**Lesson #3: How to Track Macronutrients**

So now you have the amount of macros you need to eat per day.

How do you go about tracking all of these macros without going absolutely insane All right, now again I've been doing this for years, it's second nature to me. Now if you're new, it might seem complicated at first. If you want to know how to do it, keep watching this segment. If you want to take all the guess work out of it, I can offer you a custom meal plan specifically designed for you, just click the link below.

[[Get your custom meal plan here]](https://brandoncarter.clickfunnels.com/copy-of-meal-plans-flash-sale-half-offpccphhym?affiliate_id=649442)

All right so let's hit the basics. So look at nutrition labels, a certain serving size has a certain amount of macro nutrients. You need to use measuring cups, or a kitchen scale, to weigh out the amount of each food that you want, and then track the macros accordingly.

MyFitnessPal is a great app that helps you track your macros.

So it actually allows you to scan the barcodes of food items to get the macros, and i t lets you save the macros that you already tracked so you don't have to keep looking them up over and over again.

Alright those are the basics, now I'll give you a few tips and tricks that might make it a little bit easier. So to make it easy for me, I have about three set meals that I eat throughout the day. So I only have to add up the macro nutrients from the nutrition labels once, and I'll always know how many macros each meal has.

Now if you want some variety, you want to eat something different than those meals, to make it easy split your daily caloric intake into caloric intake per meal.

For example if you want to eat three meals a day, the 200 pound guy with 10% body fat that we were talking about earlier, would on average have to eat 20 grams of fat, 130 grams of carbs, and 60 grams of protein per meal totaling 960 calories per meal. Just divide each macro by three. The most important thing to focus on is protein and total calories.

Make sure each meal is close to 960 calories and 60 grams of protein. If you eat over 960 calories, or over 60 grams of protein, try to eat the same amount less the next meal. Just be flexible and make sure you hit these numbers on average. And remember of course when calculating these you guys need to substitute your statistics in here.