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NUTRITION AND FITNESS

# WELCOME TO MACRO MASTERY

## THE GUIDE TO BUILDING BALANCED MEALS

The Macro Mastery system simplifies the process of choosing WHAT to eat, HOW much to eat, and WHEN to eat, ensuring the results you desire.

Follow our 3 easy and sustainable steps, equipped with the tools you need:

**Step 1:** Pick how many meals per day

**Step 2:** Plan your meals

**Step 3:** Prepare your meals

Experience the FREEDOM and FLEXIBILITY to create diverse meal options, enjoy your favorite foods, and customize the plan to align with your goals.

Are you ready to elevate your well-being, boost energy levels, and achieve lasting satisfaction? Let's embark on this transformative journey together!

-Coach Jenny



## STEP 1: PICK

### WHAT IS YOUR GOAL?

If you want to lose a little weight, lean out and shed some body fat...



#### GET LEAN

**FEMALE**

4 meals per day

**MALE**

5 meals per day

OR

if you want to get stronger, have more energy, and perform better in and out of the gym...



#### PERFORMANCE

**FEMALE**

5 meals per day

**MALE**

6 meals per day

## STEP 2: PLAN

### WORKSHEETS

Use the *Food Lists, Meal Planning Worksheet,* and *Grocery Shopping Worksheet* to help you plan your meals for the week.

### SIMPLIFY

Keep things simple, especially at first. Plan out 1-3 days and repeat them the rest of the week. Know your go-to/staple meals. Choose 2-3 protein sources that you can cook in bulk for the week. Make enough food for leftovers to limit the number of times you have to cook.

### SHOP

Once you have your meals planned and grocery shopping list filled out, head to the store; or better yet, order online and have it delivered! Avoid shopping while you're hungry!

## STEP 3: PREPARE

### PICK A METHOD THAT WORKS FOR YOU!

#### BULK COOK

- Weekly or Bi-Weekly.
- Pick 1-2 days (maybe Sunday and Thursday) where you will bulk prepare 2-3 types of protein, carbs, and vegetables.
- This should be enough food to last you for 2-3 days at the least, or until you can do another prep day.

OR

#### INDIVIDUAL MEAL PREP

- Morning Of, or Night Before.
- Pick specific meals you can prepare ahead of time, like breakfast and lunch for the following day.
- Pick a specific time of the day to prepare either the ingredients for the meal or the meal itself.
- Wash and prep veggies right away.
- Make it grab-and-go.



1 MEAL  
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1 Serving **Protein**



1 Serving **Carb**



1 Serving **Fat**



Lots of **Veggies**

MACRO-NUTRIENTS & THEIR BENEFITS

$\frac{1}{4}$  **Protein**

$\frac{1}{4}$  **Carbs**

$\frac{1}{8}$  **Fat**

**lots of Veggies**

An important building block of bones, muscles, cartilage, skin, and blood	The body's main source of fuel for your brain, heart, muscles, and central nervous system	Every cell in the human body needs fat. Fats aid in weight loss, reduce the risk of heart disease, and decreases inflammation	Loaded with micro-nutrients like vitamins, minerals, and fiber
Examples: poultry, fish, beef, eggs, low-fat dairy, beans, tofu	Examples: sweet potatoes, brown rice, sprouted bread, beans, oats, fruit	Examples: olives, nuts, nut butter, cheese, avocados, oil (olive, avocado, coconut)	Examples: leafy greens, broccoli, cauliflower, mushrooms, zucchini, onions, asparagus, eggplant, carrots, bell peppers

FLAVOR ENHANCERS

BEVERAGE RECOMMENDATIONS

- Coconut Aminos
- Dry Spices
- Hot Sauce
- Lemon/Lime Juice
- Maple Syrup (<1 tbsp)
- Monk Fruit
- Mustard
- Salsa
- Salt/Pepper
- Soy Sauce
- Stevia
- Vinegar

- Almond Milk (unsweetened, <1 cup)
- Coconut Milk (unsweetened, <1 cup)
- Coffee (sugar free)
- Oat Milk (unsweetened, <1 cup)
- Milk (skim or 1%)
- Sparkling Water (sugar free)
- Tea (sugar free)
- Water (1/2 body weight in oz)



PROTEIN			VEGAN PROTEIN OPTIONS		
(112g)	4 oz	Beef (93/7 ground, cooked)	(~75g)		Plant Based Meat Substitute
(112g)	4 oz	Bison (cooked)	(85g)	3 oz	Seiten
(112g)	4 oz	Chicken Breast (skinless, cooked)	(85g)	3 oz	Tempeh
(225g)	1 cup	Cottage Cheese (fat free)	(170g)	6 oz	Tofu
(112g)	4 oz	Deli Meat (turkey or chicken)	(42g)		Vegan Protein Powder
		2 Eggs (whole) + 3 Egg Whites			
(230g)	15 tbsp	Egg Whites (liquid)	(180g)	¾ cup	Beans/Legumes
(112g)	4 oz	Fish (white, cooked)	(260g)	2 cups	Berries
(225g)	1 cup	Greek Yogurt (plain, fat free)	(100g)	2 slices	Bread (sprouted whole grain)
(112g)	4 oz	Pork Chop (boneless, cooked)	(150g)	1 cup	Corn
(112g)	4 oz	Pork Tenderloin (cooked)	(150g)	1 cup	Fruit
(112g)	4 oz	Salmon (cooked)	(150g)	1 cup	Green peas
(112g)	4 oz	Shrimp (cooked)	(250g)	1 cup	Oatmeal (cooked)
(112g)	4 oz	Steak (top sirloin, cooked)	(45g)	½ cup	Oatmeal (uncooked)
(112g)	4 oz	Tuna (light, canned in water)	(160g)	¾ cup	Pasta (whole wheat, cooked)
(112g)	4 oz	Turkey (93/7 ground, cooked)	(180g)	1 medium	Potato (any variety, cooked)
(30g)		Protein Powder	(120g)	¾ cup	Quinoa (cooked)
FAT			(120g)	¾ cup	Rice (any variety, cooked)
(75g)	½ medium	Avocado	(250g)	1 ½ cup	Squash (butternut, acorn)
(14g)	1 tbsp	Butter	(75g)	3 whole	Tortilla (small, soft corn)
(30g)	1 oz	Cheese	(90g)	2 whole	Tortilla (high fiber, low carb)
(15g)	2 tbsp	Coconut (shredded, unsweetened)	VEGGIE		
(60g)	¼ cup	Coconut Milk	Artichokes		Green Beans
(10g)	2 tsp	Fish Oil	Asparagus		Green Powder Supplement
(75g)	5 tbsp	Guacamole	Beets		Leafy Greens
(30g)	¼ cup	Nuts (raw)	Bell Peppers		Mushrooms
(16g)	1 tbsp	Nut butters	Broccoli		Onions
		(unsweetened, any variety)	Brussels Sprouts		Pickles
(13g)	1 tbsp	Oil (avocado, coconut, olive)	Carrots		Spinach
(75g)	½ cup	Olives	Cauliflower		Tomatoes
(12g)	2 tbsp	Seeds (flax, chia, sesame)	Celery		Zucchini
			Cucumbers		

\*Avoid Vegetable or Canola Oil



# MEAL PLANNING WORKSHEET

Select 1 Serving From Each: Protein, Carb, Fat, and as many Veggies as you want.

## Day 1

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
P _____	P _____	P _____	P _____	P _____	P _____
C _____	C _____	C _____	C _____	C _____	C _____
F _____	F _____	F _____	F _____	F _____	F _____
V _____	V _____	V _____	V _____	V _____	V _____

## Day 2

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
P _____	P _____	P _____	P _____	P _____	P _____
C _____	C _____	C _____	C _____	C _____	C _____
F _____	F _____	F _____	F _____	F _____	F _____
V _____	V _____	V _____	V _____	V _____	V _____

## Day 3

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
P _____	P _____	P _____	P _____	P _____	P _____
C _____	C _____	C _____	C _____	C _____	C _____
F _____	F _____	F _____	F _____	F _____	F _____
V _____	V _____	V _____	V _____	V _____	V _____



BREAKFAST

**Egg White Omelette**

(230g)	15 tbsp	Egg Whites (liquid)
	½ cup	Bell pepper
	¼ cup	Onions
	½ cup	Tomato
	¼ cup	Mushrooms
	½ cup	Spinach
	½ cup	Zucchini
(30g)	1 oz	Cheese (Shredded Cheddar)
(180g)	1 medium	Potato (cubed, roasted)

**Yogurt Oatmeal Bowl**

(225g)	1 cup	Greek Yogurt (plain, fat free)
(250g)	1 cup	Oatmeal (cooked)
(65g)	½ cup	Berries
(12g)	2 tbsp	Seeds (flax, chia)

**Egg Scramble**

	2 + 3	Eggs (whole) + Egg Whites
	½ cup	Bell pepper
	¼ cup	Onions
	½ cup	Tomato
(100g)	2 slices	Bread (sprouted whole grain)
(16g)	1 tbsp	Nut butters (peanut butter)

**Cottage Cheese Bowl**

(225g)	1 cup	Cottage Cheese (fat free)
(150g)	1 cup	Fruit (peaches)
(12g)	2 tbsp	Seeds (sesame)

**Protein Oatmeal**

(250g)	1 cup	Oatmeal (cooked)
(30g)	2 scoops	Protein Powder
(260g)	2 cups	Berries
(12g)	2 tbsp	Seeds (flax)

SMOOTHIES

**Banana Nut Smoothie**

(30g)		Protein Powder
(150g)	1 cup	Fruit (Banana)
(16g)	1 tbsp	Nut butter (Almond Butter)
	1 cup	Spinach

**Fruit + Oats Smoothie**

(30g)		Protein Powder
(75g)	½ cup	Fruit (frozen Banana)
	¼ cup	Oatmeal (dry)
(30g)	¼ cup	Nuts (Walnuts)
	1 cup	Unsweetened Almond Milk
	1 cup	Spinach
	¼ tsp	Cinnamon

**Berries + Greens Smoothie**

(30g)		Protein Powder
(42g)	2 cups	Berries (frozen)
(260g)	2 tbsp	Seeds (chia)
(12g)	1 cup	Unsweetened Almond Milk
	1 sachet	Spinach

**Sunrise Smoothie**

(30g)		Protein Powder
(42g)	½ cup	Fruit (frozen pineapple)
	½ cup	Fruit (orange)
	2 tbsp	Seeds (chia)
	1 cup	Spinach
(12g)	2 small	Basil Leaves

**Refreshing Smoothie**

(30g)		Protein Powder
	2 cups	Berries
(30g)	¼ cup	Coconut Milk
(260g)	1 cup	Spinach
(60g)	1-2 tbsp	Lime Juice



LUNCH

**Chicken & Broccoli**

(112g)	4 oz	Chicken Breast (skinless, cooked)
(180g)	1 medium	Potato (any variety, cooked)
	1 cup	Broccoli
(14g)	1 tbsp	Butter

**Tuna Sandwich**

(112g)	4 oz	Tuna (light, canned in water)
(100g)	2 slices	Bread (sprouted whole grain)
(75g)	½ medium	Avocado
	½ cup	Lettuce
	¼ cup	Pickles

**Turkey Wrap**

(112g)	4 oz	Deli Meat (Turkey or Chicken)
(90g)	2 whole	Tortilla (high fiber, low carb)
(75g)	½ cup	Olives
	½ cup	Bell Peppers
	½ cup	Cucumbers

**Meatless Chili**

(85g)	3 oz	Seitan
(180g)	¾ cup	Beans/Legumes
(75g)	½ medium	Avocado
	1 cup	Crushed tomato
	¼ cup	Onions
		Chili Seasoning

**Chicken Noodle Soup**

(112g)	4 oz	Chicken Breast (skinless, cooked)
(160g)	¾ cup	Pasta (whole wheat, cooked)
(13g)	1 tbsp	Oil (Avocado, Coconut, Olive)
	½ cup	Celery
	½ cup	Carrots
	¼ cup	Onions
		Season to taste

DINNER

**Fish & Rice**

(112g)	4 oz	Fish (white, cooked)
(120g)	¾ cup	Rice (any variety, cooked)
		Oil
(13g)	1 tbsp	(Avocado, Coconut, Olive)
	1 cup	Asparagus

**Steak & Potato**

(112g)	4 oz	Steak (top sirloin, cooked)
(180g)	1 medium	Potato (any variety, cooked)
(14g)	1 tbsp	Butter
	1 cup	Brussels Sprouts

**Pork Chops & Squash**

(112g)	4 oz	Pork Chop (top loin, boneless, cooked)
(250g)	1 ½ cup	Squash (Butternut, Acorn)
(14g)	1 tbsp	Butter
	½ cup	Mushrooms

**Tacos**

(112g)	4 oz	Turkey (93/7 ground, cooked)
(75g)	3 whole	Tortilla (small, soft corn)
(30g)	1 oz	Cheese
		Taco Seasoning

**Salmon and Quinoa**

(112g)	4 oz	Salmon (cooked)
(120g)	¾ cup	Quinoa (cooked)
	1 cup	Zucchini
(13g)	1 tbsp	Oil (Avocado, Coconut, Olive)



# GROCERY SHOPPING WORKSHEET

**FRUITS/VEGETABLES**

**MEAT/POULTRY**

**BREAD/CEREAL/PASTA**

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**CANNED GOODS**

**SPICES/CONDIMENTS**

**DAIRY/EGGS**

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**FROZEN SNACKS**

**BEVERAGES**

**MISCELLANEOUS/NOTES**

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## 1. Help! This is so overwhelming!

Managing your nutrition is a **SKILL!** It takes time and practice. It's okay if you are not perfect. Take a big, deep breath. Just do your best. It will get easier with time. Keep it simple and remember to have compassion and grace for yourself as you practice these new skills. Take it one day at a time. It will take a little work and effort but it will all be worth it!

I recommend you print and carefully read Macros Mastery packet. If you have any further questions, message me at [macroslady.com](http://macroslady.com)

## 2. Do I need to track my food?

Tracking or recording your meals is **NOT** required. You are welcome to if you'd like, but if you follow the plan, then I've done all the calculations for you.

## 3. How many calories are in each meal of the Macros Mastery System?

There are approximately **300-400 CALORIES PER MEAL.**

The macro breakdown per serving is:

Protein	20-30g
Carbs	30-40g
Fat	8-14g

If you are unsure about what you can eat, check your labels and aim for these targets.

## 4. Meal prepping seems hard. Do you have any good tips?

1. Get the family involved, turn up the music and make it fun!
2. Invest in quality storage containers.
3. Buy a cooler bag to transport all of your pre-prepared meals.
4. Use a food scale to measure for better accuracy.

## 5. Can I eat \_\_\_\_\_??

The Food list I have provided is a great list, but it is not all-inclusive. It is impossible to list every possible food. For protein, aim for lean protein sources. Carbs should come from high quality, low sugar, minimally processed foods. Avoid fat sources that come from vegetable or canola oil.

Due to the high sugar amount and low nutritional value, overly sweetened cereal—including granola and Grape Nuts—are not recommended on the Macro Mastery System. We are also not recommending chips, crackers, candy, cake, ice cream, alcohol, etc. Those foods can have a place in your diet occasionally, but not on a regular basis.

## 6. Is Dairy on the plan?

The Macros Mastery System includes low fat sources of dairy: Skim Milk, Nonfat Plain Greek Yogurt, and Nonfat Cottage Cheese, along with minimal cheese (Feta and Goat cheese are great lower fat options).



## 7. How do I account for foods that have a combination of macros?

I have not added these to the food list but wanted to give you an example of foods that would count for multiple groups:

- Hummus (½ cup = 1 serving fat and 1 serving carb)
- Rx Bars (1 serving fat, 1 serving carb, ½ serving protein)

## 8. Are Root Vegetables considered Vegetables or Carbs?

All root vegetables, except potatoes (of any kind), fall under the vegetable list in the Macros Mastery System. This includes carrots, beets, parsnips, jicama, etc. Although it is true that these vegetables are a little higher in carbs/calories, it is very rare that someone over-consumes them.

If you are consuming more than 20g of carbs or 80 calories of any of these foods, then I recommend counting them as your carb serving for that meal.

## 9. Do I really have to eat all this food? I am so full!

The Macros Mastery System is a guideline. The closer you stick to it, the better your results will be. Listen to your body. Aim for satisfied but not stuffed, about 80% full. Give your best effort, but if 4 meals feels like too much, switch to a 3+ a protein serving. Or if you are starving with 4 meals and losing weight too quickly, move up to 5 meals.

Keep in mind: when you increase your protein and fiber intake, you are going to feel more full because those foods are more satiating. This is a good thing! Don't be afraid to eat! Your body and mind need food as fuel to function properly. Trust the process. Give it a good go and make adjustments when needed to reach your goals.

## 10. Do I need to eat a serving from each category with each meal?

Ideally, we are shooting for balanced meals with a protein, carb, fat, and vegetables and trying to avoid grazing throughout the day. But if it helps, think of 4 “meals” as a daily allotment of 4 protein servings, 4 carb servings, 4 fat servings - then break it up however you'd like.

*For example: if you want to put 2 fat servings in one meal, just remove a fat serving from another.*

## 11. Are there any recipes included with the Macros Mastery System?

There are no “recipes” included with the Macros Mastery System, but I have given you several sample meals to give you ideas. The purpose behind the Macros Mastery System is to help empower you to learn how to create your own meals and meal prep in a sustainable way. Give the Macros Mastery System a good chance. You will probably learn a few things that will help you build skills and manage your nutrition on any plan.

## 12. What about eating out or vacations?

This can be a little tricky and it may be something you want to avoid in the beginning, but do your best to follow the template. It's okay if you are not perfect. Find a meal that has protein, carb, fat, and lots of veggies; then, get right back on track with your next meal. Remember: the closer you follow the Macros Mastery System, the better your results will be.



### 13. Do I need to eat my meals at a certain time?

There are no requirements for **WHEN** you eat your meals. Meal timing is not as important as eating the right foods in the right balance and amount.

### 14. What if I do intermittent fasting?

If you do intermittent fasting, you can combine meals. For example, make 4 meals in to 2 larger meals and eat them during your feeding window.

### 15. How do I adapt the Macros Mastery System to be more Keto-friendly?

If you prefer a Keto style of diet, you can follow the general guidelines of this plan and simply replace your carb servings with fat servings.

### 16. What can I add to my coffee?

Unsweetened almond milk, unsweetened coconut milk, skim milk, vanilla, chai, cinnamon, cocoa, cardamom, int, salt, ginger, etc. Any low or non-calorie flavor enhancers.

### 17. Can I eat dessert?

Traditional desserts are not included on the Macros Mastery System. It's okay to have dessert once in a while, but if you really need to have a "treat", try to stick close to the guidelines given in the Macros Mastery System. For example, you could make protein balls or protein muffins while following the template and count them as part of your daily servings. Reserve traditional desserts for special occasions.