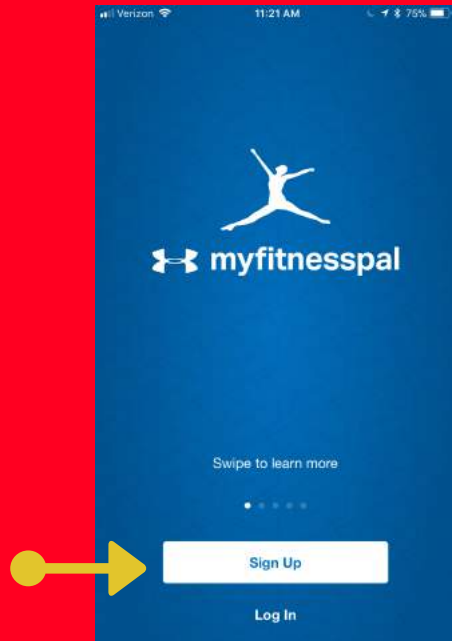


MyFitnessPal Guide

for calorie and macro counting

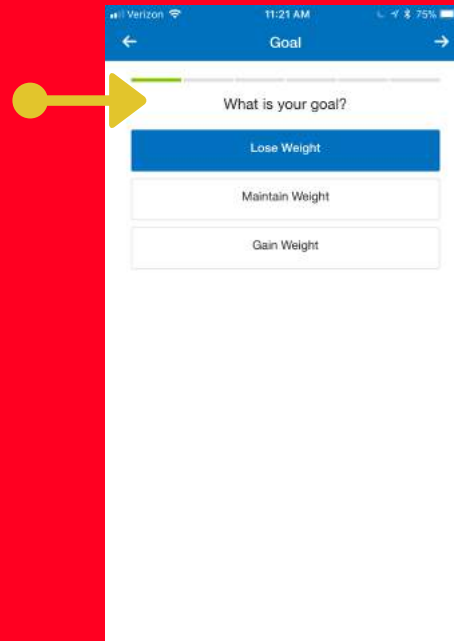


How to set up MyFitnessPal



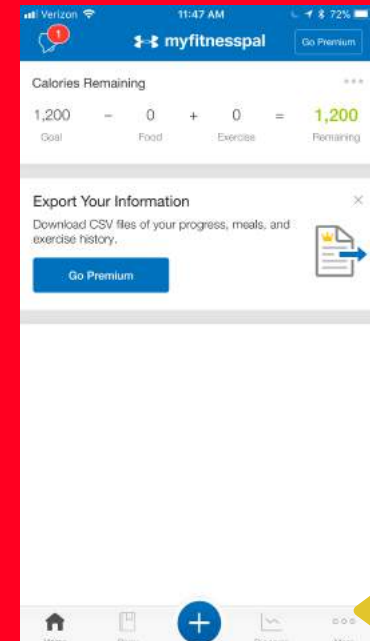
Step One

Download the "MyFitnessPap" app and sign up or log in.



Step Two

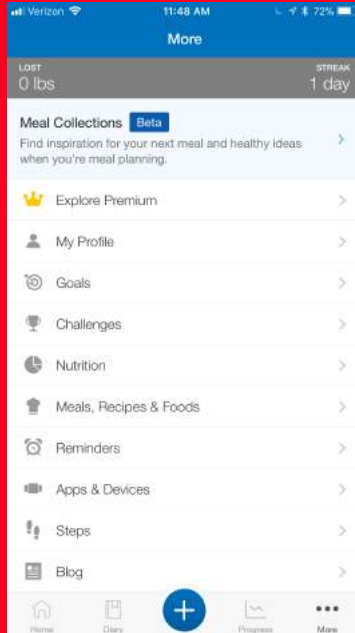
Answer the questions given to you as best as possible, they don't need to be perfect as you won't be using the apps recommendations.



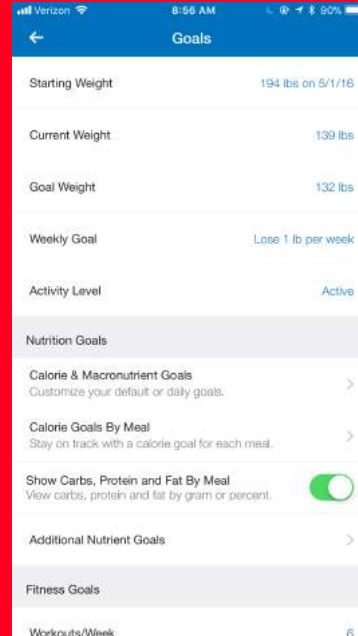
Step Three

Click the "more" tab in the bottom right corner.

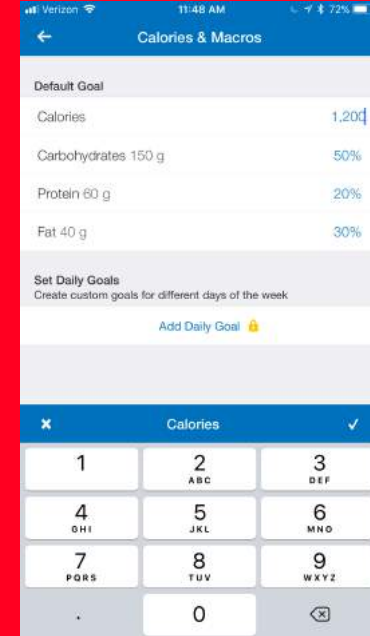
How to set up MyFitnessPal



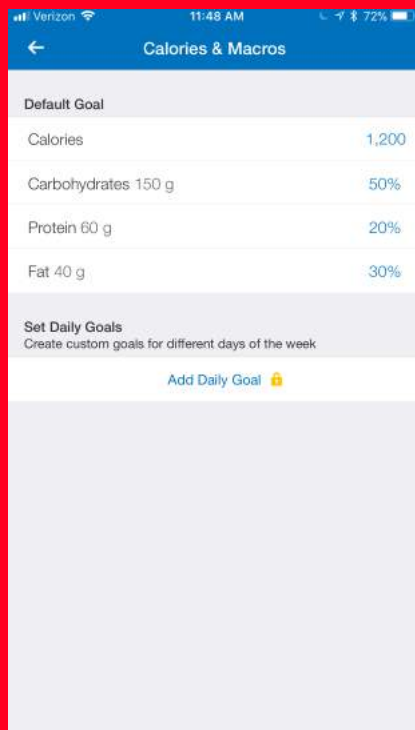
Step Four
Choose
"Goals" from
the list.



Step Five
Click on the
"Calorie and
Macronutrient
Goals."

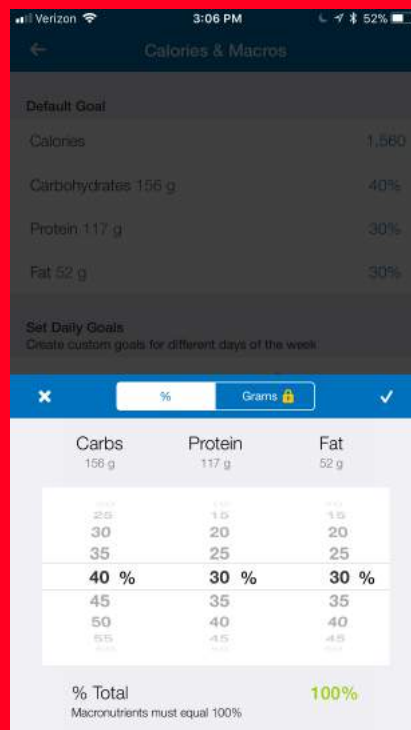


Step Six
Enter the calories I
give you into the
calories section then
hit the checkmark in
the top right corner
to save.



Step Seven

Click on the "Carbohydrates, Protein, and Fat" section.



Step Eight

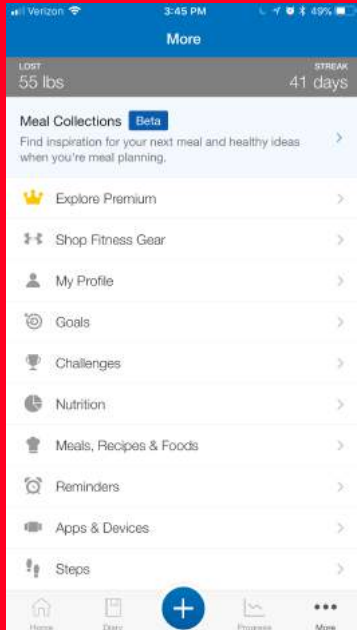
Adjust your Protein to the percentage that gets you closest to the number of grams I give you.

NOTES:

You cannot adjust your macro's to the exact gram unless you pay for the premium version (\$9.99 a month).

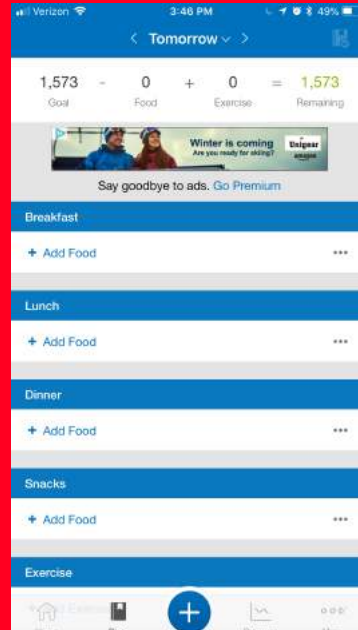
I do not have the premium version, instead I keep them as a note in my phone. Eventually they will become VERY familiar to you and you'll know them like the back of your hand. Just make sure the totals add up to 100%!

How to Track & Log Food



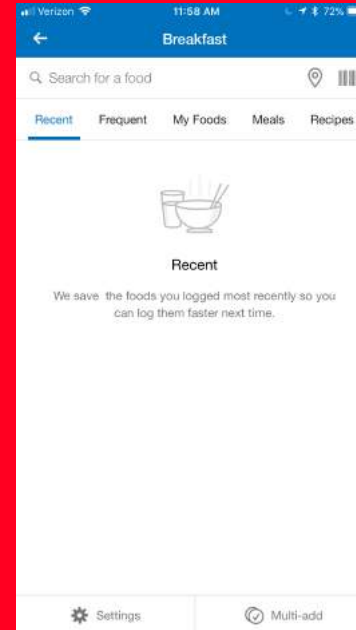
Step One

Click the "diary" tab at the bottom.



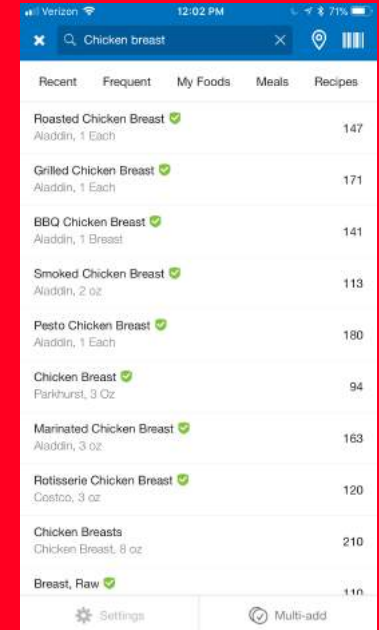
Step Two

Click "add food" under the appropriate meal.



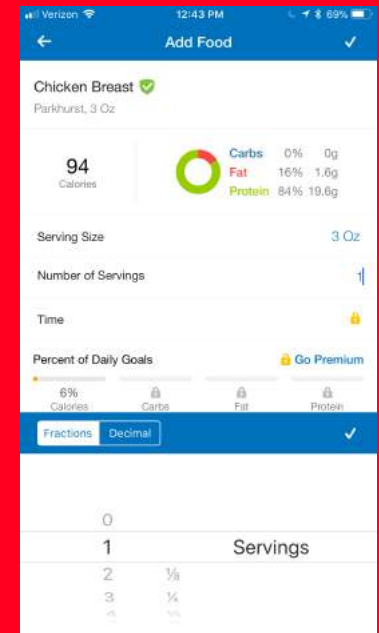
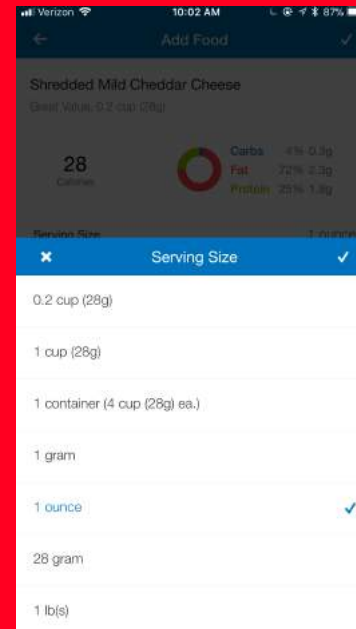
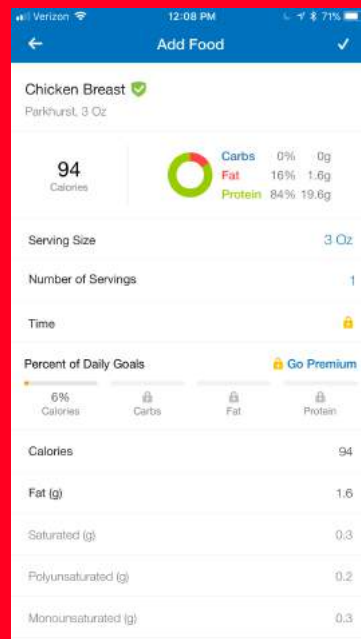
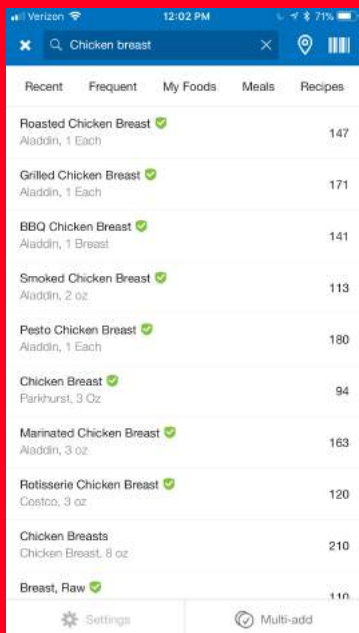
Step Three

Now you can scan a barcode or manually search for the food you want. You can find foods you use often in the "recents" tab.



NOTES:

Try to use the foods with the green check mark next to them as they are more accurate.



Step Four

Once you have found the food item that you are looking for, select to edit.

Step Five

This is where you will change the "serving size" and "number of servings" to line up with exactly what you are eating.

Step Six

For the "serving size" try to use ounces and grams as much as possible as they are more accurate than cups, tablespoons, etc.

Step Seven

Adjust the serving size to match the amount of food you will eat.

Tips for Tracking Food

I would recommend investing in a food scale so you can accurately measure your food. These are around \$10-\$15 on Amazon.

When your food, let's say a package of cereal, says that the serving size is 30 grams, this does not mean that you have to consume that exact amount. You can consume less or more depending on your macros and what fits!

Here is an example of how to figure that out.

The serving size on the package says 30g, but you decide to eat 22g.

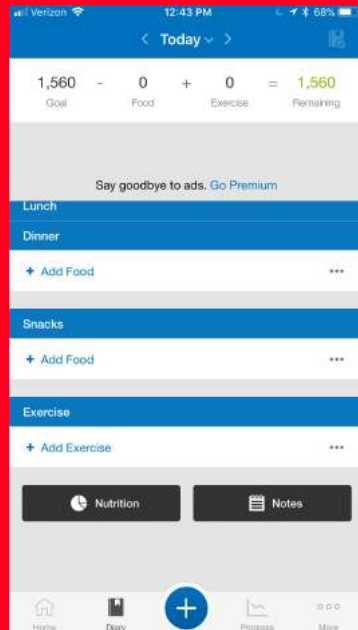
Take 22g (the amount you ate) and divide it by 30g (the amount of the package)

- $22\text{g}/30\text{g} = .73$
- Now you can enter .73 in the “number of servings”

ANOTHER OPTION

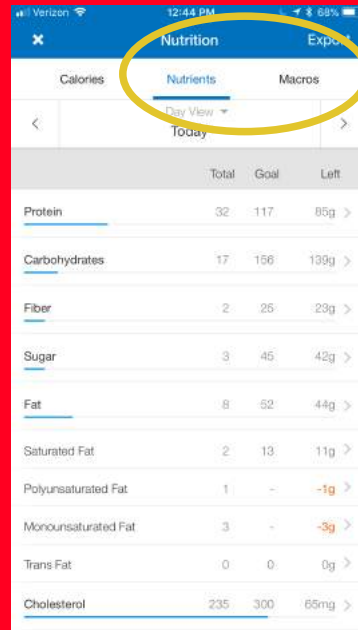
- Change the “serving size” on MyFitnessPal to be 1g (if that option is available) and then enter “22” for your “number of servings.”

How to View Your Daily Macros



Step One

From the "diary" tab, scroll to the bottom of the page and click "nutrition"



Step Two

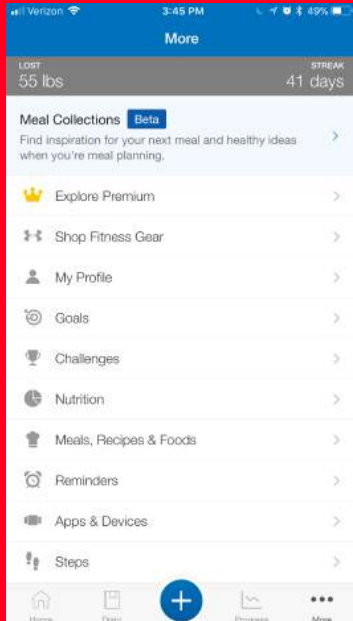
You can view your macro goals and totals in list view or in a pie chart by clicking on "Nutrients" or "Macros" at the top of the page.

NOTES:

If at the end of your day your macros are off by 5g or less each, it's okay! Just make sure to be close to your macronutrient goals. Focus on your macro goals more so than your overall calories. It's very hard to get your macros to be exact at the end of every single day, and if you tried, that would cause you a lot of unneeded stress. Just get as close as you can. You will learn as you go.

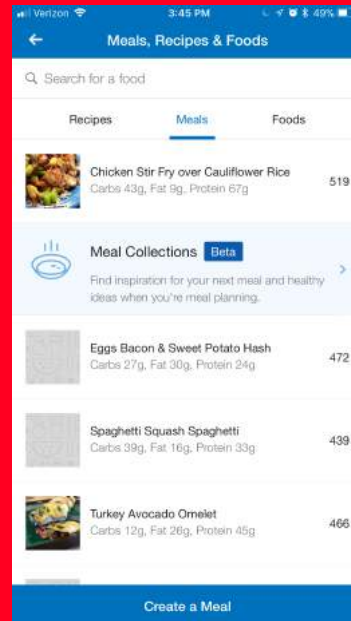
Time Savers

CREATE MEALS & RECIPES TO SAVE



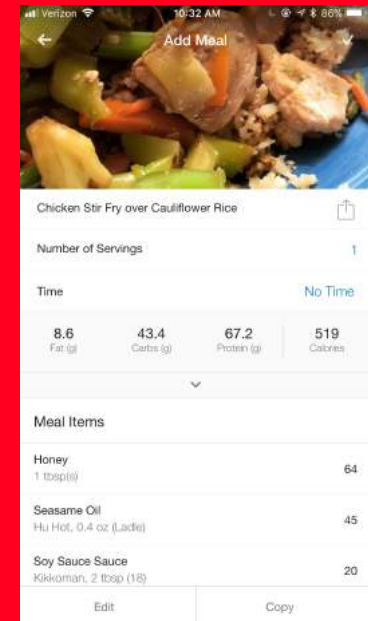
Step One

Click the "more" tab on the bottom right of your screen and go to "Meals, Recipes & Foods"



Step Two

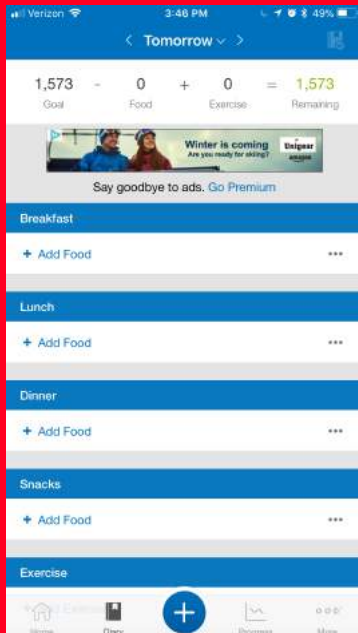
Click either "Meals" or "Recipes" (they pretty much do the same thing). Click "Create a meal" at the bottom of the page.



Step Three

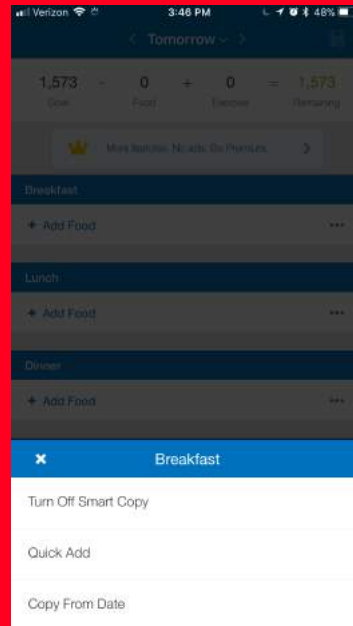
Once you created your meal, change the serving size to the servings you will be eating and then hit the check in the top right to add to your day.

COPY A MEAL FROM A PREVIOUS DAYS



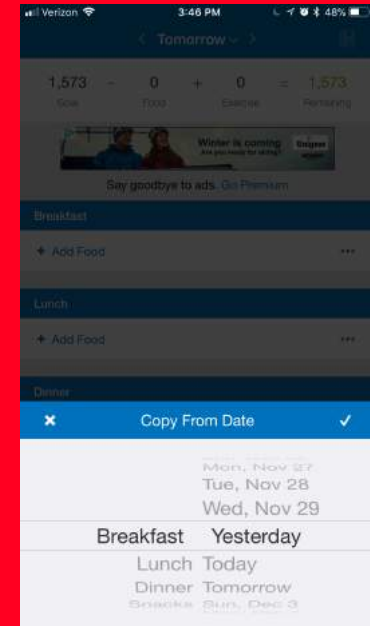
Step One

In the diary tab, select the three little dots next to "Add Food"



Step Two

Click "Copy From Date"



Step Three

Choose the meal and the date you want to copy from and then click the check mark.

A Few More Things...

Condiments should be measured and tracked, but seasonings and herbs do not need to be.

Fruits and veggies should be weighed and tracked.

Consume between 20-35g of Fiber per day (which is also tracked in MyFitnessPal. You can see if under the "Nutrients" section in the "Nutrition" tab.

Weigh your meat's while they are raw, or cooked. It doesn't matter which way, just make sure you are consistent.

Pay attention to the foods you eat and their nutritional make-up (what the macronutrients are of each of them). The end goal is to eventually have you not track because you'll have a pretty good idea of what foods you should be eating to be around the number of calories and macros you are trying to hit each day. This is called Mindful eating! And it's something that comes with a lot of practice and time. The more you pay attention and try to learn more about food now, the sooner you will feel comfortable with not tracking on an app anymore, but with tracking in your head!