



BALANCED BODY BLUEPRINT

YOUR PATH TO STRENGTH, HEALTH, AND HARMONY

The Ultimate Beginner's Guide to Macronutrients

Understand protein, carbs, and fats — and how to use them to lose fat, build muscle, and fuel performance.

Balanced Body Blueprint

What Exactly Are Macros?

The word **macro** simply means large. Macronutrients are the nutrients your body needs in the largest amounts to function, grow, and produce energy. They are the three main building blocks of all food and the only nutrients that contain calories.

Think of your body like a construction site:

Macro	Role on the Construction Site
Protein	The brick & steel (structure and repair)
Carbohydrates	The fuel & electricity (energy source)
Fats	The foundation & insulation (support systems)

1. Protein — The Builder & Repairer

What it does: Protein supports muscle repair and growth, keeps you full longer, supports hair, skin, nails, organs, and plays a role in hormone and enzyme production.

Calories: 4 calories per gram

Excellent sources:

- Lean meats (chicken, turkey, lean beef)
- Fish & seafood (salmon, tuna, cod)
- Eggs & dairy (Greek yogurt, cottage cheese)
- Legumes & beans
- Protein powders (whey, casein, plant-based)

■ Coach's Tip: Include a protein source at every meal and snack to stabilize blood sugar and support muscle repair throughout the day.

2. Carbohydrates — Your Primary Energy Source

Carbohydrates are your body's preferred fuel. They power workouts, support brain function, and replenish muscle glycogen for performance and recovery.

Calories: 4 calories per gram

Type	Description	Examples
Complex (Preferred)	Slow-digesting, high fiber, sustained energy	Oats, brown rice, quinoa, vegetables, beans
Simple (Limit)	Fast-digesting, low fiber	Sugary drinks, candy, white bread, processed snacks

■ Coach's Tip: Eat carbs 1–2 hours before training to fuel performance and after training to replenish muscle glycogen.

3. Fats — Hormones & Support Systems

Dietary fats are essential for hormone production, vitamin absorption, brain health, and organ protection. Fat does not make you fat — excess calories do.

Calories: 9 calories per gram

Type	Guideline	Examples
Unsaturated (Best)	Primary fat source	Olive oil, avocado, nuts, fatty fish
Saturated (Limit)	Small amounts	Red meat, butter, cheese, coconut oil
Trans Fats	Avoid	Fried foods, packaged baked goods

■ **Coach's Tip:** Don't fear healthy fats. A drizzle of olive oil or a quarter avocado supports hormones and overall health.

Why Tracking Macros Matters

- 1. Balanced Nutrition:** Macro tracking ensures calories come from quality sources that preserve muscle, fuel training, and support hormones.
- 2. Control & Awareness:** You learn which foods support your goals and make intentional choices.
- 3. Flexibility:** No food is off-limits — consistency matters more than perfection.

Your Next Steps

- Determine your calorie goal
- Establish your macro split based on goals
- Track intake using an app like MyFitnessPal or Cronometer

We can work together to establish precise calorie and macro targets based on your body, activity, and goals.

Ready for Coaching?

If this guide helped clarify your nutrition, imagine what personalized coaching can do. Balanced Body Blueprint removes guesswork and provides structure, accountability, and results.

Next Steps:

- Take the Coaching Match Quiz
- Visit the Start Here page
- View Coaching Options

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