WHY DOES IT MATTER?

I have found that so many macro meals sacrifice flavor and clean ingredients for the sake of better macros. I wanted to create recipes that not only taste amazing, but use real ingredients that are good for your body while also being macro balanced.

I love to cook for my family and my mission is to show you that you can cook healthy meals that don't taste like you are on a diet.

Nourish is a community designed to provide delicious macro friendly recipes for individuals and families looking for balance in the kitchen. Now it's easy to use clean, whole foods to nourish your body and support your goals without the need to calculate all your macros, because all the busy work is already done for you. No more making separate meals in order to hit your macros - you can enjoy delicious, balanced meals together! Whether you are new or experienced with macros, Nourish helps to educate you along the way so you feel confident that the foods you are eating support your goals.

Because gut health is a priority for my own family and my clients, all Nourish recipes are provided in original, gluten-free, dairy-free, and gluten- & dairy-free options to support better gut health and accommodate food intolerances.

I can't wait for you to start nourishing your body with healthy, satisfying, and macro balanced meals.

BEFORE YOU GET STARTED

I don't track macros forever and I don't expect my clients to either. Macros are a tool to help you see nutrients in foods to hit your goals but once you hit your goals you can move to intuitive eating. Once you teach yourself how to fuel your body properly to feel your best, you shouldn't need to count macros. This section is to help those who do want to learn how to count but remember, you shouldn't count forever.

MACROS

I have trained thousands of clients and I can tell you from experience, tracking your macros works! I have helped women transform their bodies by helping them learn how to fuel their body according to their specific macros. I know tracking macros can be a little intimidating and it's not for everyone, but if you learn to see what your food is made of, you will be surprised how empowering it is. Even though macros aren't for everyone, if you value balanced eating that supports your gut health and food that is delicious, Nourish is still great for you! If you have been curious about how macros work and want to learn - this section is for you.

The best thing about knowing your macros is it helps you reach your goals, no matter what they are. Counting macros can help you lose fat, maintain muscle mass, or gain muscle mass! (Plus they help you feel satisfied and not hungry throughout the day and help heal unhealthy relationships with food. When you know your goals, your macros will reflect that and help you get there. Different goals = different macros and it's important to get your macros customized for you and your goals.)

"Macro" is short for macronutrient. Macronutrients are three categories of nutrients you need to survive. Your three essential macronutrients are: protein, carbs, and fats. When you're counting your macros, you're simply counting the grams of protein, carbs, and fats you are consuming.

Why is it important to count macros and not just calories? In the simplest terms, weight loss happens when you burn more calories than you consume. Macro counting helps you understand where those calories are coming from and how they affect your body. Not all calories are created equal. For example, let's say you have a calorie goal of 2,000 a day. One gram of protein is 4 calories, one gram of carbohydrates is 4 calories, and one gram of fat is 9 calories. So if you eat 125g of protein, you're eating 500 calories from protein, leaving you with 1,500 calories to split between your fats and carbs. Your body will look completely different if you eat 1,500 calories of protein or 1,500 calories of carbs. That's why it's important to know your goals so you can eat accordingly.

Macro counting is effective because it's not a one-size-fits-all plan. Everyone's macros will be unique to them according to their height, weight, age, activity level, goals, and dieting history. It's important to have a trained macro coach calculate your macro numbers. There are a lot of free calculators out there that can give you an idea but unless you have a trained macro coach looking at your dieting history you won't have the most accurate numbers.

Another thing I love about macros is that no foods are off limits or labeled as "bad". Macro counting is often referred to as "flexible dieting" since you're eating real foods without depriving your body. People who count their macros might say things like "IIFYM" or "if it fits your macros," meaning you can eat it as long as it fits into your macros. Should you cheat the system so you can eat a bunch of cookies and nothing else? I mean you could, but you would feel terrible. Instead, could you enjoy a cookie every once in a while and still see success? Yes! Technically there are no "cheat" foods when you're counting macros. As long as it fits in your macros you can eat it, so make sure you're eating what you like and it is nourishing your body.

One of the downsides I see in the flexible dieting world is thinking you're eating healthy just because you're

counting macros. Technically, you could hit your macro goals without ever eating a single vegetable. Because of this, you need to make sure you're focusing on what you're eating, not just the numbers.

Traditional calorie counting doesn't take into account the quality of what you're eating. That's why I wanted to create something that was full of nutrients but also food your family will love.

I will say, I prefer to eat as clean as possible when I can because I feel so much better when I do. That's why the recipes in Nourish are so good for you!

When I say your meals are created with "balanced macro percentages" I mean that you will get a good ratio of carbs, fats, and proteins in each recipe. For example, you don't want a meal that's just carbs and fats. You need protein to balance your glucose levels so you feel full longer and don't store fat. I have calculated every single recipe so you don't have to do the work. (Of course I threw in some of my favorite treat recipes so don't be afraid to plan for them and enjoy!)

Each macronutrient serves a purpose and you need all three to feel your best.

CARBOHYDRATES

Carbohydrates are your body's main source of energy. They help fuel your brain, kidneys, heart muscles, and central nervous system. For instance, fiber is a carbohydrate that aids in digestion, helps you feel full, and keeps blood cholesterol levels in check.

Your body can store extra carbohydrates in your muscles and liver for use when you're not getting enough carbohydrates in your diet. A carbohydrate-deficient diet may cause headaches, fatigue, weakness, difficulty concentrating, nausea, constipation, bad breath and vitamin and mineral deficiencies. It's important to make sure you eat enough healthy complex carbohydrates full of nutrients to properly support your body. Some of my favorite complex carbohydrates are sweet potatoes, oatmeal, quinoa, brown rice, and whole wheat.

PROTEIN

Protein is an important building block of bones, muscles, cartilage and skin. In fact, your hair and nails are comprised mostly of protein. Protein is also essential for muscle repair. Your body uses it to build and repair tissue, and it helps carry oxygen throughout your body and supply your entire body with the nutrients it needs. About half the dietary protein that you consume each day goes into making enzymes, which aid in digesting food, and making new cells and body chemicals. Protein plays a critical role in hormone regulation. Protein plus fiber helps keep you full and satisfied so you don't have as many cravings.

Eating enough protein helps your body recover after exercise and/or injury, build lean muscle, maintain your muscle, and maintain a healthy weight by curbing hunger.

FAT

Fat is an essential nutrient we need to survive and thrive, but again, not all fats are created equal. By avoiding artificial trans fats (such as those found in fried foods and pastries), we can use the healthy and tasty fats to power us through our days.

Your body needs fat for energy, to absorb vitamins, and to protect your heart and brain health. Artificial trans fats and saturated fats are guilty of the unhealthy consequences all fats have been blamed for — weight gain, clogged arteries, an increased risk of certain diseases, and so forth. But healthy fats, such as unsaturated fats and omega-3 fatty acids, have the opposite effect. Healthy fats play a huge role in helping you manage your mood, stay on top of your mental game, fight fatigue, and even control your weight.

Since fat is an important part of a healthy diet, rather than adopting a low-fat diet, it's more important to focus on eating more beneficial fats and limiting

harmful fats.

Monounsaturated fats and polyunsaturated fats are known as the healthy fats because they are good for your heart, cholesterol, and overall health. These fats help lower risk of heart disease, balance cholesterol levels, fight inflammation, support artery health, and lower blood pressure. You'll also feel more satisfied after eating, enjoy more energy, balanced hormones, and have better nutrient absorption from the foods you eat.

Adding more of these healthy fats into your diet may also help make you feel more satisfied after a meal, reducing hunger and thus promoting weight loss.

Each macronutrient plays a key roll in your body's health and wellness. Make carbs, proteins, and fats all a part of your toolkit to help you enjoy a healthy sustainable lifestyle.

I know macros can be intimidating at first, but if you use them as tools to see how to fuel your body properly, it can transform your body and your health. I want you to come from a place of abundance when you eat. Every time you eat is an opportunity to nourish your body. Instead of focusing on restriction and what you can't eat, switch your lens to everything you can eat that is great for your body. You will feel refreshed, renewed, and energized. I'm excited for you to get started!

MACRO TIPS

01 PLAN AROUND PROTEIN

Protein is always the hardest macro number to hit. Most women are not eating enough protein to hit their goals. I suggest prepping your protein ahead of time for the week so you make it easier to grab and go. I will try to plan my meals around protein and veggies since carbs and fats are easy to hit. I will try to add protein to things I'm already eating. For example, if I want to eat an egg and toast, I'll add two slices of turkey bacon and peppers so I'm getting more protein and some veggies as well.

02 AVOID THE ALL OR NOTHING MENTALITY

Where most people fail is feeling like they have to do it all perfectly, or they give up. They try to change it all at one time instead of starting slow. It's actually better to start with one thing you know you can be consistent with and once you master that goal then move to the next. If you are new at tracking macros maybe you start with just tracking protein, or just try adding veggies with each meal. It's okay to start slow. The goal is to feel your best and that can happen with small changes. Any specific brands listed are referenced because they were used in calculating the macros. Feel free to swap out your favorite brands or what you have on hand if needed. Please note that some brands are listed specifically to accomodate gluten and or dairy free recipes.

03 LOG MOST IMPORTANT MEAL FIRST

Because I love to cook, I always make sure to log my most important meal of the day first. For me, that's dinner. I love to eat dinner with my family and I never want to feel like I have to make two different meals just because I'm trying to eat healthy. If I'm tracking macros I will log dinner first and eat around those macros. That way I know what I have room for the rest of the day.

Use the code **NOURISH** to receive
$5 off a customized macro count
at BODYBYBREE.COM