

STATUS 8020



**MACRO
CHEAT SHEET**

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• KNOWING YOUR MACROS

Hitting those daily macronutrient and calorie targets on a daily basis, without some sort structured meal plan (as in our personalised nutrition programs) or macro cheat sheet isn't an easy task. Especially for those who are new to the world of nutrition and fitness.

Looking back, that definitely was one of the challenges I had when I started out my fitness journey. Whilst measuring food and tracking macros in apps isn't for everyone (or not always feasible!) the next the next best thing is learning which foods contain different macronutrients.

I created this simple macro cheat sheet that demonstrates which foods can be categorised as the source of each macronutrient, and combinations of macros to save you time and still help you on your journey to a leaner, more confident YOU!



• THE 8020 PHILOSOPHY

The majority of weight loss efforts fail to provide long-term weight maintenance. That's where 8020 steps in to disrupt this bullshit rigid approach to dieting that seems to flood the market. Firstly, 8020 is NOT a diet, but rather a nutritional concept. It is a structured and science-based method of eating that involves monitoring the three main macronutrients: carbohydrates, fats, and proteins. These macronutrients are individualised and adjusted for muscle growth, fat loss, or weight maintenance in order to optimise intake to facilitate the manipulation of body composition and hit your goals. 8020 uses a method of eating that teaches you how to modify your macro intake in order to reach personalised physique, fitness, and health goals.

The whole idea behind 8020 approach is that you ensure 20% of your total weekly energy intake comes from less nutrient-dense sources (like cookies), and 80% of the time they come from nutrient-rich sources (like veggies), that work within your prescribed macro ratios and total calorie intake goals.



• THE 8020 PHILOSOPHY FOOD SPECTRUM



100 calories of cookies vs 100 calories of salad is still 100 calories. One is considered 'better' for you because it has more nutrients, antioxidants, fibre and so on. That's why we aim for the majority of food to come from this end of the spectrum.



WHAT THE DIET INDUSTRY WON'T TELL YOU

What matters most in dieting – no matter which approach / meal plan / influencer / cookbook you use – is long-term adherence to a deficit, regardless of the foods allowed / restricted. Here's where it falls apart: MOST people can't stick to rigid ways of eating.

News flash – because we're not designed to be so restrictive. Ensuring you allow flexibility with your diet will ensure you are able to enjoy your life whilst still achieving your goals – THAT is the approach of 8020.

What's not to love?



MACROS 101

Macronutrients are the main nutrients groups found in food that provide us energy (calories).

The three macronutrient groups are:

PROTEIN

CARBOHYDRATES

FATS

Alcohol is it's own macronutrient (which is weird, I know!), but doesn't form a large part of your diet.

EACH OF THESE MACRONUTRIENTS HAS A CALORIC VALUE:

PROTEIN

4 calories per 1 gram

CARBOHYDRATES

4 calories per 1 gram

LET'S SAY FOR SIMPLICITY...

100g white fish = 100% protein

100g x 4 calories = 400 calories of fish

FATS

9 calories per 1 gram

ALCOHOL

7 calories per 1 gram

Olive oil

5g x 9 calories = 45 calories

Adding all your food items together in this way forms your total caloric intake.

That's a lot of maths.

To confuse things, some foods are made of a combination of predominantly two macronutrients – e.g. salmon (fat and protein) or donuts (fat and carbohydrate), whilst others are predominantly one macronutrient e.g. olive oil (fat), prawns (protein), potato (carbohydrates).

In order to hit your fitness goal, it's important that you track the food that you consume, and hit specific calorie and macro goals each day. In other words, monitor your macros.

Depending on your goal and personal eating preferences, the ratio of these macro can differ. That's what we call your 'macro split'. e.g. Protein 30%, Carbs 35%, Fat 35%.

Click here to get more educational nutrition gems on social media

•HOW TO USE THE MACRO CHEAT SHEET

First of all, you can use this macro cheat sheet for building your own meal plan.

Lists of single-source, as well as multiple macro source foods, can help you build a plan with a lot of variety which should help you stay within daily macro targets.

Depending on your eaten macros throughout the day you can mix and match foods on the list to ensure you hit your macro goals by the end of the day.

That's far too hard, Sal!!

If staying within your daily macro targets is a challenge for you, I hope this macro cheat sheet helps you. But I know you're one busy-ass woman with competing priorities, and this responsibility might just add to the noise.

Whilst this cheat sheet guides you on what to eat, you must remember to continue measuring and tracking your food volume. While it might be initially inconvenient, it is the single source of truth that tells you what works and what doesn't, if done accurately. And, it becomes much easier and a habit, the more you do it.

If that's all too complicated and you just need someone with the know-how and health science degree to work it out for you and give you a tailored meal plan to SAVE YOU TIME, I got you.

Select from one of our comprehensive coaching packages below, and you won't have to track a single macro. A simple done-for-you, nutritious, flexible (and easy to stick to) plan is just a click away.

Hello more free time, less planning, less stress, a menu you can actually feel good about, more confidence, stronger body, more muscle definition, clearer skin, cute new dresses...this shit is science-backed* y'all!! Permanent lifestyle and habit change? That's what were all about.

Expanding your knowledge in nutrition means freedom from unnecessary over-thinking, expense, health risk, and wasted time. Are you in?

Sal xo

BHSc Nutritional Medicine +
Dietetics

Ready for more? Check out our two totally customisable programs.

CARB SOURCES

Potatoes

Couscous

Oatmeal

Buckwheat

Bulgur

Pasta

Barley

Rice

Tortilla Wraps

Bread

Rice Cakes

Cereal

Fried Fruits

Honey, Syrup, Jam

Candy

Juice

Veggies, Fruits

CARBS & FATS SOURCES

Granola

Cookies

Ice Cream

Pastry

Chocolate

Coconut Flakes

Hummus

French Fries

Nut Butter + Fruit

Nut Butter

Chips

Avocado Toast

Chia Seeds

Flax Seeds

Rice Cakes +
Nut Butter

FATS & PROTEIN SOURCES

Jerky

Bacon

Pork Belly

Steak

Sausage

Chicken Tights

Salmon Fillet

Duck Meat

Eggs

Milk

Cottage Cheese

Full-Fat Yoghurt

Tofu

Tempeh

Protein Powder
+ Milk

Full-Fat Sour
Cream

Canned Fish
(w/Oil)

FATS SOURCES

Avocado Oil

Canola Oil

Coconut Oil

Olive Oil

Flaxseed Oil

Butter

Fish Oil

Almonds

Cashew

Hazelnuts

Peanuts

Pistachios

Seeds

Olives

Pesto

Mayonnaise

Macadamia
Nuts

THE CHEAT SHEET

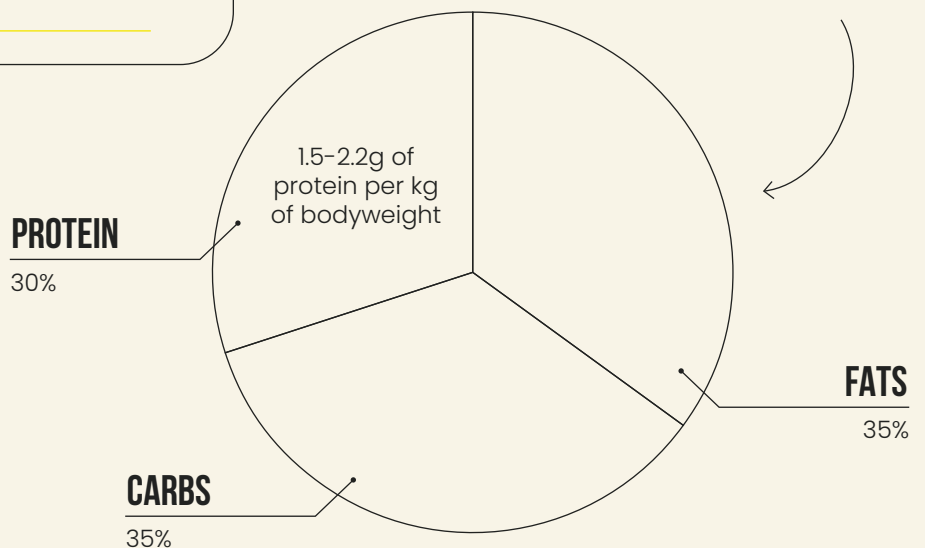
PROTEIN & CARB SOURCES

- Low-Fat Flavored Yoghurt
- Low-Fat Flavored Yoghurt + Fruit
- Oats + Egg Whites
- Oats + Protein Powder
- Oats + Low-Fat Milk
- Oats + Low-Fat Greek Yoghurt
- Oats + Skyr (Icelandic Yoghurt)
- Bread + Deli Meat
- Cereal + Low-Fat Milk
- Cereal + Protein Powder (w/Water)
- Fruit + Protein Powder (w/Water)
- Egg Whites + Tortilla
- Beans, Lentils, Peas
- Peanut Butter Powder + Rice Cakes
- Rice Cakes + Protein Powder (w/Water)
- Quorn
- Quinoa

PROTEIN SOURCES

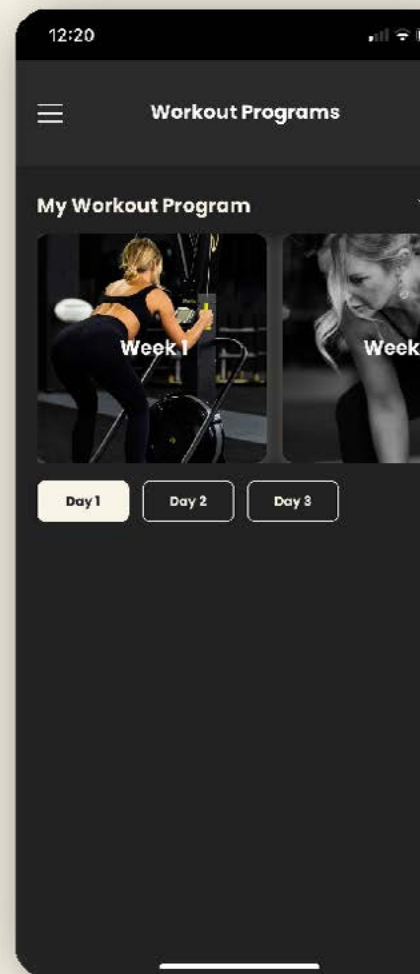
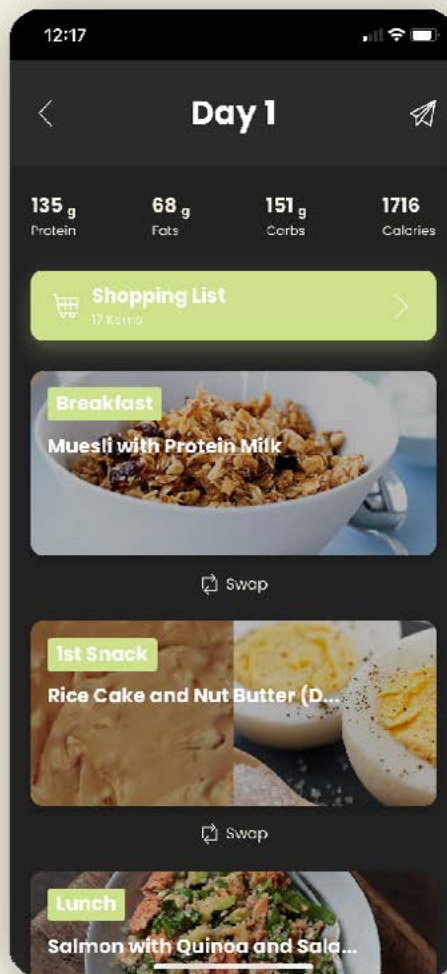
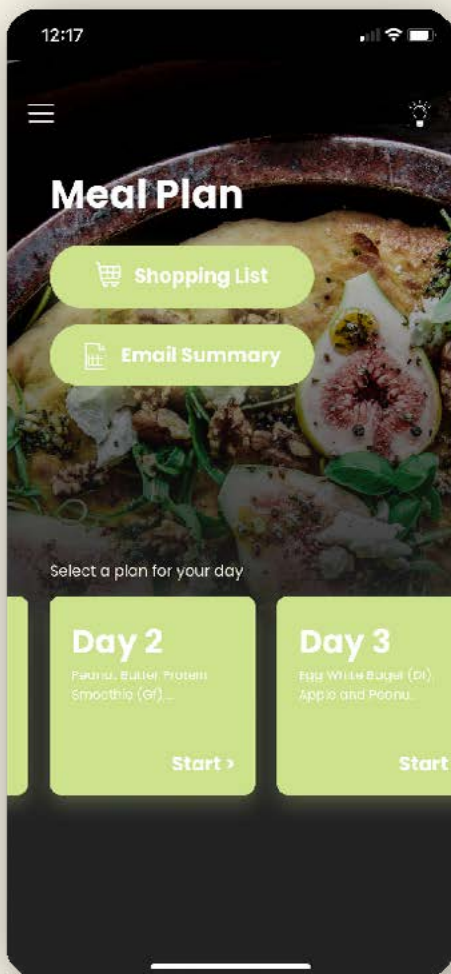
- | | |
|------------------|--------------------------|
| Lean Beef | Cod |
| Lean Ground Beef | Shrimp |
| Pork Tenderloin | Egg Whites |
| Ground Turkey | Low-Fat Cottage Cheese |
| Turkey Breast | Low-Fat Greek Yoghurt |
| Chicken Breast | Skyr (Icelandic Yoghurt) |
| Lean Deli Meat | Protein Powder (w/Water) |
| Turkey Bacon | |
| Tilapia | |
| Tuna | |

AN EXAMPLE OF A HEALTHY, BALANCED MACRO SPLIT



WANT TO KNOW THE EXACT MACROS YOU NEED TO REACH YOUR GOALS?

Our programs provide personalised macro targets and meal plans to get you there faster.



[FIND OUT MORE](#)

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and let us know!

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