



PERSONALIZED NUTRITION REPORT FOR

**Your Plan**

# **CALORIE, MACRO, AND PORTION GUIDE**

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POWERED BY

**Pn** PrecisionNutrition

## INTRODUCTION

# Congratulations

You've taken an important first step toward achieving your goals. Now this Calorie, Macro, and Portion Guide—created just for you—will help get you started.

## How to use your guide

**In this guide, you'll learn how to:**

- ✓ Get started TODAY (and what to expect)
- ✓ Eat the right amount of food at each meal
- ✓ Easily judge the portion sizes that are right for your body and goals
- ✓ Choose foods based on your eating preferences
- ✓ Track your food intake and stay consistent
- ✓ Build your daily menu using the sample meal ideas
- ✓ Make adjustments for continual results

**Go at your own pace.** You don't have to jump in head-first to start experiencing benefits. Feel free to skim this guide and pull out some helpful first steps. You can always come back to it as needed.

**Don't overthink it.** The best way to start making progress... is to start making progress. That can be as simple as choosing just one concept in this guide and putting it to use. For example, you might begin by using hand portions at one meal a day. As you practice and get used to it, you can use it for other meals.

**Keep this guide handy.** There are a lot of helpful elements here, but it can also be a lot to remember. Refer back whenever you need a refresher.

## Have fun!



## CALCULATIONS

# Determining your unique personal needs

How much you should eat depends on many factors. To come up with your personalized needs, these factors were taken into consideration:

## ABOUT YOU

AGE

26

SEX

Female

WEIGHT

200

HEIGHT

79

ACTIVITY LEVEL

Moderately Active

## YOUR DIET

PREFERRED EATING STYLE

Anything

MEALS/DAY

4

MACRO RATIOS

~ 30% PROTEIN

~ 20% CARBS

~ 50% FAT

## YOUR GOAL

OBJECTIVE

Lose Weight

GOAL WEIGHT

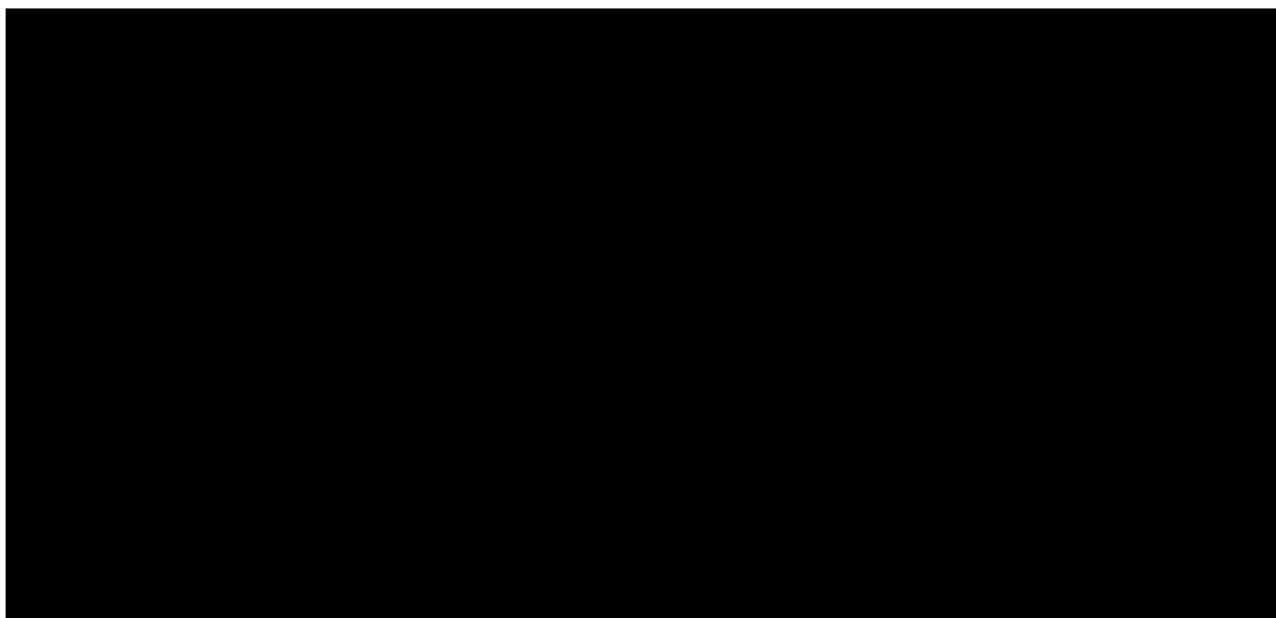
175

TARGET DATE

2021-04-14



**For your needs and goals, Your Plan, you might start by eating:**



**2 cupped handfuls (or 113 g)  
of carbohydrates per day**

*That's 0 or 1 handfuls or 28 g of carbs per meal.*

**FOR EXAMPLE:**

- Beans
- Blueberries
- Sweet potatoes
- Oats



**11 thumb-sized portions (or 116 g)  
of healthy fats per day**

*That's 2 or 3 thumbs or 29 g of fats per meal.*

**FOR EXAMPLE:**

- Olive oil
- Walnuts
- Guacamole
- Flax seeds

Eating like this will provide the 2252 calories you are estimated to need to reach your goals.

Start planning your meals and daily intake with these personalized calories, macros and portions. You can (and likely should) modify them further as you go along. Check out some Anything meal ideas on the next page to get inspired.



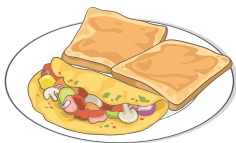


MEAL IDEAS

# Eat Anything Meals

MEALS/DAY

4



## MEAL PLANNING

# How to eat the right amount for your goals

**There are multiple ways to help you track your intake and consistently eat right for your goals and needs.**

You can track your calories, count your macronutrients, or use your hands to measure your portions (which will track and count your calories and macronutrients for you).

## The basics of macronutrients and portion sizing

To track your calories and/or count your macros you can:

- Read nutrition labels.
- Use a food scale and measuring cups.
- Log your intake into a food tracking app.



Or all of the above.

This can help you better understand how many calories are in foods, create awareness of macronutrients, and track your intake as accurately as is reasonably possible.

**This calorie and macro counting approach tends to work best for the mathematically inclined, or folks with advanced goals looking to push their physiques to the limit.**

But it's not for everyone.

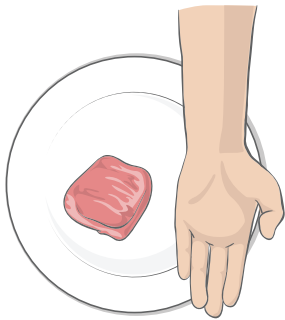
**You don't need to count calories or macros to get the right portions for your goals. Instead, just use your hand to measure.**

This approach will dramatically simplify the eating and tracking process, and it's nearly as accurate as the calorie and macro approaches.

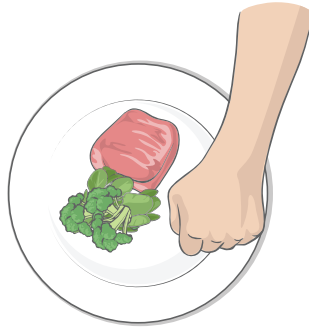


Some folks even like to start with the calories and macros, and then switch to hand portions as they feel more comfortable.

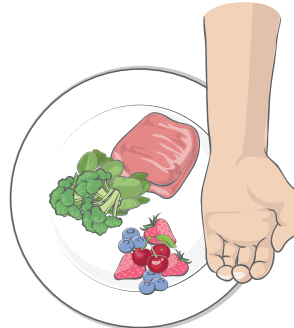
**Here's the general idea.**



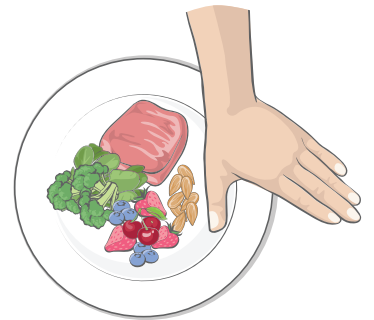
A portion of protein  
= 1 palm



A portion of  
vegetables = 1 fist



A portion of carbs  
= 1 cupped hand



A portion of fats  
= 1 thumb

This hand portioning measurement system works well for most people.



## TRACKING CONSISTENCY

# How to meet your targets

### How consistent do I need to be?

Research shows that any effort—no matter how imperfect—can result in real, measurable progress. It's about learning and accepting that better is better and that even a little effort can translate into real progress and health benefits.

For more moderate goals, a target of 75-80% consistency is often the sweet spot to make continual progress while still living an enjoyable and sustainable lifestyle.

For more advanced goals, a target of 90%+ consistency is often needed to push boundaries and reach more extreme levels of human physiology.

### If you're using your hand to measure and track your portions:

Using a hand portion tracker sheet—like the personalized one provided on the next page—will help you meet your targets. Your goal is to be as consistent as you can, but not obsessive. There are several ways to use your personalized tracker:

- You can check off each portion box as you eat the portion.
- You can place numbers in each portion box to indicate which meal you ate the portions. (So you can see which meals you are—or aren't—hitting your portion target.)
- You can use letters in each portion box to indicate what foods you ate that fulfilled that portion. (Example: "C" for chicken under protein, or "F" for fruit under carbs.)
- You can do all of the above. (Example: "C3" for chicken eaten at your third meal.)
- You can create your own process for tracking your consistency.

Ultimately, it's all about finding the approach that works best for you.

### If you're counting your calories and macros...

The best step here is to bust out the food scales and measuring cups, and log your food intake into a calorie and macro tracking app (such as MyFitnessPal or Cronometer).

It often helps to measure, weigh, and track daily in the beginning, to become comfortable with the process. But after two or three weeks—when you've got the hang of it—you can simply use these tools to perform occasional spot-checks on your accuracy.



# Daily Portion Tracking Sheet

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PROTEIN



VEGETABLES



CARBS



FATS

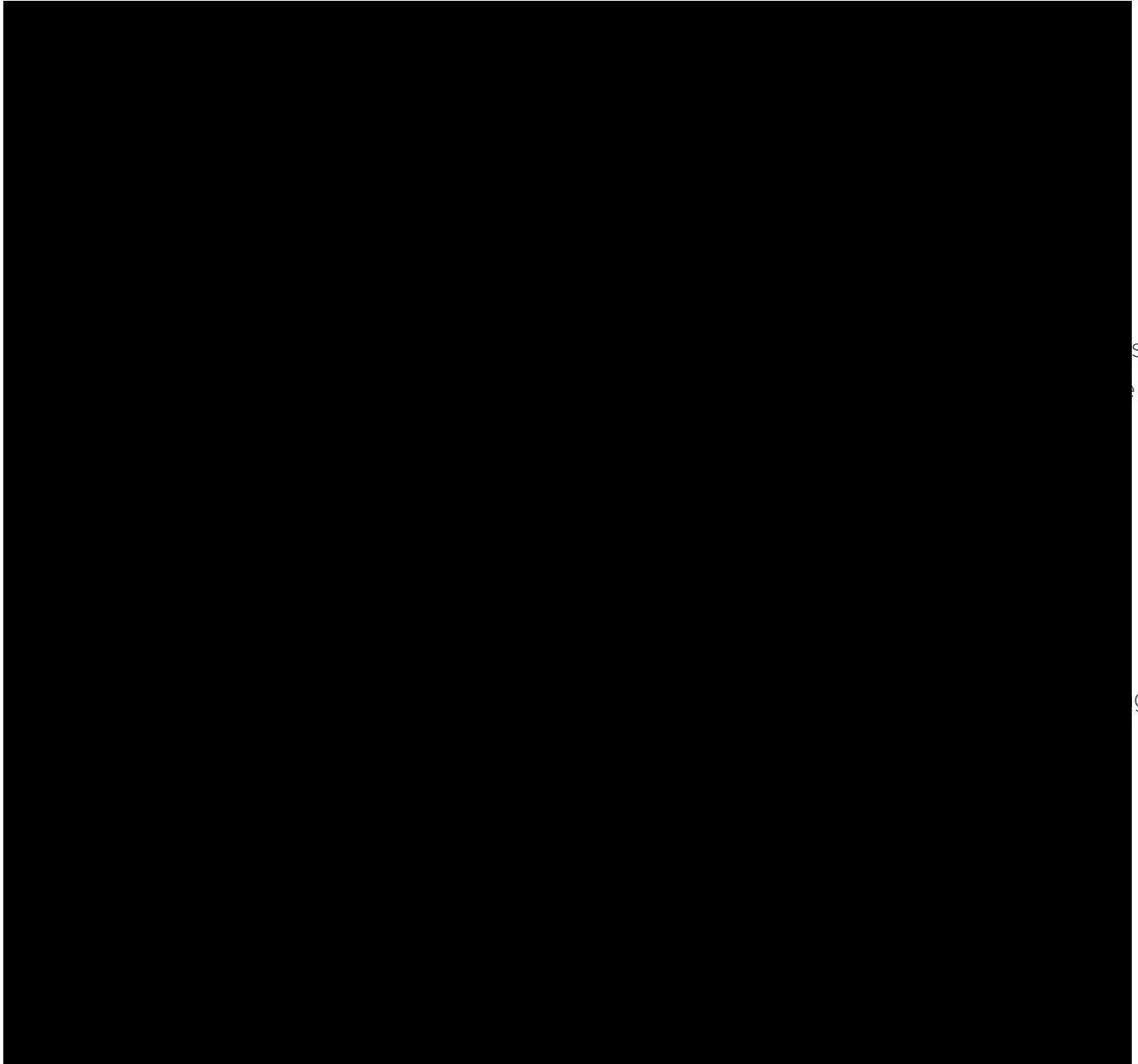
A large black rectangular area intended for users to track their daily portions for Protein, Vegetables, Carbs, and Fats.



## WHAT TO EAT

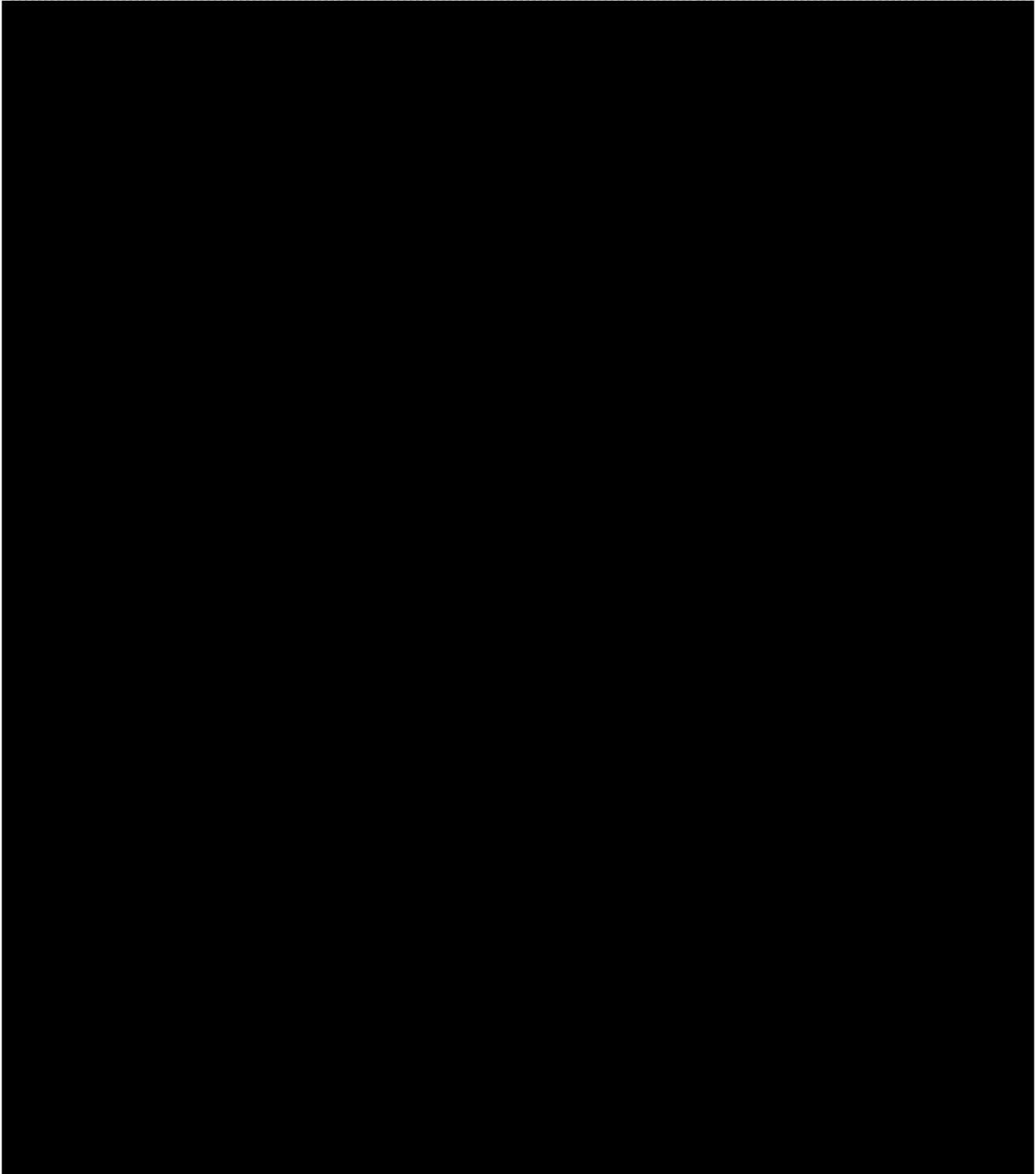
# How to choose foods to meet your macro and portion goals

Learn to make better choices without giving up the foods you love.



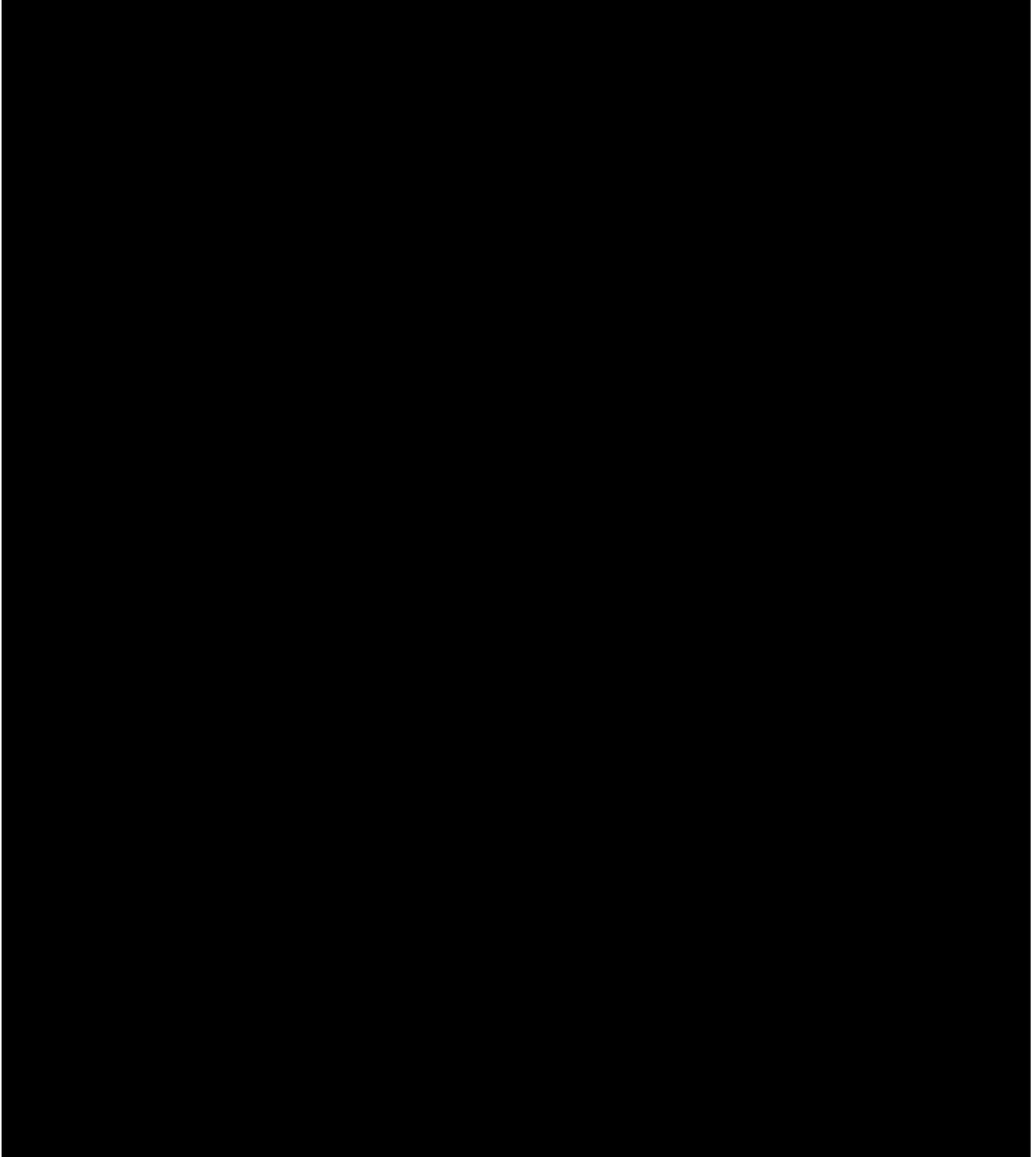
# Protein

Prioritize fresh, lean, minimally processed sources of protein, and consider limiting red meat to ~18 oz (or 4 palms) per week or less.



# Carbohydrates

Focus on whole, minimally processed sources of carbohydrates that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.





# Fats

Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters), and pressed oils (like olive and avocado).

## EAT MORE



Extra virgin olive oil



Walnut oil



Marinades and dressings with oils in this category



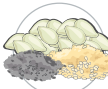
Avocado and avocado oil



Cheese, aged > 6 months



Egg yolks



Seeds: chia, flax, hemp, pumpkin and sesame



Cashews



Pistachios



Almonds



Brazil nuts



Pecans



Peanuts & natural peanut butter



Walnuts



Olives



Pesto made w/ extra virgin olive oil



Nut butters from other nuts in this category



Fresh unprocessed coconut

## EAT SOME



Virgin and light olive oil



Expeller pressed canola oil



Sesame oil



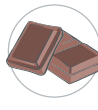
Flaxseed oil



Coconut oil / milk



Peanut oil and regular peanut butter



Dark chocolate



Marinades and dressings with oils in this category



Fish and algae oil



Cream



Cheese aged <6 months



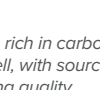
Flavored nuts and nut butters



Trail mix



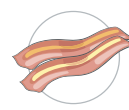
High oleic safflower oil



High oleic sunflower oil

*These naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fats.*

## EAT LESS



Bacon



Sausage

*Also sources of protein, though usually higher in less desirable fats.*



Butter



Margarine



Processed cheese



Corn oil



Cottonseed oil



Sunflower oil



Canola oil



Soybean oil



Safflower oil



Marinades and dressings with oils in this category



Vegetable oil



Fat-rich foods with 10+ g added sugar



Hydrogenated oils and trans fats



Shortening



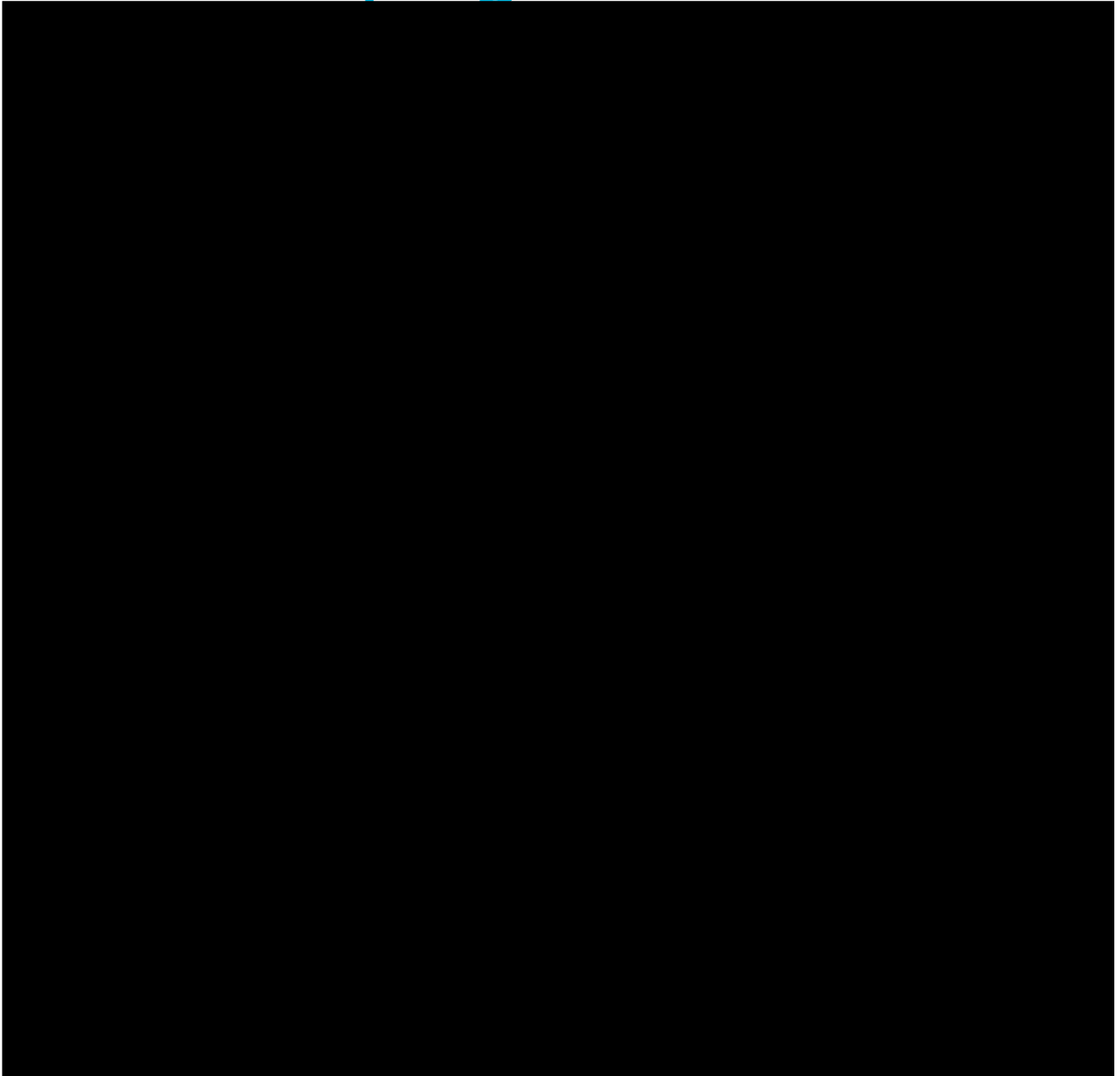
# Vegetables

When eating vegetables (and fruits), try to “eat the rainbow.” Different colors imply different nutrients and health benefits.



## MAKING ADJUSTMENTS

# How to adjust calories, macros and hand portions to further progress



**Not losing fat within realistic parameters?**

Decrease your intake by about 250 calories a day, by cutting out some carbs and/or fats. Or simply remove 1-2 cupped handfuls of carbs and/or 1-2 thumbs of fats from your daily intake. (That's 2-3 total portions of carbs and fats, combined.)

**Not gaining muscle within realistic parameters?**

Increase your intake by about 250 calories a day, by adding some carbs and/or fats. Or simply add 1-2 cupped handfuls of carbs and/or 1-2 thumbs of fats to your daily intake. (That's 2-3 total portions of carbs and fats, combined.)

**Losing too much lean mass when losing weight?**

Increase your daily protein intake by about 25 grams. Or simply add 1 extra palm of protein to your daily intake.

**Gaining too much fat when adding muscle?**

Increase your daily protein intake by about 25 grams, and decrease your daily carb and/or fat intake by about 250 calories. Or simply add 1 extra palm of protein to your daily intake, and remove 1-2 cupped handfuls of carbs and/or 1-2 thumbs of fats from your daily intake. (That's 2-3 total portions of carbs and fats, combined.)

**How long should I wait before making adjustments?**

In general, you should monitor your results about every two weeks before making further adjustments to your intake. And as you become more advanced, or progress closer to your final goal, it may take a full four weeks to see if your intake is working. Give it an appropriate amount of time before considering further adjustments.

**Want to substitute some carb or fat portions?**

You can substitute carb or fat portions for each other to suit your preferences. Pay attention to your response (e.g. appetite, energy levels, body change progress, etc.) and make further adjustments as desired.

**What about snacks?**

Your daily macro and portion totals can be divvied up as you prefer, so feel free to replace any meals with smaller snacks. Be sure to adjust by adding appropriate portions to other meals throughout the day, as your main goal is to reach your target daily intakes.



## FINAL THOUGHTS

# Move toward your goals

A healthy, fit body isn't just about food and exercise (though that's important).

**It's also about how you think and feel, and what's important to you.**

## Imagine your Perfect Day.

Imagine you've succeeded, and you've gotten everything you wanted. What's happening? What are you doing? What's around you? What's better?

## Now, see if you can do a tiny piece of your Perfect Day, today.

This could be as simple as spending 30 seconds doing a little extra to work towards your goals. Or tacking up a picture of what your Perfect Day might look like.

Or pretending, if only for a moment, that you've already become that person you want to be. That you already live the way you want to live, and feel how you want to feel.

The more you can imagine yourself living your goals, the more real they get.

Don't worry about being stuck with what you don't want. You've already started taking steps towards change.

## Focus on moving toward what you do want.

Reward yourself for every small victory. Everything counts, no matter how little.

