

@BODYBYMEGFITNESSLLC

Body By Meg Fitness

MACRO NUTRIENT GUIDE

Are you eating healthy or less food than usual and still not seeing results?

Maybe, you feel you aren't able to enjoy the foods or go to celebrations without gaining weight. Are you afraid you'll have to count calories and be on a diet

THEN YOU ARE IN THE RIGHT PLACE!!!

WHAT IS THE BODY BY MEG FITNESS LLC METHOD?

100% online custom macros/nutrition implementing a reverse diet first and foremost to speed up metabolism,

WHAT MAKES THE BODY BY MEG FITNESS LLC METHOD DIFFERENT?

Reverse DIET! CUSTOM PROGRAMMING

WHAT IS A REVERSE DIET?

1. Gradually increasing calories (anywhere from 80-150 calories/week)/macros to reset metabolism and get it firing as efficiently as possible. THIS IS CUSTOM TO EACH CLIENT

Fast metabolism = more calories burned at rest

1. This also balances out any hormone issues through consistent nutrition
2. Consistency is key here - reverse allows the body to understand how much is coming and going so it knows what to store and burn
3. Never gain weight if reverse is done the right way, this takes TIME

Today!! you will learn what macronutrients are & you will be given methods and resources THAT I PERSONALLY find the most accurate way to track your food intake each day. You will learn the flexibility you have with macros, when it comes to attending outings/celebrations and ultimately learning the sustainability it gives you compared to your traditional "FAD DIETS"

Macronutrients Methodology

Proteins: (every 1 gram of protein equals 4 calories) The only macronutrient that allows us to build muscle. We need protein to recover & rebuild from our strength training session, but also to maintain muscle to prevent injury. It is the most thermometric of the 3 macros (meaning it burns more calories while our body digests it, typically helping us feel fuller, longer)

- ✓ Build. Protein is an important building block of bones, muscles, cartilage and skin.
- ✓ Repair. Your body uses it to build and repair tissue.
- ✓ Oxygenate. Red blood cells contain a protein compound that carries oxygen throughout the body.
- ✓ Digest (metabolism fires)
- ✓
- ✓
- ✓

Macronutrients Methodology

CARBS: (every 1 gram of protein equals 4 calories) The only macronutrient that allows us to build muscle. We need protein to recover & rebuild from our strength training session, but also to maintain muscle to prevent injury. It is the most thermometric of the 3 macros (meaning it burns more calories while our body digests it, typically helping us feel fuller, longer)

- ✓ Main function: provide energy for the body
- ✓ Digestive tract begins to break down carbohydrates into glucose, which is used for energy, upon consumption.
- ✓ Simple carbohydrates: One or two sugars (monosaccharides or disaccharides) combined in a simple chemical structure. These easily are utilized for energy, causing a rapid rise in blood sugar and insulin secretion from the pancreas.

Examples: fructose, lactose, maltose, sucrose, glucose, galactose, ribose

Foods: candy, carbonated beverages, corn syrup, fruit juice, honey, table sugar

Macronutrients Methodology

FATS: (every 1 gram of fat equals 9 calories) Are essential to maintain a healthy body and keep it functioning on the inside. It also improves hormonal function. Fats are one of our body's #1 sources used as an anti-inflammatory.

- ✓ **Energy.** Fats give your body energy and to support cell growth.
- ✓ **Protection.** They also help protect your organs and help keep your body warm.
- ✓ **Absorption.** Fats help your body absorb some nutrients and produce important hormones, too.
- ✓ **Hormone regulation.** Fats are essential for hormone health

Macronutrients Methodology

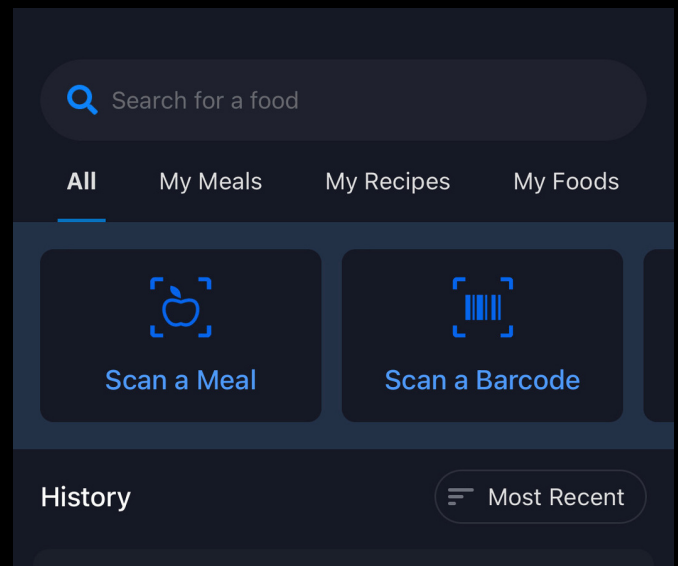
Macros allow us to get more specific with our goals. You can manipulate the amount of protein, carbs or fats based on those goals. If you're wanting to build muscle, drop body fat or maintain your physique all macros are necessary the amounts just shift. Long term, you'll be able to progress from counting macros to intuitive eating. Maybe you don't want to

Let's get you started with some tools:

Possibly the most valuable tool I will provide you with is customizing YOUR MACRO BREAKDOWN! This will establish a healthy amount of macros for your body weight, age and height. You will see it gives you a specific amount of protein, carbohydrate and fat grams.

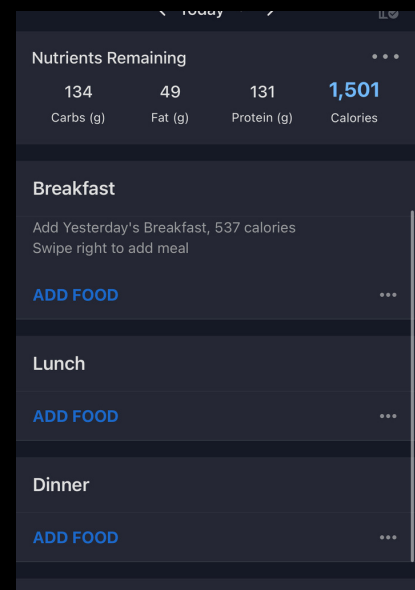
MY FITNESS PAL MACRO TRACKER:

Using a macros tracker is the simplest way to stay on target and take all the guessing work out. Apps such as MFP allows you to look up brands, scan barcodes of products as well as scan specific foods on a plate! The image shows your top 3 ways to log (search box, barcode scan, meal scan).



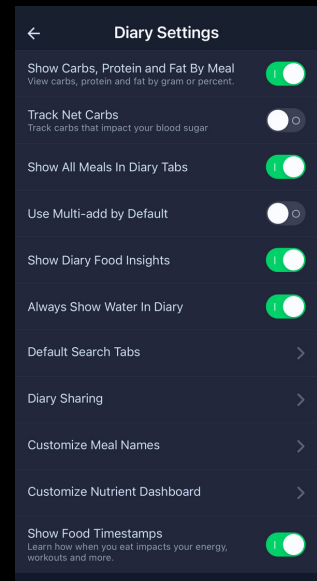
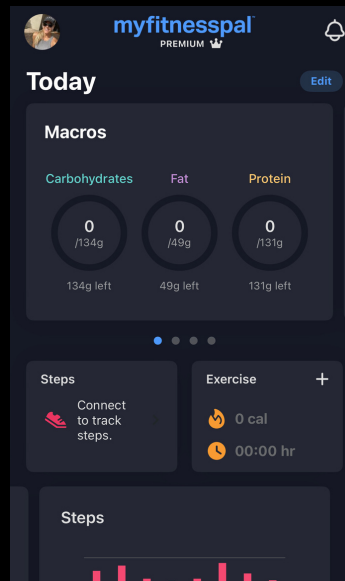
Macronutrients Guide

- Each food you log is categorized under the specific meal of your choice. The names of each meal can be changed in your settings as well!
 - The green check marks, next to foods, means its USDA approved. If you're using the search box option, we suggest using the green check mark, if available.
 - With MFP you can log the amounts of foods in grams, milliliters, ounces....you'll also be able to change the serving size within that food product.



ACTION ITEMS

- Make sure your net carbs are turned off. At the end of a day a carbohydrate is a carbohydrate. While some with higher fiber can be processed slightly differently in the body, they still hold the same amount of calories regardless.
- Change the amount of protein, carbs and fats it displays in your daily plan to match what the CUSTOM NUMBER GIVEN.
- Double check your exercise calories are off. If that is not switched off, as you log exercise in the app, it will continue to give you more food throughout the day. We don't want extra food added on top of what the calculator gives you.



Transformation Starts WITH my: CUSTOMIZED MACRO COACHING PLAN



BODY BY MEG FITNESS ELITE Custom Macro Program & Training Plan is my single most intensive, results-driven program you can be in to make your vision for your body a reality.

With customized fitness and nutrition plans so all you have to do is show up and do the work – leave the “how” to ME!

With the Body By Meg Fitness Coaching Plan

YOU'LL GAIN ACCESS TO:



- ✓ 100% Online Training and Nutrition Custom Programming Tailored for You and Your Specific Goals
- ✓ Access to MY Exclusive App
- ✓ Education on Nutrition/Macros and the Custom Ratios for Your Body
- ✓ OPTION to add custom workouts
- ✓ weekly custom checkins & Adjustments

[CLICK HERE TO APPLY](#)