

The
Primal Edge Health
Guide to
Keto Macros
and Tracking
for Fat Loss

For more information, recipes, and personalized coaching,
visit www.PrimalEdgeHealth.com

These printables are for PERSONAL, NON-COMMERCIAL USE ONLY.

You MAY print as many copies as you need for your own use.

You may share information about this packet by linking to the product page and/or description. Credit must be provided to Primal Edge Health somewhere in the file/text.

You MAY NOT sell the file, sell copies of the printed pages, share the file, and/or offer the files or copies of the printed pages for free.

All design and images © 2019 Jessica Haggard, Primal Edge Health LLC



The Primal Edge Health Guide to Keto Macros and Tracking for Fat Loss is designed to help you through the process of setting your keto macros, tracking daily food/macro intake, and recording progress in a simple, straightforward way.

How to Use our Guide to Keto Macros and Tracking for Fat Loss

1. Calculate your macros using our step-by-step directions.
2. Learn the basics about macro tracking with our simple tips.
3. Pull all the information together in a real life, practical way with printable templates for daily food (macro) intake and body measurements.
4. Customize daily or monthly planners for any month or year.
5. Print out as many copies of each individual template as needed, staple together in a packet or store in a meal planning binder/folder.
6. Review and revisit your plan monthly.

Set YOUR Keto Macros for Fat Loss

What the heck is a macro?

Macros (macronutrients) are nutrients present in large quantities in foods and required in large amounts in the diet. When we refer to the “macros” we are considering how much protein, fat, and carbohydrates are present in any given food.

There are essential amino acids (essential proteins) and essential fatty acids (essential fats), but there are no essential carbohydrates!

A ketogenic diet is a diet that allows us to burn FAT for fuel, it’s a diet that focuses on the only essential macros: protein and fat.

Consuming the right macros on keto is important to ensure

- You get all the nutrients you need
- You can handle the adaptation period and general day-to-day activity
- You feel satisfied and nourished
- The diet is enjoyable and sustainable long-term
- You reach your fat loss goals

Isn't a keto diet 80% fat? How do I calculate percentages of all my food??

Forget about percentages: macros are all about context. For someone maintaining or gaining weight the diet will likely be around 80% fat calorically, for someone losing weight the macros may be lower in fat...focus on getting sufficient protein and adjust fat intake in accordance with your GOALS!

Do calories matter?

Yes, but all calories are not created equal, and you don't necessarily have to count them; counting macros is a more precise way of counting calories.

Let's keep it simple!

1. Get adequate protein

Your protein will stay relatively fixed and not change much long-term.

Use this formula to set protein for fat loss

0.7 g protein per POUND of desired body weight
1.4 g protein per KILOGRAM of desired body weight

For example, if you are female, 35 years old, 5ft 6 in, 200 pounds with the goal weight of 130:

$$0.7 \text{ g} \times 130 \text{ pounds} = 91 \text{ grams protein}$$

If you are Male, 55 years old, 6 foot, 100 kilos with the goal weight of 85 kilos:

$$1.4 \text{ g} \times 85 \text{ kilos} = 119 \text{ grams protein}$$

2. Use fats for fuel

Fat is adjusted depending on context and goals. We can burn fat from our plate or from our body.

The more dietary fat we eat the less we will burn from the body, however, too little dietary fat will leave us feeling hungry and depleted. We must find a healthy middle ground where we lose body fat without starving.

Once weight loss is achieved, you will want to add more dietary fat to maintain weight.

Adapt to ketosis with

1.5-2 g fat per g protein

More fat on the plate is helpful during adaptation to ensure the body is not stressing for energy.

Once in ketosis and when your hunger is low you will accelerate fat loss by keeping fat levels about

1 g fat per 1 g protein

The female in our earlier example with 91 g protein will adapt to keto with 136 g fat and up to 180 if she is particularly hungry. She would gradually lower fat intake, perhaps as low as 91g for accelerated fat loss, while watching her hunger cues and emotional states.

The male hitting 119 gram of protein will adapt with 178 g fat, adding more if he is highly active or feeling hungry. Over time, he will drop the fat down to 119 g and pursue active fat loss at a comfortable sustainable rate.

If you are highly active and/or doing intense training you will require more fat than someone who is sedentary.

3. Limit carbs

Carbohydrates are non-essential. When eating whole, unrefined foods we count NET carbs. Set a daily maximum of 20-30 net carbs.

$\text{g total carb} - \text{g fiber} = \text{g net carb}$

Take an avocado as an example, ½ cup (120 g) avocado contains 5 g total carb and 4 g fiber. Using the equation above tells us that 5 g total carb - 4 g fiber = 1 g net carb.

If you are only eating low-carb vegetables (salad greens, cucumber, celery, zucchini, cabbage etc) it is very difficult to exceed these limits.

If low-carb vegetables are your exclusive source of carbs, you do not necessarily need to count them. Do however, track dairy products, nuts, and berries which are highly palatable, have more carbs, and can easily be over eaten.

Processed “keto” foods, snacks, and artificially sweetened desserts can have many

carbs and hidden food-like ingredients; keep these to a minimum.

Eat whole, unrefined foods as much as possible. If you need guidance on how to start grocery shopping on a keto diet, use our grocery list and shopping resources.

FREE DOWNLOAD: [Keto Grocery List + Shopping Resources](#)

And that's that!

There isn't much more than a simple 3-step approach to calculating your keto macros.

Write your new DAILY MACRO goals here:

protein _____ grams
fat _____ grams
carbs _____ grams

If you are interested in reading further about macros, check out the more references and videos about [setting ketogenic macros here](#).

[Don't forget about electrolytes!](#)



Tracking Macros 101

Use our [Macro Chart for Common Keto Foods](#) to acquaint yourself with everyday keto staples and their corresponding macros. Grams are rounded to the nearest number, making it easier to commit to memory and track.

Must I weigh all my food?

While not mandatory, a small kitchen scale on our counter to weight your food can be helpful. Beginners benefit greatly from measuring food intake. If you want results, accuracy and consistency are key.

Use raw weight and get to know the macros of your meals

- Keep in mind 1 g of food DOES NOT equal 1 gram of protein/fat/carb (ex: Meat is a mixture of protein and fat. Dairy foods are combinations of protein, fat, and carb)

Simple meals are key for easy tracking. Get into a routine of consistency with 3 staple breakfasts, 3 lunches, and 3 dinner meals that you can rotate throughout the week.

Estimate as needed

Once you learn the macros for your regular portions, eating out will become easier because you can confidently eyeball serving sized based on your daily norm.

If all you have around are your hands, you can estimate serving size based on a few key reference points. 3-ounces of protein is roughly the size of your palm. 1 level handful is $\frac{1}{4}$ cup (1 ounce of nuts = $\frac{1}{4}$ cup). 1 heaping handful is $\frac{1}{2}$ cup. Two full hands is 1 cup. One finger scoop is 1 teaspoon. Two finger scoop is 1 tablespoon.

You may notice there is slight variation between macro directories online. If you find discrepancy about a certain ingredient, estimate the average and do the best you can.

That's really the bottom line with tracking your macros: *do the best you can*. We want the diet to support your life, not control or define it.

Measuring your progress

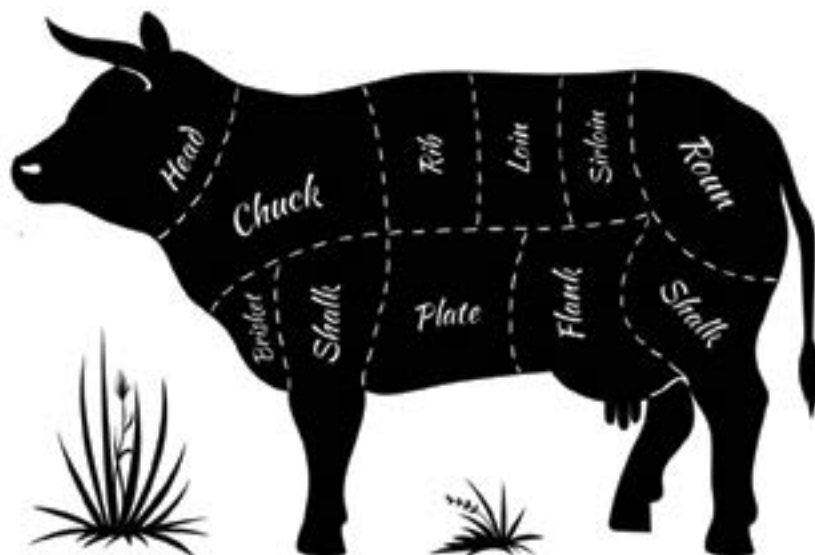
There are various ways to track your progress. We recommend recording weekly weigh-ins and body measurements. Also, consider how your clothes fit, and daily mood and digestion. Lowering doses of medication also signals that your health is improving.

Since making a keto diet simple is one of our favorite things to do, I'll share a quick tip about ketones with you here: [they don't matter!](#) So fogettahboutem.

Now get to it!

You've made your daily macro goals and can begin tracking with the Daily Health Log, Daily Food Journal, and Macros for your Favorite Staples pages. Follow up with graphing your weight loss and fitness progress in the corresponding pages.

Enjoy the journey!



Macros for your
FAVORITE STAPLES



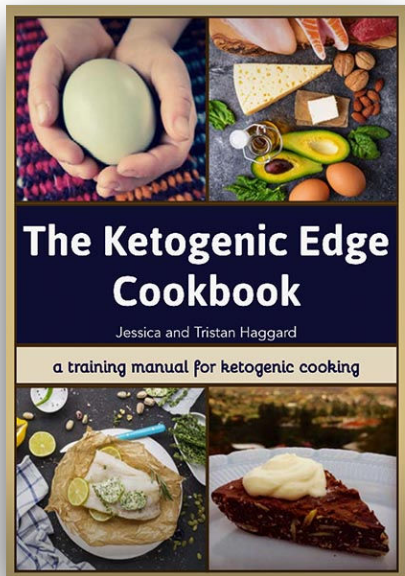
Blank lined area for writing macros for favorite staples.

INSPIRATION

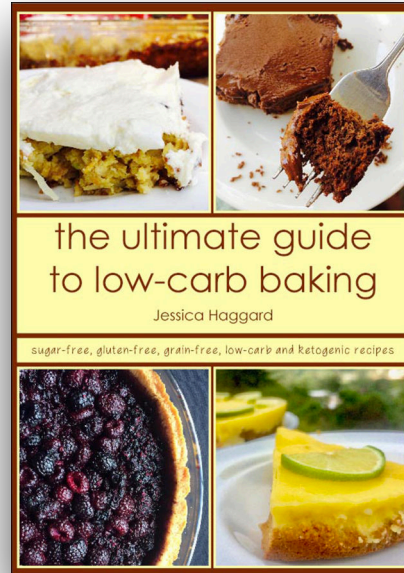
for the Month



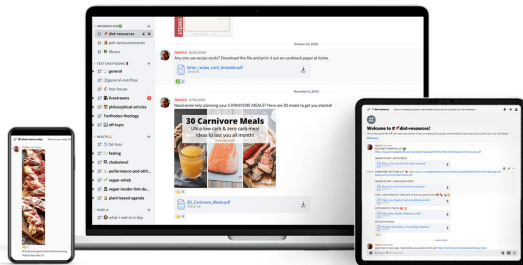
Fill Your Menu with Easy Keto Recipes!



BUY NOW



BUY NOW



PRIMAL EDGE PRIVATE MEMBERSHIP FORUM

Join our private membership for weekly coaching calls, accountability, and ongoing inspiration!

FIND MORE AT **WWW.PRIMALEDGEHEALTH.COM**

#PEHrecipe