

precision nutrition macro calculator

precision nutrition macro calculator is an essential tool for individuals seeking to optimize their dietary intake based on scientific principles of macronutrient distribution. This calculator helps users determine the ideal amounts of proteins, carbohydrates, and fats tailored to their specific goals, whether for weight loss, muscle gain, or overall health improvement. By utilizing a precision nutrition macro calculator, one can achieve a more personalized nutrition plan that aligns with their metabolic rate, activity level, and body composition. This article will explore what a precision nutrition macro calculator is, how it works, its benefits, and how to effectively incorporate it into a nutrition strategy. Additionally, it will address common questions and provide practical tips for maximizing its use. Understanding these aspects will empower users to make informed decisions about their diet and health.

- Understanding the Precision Nutrition Macro Calculator
- How the Precision Nutrition Macro Calculator Works
- Benefits of Using a Precision Nutrition Macro Calculator
- Implementing the Macro Calculator Results
- Common Questions About Precision Nutrition Macro Calculators

Understanding the Precision Nutrition Macro Calculator

A precision nutrition macro calculator is a specialized tool designed to calculate the optimal intake of macronutrients—proteins, fats, and carbohydrates—based on individual characteristics and goals. Unlike generic calculators, this tool integrates detailed variables such as age, gender, weight, height, activity level, and metabolic rate to deliver personalized recommendations. The goal is to ensure that the macronutrient distribution supports the user's unique physiology and desired outcomes.

Key Components of Macronutrients

Macronutrients consist of:

- **Proteins:** Essential for muscle repair, enzyme production, and immune function.
- **Carbohydrates:** The primary energy source for the body, crucial for brain function and physical activity.
- **Fats:** Important for hormone production, cell structure, and nutrient absorption.

The precision nutrition macro calculator balances these components to fit personal needs rather than applying a one-size-fits-all approach.

Why Precision Matters

Precision in calculating macros is vital because individual metabolic rates and nutritional requirements vary widely. A standard diet may not efficiently support weight management or performance goals. By using a precision nutrition macro calculator, users receive tailored macronutrient targets that reflect their unique metabolic demands, improving adherence and outcomes.

How the Precision Nutrition Macro Calculator Works

The precision nutrition macro calculator operates by collecting specific user data and applying validated nutritional algorithms to generate customized macronutrient recommendations. It often incorporates scientific formulas such as the Harris-Benedict or Mifflin-St Jeor equation to estimate basal metabolic rate (BMR) and total daily energy expenditure (TDEE).

Input Parameters

The calculator requires inputs including:

- Age
- Gender
- Weight and height
- Activity level (sedentary, moderate, active, very active)
- Body composition goals (fat loss, muscle gain, maintenance)

These parameters feed into the calculation process to ensure accurate macro allocation.

Calculation Process

Once the data is entered, the calculator estimates caloric needs and distributes total calories into macronutrient categories, expressed in grams. For example, protein needs are often calculated based on body weight or lean body mass, carbohydrates are adjusted according to activity levels, and fats fill the remaining caloric requirements.

Benefits of Using a Precision Nutrition Macro Calculator

Utilizing a precision nutrition macro calculator offers numerous advantages over generic dietary planning methods. It provides a scientific, data-driven approach to nutrition that can enhance health and fitness outcomes.

Personalized Nutrition Plans

By considering individual differences, the calculator generates nutrition plans that are realistic and sustainable. This personalization helps reduce trial and error in diet planning and promotes consistency.

Improved Weight Management

Accurate macro tracking contributes to effective weight loss or muscle gain by ensuring that calorie and nutrient intake aligns with physiological needs. This reduces the likelihood of muscle loss during weight loss or excessive fat gain during bulking phases.

Enhanced Performance and Recovery

A balanced macronutrient intake supports energy levels and recovery processes, especially for athletes or highly active individuals. The precision nutrition macro calculator optimizes macronutrient ratios to meet the increased demands of training.

Increased Nutritional Awareness

Using this tool educates users about the role of macros in overall health and how to balance them appropriately, fostering long-term healthy eating habits.

Implementing the Macro Calculator Results

After obtaining macronutrient targets from the precision nutrition macro calculator, it is essential to translate these numbers into practical meal planning and food choices.

Tracking Macronutrients

Consistent tracking is crucial for adherence and progress monitoring. Many individuals use food journals, mobile apps, or nutrition software to log daily intake and compare it against calculated goals.

Meal Planning Strategies

Effective meal planning includes:

- Dividing daily macros into balanced meals and snacks
- Choosing nutrient-dense foods rich in vitamins and minerals
- Incorporating variety to prevent dietary boredom and ensure micronutrient adequacy
- Adjusting portions based on real-time feedback and progress

Adjusting for Lifestyle Changes

As activity levels, body composition, or goals evolve, recalculating macros ensures continued relevance and effectiveness. Regularly reassessing inputs in the precision nutrition macro calculator helps maintain alignment with current needs.

Common Questions About Precision Nutrition Macro Calculators

Several frequently asked questions arise regarding the use and accuracy of precision nutrition macro calculators.

Are These Calculators Accurate for Everyone?

While precision nutrition macro calculators provide a highly individualized starting point, biological variability means results may require fine-tuning. They are most accurate when combined with ongoing monitoring and adjustments.

How Often Should Macros Be Recalculated?

Macros should be recalculated when significant changes occur in weight, activity level, or goals—typically every 4 to 8 weeks. This ensures nutrition plans remain aligned with current physiological demands.

Can This Calculator Replace Professional Nutrition Advice?

The precision nutrition macro calculator is a valuable tool but should complement, not replace, professional guidance. Dietitians and nutrition experts consider additional factors such as medical history and food preferences that calculators cannot fully capture.

Frequently Asked Questions

What is the Precision Nutrition Macro Calculator?

The Precision Nutrition Macro Calculator is an online tool designed to help individuals determine their ideal macronutrient intake (proteins, carbohydrates, and fats) based on their personal goals, body composition, activity level, and lifestyle.

How accurate is the Precision Nutrition Macro Calculator?

The calculator provides a scientifically-informed estimate that is fairly accurate for most people, but individual variations and adjustments may be needed based on real-world results and personal preferences.

Can the Precision Nutrition Macro Calculator be used for weight loss?

Yes, the calculator can be customized to support weight loss by adjusting macronutrient ratios and calorie intake according to your specific goals and metabolic rate.

Does the Precision Nutrition Macro Calculator consider activity levels?

Yes, the calculator takes into account various activity levels, from sedentary to very active, to provide tailored macronutrient recommendations that match your lifestyle.

Is the Precision Nutrition Macro Calculator suitable for athletes or bodybuilders?

Absolutely, the calculator can be adjusted for athletes and bodybuilders by inputting higher activity levels and specific goals such as muscle gain, allowing for precise macronutrient targeting to optimize performance and recovery.

Additional Resources

1. *The Precision Nutrition Calculator: Mastering Macronutrient Balancing for Optimal Health*

This book offers a comprehensive guide to understanding and using macro calculators effectively. It breaks down the science behind macronutrients and how precise calculations can optimize body composition and performance. Readers will learn practical strategies to tailor their nutrition plans based on individual needs and goals.

2. *Macro Magic: The Art and Science of Precision Nutrition*

"Macro Magic" delves into the principles of macronutrient tracking and its impact on weight management and athletic performance. The author explains how to use precision nutrition calculators to customize diets and improve metabolic health. This book is ideal for both beginners and experienced nutrition enthusiasts.

3. Calculating Macros for Maximum Results: A Practical Guide to Precision Nutrition

This practical guide helps readers understand the importance of macronutrient ratios and how to calculate them accurately. It includes step-by-step instructions for using macro calculators and tips for adjusting macros based on lifestyle and activity levels. The book also features meal planning resources to put calculations into action.

4. Precision Nutrition for Athletes: Macro Calculators and Performance Optimization

Focused on athletes, this book explores how precision nutrition can enhance training outcomes and recovery. It explains the role of carbohydrates, proteins, and fats in athletic performance and how to use macro calculators to fine-tune dietary intake. Case studies and real-life examples illustrate effective nutrition strategies.

5. The Macro Calculator Blueprint: Designing Personalized Nutrition Plans

This title provides a blueprint for creating individualized nutrition plans using macro calculators. It discusses the science of energy balance and macronutrient distribution, emphasizing personalization. Readers gain insights into adjusting macros for weight loss, muscle gain, or maintenance goals.

6. Smart Macros: Leveraging Precision Nutrition Calculators for Sustainable Health

"Smart Macros" advocates for a balanced, sustainable approach to nutrition using precision calculators. The book highlights how accurate macro tracking can aid in disease prevention, energy management, and long-term wellness. It also addresses common challenges and misconceptions about macronutrient counting.

7. Nutrition by Numbers: The Essential Guide to Macro Calculators and Meal Planning

This essential guide demystifies the use of macro calculators and integrates them with practical meal planning advice. Readers learn how to interpret calculator outputs and translate them into everyday eating habits. The book offers sample meal plans and recipes to support various dietary preferences.

8. Macros Made Simple: Unlocking the Power of Precision Nutrition Calculations

"Macros Made Simple" breaks down complex nutritional concepts into easy-to-understand language. It focuses on simplifying the process of calculating and tracking macros for improved health and fitness. The book includes user-friendly tools and tips to stay consistent with macro-based nutrition.

9. The Science of Precision Nutrition: Macro Calculators and Metabolic Health

This book explores the scientific foundations of precision nutrition and its applications for metabolic health. It examines how macro calculators can be used to combat metabolic disorders and optimize energy utilization. Readers will find evidence-based strategies to enhance nutrition through precise macronutrient management.

Precision Nutrition Macro Calculator

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precision nutrition macro calculator: Strategic Use of Amino Acids for Health & Performance Optimization Christopher Lively, Strategic Use of Amino Acids for Health & Performance Optimization - Amino Acid Mastery: Evidence-Based Protocols for Peak Performance and Recovery The Science of Building Better Health Through Targeted Amino Acid Strategies Your body performs millions of processes every day, yet most people never consider the building blocks that make it all possible. The nine essential amino acids are critical for many functions in your body , and understanding how to use them strategically can be the difference between feeling ordinary and achieving extraordinary results. This comprehensive guide breaks down the complex world of amino acids into actionable protocols you can implement immediately. Whether you're an athlete seeking that competitive edge, a professional demanding sustained mental clarity, or someone recovering from injury or illness, this book provides the roadmap for optimizing your body's most fundamental processes. What You'll Master: Foundation Knowledge: Learn how the 20 common amino acids that make up proteins work individually and in combination to support muscle synthesis, brain function, immune response, and energy production. Discover why your body breaks down dietary proteins into these essential components and how to leverage this process. Targeted Protocols: Access step-by-step plans designed for specific outcomes - whether accelerating muscle recovery, sharpening cognitive performance, strengthening immune function, or optimizing sleep quality. Each protocol includes precise timing, dosing, and duration guidelines. Strategic Implementation: Master the art of amino acid timing around workouts, meals, and daily routines. Learn which forms (powders, capsules, or whole foods) work best for different goals and how to combine them with vitamins and minerals for maximum effectiveness. Personalization Methods: Use the included assessment tools and tracking systems to customize your approach based on your unique needs, lifestyle, and response patterns. Adjust protocols safely as your goals evolve. Safety and Optimization: Navigate potential interactions, understand dosage limits, and recognize when professional consultation is recommended. Avoid common mistakes that can diminish results or cause unwanted effects. Real-World Application: Explore practical meal ideas and supplement strategies that fit seamlessly into busy schedules. Learn how everyday protein sources can be optimized for specific amino acid profiles. Key Features: + Detailed profiles of over 20 amino acids with specific applications for strength, endurance, mental focus, stress resilience, and recovery + Easy-reference charts for dosing schedules and supplement selection + Research summaries that explain the why behind each recommendation + Progress tracking templates for symptoms, performance markers, and biomarkers + Comprehensive safety guidelines including drug interactions and contraindications + Practical recipes and meal planning strategies that maximize amino acid benefits Ideal For: + Performance athletes and fitness enthusiasts looking to gain a competitive advantage through nutrition science + Business professionals and students who need sustained energy and mental sharpness for demanding schedules + Individuals recovering from surgery, injury, or chronic health conditions seeking evidence-based support + Healthcare practitioners, trainers, and nutrition professionals expanding their protocol toolkit + Anyone interested in applying cutting-edge nutritional science to improve their daily life The research is clear: amino acids play vital roles in growth, physical performance, and health . This book bridges the gap between laboratory findings and practical application, giving you the tools to harness these insights for measurable improvements in how you feel, perform, and recover. Stop leaving your health and performance to chance. Start applying these proven strategies today and experience what happens when you give your body exactly what it needs to thrive. Order your copy today!

precision nutrition macro calculator: Macro Diet For Dummies Malia Frey, 2024-01-24 Lose weight, build lean muscle, and boost daily energy levels without giving up your favorite foods. Macro Diet For Dummies teaches you everything you need to know to master the popular meal plan that has helped athletes, celebrities, and people just like you build lean muscle and lose fat for good. On the macro diet, you track macronutrients instead of calories, so you know you're giving your body the correct balance of daily nutrients to feel energized, strong, and healthy. And the great

thing is that, as long as you balance your macros and meet your daily goals, you can eat whatever you want. You'll reach your weight and health goals without feeling deprived of your favorite foods. Macro Diet For Dummies is a jargon-free guide that provides all the tips and tools you need to develop your own macro-based dietary plan and maintain it for life. Learn to find the best macro balance for you and prep delicious and satisfying meals that will help you get where you want to be. Read about macronutrients and why they're so important for weight loss, better body composition, and optimal health. Learn how to determine the macro balance that works best for your body and how to calculate the precise amount of carbs, protein, and fat that you need each day. Use free tracking tools to monitor your daily intake and keep your program going strong. Get 30+ delicious recipes that will put you on the path to macro success. Thanks to this easy-to-follow Dummies guide, you can lose weight, make your fitness goals easier to reach, and lead a healthier life.

precision nutrition macro calculator: Какая диета лучшая? Как выбрать лучшую диету для себя? Часть 3. DASH-диета: диета для профилактики и лечения гипертонии Владимир Давыдов, Александр Барвинский, Сергей Барвинский, Полина Иванова, Михаил Давыдов, 2024-09-05 Диета DASH («Диетические подходы к остановке гипертонии») в последние годы входит в список лучших диет. Миллионы людей страдают от гипертонии или высокого кровяного давления. Богатая овощами, фруктами, цельнозерновыми продуктами, бобовыми и орехами, нежирным мясом, рыбой, обезжиренными молочными продуктами, диета DASH – это проверенная программа, основанная на принципах здорового питания для снижения кровяного давления, риска сердечных заболеваний, борьбы с диабетом и чрезмерным увеличением веса. Эта книга – простой, действенный план питания, который может органично вписаться в распорядок дня и образ жизни каждого человека. Он включает: 7 планов питания и 100 полезных для сердца рецептов, советы по формированию новых пищевых привычек, которые приведут к революции в вашем здоровье и заставит полностью отказаться от лекарств. Администрация сайта ЛитРес не несет ответственности за представленную информацию. Могут иметься медицинские противопоказания, необходима консультация специалиста.

precision nutrition macro calculator: My Portion - 21 Day Program Vanessa Richardson, 2020-03-17 The My Portion program is foundational to addressing health and wellness goals. My Portion is designed to appreciate your uniqueness and to use that uniqueness to help to reach your goals. My portion is built on cycles to allow for flexibility and variety. The foods that you buy as a normal part of your diet are the foods that you eat during the My Portion program. There are no supplements to purchase, no additional cost, no stress. You build the program, you follow the program, you find success with the program. The cycle comes with a 10 - 21 day nutritional transformation program. With this program you will receive: 1 - A cycle plan outline with the specific number of days in your plan, calorie and macro goals, a calendar with your plan outlined in editable word format. 2 - A documentation journal to track your progress. 3 - Check in's with me to help support you. For any questions comments concerns: Please contact me at www.OurOthersKeeper.org/health

precision nutrition macro calculator: Southern Keto: Beyond the Basics Natasha Newton, 2021-03-09 Natasha Newton, bestselling author of Southern Keto, once again lends her distinctive Southern flair to the ketogenic lifestyle in her new cookbook, Southern Keto: Beyond the Basics. Natasha brings to your dinner table the sought-after Southern-style recipes she is known for while offering an array of time-honored All-American flavors—all low-carb and keto-friendly. With more than 110 easy-to-follow recipes, this book features family-friendly cuisine that will please every palate. It includes everything from Slow Cooker Chicken Tacos to Zucchini Parmesan and, of course, a wide range of delicious desserts. With this amazing array of flavor combinations, your low-carb diet will never taste better. Southern Keto: Beyond the Basics also features meal plans, shopping lists, on-the-go lunchbox ideas, cooking tips, and much more. Sample recipes include: Cinnamon Pull-Apart Bread, Deviled Ham, Unstuffed Pepper Soup, Country Fried Steak and Gravy, Nashville Hot Chicken Tenders, No-Bake Strawberry Cream Pie.

precision nutrition macro calculator: *The Journal of Nutrition* , 1967 Vols. 7-42 include the Proceedings of the annual meeting of the American Institute of Nutrition, 1st-9th, 11th-14th, 1934-1942, 1947-1950 (1st-8th, 1934-1941, issued as supplements to the journal).

precision nutrition macro calculator: *LACMA Physician* , 1995

precision nutrition macro calculator: **The Everything Guide to Macronutrients** Matt Dustin, 2017-11-14 Learn about the basics of macronutrients--carbohydrates, fats, and protein--how to count them, and how to successfully lose weight in this new guide! You will learn the importance of these essential elements and how to control them to be the healthiest you can be--and still eat what you want! With more than 150 recipes and a two-week meal plan to get you started, this book is a comprehensive yet approachable resource that gives you all the tools necessary to help you lose weight more effectively--and keep it off--

precision nutrition macro calculator: **Macronutrient Basics** Matt Dustin, 2020-01-28 Lose weight and build muscle with this simplified guide to the macronutrient diet—including 50+ recipes—so you can achieve the healthy lifestyle you’ve been craving while enjoying the foods you love! All over the world, people have been looking for ways to lose weight and build lean muscle while still eating all the foods they enjoy. The macro diet has gained popularity with its flexible approach to eating that allows all food groups and simply requires keeping track of your macro intake. But calculating those macros and planning meals around them can be both confusing and time consuming! In *Macronutrient Basics*, you’ll find easy-to-understand explanations and tips on how to adapt the macro diet to fit your needs—plus easy, delicious recipes and sample meal plans. Whether you’re an athlete looking to boost your performance or a recovering couch potato who wants to lose weight and gain energy without giving up the foods you love, this is the all-inclusive guide to accomplishing your goals. *Macronutrient Basics* makes it easy to follow this flexible diet plan with a simplified take on the macronutrient diet that will help you transform your lifestyle—and your health!

precision nutrition macro calculator: *Macro Tracker* Jen Capital, 2021-02-21 Food is not the enemy. Food is our fuel. But sometimes it's easy to lose perspective on this. Learning how to track your macronutrients is the most important thing you can do for taking control of your health, body, and fitness. When we track something it brings more clarity and understanding. It gives us the ability to make improvements. In this case, it allows you to track progress and adjust your food intake based on your results. Over the next 90 days, you are going to learn a lot about the foods you are eating and how they may be helping or preventing you from making progress. Start each day with your target macros Easily track training days vs. rest days Monitor your weight daily Clearly track protein, carbohydrates, fat, and calories Record your favorite meals and recipes in the notes section Enjoy a minimal and clean layout design Size: 8.5x11 And don't forget... consistency beats perfection. Get the tracker and start your 90-day journey!

precision nutrition macro calculator: **Precision Nutrition** John M. Berardi, 2012

precision nutrition macro calculator: *Precision Nutrition Diet Guide* , 2014

precision nutrition macro calculator: **The Macro Book** Tia Bonn, 2020-05-05 If you do any kind of workout you understand that what you eat defines your success and your body! By now, you know that kitchen scales are your best friend - if not, you will find out very soon... You need to stick to your calories and macros that are in your personal meal plan as much as possible. You also know that prepping your food can be very time-consuming, especially if you are not sure how much you should eat from certain types of food. I know all of this, I have been through the same! I am here to help you! With this book, I am about to save you a lot of time! When I started to do my workout and follow my meal plan, it took me a while to prepare it all correctly so I decided to create a database for myself where I entered all sorts of food and I re-searched all nutrition info for this. I would like to share my tables with you that show calories, carbs, fat, and protein for different types of food, in different amounts. All you need to do is to look at your meal plan, match your macros with the help of this book, and add it all up. This book also contains some tips that helped me a lot, either to save time or save calories, carbs, and fat. Yes, you do need a set of scales! It does not matter what sort of

scales they are as long as they are kitchen scales. They all do one thing - measure the amount and weight of your food. Yes, you will still need to do some maths however, the content of this book will help you massively and save you a lot of time. The whole point of following a sustainable macro-based diet is that it's flexible. You can eat oven-baked chicken with rice and carrot for the rest of your life if you wish, but I do not think many people could and would do that. We need variety! And if you calculate your macros, you can create amazing meals all the time. You need to love what you eat, otherwise, it will not be sustainable and you will not get the results you would like to see. This book contains a lot of food with their calories and macros, most starting from as small as 5g to 600g of weight so you do not have to look up nutrition info for each item you want to use and calculate the calories and macros, it will save you a lot of time. Some people like using macro tracking apps and it's great if that works for you, the downsides are: -Many of these apps allow anyone to enter anything, which means it might not be accurate. -If the app was created let's say in the US or Europe, it will be full of American or European products but not so many from anywhere else in the world. -You still need to enter nutrition info if you can not find it on the app. -Many apps will have in-app purchases which means you might not be able to use all options or you can use the app only for a certain amount of time for free. I do not put the success of my hard work in the hands of 'someone' entering the info. I research everything very carefully and to the best of my knowledge, these are the very calculations I use myself. I am also 'old-school' and like to write it down with a pen. It makes me feel good! Psychologically, if you actually write something down on a piece of paper, it is more powerful than some virtual numbers. So I am not an 'app-person' when it comes to macros. In this book, I'll give you some tips on how to save calories, carbs and fat and how to 'make up' if you are not hitting your protein target or consumed too much fat for your lunch. I also left many empty spaces for you where you can write down YOUR favourite food. You can create your favourite breakfasts and meals and easily adjust the recipes you like. By the end of this book you will be able to calculate your macros easily, create your own recipes and you will have 3 breakfasts, 5-10 mains and 3 treats to get you started. I wish you all the best for your lifestyle change and fitness journey

precision nutrition macro calculator: Macro Tracking Journal & Nutrition Log Book The Bench Press, 2019-12-20 A flexible dieting, macro tracking food journal created by women for women! Ready to kickstart your new year's fitness resolutions? Got #bodygoals in 2020? Then start tracking your nutrition today! If you're a female that wants to lose fat, gain muscle or fully transform (recomp) in the new year, you need to start tracking more than just calories. WHAT ARE MACROS? Macro counting, also known as IIFYM (if it fits your macros) is not a diet but a flexible eating lifestyle that follows one simple principle: If the calories and macronutrients (protein, carbs and fats) fit within your daily targets, you can eat that sh*t! CREATED BY WOMEN FOR WOMEN! A food journal like no other, this logbook is designed to help you track not just your food intake, but many areas that affect your nutrition and motivation: from mood and motivation, training intensity, peri-workout nutrition, and even your monthly cycle. Alongside 60 undated daily food logs, there's a companion health inventory designed to help you learn about how your body responds at different times of the month and in relation to different variables so you can tweak your nutrition and become the best version of you possible. There's also dedicated space for goal setting, physique check-ins, and a recap at the end of the tracking period. This female-specific daily food journal log book helps you: SET UP FOR SUCCESS WITH GOAL SETTING: Write down your goals for the period across nutrition, healthy habits and physique. Really get clear on your 'why' - understand what drives and motivates you to succeed. MONITOR YOUR PHYSIQUE WITH MONTHLY CHECK-INS: Start off with an initial check-in and follow up every month to track your progress. Log your weight, body fat, lean mass, water % and body measurements across 10 areas. TRACK 60 DAYS FOOD INTAKE: If you log every day, this journal will help you keep on track for a full 2 months. Each daily log includes space to track 5 meals, with areas to log calories and macros (protein, carbs, fats). Total up your daily intake at the end of the day and note whether you're over or under target. ADVANCE YOUR PROGRESS WITH THE HEALTH INVENTORY: The ultimate food log addition for women helps you

understand how your nutrition is affected by your training intensity, mood, motivation, cravings and the stage of your monthly cycle. What days do you feel hungry? When do you struggle to find motivation? Log your training intensity, water intake and your pre-, intra-, or post-workout nutrition to understand their effects on your motivation and hunger. **CONVENIENT & PORTABLE SIZE:** This paperback logbook is a handy 6 x 9 size, small enough to fit inside your handbag, purse or gym bag yet large enough to write in with plenty of space for notes. It comes perfect bound with high quality (60GSM) crisp white paper. **MODERN & UNIQUE DESIGNS:** Featuring wraparound artwork on a 220GSM soft cover notebook with a glossy finish that's easy to wipe off after a sweaty gym session or a messy meal prep day. (More cover designs available, just visit our Author Page - 'The Bench Press') **ARE YOU READY?** This macro tracker journal and nutrition log book is the perfect companion for any woman seeking to improve their nutrition, healthy habits or physique, whether the goal is to shed fat, gain muscle or completely transform. Get your nutrition on the right track in 2020! Buy your macro tracker journal today!

precision nutrition macro calculator: Macro Tracking Journal & Nutrition Log Book The Bench Press, 2019-12-20 A flexible dieting, macro tracking food journal created by women for women! Ready to kickstart your new year's fitness resolutions? Got #bodygoals in 2020? Then start tracking your nutrition today! If you're a female that wants to lose fat, gain muscle or fully transform (recomp) in the new year, you need to start tracking more than just calories. **WHAT ARE MACROS?** Macro counting, also known as IIFYM (if it fits your macros) is not a diet but a flexible eating lifestyle that follows one simple principle: If the calories and macronutrients (protein, carbs and fats) fit within your daily targets, you can eat that sh*t! **CREATED BY WOMEN FOR WOMEN!** A food journal like no other, this logbook is designed to help you track not just your food intake, but many areas that affect your nutrition and motivation: from mood and motivation, training intensity, peri-workout nutrition, and even your monthly cycle. Alongside 60 undated daily food logs, there's a companion health inventory designed to help you learn about how your body responds at different times of the month and in relation to different variables so you can tweak your nutrition and become the best version of you possible. There's also dedicated space for goal setting, physique check-ins, and a recap at the end of the tracking period. This female-specific daily food journal log book helps you: **SET UP FOR SUCCESS WITH GOAL SETTING:** Write down your goals for the period across nutrition, healthy habits and physique. Really get clear on your 'why' - understand what drives and motivates you to succeed. **MONITOR YOUR PHYSIQUE WITH MONTHLY CHECK-INS:** Start off with an initial check-in and follow up every month to track your progress. Log your weight, body fat, lean mass, water % and body measurements across 10 areas. **TRACK 60 DAYS FOOD INTAKE:** If you log every day, this journal will help you keep on track for a full 2 months. Each daily log includes space to track 5 meals, with areas to log calories and macros (protein, carbs, fats). Total up your daily intake at the end of the day and note whether you're over or under target. **ADVANCE YOUR PROGRESS WITH THE HEALTH INVENTORY:** The ultimate food log addition for women helps you understand how your nutrition is affected by your training intensity, mood, motivation, cravings and the stage of your monthly cycle. What days do you feel hungry? When do you struggle to find motivation? Log your training intensity, water intake and your pre-, intra-, or post-workout nutrition to understand their effects on your motivation and hunger. **CONVENIENT & PORTABLE SIZE:** This paperback logbook is a handy 6 x 9 size, small enough to fit inside your handbag, purse or gym bag yet large enough to write in with plenty of space for notes. It comes perfect bound with high quality (60GSM) crisp white paper. **MODERN & UNIQUE DESIGNS:** Featuring wraparound artwork on a 220GSM soft cover notebook with a glossy finish that's easy to wipe off after a sweaty gym session or a messy meal prep day. (More cover designs available, just visit our Author Page - 'The Bench Press') **ARE YOU READY?** This macro tracker journal and nutrition log book is the perfect companion for any woman seeking to improve their nutrition, healthy habits or physique, whether the goal is to shed fat, gain muscle or completely transform. Get your nutrition on the right track in 2020! Buy your macro tracker journal today!

precision nutrition macro calculator: The Macro Method Helen Foster, Angela Dowden,

2021-06-24 Say goodbye to calorie counting with this revolutionary weight-loss method.

Macronutrients or 'macros' are the three main nutrient groups your body can't live without: carbohydrates, fats and protein. So many diets focus on calorie counting, but not all calories are created equal: your body doesn't process 20 calories of kale and 20 calories of chocolate in the same way because of their different macro breakdowns. Macro counting is all about balance. By eating the right ratio of carbohydrates, fats and protein, you can lose weight and build muscle in a healthy, sustainable way without avoiding the foods you love. This flexible approach to dieting encourages you to make smart food choices that guarantee results. The Macro Method will tell you everything you need to know about counting macros, including the latest research about how the diet works and its nutritional benefits. The 21-day plan will help you ditch the calorie counting for good, with more than 40 simple recipes to tempt you.

precision nutrition macro calculator: Master Your Macros Breanne Freeman, 2021-01-20 A nutrition-based guide designed to help readers understand the variables of their metabolism, the function each macronutrient serves in a balanced diet, and how to build a custom nutrition plan that supports their fat-loss and muscle-gain goals.

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your unique body. Through years of coaching and research, Hronec has pinpointed five macro types, a bio-individual nutritional blueprint based on your body type and carb tolerance. Rooted in science and backed by real-world results, Unlock Your Macro Type reveals: The secret code of fat, and why you need to eat fat to burn fat Why drastic carb-cutting can backfire for many macro types The essential macronutrient most people don't get enough of each day The single biggest factor that dictates how to eat for your macro type Complete with quizzes and tailor-made menus, recipes, and workouts, Hronec's personalized plan is designed to get you the best results based on your body, your metabolism, and your goals.

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