



MACRO- NUTRIENTS 101

INTRODUCING

FARM FIT Momma



AS A FORMER CITY GIRL, I NEVER IMAGINED MYSELF LIVING IN THE COUNTRYSIDE. HOWEVER, I GREW UP IN A RELATIVELY LARGE TOWN IN WESTERN NEBRASKA AND ALWAYS DREAMT OF MOVING TO THE BIG CITY. AFTER COMPLETING HIGH SCHOOL, I ENROLLED AT THE UNIVERSITY OF WYOMING AND GRADUATED WITH A MINOR IN HEALTH PROMOTION. I THEN PURSUED A DEGREE IN RADIATION THERAPY FROM WEBER STATE UNIVERSITY'S ONLINE PROGRAM. FOLLOWING MY STUDIES, I WORKED AT A CANCER FACILITY IN SOUTH DAKOTA BEFORE TAKING A BREAK TO FIGURE OUT MY NEXT MOVE. DURING THAT TIME, I JOINED A SUPPLEMENTAL INSURANCE COMPANY, NOT REALIZING THAT I WOULD END UP WORKING WITH THEM FOR OVER A DECADE.

I MET MY FARMING HUSBAND ON A BLIND DATE. TRUE STORY!

WE MARRIED THE FOLLOWING YEAR. WE HAVE TWO VERY STRONG-WILLED LITTLE DUDES WHO ARE JUST LIKE THEIR FATHER...WE ARE RAISING OUR FAMILY ON MY HUSBAND'S 5TH GENERATION FARM.

RECENTLY WE'VE HAD MANY THINGS CHALLENGE US. IN MARCH, WE LOST OUR FAMILY HOME TO A FIRE THAT TOOK EVERYTHING WE KNEW FROM US. IT IS AN UNDERSTATEMENT TO SAY IT WAS ONE OF THE MOST CHALLENGING THINGS THIS MOMMA HAS EVER GONE THROUGH. THEN THE NATIONAL COVID SHUT DOWN THE NEXT DAY! IT HAS BEEN A WHIRLWIND, BUT WE ARE TAKING IT ONE DAY AT A TIME.

LITTLE DID I KNOW WHAT GOD WAS PREPARING ME FOR TAKING MY FITNESS JOURNEY ONLINE AFTER OUR HOME BURNT DOWN. BEFORE, THAT WAS JUST A DREAM, BUT THEN THROUGH VARIOUS MOTIVATIONS, I LAUNCHED MY FITNESS PROGRAM "FARM FIT" IN FEBRUARY 2021. WHO WOULD'VE THOUGHT I WOULD START A NEW BUSINESS DURING A PANDEMIC AFTER LOSING MY HOME?!?!

"I'M A FIRM BELIEVER THAT LIFE IS 10% WHAT HAPPENS TO YOU AND 90% HOW YOU REACT TO IT."

-AMANDA NIGG | FOUNDER OF FARM FIT TRAINING

WHY MACROS?

I'm sure you're familiar with the concept of macros, as it's a popular method used by trainers, Instagram fitness influencers, and coaches to demonstrate what to eat. However, what most trainers fail to emphasize is the importance of understanding the "how" and "why" behind this approach. Without this knowledge, it's difficult to achieve sustainable results.

For instance, imagine you've completed a three-month program with a trainer who provided you with a set of macros and a meal plan. You follow this plan diligently, but once the program ends, you're left to figure things out on your own. You may try to intuitively eat or follow the meal plan your trainer gave you, but eventually, you notice your jeans getting tighter and the weight returning. You might think you did everything right, but the truth is, you didn't receive the education necessary to understand the "how" and "why" behind the macros.

That's where I come in. As a coach with over eight years of experience, I've found that most training and coaching programs lack the necessary education to ensure long-term success. By understanding the "how" and "why" behind macros and nutrition, my clients achieve lifelong results. With traditional coaching styles, you're given a meal plan with little flexibility, and you don't learn anything about food or how to make adjustments when needed. You're also reliant on the trainer for additional food options and changes to your macros, which can be costly over time.

I believe that coaching should be about teaching, guiding, and setting you up for long-term success, rather than keeping you reliant on a coach forever. While coaches can be helpful in the beginning, it's important to learn the skills necessary to maintain your progress on your own. As your AI-powered assistant, I'm here to provide you with the knowledge and tools necessary to achieve your goals. So, let's get started!

WHAT ARE MACROS?



Proteins are a macronutrient that is essential for building and repairing tissues in the body. They are made up of amino acids, which are the building blocks of protein. There are many different types of proteins, each with their own specific functions in the body, including structural proteins like collagen, regulatory proteins like enzymes, and contractile proteins like actin and myosin. Protein is important for athletes and active individuals as it helps to repair and build muscle tissue. Good sources of protein include meat, fish, dairy products, eggs, legumes, and nuts



Fats are a macronutrient that is important for energy storage, insulation, protection of vital organs, hormone production, and cell membrane structure. There are three main types of fats: saturated fats, which are typically solid at room temperature and are found in animal products like meat and dairy; unsaturated fats, which are typically liquid at room temperature and are found in plant sources like nuts and seeds; and trans fats, which are found in processed foods and are associated with increased risk of heart disease. It is important to consume healthy fats in moderation and limit intake of saturated and trans fats.



Carbohydrates are a macronutrient that the body uses as its primary source of energy. They are made up of simple or complex sugars, which are broken down into glucose and used by the body for energy. Simple carbohydrates are found in foods such as fruit, candy, and soda, while complex carbohydrates are found in foods such as whole grains, vegetables, and legumes. Complex carbohydrates are digested more slowly and provide a steady source of energy, while simple carbohydrates provide a quick burst of energy but can cause blood sugar spikes and crashes. Athletes and active individuals may require more carbohydrates in their diet to support their increased energy needs.

MACRO CHEAT SHEET

PROTEIN

BEANS
SPROUTED GRAINS
QUINOA
MOST YOGURTS
SKIM MILK PEAS
CHICKEN
TURKEY
EGG WHITES
FISH
BUFFALO
WHEY PROTEIN
TURKEY BACON
LEAN BEEF
LOW/NON-FAT COTTAGE CHEESE
LOW/NON-FAT GREEK YOGURT

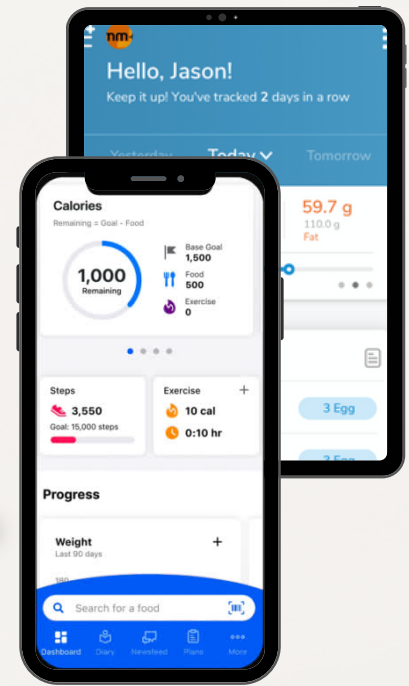
CARBOHYDRATES

BREADS
RICE
COUSCOUS
CEREALS
BRAN
POTATOES (ALL)
PASTA
OATS
CORN
ENGLISH MUFFINS
PANCAKES
WAFFLES
WHOLE WHEATS
WHOLE GRAINS
VEGETABLES
SQUASH
PUMPKIN
BERRIES
FRUITS
SUGAR (ALL)

FAT

EGGS
SALMON
BACON
CHIA SEEDS
COTTAGE CHEESE
WHOLE FAT MILK
DUCK
WHOLE FAT YOGURT
AVOCADO
NUT BUTTER
EGG YOLKS
NUTS
OILS
OLIVES
FLAXSEED

HOW TO CALCULATE YOUR MACRONUTRIENT NEEDS



Tracking apps:

- ***MyFitnessPal**
- **My Macro+**
- **Calorie Counter**
- **MyPlate Calorie Counter**
- **Nutritionix**

There are several methods for calculating your individual macronutrient needs, including using macronutrient ratios and formulas. These calculations take into account factors such as your age, gender, height, weight, activity level, and goals (such as weight loss or muscle gain). Once you have calculated your recommended daily intake of each macronutrient, you can track your intake using apps or websites that allow you to input your meals and calculate your macronutrient intake.

TIPS FOR INCORPORATING MACRONUTRIENTS INTO YOUR DIET

Meal planning and prepping can be helpful for ensuring that you are getting the right balance of macronutrients in your diet.

Aim to include a variety of foods from each macronutrient group in your meals and snacks throughout the day.

Reading nutrition labels can also be helpful for identifying the macronutrient content of foods. Sample meal plans and recipes that incorporate all three macronutrients can provide inspiration for creating balanced and nutritious meals.

COMMON MISCONCEPTIONS ABOUT MACRONUTRIENTS

There are many misconceptions about macronutrients, such as the idea that all carbohydrates are "bad" or that a low-fat diet is always best.

In reality, balance is key when it comes to macronutrients.

Carbohydrates are an important source of energy.

WHAT DO PORTION SIZES LOOK LIKE?

When learning about macros, you need to weigh your food in grams to meet your daily goals. We calculate macros in grams for this reason. Eventually, the goal is to practice intuitive eating, but to start, you must understand portion sizes. Your hand can be a helpful tool when eating out or at a friend's house. Make sure to learn and remember these techniques as they will help you control your portions for life.

ESTIMATE THE RIGHT PORTION SIZE



A clenched fist equals about 1 cup.



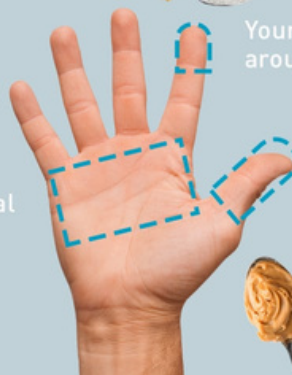
The front of your closed fist equals about $\frac{1}{2}$ a cup.



Your fingertip is around one teaspoon.



Your palm is equal to one portion of meat or fish (approx. 100 g).



From the tip of your thumb to the base of your thumb is about 1 tablespoon.



FARM FIT *Momma*



WE HOPE YOU FOUND THIS EBOOK SUPER HELPFUL WHEN IT COMES TO UNDERSTANDING WHY AND HOW WE USE MACROS TO CRUSH OUR GOALS!

REMEMBER, WE ARE ALWAYS HERE TO HELP! IF YOU HAVE ANY QUESTIONS, PLEASE REACH OUT!

- Amanda

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THANK YOU! THANK YOU! THANK YOU!

DISCLAIMER

JUST FOR YOU!

I would like to start off by saying thank you for investing not only in yourself, but in my Blueprint to Achieving Your Fitness Goals ebook! I have put a lot of hard work and knowledge into designing this Blueprint just for you. If someone finds it valuable enough to ask for a copy, I hope they will find it valuable enough to ask me themselves, so we can go through the same process you did to get your hands on it.

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