

# SUPERHERO NUTRITION TACTICS SETTING UP YOUR MACROS



# ***SO, WHAT'S THE DEAL WITH 'MACROS'?***

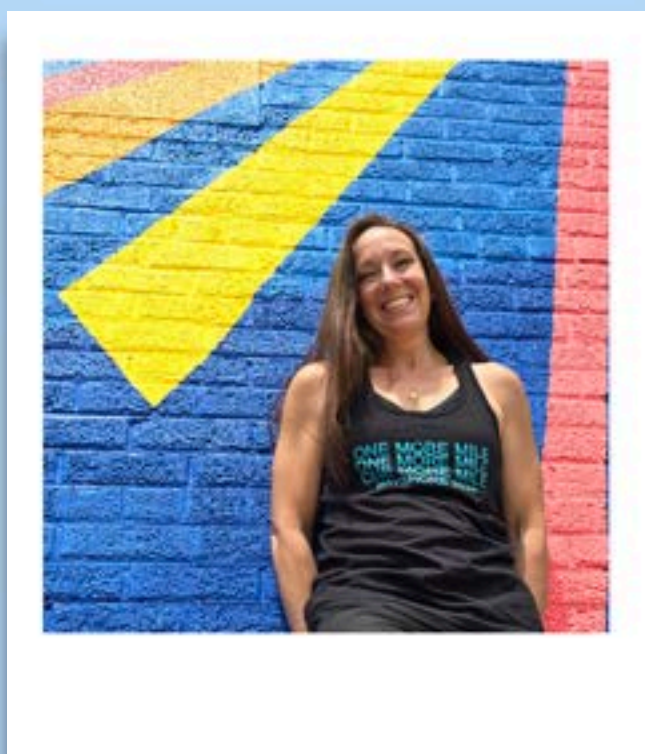


Well, 'macro' is just short for macro-nutrient, which sounds way fancier than it is. These are the super hero nutrients your body needs tons of every day to keep operating.

I'm NiMi, a nutrition coach, personal trainer, half-marathon runner, and mom to an awesome kid!

I personally had a recent experience with macro tracking that spurred this guide. I joined a 16 week challenge where I set a goal for my weight. I set what I thought was a really hard goal, but by using macro tracking I blew my goal away by 4 LBS!!! I don't just teach this stuff, you guys, I live it! I want you to live it too, so sit back and dive into everything you need to know about getting started with macros.

I can't wait to hear your feedback so please be sure to connect with me on socials @NimiNutrition or send me an email [Niminutrition@gmail.com](mailto:Niminutrition@gmail.com)





# The Superheroes of Nutrition: Understanding Macronutrients

## Proteins: The Body Builders

Proteins are akin to the builders and healers in our bodies. They repair damaged tissues, support immune function, and contribute to overall growth and development. Proteins are made up of smaller units called amino acids, which are often referred to as the building blocks of the body.

### Common Sources:

- Animal products like chicken, beef, and fish are high in protein.
- Plant-based options include beans, lentils, and tofu, which are fantastic alternatives for vegetarians and vegans.

**Importance in Diet:** Getting enough protein is essential for muscle repair, especially if you are active. It helps build lean muscle mass, which can boost your metabolism and increase your body's calorie-burning capabilities.



## Carbohydrates: The Energy Providers

Carbohydrates are the primary source of energy for the body. They fuel your brain, kidneys, heart muscles, and central nervous system. Contrary to popular belief, carbohydrates are vital for maintaining good health.

### Common Sources:

- Complex carbohydrates are found in foods like whole grains, vegetables, fruits, and legumes.
- Simple carbs come from more refined sources such as sugar, bread, and pasta.

**Importance in Diet:** Carbohydrates provide the glucose that your body needs to function. They are especially important if you lead an active lifestyle, providing the energy needed to sustain physical activity. Complex carbs also offer dietary fiber, which aids digestion and prolonged satiety.

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## Fats: The Regulators

Often misunderstood, fats are critical for several bodily functions. They help absorb vitamins, protect your organs, and are vital in hormone production.

### Common Sources:

- Healthy fats can be found in avocados, nuts, seeds, and olive oil.
- Saturated fats are present in butter, coconut oil, and animal fats.
- Trans fats, which are the ones to limit, can be found in fried foods, baked goods, and processed snack foods.

**Importance in Diet:** Fats should not be feared but embraced as part of a balanced diet. They help regulate hormones and maintain cell integrity. A diet too low in fat can lead to deficiencies in fat-soluble vitamins (A, D, E, and K).





## Step 1: Track Normal Food Intake for a Week

Before you can transform your diet, you need to have a clear picture of where you stand. This week is about gathering data, not making changes. Think of it as your reconnaissance mission, where you're observing and noting details without interfering. By tracking what you eat for one week, you'll capture a realistic snapshot of your current dietary habits.

### Tips on How to Track Effectively:

**Use a Food Diary App:** Digital heroes use the best tech! Use apps like MyFitnessPal or Macros First to log meals, snacks, and drinks. These apps can also help calculate your daily intake of macronutrients, making it easier to see where you might need adjustments.

**Be Honest:** Just like a hero facing their flaws, be honest about your food intake.

**Note Your Feelings and Activities:** Record how you feel when eating—stressed, bored, genuinely hungry—and what you're doing. This can help you identify patterns, like emotional eating or mindless snacking during certain activities.

**Review Your Week:** At the end of the week, review your food diary. Look for patterns—maybe you skip breakfast and overeat at dinner, or perhaps your carb intake spikes on weekends. Knowing these patterns will help you tailor your macro goals more effectively.



## Step 2: Estimate Total Daily Energy Expenditure (TDEE)

### What is TDEE?

TDEE is the total number of calories you burn each day, combining your basal metabolic rate (BMR) with the energy you expend through physical activity. Knowing your TDEE is crucial because it tells you how many calories you need to maintain your current weight. It's the benchmark for adjusting your diet to either lose weight, gain muscle, or maintain your heroic physique.

### How to Calculate TDEE:

Calculating your TDEE might sound complex, but it's straightforward with the right formula. Here's how you can do it:

**1. Calculate Your BMR:** Your Basal Metabolic Rate is the number of calories your body needs at rest to maintain life-sustaining functions like breathing, circulation, and cell production.

#### For Women:

**BMR = (4.35 x weigh in pounds) + (4.7 x height in inches) - (4.7 x age in years)**

#### For Men:

**BMR = 66 + (6.23 x weight in pounds) + (12.7 x height in inches) - (6.8 x age in years)**

The result is your TDEE. This number represents the total calories you burn each day, considering both your resting energy and the energy you burn through various activities. Like a superhero's utility belt, it equips you with the knowledge to plan your nutrition strategy effectively.





## Step 4: Setting Your Daily Calorie Goal

### **For the Weight Loss Warriors: Creating a Caloric Deficit**

If your mission is to shed some pounds, understanding how to create a caloric deficit is crucial. You have three tactics at your disposal: ramping up your physical activity, reducing your caloric intake, or combining both.

### **For the Aspiring Muscle Builders: The Bulk Phase**

Gaining weight intentionally usually means one thing: bulking up with muscle. Aim for a gradual weight gain of about 0.25 to 0.5 pounds per week to ensure you're adding muscle rather than excess fat. However, remember, no amount of calorie surplus will build muscle unless you're engaging in progressive overload with resistance training. Consider this the bedrock of your bulking phase—if you're not lifting weights and challenging your muscles, the extra calories won't translate into muscle mass.

### **For Maintaining Your Fortress: The Art of Maintenance**

Maintenance isn't just a resting phase; it's an active state where you fine-tune and fortify. Here, you aim to keep your caloric intake equal to your TDEE. This phase is perfect for those practicing body recomposition—shifting body fat to muscle. This is especially effective for newcomers to weight training, who'll find they can make significant gains even without a caloric surplus.

Each phase of your nutritional journey requires a unique approach, just as different scenarios call for different superhero responses. Whether you're cutting, bulking, or maintaining, adjust your strategy to reflect your current goals and the demands of your training regimen. Remember, the key to success is consistency and adaptation—not just following a plan but evolving it as you progress in your fitness journey. Equip yourself with knowledge, and like any seasoned hero, use it to shape your destiny.



# Understanding Body Types

In the world of fitness, body types are often categorized into three main types: endomorph, ectomorph, and mesomorph. Each has distinct characteristics that can guide how you set your macro splits:

**Endomorphs** tend to gain weight easily and have a rounder body. They might benefit from a lower carbohydrate intake and higher protein and fats to help manage weight and enhance metabolism.

**Ectomorphs** are typically lean and have a hard time gaining weight. A higher carbohydrate intake can help provide the needed energy and support muscle growth.

**Mesomorphs** generally find it easier to gain muscle and stay lean. They can often handle a balanced macro split, with equal parts proteins, fats, and carbohydrates.

## Factors Affecting Macro Split Selection

Choosing the right macro splits should consider more than just body type:

**Activity Level:** Those who are very active, particularly in high-intensity or endurance sports, may need more carbohydrates to fuel their energy demands.

**Health Goals:** Your objectives, whether losing weight, gaining muscle, or maintaining current fitness levels, significantly shape how you balance your macros.

**Personal Metabolism:** Everyone processes nutrients differently. Pay attention to how your body reacts to various macro ratios.

**Low Activity or Hormonal Issues:** Individuals with a sedentary lifestyle or hormonal conditions like PCOS or thyroid issues should consult with a coach to tailor macro settings effectively.





No matter where you are in your journey, know that every bit of effort counts.

Like a superhero learning to harness their powers, you too are learning to master the art of nutrition. There may be setbacks or challenges along the way, but these are merely opportunities to grow stronger and more resilient. Your journey is about progress, not perfection.

Embrace the learning curve that comes with setting up and following through with your macro goals. It's a dynamic process that requires patience, adjustment, and persistence. Experiment with different macro splits, listen to your body, and discover what makes you feel your best.

Like any good superhero team, proteins, carbs, and fats each have unique roles that contribute to the body's overall health and performance. Embracing a diet that includes a balanced intake of all three macronutrients will ensure your body is well-equipped to handle whatever challenges come its way, much like a superhero ready to save the day.

Remember, no nutrient acts alone—they work best when they work together.

