



Tips for Tracking Food

Plan ahead.

So many people counting macros for the first time make the mistake of winging it. They presume they can just add in their meals as they go and it will be fine. If you do this, chances are you will end the day short on protein and over on carbs/fat. The day before or the morning of plan out your entire day in MyFitnessPal.

Plan your protein first.

This is probably one of the best tips. When planning your day decide on the protein sources for each meal first. For example, when I am filling out My Fitness Pal for the next day I will put the following in first

Breakfast

40g oats & 1 scoop of protein powder

Lunch

2 lean turkey burgers

Dinner1

80g chicken

Snacks

MyQ protein yoghurt

Then when I see I have hit my protein goals I add the rest. I add in my vegetables, carbs, sauces or butters etc I plan on using, my cappuccinos and of course my snacks. If you are the tyoe of person who likes a bit of chocolate every day (I am) then add that in.

A food scale is key.

People think they can get away with measuring cups it is not going to be as accurate as a food scale. You want results, you need to be precise. They are often found in the middle aisles in lidl or aldi for between 10-15 euro.



Don't be afraid to eat more food.

Most people are shocked at the amount of food they are supposed to eat while tracking. We're always told to eat less on a diet. This is not realistic especially not long term. If you starve yourself you may do well for a few days, even a week or so and then binge away any progress you made. Eat more and you will stay consistent. A healthy diet should be realistic.

Focus on high volume foods.

If you are looking to lose body fat, your macros will be lower. Load up on veggies. These are full of nutrients and low in calories!

Don't add back calories

If your Fitbit or exercise watch tells you that you have burnt off 400 calories, don't add these back in. These figures are hugely inaccurate. Stick to the figures you have, unless of course you go climb a huge mountain or do a long run, then carb up!

You can bank calories! Look at the big picture over the course of the week. What are your calories for the 7 days. If you are planning on eating out or going to a party or just fancy a little extra at the weekend then save some calories each weekday. Just try hit your protein goals daily.

Trust the process. It takes time. And if your goal is to add on muscle, it can take a lot of time. But trust it.

