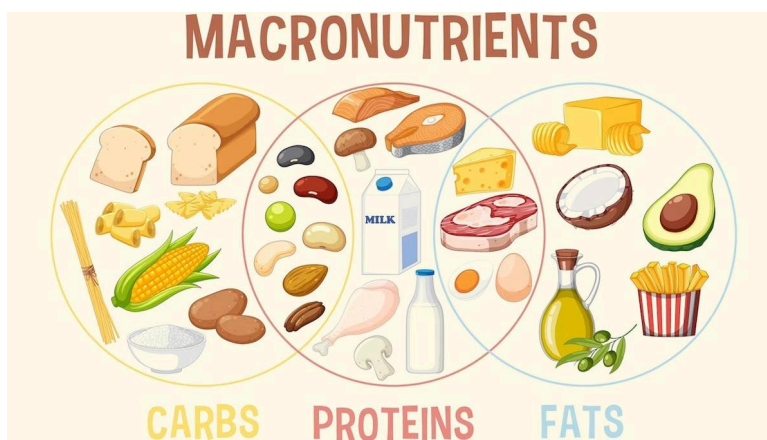




1. What Are Macros & Why They Matter

Macronutrients, or 'macros', are the three main nutrients that provide your body with energy: Protein, Carbohydrates, and Fats. Think of your body like a car. Macros are the fuel that power it. Each macro serves a different function:



- Protein rebuilds and repairs muscle tissue
- Carbs are your body's primary energy source
- Fats support hormone health and keep you full

Tracking macros can be beneficial for everyone. For postpartum women, understanding macros helps you: heal faster after birth, maintain energy while caring for a baby, support milk production if breastfeeding, and begin healthy body recomposition without extreme dieting.

For women in general, tracking macros helps to build awareness of what you're putting in your body without obsession, supports muscle recomposition (building and maintaining lean

muscle while losing fat), eliminates food guilt (no foods are off limits. Macros aren't good or bad, they're about balance), and teaches sustainable nutrition for life.

2. Understanding Each Macro

- Protein: Often called the 'building block' of the body, protein is crucial for muscle repair, hormone production, and immune function.
 - ◆ Why it matters: After pregnancy, your body is healing and may be dealing with muscle atrophy. You also need protein to preserve lean body mass while losing fat.
 - ◆ Sources: Chicken, turkey, fish, tofu, Greek yogurt, eggs, protein powders.
- Carbohydrates: These are your body's go-to fuel for movement and brain function.
 - ◆ Why it matters: As a new mom, energy is everything. Carbs also help regulate mood and fight fatigue.
 - ◆ Sources: Oats, fruits, whole grain breads, sweet potatoes, quinoa.
- Fats: Essential for hormone production, cell function, and long-lasting fullness.
 - ◆ Why it matters: Postpartum hormone balance is key. Fats help regulate metabolism and keep you full.
 - ◆ Sources: Avocados, olive oil, nuts, seeds, fatty fish.

3. How to Calculate Your Macros

There are two effective ways to start with macros:

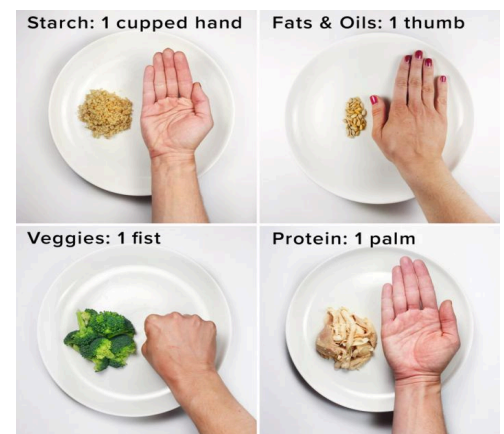
→ Option 1: Portion-Based (Beginner Friendly)

- ◆ Protein: 1 palm-sized portion per meal
- ◆ Carbs: 1 cupped hand per meal
- ◆ Fats: 1 thumb-sized portion per meal
- ◆ Veggies: 1 fist-sized portion per meal

This method is perfect if you're not ready to track in an app.

→ Option 2: Tracking Macros in an App

- ◆ Protein: Aim for 0.8 to 1 gram per pound of body weight (if your goal is weight loss, eat 0.8-1 gram of protein per lbs of your goal body weight).
- ◆ Carbs: 40-50% of total daily calories



◆ Fats: 25-30% of total daily calories

Use apps like Hybrid Em Fitness, Lose It! Or My Fitness Pal to log your meals and see macro breakdowns.

4. Meal Building Made Easy

Create a balanced plate at each meal:

- 1/3 Protein: Chicken, fish, tofu, or lean beef
- 1/3 Carbs: Brown rice, quinoa, potatoes, fruit
- 1/3 Veggies: Broccoli, spinach, zucchini
- Add healthy fats: olive oil drizzle or avocado

Quick Snack Ideas:

- Greek yogurt with berries and almond butter
- Rice cake with peanut butter and banana slices
- Boiled eggs and an apple

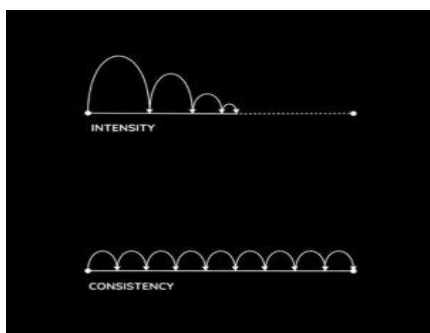
Meal Prep Tip:

- Choose 3 proteins, 3 carbs, 3 veggies each week. Mix and match to avoid boredom.



5. Mindset: Progress Over Perfection

You won't be perfect and you don't have to be. Tracking macros should be a tool, not a punishment.



- Eat with intention, not restriction
- Aim for consistency, not perfection
- If you go off-plan, get back on track at the next meal
- Don't let one bad day ruin your progress
- Focus on building habits you can maintain long-term, especially with the unpredictable nature of motherhood/adulthood

6. *Postpartum Specific Notes*

Your body just did something incredible. Give it the nutrition it needs to recover.

→ Key Nutritional Considerations:

- ◆ Protein supports tissue repair and maintains lean muscle
- ◆ Healthy fats aid in hormone regulation, especially after breastfeeding ends
- ◆ Carbs replenish energy and stabilize mood

Tips:

- Eat every 3-4 hours to maintain energy and blood sugar
- Stay hydrated especially if breastfeeding
- Include iron-rich foods (spinach, red meat, lentils) for postpartum healing
- Collagen and bone broth may support joint and tissue recovery

7. *Common Mistakes & Myths*

Myth 1: Low carb is best for fat loss.

Truth: Carbs fuel your workouts and help regulate hormones. Cutting them too low can backfire.

Myth 2: Eating fat makes you fat.

Truth: Healthy fats are essential for hormone function, especially postpartum.

Myth 3: You have to track macros forever.

Truth: Use macro tracking as a learning tool. Once you know what works, you can eyeball meals confidently.

Myth 4: Protein will make you bulky.

Truth: Protein helps women build lean, toned muscle and burn fat, not bulk up like a bodybuilder (which requires years of intense training and eating in a surplus).