

MACRO SOLUTIONS

Easy adds, simple substitutions,
delicious results.

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We already know what macros are and the importance of each of them in our bodies; we learned this in my first eBook (if you haven't downloaded your copy yet, go do that! The combination of these two books will be very beneficial throughout your life – not just during a weight loss process.)

This ebook is a collection of macro solutions; giving you single-macro food sources, easy snack ideas, low macro food swaps (alternatives to some of your favourites), and a few lists to help navigate your way through a happy and successful week.

Please remember that this information is my own opinion and research. I am not a registered dietician or a physician, and this book should not be taken as professional medical advice. I am not implying that this information will treat, cure or prevent any health complications. This is just information that I know, have learned, and have applied to my own nutrition as well as with a lot of my clients. I'm just sharing what I know, and I truly hope that you can benefit from this as well.

Thank you for taking an interest in my book, and I truly hope you enjoy all that you learn!

Courtney Ustrzycki

Owner of Courtney For Life, powerlifter and balanced nutrition coach

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ONE

HIGH MACRO OPTIONS

Please note that these macronutrient numbers have been rounded to the nearest whole number. Some macros may not be exact due to chosen brands, so please ensure you cross-reference labels and food log entries, whenever possible.

PROTEIN

Top sources: these are some of the most *pure* sources available:

- Lean meats - based on cooked weight (100g)

Chicken breast	P31 C0 F4
Chicken thigh	P19 C0 F4
Turkey breast	P30 C0 F1
Shrimp	P24 C0 F0
Tilapia	P26 C0 F2
Grouper	P25 C0 F1
Tuna steak	P24 C0 F1
Canned/chunk tuna	P25 C0 F0
Pork loin	P26 C0 F4
Lobster	P21 C0 F0

- Protein powders - Canadian Protein (25g)

Whey isolate	P23 C1 F1
Whey concentrate	P18 C2 F2
Whey blend	P21 C1 F2
Egg white	P21 C1 F0
Pea isolate	P21 C1 F2
Egg whites (100g)	P11 C0 F0
0% plain greek yogurt (100g)	P10 C3 F0

Honorable mentions: sources with more than 5g of another macro:

- Lean meats - based on cooked weight (100g)

Sirloin tip beef	P27 C0 F5
Roast beef	P36 C0 F5
Salmon	P19 C0 C6
Extra lean ground beef	P19 C0 F9
Ground chicken	P19 C0 F5
Dark turkey	P28 C0 F7
Ground turkey	P20 C0 F5

- 2.5% plain greek yogurt (100g) P12 C6 F6

- Protein powders - Canadian Protein (25g)

Vegan blend	P18 C5 F2
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Protein bar reviews: my top ranked protein bars, based on macros, micronutrients, and overall ingredients:

High protein: (with more than P20 per bar)

• High Protein Think Thin	P20 C23 F8
• ProBar BASE	P20 C33 F9
• NuGo Stronger	P25 C36 F14

Lower protein: (less than P10 per bar)

• Picky Bars	P7 C28 F8
• Bounce Balls (average)	P6 C22 F5
• R.E.D.D.	P9 C33 F10

Moderate protein: (with P10-15 per bar)

• RX Bars	P12 C14 F7
• Luna Protein (with whey)	P12 C22 F5
• GoMacro	P10 C38 F8

Ingredient to watch out for in protein bars: isomaltoligosaccharides

IMO is a fibre syrup commonly found in protein bars (think Quest bars) and can have a digestion-resistance property – that's why you're usually quite full after a protein bar. Although some amounts of IMO are ok for your body to digest, too much of it at once can cause gas, bloating, indigestion or diarrhea. In both my personal experience and some of my athletes, I have found that when we take out some commonly consumed protein bars that contain this ingredient, digestion has improved and mid-section bloating has decreased. Something you may want to be mindful of!

CARBOHYDRATES

Top sources: these are some of the most *pure* sources available:

• Raw fruit* (100g)		• Starchier vegetables* (100g)	
Banana	P1 C19 F10	White potato	P2 C15 F0
Strawberries	P1 C8 F0	Short grain brown rice	P2 C22 F1
Mango	P1 C17 F0	Sweet potato	P1 C18 F0
Pineapple	P1 C13 F0	• Cereals (50g)	
Apple	P0 C14 F0	Cinnamon Chex	P2 C42 F2
• Raw vegetables* (more than C10 per 100g)		Corn flakes	P3 C40 F1
Beets	P2 C10 F0	• Candy (50g)	
Carrots	P1 C10 F0	Jelly beans	P0 C43 F0
Corn	P3 C13 F1	Lifesaver gummies	P2 C38 F0
• Raw vegetables* (less than C10 per 100g)		Skittles	P0 C46 F2
Bell peppers	P1 C7 F0	• Pure honey (50g)	P0 C41 F0
Broccoli	P2 C7 F0	• Jam (50g)	P0 C27 F0
Brussels sprouts	P3 C7 F0	• Ketchup (50g)	P1 C17 F0
Cucumber	P1 C4 F0	• Salsa (50g)	P1 C3 F0
Tomatoes	P1 C4 F0	• Unsweetened apple sauce (50g)	P0 C6 F0
Zucchini	P1 C3 F0	• Dried cranberries (50g)	P0 C38 F0

**Only included a few options because this list could be big!*

Honorable mentions: sources with more than 5g of another macro:

• Honey Power O's cereal (50g)	P6 C32 F2	• Unpopped popcorn (50g)	P6 C38 F2
• Goji berries (50g)	P7 C35 F1	• Quick cooking rolled oats (50g)	P8 C32 F3
• BBQ Popchips (50g)	P2 C33 F7		

FATS

Top sources: these are some of the most *pure* sources available:

• Coconut oil (10mL)	P0 C0 F9	• Seasnax, seaweed (50g)	P3 C0 F20
• Tahini paste (10mL)	P3 C0 F6	• Avocado (50g)	P1 C4 F7
• Extra virgin olive oil(10mL)	P0 C0 F9	• Coconut milk (100mL)	P1 C2 F18
• Avocado oil mayo (10mL)	P0 C0 F8		

Honorable mentions: sources with more than 5g of another macro

• Shredded coconut (50g)	P3 C13 F30
• Raw cashews (50g)	P9 C14 F25
• Pumpkin seeds (50g)	P15 C7 F25
• Cacao nibs (50g)	P0 C17 F25

TWO

SIMPLE SNACKS

Please note that these macronutrient numbers have been rounded to the nearest whole number. Some macros may not be exact due to chosen brands, so please ensure you cross-reference labels and food log entries, whenever possible.

Simple protein bulk cooking:

- Hardboiled eggs P6 C1 F5
- Hardboiled egg whites P4C 0 F0

Veggies & dip options:

Put this in a mason jar with the dressing/dip at the bottom; the tight seal will last in the fridge all week!

- 100g celery, 100g carrots, 50g hummus P5 C23 F9
- 100g cauliflower, 100g bell pepper, 50g guacamole P5 C16 F7
- 100g mushrooms, 100g broccoli, 50g salsa P6 C14 F0

Homemade trail mix combination:

This simple recipe makes 300g in total; measure 50g for each of the following:

- Dried cranberries 50g serving: P5 C23 F10
- Raw cashews
- Raisins
- Carob chips
- Pumpkin seeds

Jerky: brands/styles with less than 300mg of sodium per serving:

- All natural beef jerky, original, Country Archer P7 C4 F1 (280mg)
- All natural beef jerky, teriyaki, Country Archer P6 C5 F1 (240mg)
- Grass-fed beef jerky, original, The New Primal P12 C5 F3 (240mg)
- Grass-fed beef jerky, spicy, The New Primal P12 C5 F3 (250mg)
- Sweet Chipotle grass-fed beef jerky, Think Jerky P11 C3 F1 (225mg)
- Currant & sesame seed BBQ chicken jerkey, Epic P9 C8 F3 (290mg)

Awesome pre-packed snacks:

- Epic bar chicken sriracha bar (43g bar) P15 C1 F4
- CELLO wisps parmesan cheese crisps (23g) P13 C1 F10
- Bolthouse Farms Snackers, carrot meets ranch (2.25oz) P1 C6 F0
- Siggi's No Added sugar peach mango yogurt (4.4oz) P10 C8 F4
- Green & Black's Organic 85% cacao bar (1oz or 1/4 bar) P3 C11 F14

THREE

FOOD SWAPS

Please note that these macronutrient numbers have been rounded to the nearest whole number. This chart does not imply that these food swaps are necessarily a healthier or more 'low fat' alternative, or that one brand is better than another. This is based on total lower macronutrient ranges per food choice, when looking for lower macronutrient options.

Instead of... Heinz Ketchup (original) 50g P1 C17 F0



Try... Heinz ketchup (no sugar added) 50g P1 C2 F0



Instead of... whole wheat pasta (cooked) 100g P5 C18 F



Try... spaghetti squash (cooked) 100g P1 C7 F0



Instead of... Rice Krispies 50g P3 C44 F0



Try... Nature's Path riced puffs 50g P3 C44 F0



Instead of... Lundberg original brown rice cakes (1) P1 C14 F1



Try... Quaker original rice cakes (1) P1 C7 F0



Instead of... Boomchickapop Dark Sea Salt (1 cup) P1 C15 F7



Try... Boomchickapop Real Butter (1 cup) P0 C5 F5



Instead of... Kraft peanut butter (25g) P7 C5 F12



Try... PB&Me (25g) P10 C10 F3



Instead of... Haagen-Dazs Cookie Dough (1/2 cup) P4 C30 F17



Try... Halo Top Cookie Dough (1/2 cup) P5 C16 F3



FOUR

LISTS

Lists are my jam! Here are THREE awesome collections to apply in your macro tracking lifestyle and refer to in order to help achieve success, whether it's setting up for routine meal prep or learning a few new food label truths.

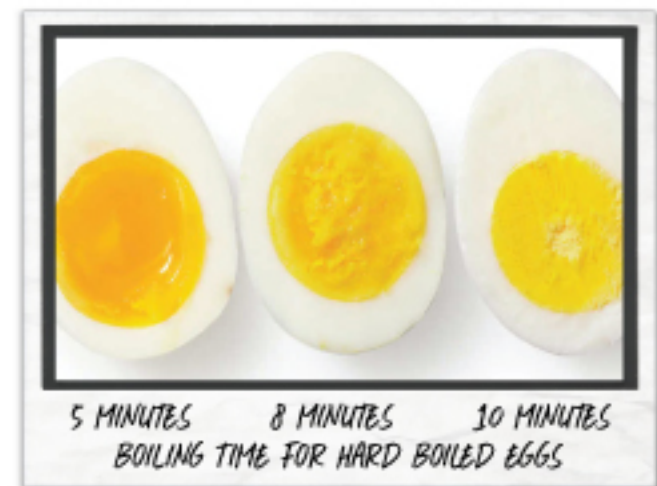
SIMPLIFY YOUR MEAL PREP

Although meal prep isn't mandatory when we're focusing on following some kind of dietary lifestyle, it can absolutely help to keep you on track and stress-free during a busy week. Meal prep can be done for a few days, an entire week, or even longer, depending on how much you choose to prepare, and how you store your meals. Glass jars (such as Mason jars or seal-tight tupperware) can keep food fresh for longer (up to a week in the fridge), and putting portions into the freezer can last even longer.

Bulk cook foods to last longer.

When you're able to cook a bunch of food at once, you can actually be more time efficient and save on set up and clean up time too! These are simple foods that you can prepare easily in bulk:

- Hard boiled eggs: boiling eggs for different lengths can change their outcome. Use this simple reference photo to boil your perfect eggs!
- Rice: remember to understand the difference of weighing uncooked versus cooked food. Refer to my website (Nutrition101 page) to see how uncooked versus cooked food can be measured.
- Ground meats or oven-cooked chicken breast: remember the importance of weighing food uncooked versus cooked; this applies to meat too! The water and fat content can often be cooked out, depending on your cooking methods, so it's important to understand how you prepare and apply these food choices into your food tracking app.
- Overnight oats in a Mason jar: oats are high in healthy digestive fibre, which helps to keep you feeling satisfied. Add your favourite protein powder and toppings of choice for a delicious meal or snack!
- Spaghetti squash: here's a time-saving hack: instead of the traditional oven-prep method (45-60 minutes), you can cut that down significantly by cooking it in the microwave! Keep the squash whole and poke the entire outside with a sharp knife (be careful!) Cook on high for about 5-6 minutes at a time, for a total of 15 minutes. The squash should come out a little soft and really steamy. Cut it open, and you're done!
- Trail mix: make what you want! Check out my recipe in chapter 2.



KISS: keep it super simple.

Don't try to over-complicate the process of meal prep. Keep food choices simple will help you to save time in the kitchen. Bulk cooking foods that are easy to leave unattended will keep your mind cool:

- Use a wok to cook bulk vegetables like green beans, brussels sprouts, broccoli and cauliflower.
- Oven roast sliced vegetables like bell peppers, carrots, zucchini, sweet potato and even eggplant.
- Use a crock-pot to cook meats without having to constantly check back for cook-time. Set it and forget it!
- You have 4 stovetops for a reason! Use them all and set your timer.
- You can prep multiple portioned dry meals (think like overnight oats or even protein powder and cereal combos) in simple containers so that they're quick to grab and go for your busy days. Just add milk or water.

Take control of grocery shopping.

If you go to the grocery store without a plan, then you're going to create so much unnecessary stress on yourself! When you go in with a purpose, you can leave feeling confident and knowing that you got everything you need.

- Save time by purchasing pre-cut vegetables. It's only a few extra dollars, but it can save you plenty of time!
- Make a list and check it twice... or three times! Know what you're getting in each section of the grocery store; make categories (ie. fresh produce, frozen, deli, dairy, aisles, etc.) so you're not running around the entire store.
- Bonus tip: check your pantry before you leave; you might already have some things that you had on your list!

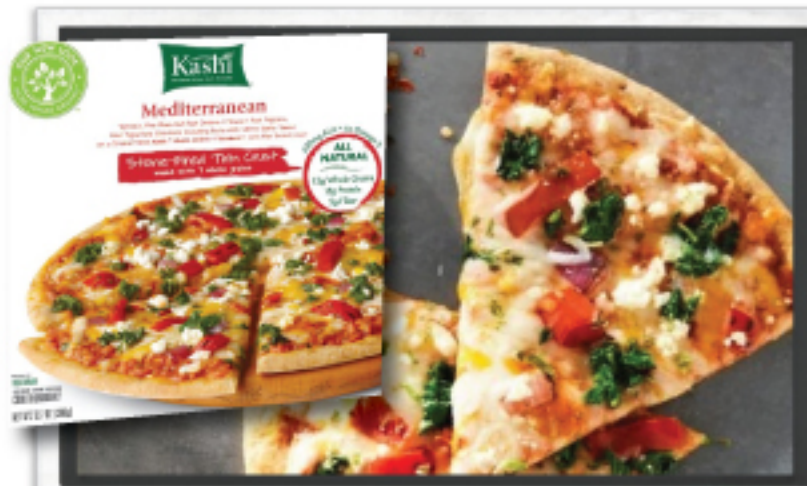
Make meal prep fit your schedule.

Although most people choose Sundays for their designated meal prep day, it's important to know your own schedule and how you can make meal prep (if it's important to you) work for you. If you're on a shift-changing schedule and cannot set a full day (but in all honesty, meal prep shouldn't have to take a full day!) then even a few hours here and there throughout the week can help keep you in control and organized.

- Plan for leftovers after cooking a large meal. Cook the entire meal, split it in half (or more!) and you have a few extra meals on hand.
- Got an extra hour sometime in your week? Cook a simple meal and portion it out for a few days. For example, oven-cooked chicken breasts (in a pack of 5-8) only takes about 40 minutes to cook. Toss some veggies in a wok and boil a pot of instant rice (it's quicker!) Portion this out into meals, label the containers, and toss them in the freezer.

BEST FROZEN MEALS/ENTREE OPTIONS

Frozen meals can be great options when you're in a crunch or don't have the resources to meal prep. But trying to navigate your way through the frozen section in the grocers with all the misleading food labels can leave you feeling confused. Here's a few great options for frozen meals and entrees that can help make your meals a little more fresh:



KASHI MEDITERRANEAN THIN CRUST PIZZA
2 SLICES: P15 C37 F9 640MG SODIUM



DR. PRAEGER'S SUPER GREENS VEGGIE BURGER
1 BURGER: P2 C11 F5 250MG SODIUM



JIMMY DEAN DELIGHTS TURKEY SAUSAGE BOWL
1 BOWL: P22 C19 F8 640MG SODIUM



MAMA MANCINI CHICKEN STUFFED MEATBALLS
2 MEATBALLS: P12 C8 F8 500MG SODIUM



SMARTMADE MEDITERRANEAN CHICKEN BOWL
1 BOWL: P19 C29 F9 510MG SODIUM



AMY'S BLACK BEAN VEGETABLE ENCHILADA
2 ENCHILADAS: P10 C44 F12 380MG SODIUM

CALORIE CALL-OUTS

Labels can be incredibly misleading, especially when we see “no calories.” Anything that is an actual food, contains calories; it’s how your body heats up in order to break it down. Here’s a collection of food items that claim to be calorie-free, yet actually contain the C’s:

- **Butter Spray:** claims to have zero calories and (therefore) no fat, per spray. But being honest, no one actually uses only one single spray. Even given trace amounts of calories, a full bottle of butter spray contains more than 900 calories.
- **Splenda:** at 600 times more sweet than table sugar, you really only need a tiny amount of this as a substitute. But Splenda is not calorie-free, as most people think. The first two ingredients are dextrose and maltodextrin, which are carbohydrates (not calorie-free.) One cup of Splenda has 96 calories and 32 grams of carbohydrates.
- **Walden Farms products:** Walden Farms has an extensive line of calorie-free products like butter spreads, dressings and sauces. But if there’s no calories in them, what are they made from? Basically lots of artificial fillers, but also ingredients like vinegar and Splenda, which we know has calories! But remember, there’s absolutely going to be trace calories, and eventually they can add up.
- **Chewing gum:** most gum has about 5 calories per stick, which really isn’t much at all, but chewing multiple pieces of gum can also cause a build-up of saliva in your stomach, which could also result in possible bloating issues as well.
- **Shirataki noodles:** AKA “skinny pasta” - these noodle alternatives are made from glucomannan starch extracted from yam-like tubers called Devil’s Tongue. This starch is an indigestible dietary fibre (if you cannot digest it, then there wouldn’t be any calories.) But some of the flavoured noodles can absolutely contain calories. These are a decently healthy super-low carb alternative to pasta, but I always recommend to be extremely mindful of how each person feels when/after consuming them.
- **Fat-free Reddi Whip:** this product is made from real cream, which means it’s actually a food and therefore there’s going to be calories. There’s almost 5 calories for every 2 tablespoons of this; and let’s be real when we say we’re absolutely having more than just 2 tablespoons!
- **Pickles:** somehow deemed as a zero calorie food since they are basically just cucumbers in water, but if you actually start tracking these spears, they can really rack up the sodium levels (1 dill spear only has about 4 total calories, but it can also rack up 300mg of sodium!)
- **Celery:** another zero calorie food misconception, but understandably why: it takes about the same (if not more) energy for your body to digest it than it contains in the stalk itself. But don’t start thinking that eating celery is going to result in the weight just melting off; one stalk has around 6 calories.
- **Flavoured coffee K-cups:** the flavoured cups can contain calories, depending on what the ingredients call for. And remember that any added milk, sugars or sweeteners can all add up!
- **Starbucks sugar-free syrups:** those few extra pumps can be a few big calories! Remember that Splenda has calories, and that’s what’s in the syrups you’ll find at Starbucks. And we know how big their cup sizes are too... it all adds up!





For more information, visit
www.courtneyforlife.com

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