



WORKING
AGAINST
GRAVITY

18 TIPS & TRICKS

TO MAKE MACRO TRACKING
WORK FOR YOU

Tips that *Translate*

There is a plethora of information available when it comes to nutrition. Having so many resources available is both a blessing and a curse.

With so much information to sift through, how can you know what works best for you and YOUR goals?

Whether you prefer flexible dieting, keto, paleo, plant-based or another style of eating, counting macronutrients ensures your body is processing the proper ratio of fats, carbs and protein to maintain energy, muscle growth and overall health.

Building diet and lifestyle habits can be overwhelming at times, so we're sharing our top 18 Tips and Tricks to help you keep it simple. After all, the simpler things are the more sustainable (and enjoyable!) they'll feel. This is the trick to ultimate success.

Lasting change WILL require work and effort, but it can be done and you don't need to do it alone. At WAG, we know that it isn't necessary to reinvent the wheel to make an impact. We're here to share what has worked for thousands of our clients so you can give em' a shot too.

Using these tips and tricks can directly translate into progress towards your goals.

Our *Top 18* Tips:

1. Always have foods in the house that are primarily made up of protein, carbs or fats to make building balanced meals even easier.
2. Never grocery shop hungry. Planning in a meal or snack ahead of time can be a game changer when it comes to sticking to your list.
3. Set your environment up for success!
Keep tempting foods off the counters and in the back of the fridge.
4. Using your phone while you cook can be a pain, so write the ingredients and weights on a sticky note so you can input them all in MyFitnessPal later.
5. The tare/zero button will save your life.
Hit it to subtract the weight of your bowl and after adding ingredients so you don't have to use separate bowls (or too much math).
6. If the amount of food you plan to eat each day feels overwhelming, divide it evenly through your meals.



Miki H.

"Macro counting had been something I had heard about for a while before looking into but I just wasn't sure if I wanted the commitment and it sounded really hard and tedious...After starting WAG my food world completely changed and I felt so free... [WAG] was teaching me how to make appropriate choices in the real world doing real life things."

7. Cooking food in bulk and using a calculator to figure out the macros? Try using masking tape to write the macros on and stick on your Tupperware containers.

Ex: you'll know that 100 g of your cooked veggies is 133 g of raw veggies.

8. If you're struggling with hunger, try eating fewer, larger meals instead of smaller frequent ones to achieve a genuine sense of fullness.
9. Find a few "go-to" meals closest to the 3 places you spend the most time (your "food radius" - often work, school, gym and/or home) so you're never without a backup plan when you need to grab something in a pinch.
10. Plan one day that fits your macros then recreate those meals by copy-and-pasting to the next day rather than having to re-enter it or guess what portions work best.
11. Have one meal each day that you can easily manipulate. Deli Turkey wraps, chicken soft tacos, etc. Add more meat for more protein, more avocado/mayo/guac for more fat, more veggies/shells or a side for more carbs.
12. When traveling, call ahead to hotels and request a mini fridge and a microwave to have more variety for snacks or meals.

**Josh L.**

"Before starting WAG I thought it was going to be way to hard and unrealistic to weigh everything and have different foods everyday. I was sooooo wrong. The first week or so was a learning experience but now it's become habit. Weighing my food and figuring what I can and can't have is incredibly easy now."

13. To weigh small amounts of something that's in a container - put the **WHOLE** jar on the scale, press tare and then take out the serving you want - the scale will then show your serving as a negative number.

14. Practice guessing what your food weighs before putting it on the scale to build confidence estimating.

15. When scanning entries into MyFitnessPal, make sure the entry matches the nutrition listed on the package and verify the serving size. Packaging can change and serving sizes can be sneaky!

16. Make sure your food diary reflects the way **YOU** eat. Change the number of meals your food diary has and change the meal labels to reflect your day of eating.

17. If hunger is an issue, try not to drink your macros (ex: protein shakes, coconut water, kombucha, juice etc.). Volume (and chewing and swallowing your food) will almost always be more satisfying.

18. Drink lots of water as you eat and throughout the day. Aim for 1 oz. per pound of body weight. Most people overestimate this so it may be helpful to track your fluid intake.

There you have it! Our top 18 Tips and Tricks! Whether you take BIG or small steps, **getting started** is the most important part.

At WAG, we know that there is no right or wrong way to make a lifestyle change and the best plan is the one that works for you! These tips can come in handy whether you're just getting started, need a refresher or if you're a seasoned pro.

Looking for more but not QUITE ready to take the plunge?

Check out the WAG [30 Day Flexible Dieting Crash Course](#).

Learn how to calculate your own macros based on your goals and get the tools and education to help you stick to them! The course includes daily lessons, downloadable worksheets, a Facebook community to support you along the way and more!

Added bonus? If you decide to sign up for WAG during or right after the course, your \$50 course fee will be applied to your first month of membership!

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[The course] is a great bit of information. The style and format of the basics of counting macros, as well as macronutrient sources, paired with a little bit of the psychology of food is a great place to start. Money and time well spent!

~ Allison J.

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Ready to dive in? We've got your back!

Experience the benefits of online nutrition coaching with a REAL person who genuinely wants to get to know you and support you in reaching your goals!

Your coach will create a program specifically designed for your lifestyle. Through weekly check-ins you'll work together to figure out strategies and skills that work best for you and your goals.

Our coaches are experts on a range of nutrition styles and are ready to work together to find what works best for you.



Shoshana Y.

"Words cannot describe how much this program has changed my life. I joined WAG because I could not, for the life of me, lose weight. I was unaware of what a huge journey I had just started. I not only lost the weight I wanted to, I learned that there is so much you can do with nutrition!"

My coach has been beyond amazing in motivating me, supporting me, and challenging me both physically and mentally to be the best version of myself I can be. The advice, tips, tricks, and patience that the WAG coaches provide is a recipe for success. My success has not only been physical, but mental and emotional as well. My quality of life has been better than it ever has been since joining WAG and I can't wait to see where this journey continues to take me!"