

# CHEATSHEET

24 TIPS TO MAKE TRACKING MACROS EASIER



I believe that in order to live your best life, you need to nourish your body with food that it truly needs. When we apply the process of tracking macros (protein, carbohydrates and fats) we can ensure we are providing each individual body with the best macronutrient ratio necessary for optimal energy, strength performance and overall growth. This is a collection of my favourite tips that I provide my clients in order to ensure macro tracking works for them and their diverse lifestyles.

## 1. COOK IN BULK:

Save time and hassle. When the food value changes from uncooked to cooked (like rice, potatoes, etc) add a label to the containers to remember portions and values.

## 2. PLAN AHEAD:

Adding your meals into your food journal the day before can minimize stress and potentially being way off your targeted macro intake. Planning your meals the night before is a great option (that's what I always do!)

## 3. GET GOOD AT GUESSING:

Practice guessing the weight of foods before checking with the food scale so that you can learn how much a certain portion looks. This will make restaurant estimation much easier.

## 4. MATCH GAME:

When using the barcode scan feature in your food journal app, double check that the numbers align. The same food can vary in ingredients from Canada to USA to Europe. It's better to spend the extra few seconds matching numbers than it is to be inaccurate. When in doubt, go off the label! Some food journal entries can be inaccurate and not include all the information. I look for fibre, sugar and sodium levels to be included in the food journal entries for an accurate option.

## 5. PROTEIN BALANCE:

If you struggle eating your targeted protein then try spreading out your protein evenly throughout all of your meals. The little bit extra here and there will help!

## 6. BACK UP MACROS:

Having exclusive foods available in the house when you're looking for just protein, just carbs or just fat sources, makes hitting your target macros way easier to hit! Here's some examples:

Protein: egg whites, protein powder, lean meat (chicken breast, white fish)

Carbs: fruit (whole and dried), honey, candies (jelly beans, gummies)

Fats: oils (coconut, avocado, olive oil), butter

## 7. DON'T DRINK YOUR MACROS:

Try not to drink your macros (unless you're full, but still want to hit your targeted macros) because the volume effects of food will be more satisfying than drinking.

## 8. SHOP FULL:

Don't go grocery shopping when you're feeling hungry. You're more likely to shop with your eyes than what you actually need, and there's higher chances of sample snacking and overbuying unnecessary foods when you're feeling hungry.

## 9. CHEW GUM:

Chewing gum when you're meal prepping (or even just daily cooking) will make it harder to pick at food or over-snack.

## 10. DON'T GRAZE:

Sit down and consciously eat your meal. To practice mindful eating, focus on the food, what you're eating, how it tastes texturally, and really chew your food. You'll appreciate it so much more than if you're scrolling through social media while wolfing down your food.

## 11. MORE ISN'T ALWAYS BETTER:

Don't think that you have to eat 5-7 meals a day; work with your schedule. If 2-3 meals are what works for you and you can still hit your target macros each day, go for it. Drink plenty of water between meals, and possibly add in BCAAs (powdered amino acids; my recommendation: Canadian Protein in Blue Raspberry flavour!) to prevent muscle catabolism. Plus the added flavours help keep your water intake up.

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Courtney on social media!

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### 12. LOCATION, LOCATION, LOCATION:

Find go-to meal spots close to your common areas like, work, school or at home. This way you have a back-up go-to place if you're in need.

### 13. MAKE A STASH:

Keep non-perishable foods in convenient locations like your car, office drawers or your purse, that you can grab if you're hungry or are running behind on macro targets for the day.

Ideas: sample size protein powder packs from Canadian Protein, jerky (any meat type), Bounce Balls, rice cakes.

### 14. NON-ALCOHOLIC SOCIAL GATHERINGS:

If you're trying to avoid alcohol in a social event and want to avoid confrontation or questions, order a soda water with a splash of juice for that extra colour. If you don't mention it, people won't ask. Plus, the soda water will save on calories.

### 15. FOLLOW YOUR FRIENDS:

Whether you're on My Macros+ or MyFitnessPal, add your friends so you can find meal ideas. You can follow me on My Macros+ with my username: CourtneyU.

### 16. HEAT AND EAT:

Cook pre-portioned potatoes and vegetables in muffin tins.

### 17. VEGGIE VOLUME:

Adding shredded zucchini (my favourite!) or riced cauliflower to almost any meal will pump up the volume. Perfect for hungrier days or lower carbs.

### 18. PRE-PORTION:

When there's the chance of over-eating (like a whole box of Oreos instead of only a few), pre-portion smaller sizes into Ziploc bags so that you reduce the chance of eating an entire box.

### 19. HOTEL SERVICE:

When you're on the go, call ahead and request for a mini fridge and a microwave for your room.

### 20. REPEAT OFFENDER:

If you're ok with eating the same meals for a few days in a row, simply copy and paste in your food journal app from one day to the next to minimize stress and worry. You don't have to play macro tetris and have new meals every single day.

### 21. SMALLER SERVINGS:

Buy smaller portioned snacks that you find easy to over-eat with, like mini chocolate bars or 100 calorie popcorn packs.

### 22. YOU'RE SWEET ENOUGH:

Buy foods that are unsweetened and save on calories by adding stevia or your sweetener or choice. Think greek yogurt!

### 23. LOW CALORIE CONDIMENTS:

Save on excess calories by adding low calorie condiments like No Sugar Added ketchup, yellow mustard, hot sauce and seasoning mixes (just be mindful of sodium!) I add salsa to a lot of my meals because it's only 1g of carbs per tablespoon.

### 24. GET PINNING:

Using Pinterest for meal ideas is an excellent resource. Search for simple key phrases like "macro friendly" or "high protein" and get inspired! You can now have group boards where you and other friends can pin all to the same board.

When committing to online coaching with me, you can feel confident knowing that I truly care about your needs and goals. I take the time to really learn about all of my clients, their lifestyle, goals and upcoming events, and provide them with the best guidance possible. I understand that cookie cutter meal plans don't work and I make custom programming for each client.

*Eat with balance. Lift with passion. Live with intent. Join #courtsathletes and live your success!*