



## SETTINGS/DIARY

1. Turn off exercise tracking. If this is turned on, your macros will be adjusted based on your daily expenditure. We have already factored in your activity level to your macro breakdown.
2. MFP also has a lot of resources available to help you be successful such as reminders to log your food and ability to save recipes (I use this feature a lot), food, and meals (I also use this feature a lot)
3. Throughout the day you can keep track of your macros as you eat by looking at your nutrition tab underneath your diary log. This allows you to see how your macros and calories are tracking for the day and can see your progress for the day by how many grams short or over you are in meeting your daily macro goals.
4. At the end of each day click "Complete Entry" - MFP is designed to track your progress, so every 2-3 days weigh yourself using a scale and enter your weight into your log.

## LOGGING MEALS

1. When first starting to track a meal, enter in the name of the food you're tracking with as much detail as possible. (E.g. raw or cooked, skin on or off, brand name, etc.)
2. Sift through the list to find the item that best matches.
  - a. When you come across items with the green check in your search results, this indicates that the item is a Verified Food by MyFitnessPal. This means it has been cross-checked and is likely the most accurate
3. Specify the serving sizes and amounts that you're logging
  - a. Remember, you don't always have to eat 1 full serving of an item
  - b. If serving size is unknown (like out at a restaurant or at a potluck), use your best judgement - 4oz. Is ½ cup for carb sources. OR use a spoon as guidance - 8 tbsp in ½ cup.
4. Repeat the process for all individual food items you are tracking.
5. You can also enter in the food manually by brand name/type OR scan the barcode of the food you are eating with your phone's camera. Again, adjust serving size as necessary.
6. The more you do this, the easier it gets as MFP remembers your prior foods and suggest things you normally eat.

## RELOGGING MEALS

- To repeat a meal that you have previously logged (*ex. you are having the same thing for lunch today that you had yesterday*) go to your meal heading and select +Add Food. In the top navigation bar under "Recent", a list of foods should appear. By scrolling through this list you will see food items that you recently had for lunch.
- Select the food item you want to repeat and, if required, update the serving size.

## EASY LOGGING TIPS

- When meal planning for the upcoming week, pre-plan your meals for one day as an example to make sure you are hitting your protein, carb and fat goals as well as paying attention to your overall nutrition (vitamins, fiber, sugar, trans fat, etc)
- Then COPY over that day over to the rest of the weekdays. The night before, morning of, or throughout the day add/delete items as needed to add variety or compensate for out of the blue eating that might take place randomly throughout the day.

## DINING OUT

- When eating out at a restaurant (fast casual, work cafe, non-chain/chain restaurant), ensure you are logging food appropriately (serving size, oil used to cook - very common in vegetable side dishes, etc)
- A lot of restaurants have their nutrition facts listed online and/or in the MFP app. You can always make adjustments to certain meals by using the search option. So for example you are eating at Panera but don't want the dressing(fat), search for Half Size Panera Fuji Apple Chicken Salad no dressing - this allows you to be more accurate in your tracking and can manipulate many meals to fit your macro needs.

## TRACKING ALCOHOL (Off-Season)

- If you are using a "mix" in your drink that has carbs or fat in it track that first - caloric soda, juice, pre-made mixer, etc.
- Now you can either count your alcohol as a substitute for carbs, fat or a mixture of both.
- Search in MFP - Vodka as carbs, Tequila as carbs/fat, Red Wine as carbs, White Wine as carbs/fat, Wine as fat, Light Beer as carbs, Beer as carbs/fat, Frozen Margarita as carbs, etc. - A glass of wine is typically 5 oz, and a shot is 1.5 ounces
- Tracking alcohol with carbs or fat will keep you in the right energy balance. You may miss out on some of the health benefits that fats or nutrient dense carbs have to offer, but at least you won't put your body composition in jeopardy

TEAM BOSS BODIES

# MY FITNESS PAL



If you're just switching to the macro lifestyle, this app is now officially your best friend.

My Fitness Pal allows you to easily track your **macros, fiber, and sugar** intake (it can do more but these three things are all we really care about haha ;)).



When you first download it, it will ask you to sign up using your e-mail.

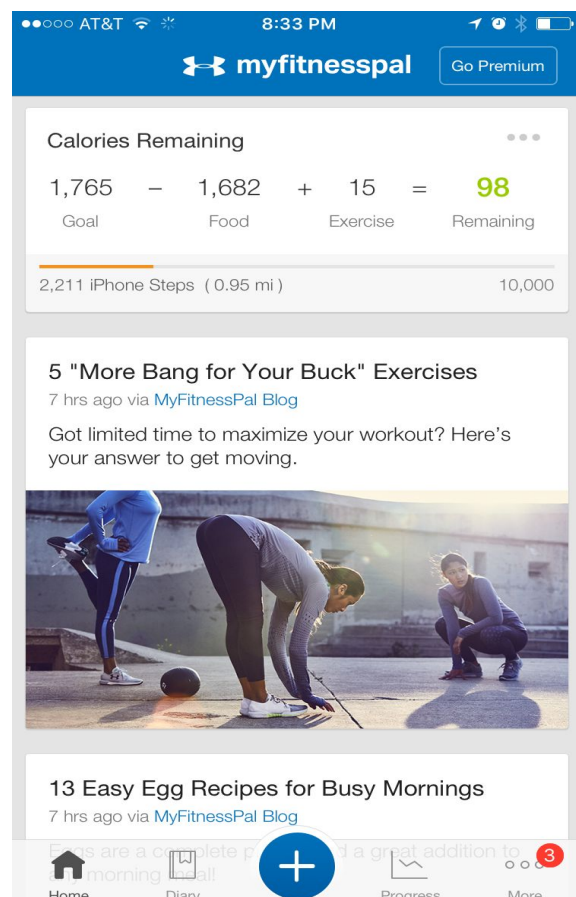
## INITIAL QUESTIONS

After, it will ask you a series of questions that really do NOT MATTER TO YOU (e.g. your weight, goal weight, activity level, etc...).

### Why don't these questions matter?

My Fitness Pal is not your coach. We have BOSS! haha It asks you these questions though, because it is assuming you are just an average person without coaches and want guidance on how reach your fitness goals. But in order for us to use this app just for its tracking ability, we have to answer these questions. So, put whatever you want- it's irrelevant

When BOSS coaches send macro changes, these numbers will change anyway and it is a hassle to keep doing so on the app (you may even have to pay).



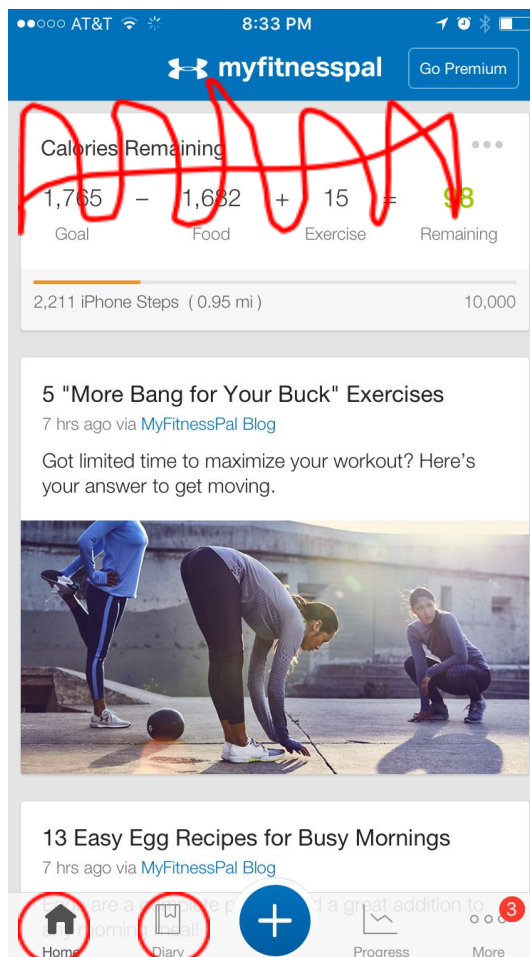
TEAM BOSS BODIES

# MY FITNESS PAL



## HOME PAGE:

Now that you have answered the questions, you will be brought to a home page like this:



These numbers came from your answer to those questions, so these are irrelevant.

This is the homepage button. Clicking it will bring you back to this page

This is the tracking or "diary" button. This takes you to one of the two important pages you really need to understand to be successful at tracking macros.



## IMPORTANT PAGE #1

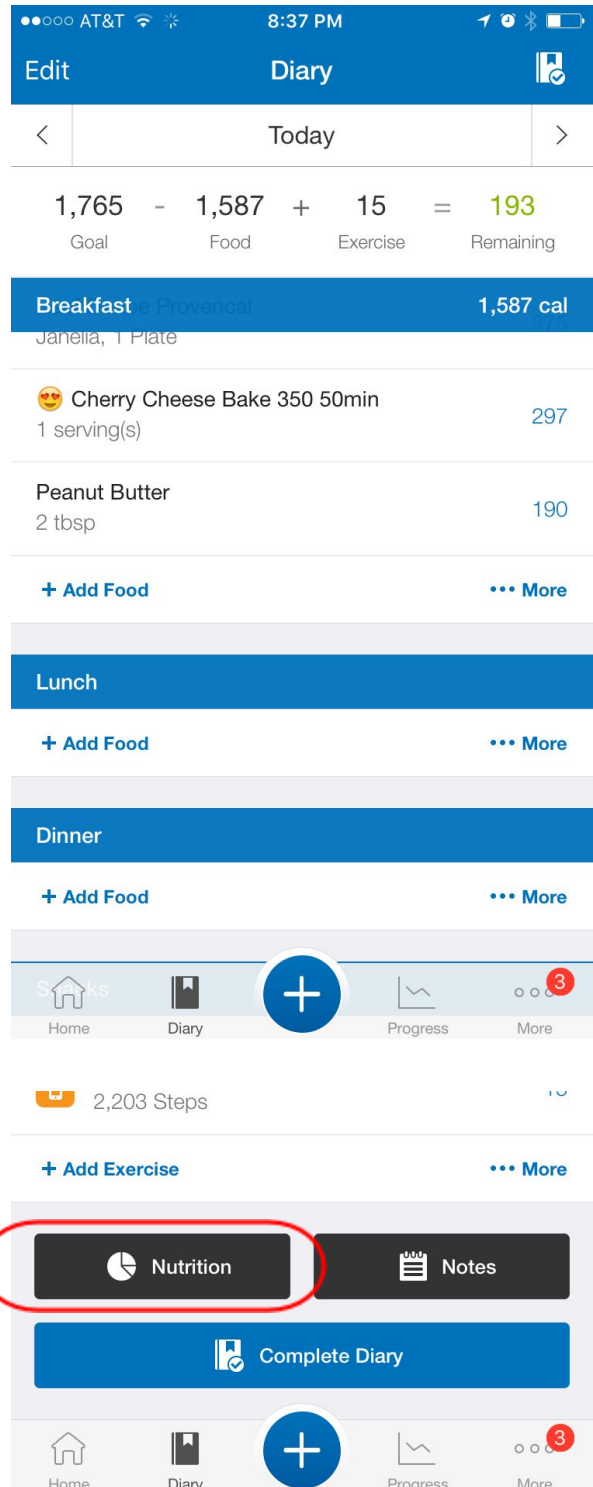
### Tracking/ Diary Page:

This page is where you can search for and add in the food you eat each day. As you can see, I already added almost all my food for the day.

\*Ps. I add all my food just under "Breakfast," because I do not usually have set breakfast, lunch, and dinners. I eat when I'm hungry, probably adding up to 5 or 6 times a day.

To see what these foods' macros add up to so far; see what macros I have left for the day; and if I need to eat more food, I need to scroll down to the bottom of the tracking page, which looks like this. Now I will need to click the nutrition button.

This button brings us to the **second important page** you need to understand.



TEAM BOSS BODIES  
**MY FITNESS PAL**



**Important Page #2**

**Nutrition/ Macronutrient Page:**

This page shows the combined macros of the foods you have eaten today. It looks like this.

Say the hypothetical macros I need to hit are:

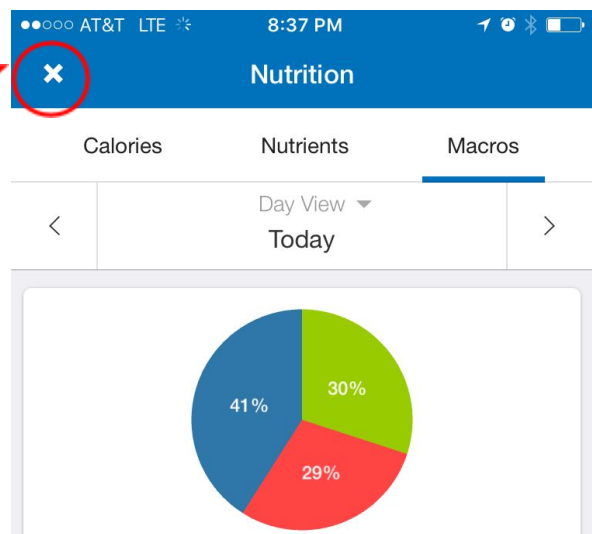
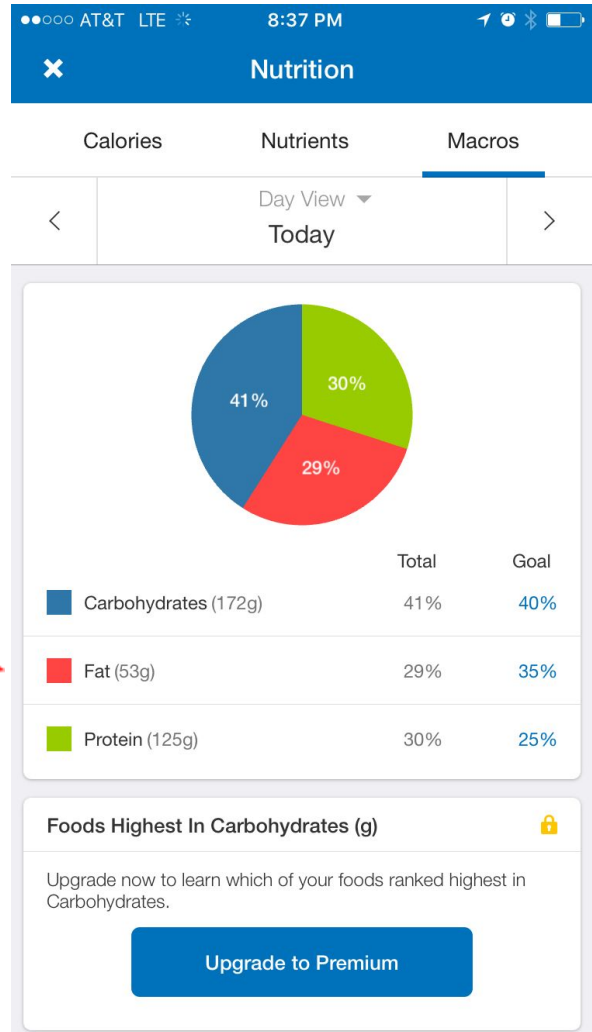
Carbs: 175g

Fats: 65g

Protein: 125g

By comparing ^ numbers to > numbers, I can see my carb and protein intake is pretty good. However, I could add a couple more grams of fat.

\*\*It is sometimes difficult to hit numbers perfectly, I honestly try my best to hit my numbers, but if I don't, I try to stay within 5-10g of each.



To exit out of this page so that I can get back to the tracking page and add more fat, I need to click this little "x" symbol.

# TEAM BOSS BODIES MY FITNESS PAL



That brings me back to this page:

Now, to add my fats, I am going to click the "+ add food" button here.

Now, I am going to type in a food I think may provide me with fat but minimal carbs and protein (remember those numbers were fine for me).

Note that you **may have to do this many times** before making a final decision on a food, because ones that don't work will increase your protein and carb numbers too much.

To see if the peanut butter I have in my house fits, I will find it in the search and click on it, bringing me to this page.

Now I need to play around with the serving size and number of servings to see what will bring my total fats (currently 53g) as close to 65g as possible, while keeping in mind I cannot do too much, or my carb and protein intake will increase too much.

Let's see what half a serving of peanut butter (1 TBSP) will bring my macro totals to...

The first screenshot shows the 'Diary' page for 'Today'. At the top, it displays a summary: Goal 1,765, Food 1,587, Exercise 15, and Remaining 193. Below this, 'Breakfast' is listed with a total of 1,587 cal. Underneath, 'Cherry Cheese Bake 350 50min' (1 serving) is listed as 297 cal, and 'Peanut Butter 2 tbsp' is listed as 190 cal. A red circle highlights the '+ Add Food' button, with a red arrow pointing from the text above to it.

The second screenshot shows the search results for 'Peanut bu'. The 'Recent' tab is selected, showing 'Peanut Butter' (2 tbsp, 190 calories) with a green checkmark, and 'Natural Honey Peanut Butter Blend Squeeze Pack Justin's, 1 Packet (32g), 190 calories'.

The third screenshot shows the 'Add Food' screen. 'Peanut Butter' (2 tbsp, 190 calories) is selected with a green checkmark. Below, the 'Serving Size' is set to '2 tbsp' and the 'Number of Servings' is set to '1'. At the bottom, a table shows the macro totals for the selected item:

8	4	3.5	95
Fat (g)	Carbs (g)	Protein (g)	Calories

TEAM BOSS BODIES

# MY FITNESS PAL



If we scroll down and click the nutrition tab, here are my new macro totals with the addition of the peanut butter.

As you can see, it upped my fats like I wanted, Yay! But it also upped my carbs and protein a tad.

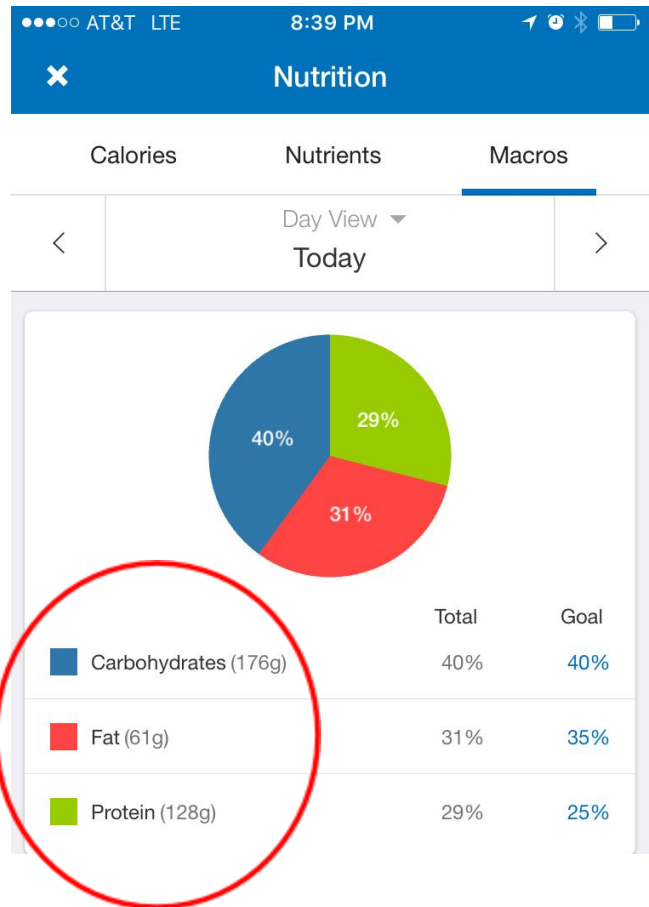
THAT IS OK though!! Remember, this is hard! For me, this is close enough haha

### Goal Macros:

Carbs: 175g  
Fats: 65g  
Protein: 125g

### Actual Macros Hit:

Carbs: 176g  
Fats: 61g  
Protein: 128g



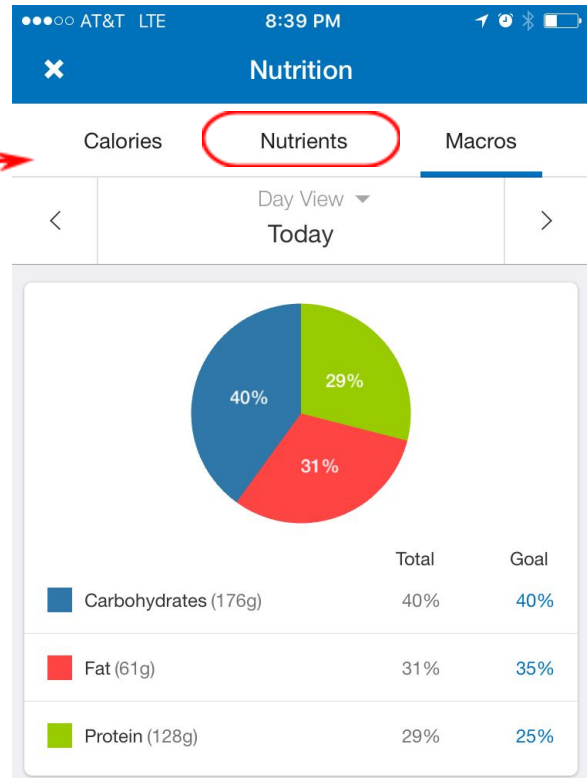


TEAM BOSS BODIES  
**MY FITNESS PAL**



Last but not least, tracking one's fiber and sugar intake! -

Click here, which brings you from your Nutrition/macro page to your nutrients.

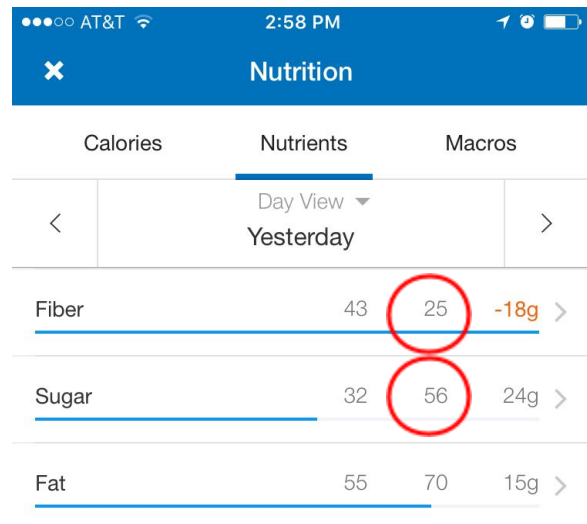


Here you will find your **Fiber & Sugar Intake**

Your fiber intake should be between 25-30g of your carbs

Your should try to keep your sugar intake under 50-60g

If you have any additional questions or would like more information, tips, advice, etc. about tracking macros and MFP please do not hesitate to reach out to Kiki Cunningham ([kiki@teambossbodies.com](mailto:kiki@teambossbodies.com)) OR another Boss staff member!



TEAM BOSS BODIES

# MY FITNESS PAL



---

## PROPERLY TRACKING

- It is very important that you are measuring your food by weight over volume when possible (40grams vs ½ cup) - you would be surprised on how “off” it can make your macros, and they will add up over time.
  - Once you start weighing, you’ll get used to what 1 sv. looks like so you don’t have to weigh it everytime. For the best accuracy use the food scale when possible.

## MACRO NEEDS

- High Carb - Low Fat/Protein
  - Oats
  - Rice (brown or jasmine - depending on your fiber needs)
  - Pasta
  - Rice Cakes
  - Sweet/Red/Yellow/Russet Potatoes
  - Fruit
  - Gummy bears/Candy
- High Protein - Low Fat/Carbs
  - Egg Whites
  - Protein Powder (isolate)
  - Meats: Chicken Breast, Turkey Breast, White Flakey Fish, Scallops, Shrimp, Tuna
  - Beef Jerky
  - Low Sodium Deli Meat
  - Plain, Non-fat greek yogurt
- High Fat - Low Carb/Protein
  - Oils: Avocado, Flaxseed, Olive, Coconut, Ghee
  - Nuts/Nut Butter
  - Flax Seeds, Chia Seeds