

Simple overview of Calories & Macros

What matters most?

- > What's most important calories or macros?
- > What are macros
- > Fat loss - what's a priority
- > Muscle gain - What's a priority

DETAILS:

Calories or Macros?

Calories are king.

You could eat 1800 calories of ice-cream per day and lose weight IF that was a calorie deficit for you.

For obvious reasons (nutritional and health), I don't recommend it.

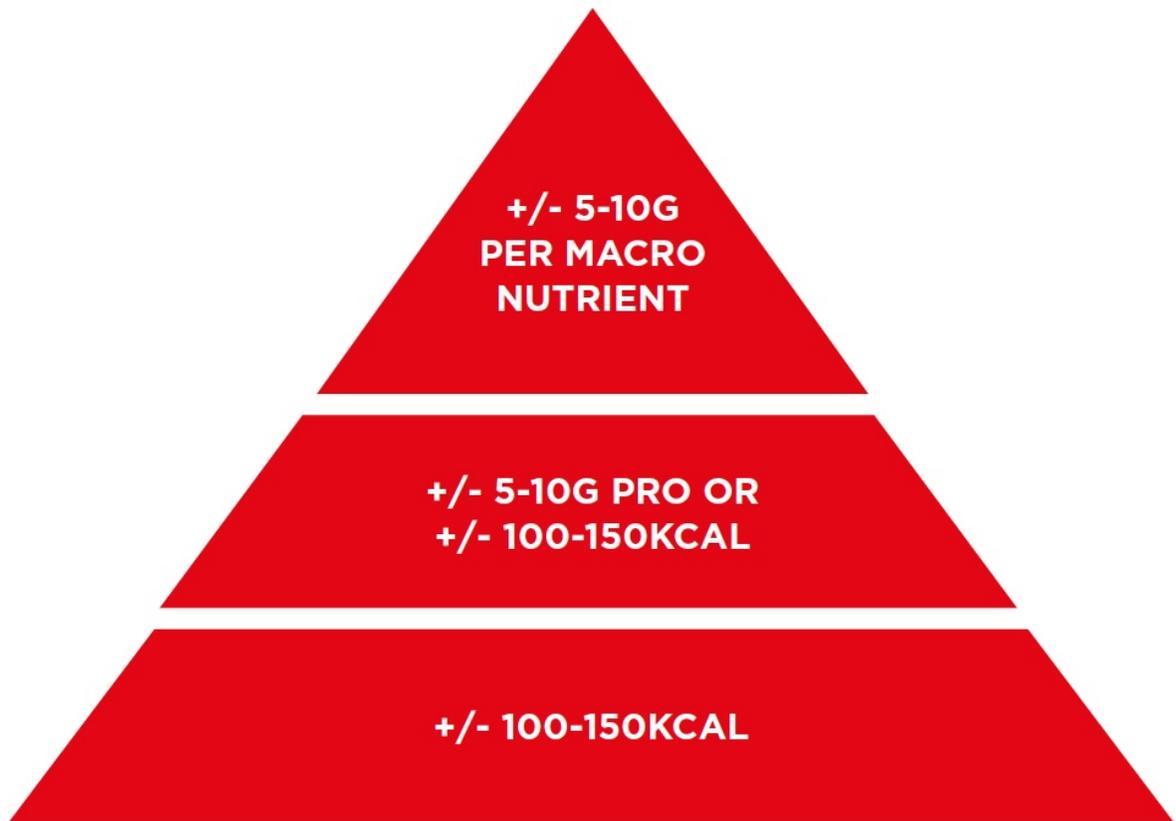
So nobody can argue against CICO (Calories In Calories Out)

Getting your calorie intake on point is the single most important thing you can do, anything after that is secondary.

After calories, protein is the next important thing we need to look at.

If you manage to get calories and protein intake nailed, then you're pretty much there when it comes to fat loss.

Carbohydrate and fat intake can be so variable from individual to individual.



Lets chat about the above pyramid..

This is what's known as the hierarchy for calorie and macro tracking.

So in a perfect world, we ideally want to be within +/- 5g of our macronutrient targets, if we do that then calories will take care of themselves.

If we can't do that then we look at the most important components of fat loss... calories and protein (just like the above).

Ideally we want then to be within 5g off our protein target and 100-150 calories either way off calorie intake.

Examples in which that may be useful could be as follows

- Eating out socially for a day. Focus on regular protein feedings throughout the day and eat mindfully in between.

Failing all of the above, then we can just look at calories per day and aim to be as close as possible to our daily target.

If you end up blowing your calories totally out of the water, then remember the 'banking' principle.

You can use that in reverse and ***pull back for a day or two after*** if necessary.

Examples in which just focusing on calories may be useful

- A wedding where you are not in control of food portions or quality.

Don't worry about hitting individual macronutrient targets and using the fact that calories are king, we can get away with just aiming to stay in a caloric deficit.