

Macro Target Practice Worksheet



Below are a few real world scenarios that you might find yourself in when you start to track macros. Think through how you would approach each of these scenarios with your personal targets in mind.

Understand there is no “right answer” for each of these scenarios, but rather, there is a best choice for you. For example, if you’re just learning how to track macros and using it to gently inform your eating habits, you might choose to be less strict about manipulating your meals to accommodate a challenge. Alternatively, if you have a good handle on macro tracking basics and you’re up for the challenge of hitting your macros targets on a daily basis, you’ll be more strict about manipulating your meals in these various scenarios.

1. What could you choose to eat if you had 38 g protein, 14 g fat and 45 g carbohydrate left for dinner? Think through foods you normally have on hand between your pantry, freezer, and refrigerator, what you like to eat and your macro goals to determine the best option for you.

2. You made dinner for your family and it’s taco night. You have shredded chicken breast, black beans, sliced avocado, various red salsas, olives, sour cream, corn taco shells. You have 38 g protein, 14 g fat and 45 g carbohydrate left. Which ingredients would you choose to construct your dinner plate? Would you avoid any particular ingredients?

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3. Your checkpoint macros are 35 g protein, 23 g fat, 57 g carbohydrate. You love to have 3 meals per day and 1 smaller meal in the afternoon before your evening workout. You forgot lunch at home, so you have to go out for food. You decide to eat at a fast casual, tex-mex joint much like “Chipotle”. What do you order there to accommodate your macro targets?

Other things to think about:

- ▶ Do you forgo your pre workout meal to make more room for a bigger meal at lunch?
- ▶ Do you eat light knowing you’ll still grab something before your workout?
- ▶ Do you eat light knowing you’ll be at home, in charge of your ingredients at dinner to fill in “gaps” in your targets?

4. You’re meeting a friend for dinner at a restaurant that has typical American fare. You planned well for the outing! You have plenty of calories and macros to work with; in fact, you have about 800 calories left for the day from 57 g protein, 31 g fat and 75 g carbohydrates. What kind of meal would you choose from the menu?

Other things to think about:

- ▶ Do you choose to eat to your targets in this one meal?
- ▶ Do you choose to eat some of your macros and save for a mini meal or dessert at home?
- ▶ Do you choose to hit your calorie goals and not your macro goals?

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5. You have figured out your checkpoint macros and you generally aim for about 30 g protein, 15 g fat, and 42 g carbohydrate in your meals and try to have 4 meals per day. You tried something new this week with your breakfast: eggs + a couple slices of bacon + fruit + peanut butter. It was delicious, but you notice that you're falling short of the checkpoint macros for carbohydrates and you blew past the checkpoint macros for fats after your first meal. How do you change your lunch in order to stay on track with your macro goals for the day?

Things to think about:

- ▶ Do you eat fewer meals per day in order to enjoy a bigger meal or two?
- ▶ If lunch is already planned, what could you do to manipulate dinner to be lower in fat and higher in carbohydrate?
- ▶ If lunch and dinner are already planned, how do you proceed?
- ▶ Do you choose to hit calorie goals and not your macro goals?

6. You have had a crazy day - and nothing has gone according to plan. There is no way you're going to hit your macro goals for the day, so what do you do?

Things to think about:

- ▶ Considering your personal goals, do you need to be super strict or can afford to be a little more lenient?
- ▶ Does it matter that you undereat your needs? Does it matter that you overeat your needs?