Macros Made Simple

A personalized guide to calculating YOUR calories and macros

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Hey, I'm Nikki. 👋 **[PLEASE READ THIS FIRST!]**

I'm a strength and nutrition coach who helps women ditch restrictive dieting, stop overthinking, and build a body and lifestyle they love.

I'm thrilled that you've downloaded this macros guide! Inside, you'll find my evidence-based macros and calorie calculator. **Beyond just numbers, you'll learn how to adjust these recommendations based on your body's unique response.**

Over the years, I've helped hundreds of women get stronger, build muscle, and lose fat, even with chronic conditions, demanding careers, and hectic schedules. A common challenge they all faced? Overcomplicating the process.

This guide is designed to help you streamline your approach and achieve your goals with less stress.

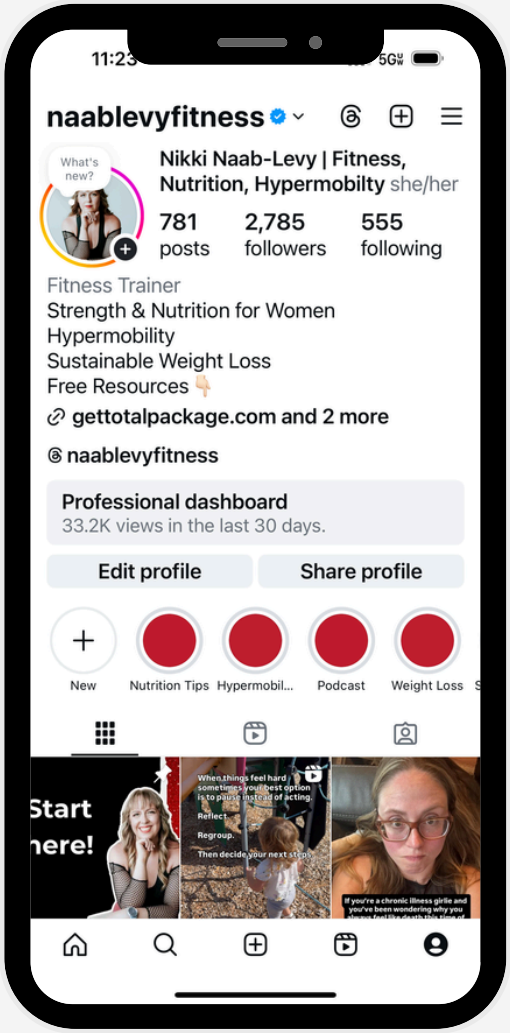
If you ever need more support, don't hesitate to reach out via email or DM me on Instagram @naablevyfitness.

xx Nikki

Want my eyes on your numbers? 👀

While this calculator is evidence-based, it's possible that your ideal calorie or macro target might look a little different from what it gives you. Think of it as an estimated starting point.

I want you to feel good about your numbers and be confident they make sense for you, **which is why I offer a FREE review of your targets when you download this guide.**



DM me on Instagram @naablevyfitness or email me at at hello@naablevy.com for a FREE review of your nutrition targets!

CLICK HERE TO DM ME!

Body Composition & Nutrition Terminology

Please read through this page before using the calculator to ensure you fully understand how to use this guide best!

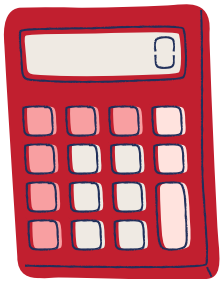
Term	Definition
Maintenance	Eating enough calories to sustain your current weight or body composition and support your daily activities and workouts. Helpful for building health promoting habits, supporting your workouts, and working on your relationship with food.
Calorie Deficit	Consuming fewer calories than your body burns, resulting in fat loss.
Body Recomposition	Losing fat while simultaneously gaining muscle. Requires a small calorie deficit while also strength training with progressive overload. While the scale may not change much, you'll see changes in measurements, photos, and how your clothes fit and will look more muscular or "toned."
Fat Loss (Weight Loss)	The process of reducing body fat through a calorie deficit, preferably while maintaining muscle by consuming adequate calories and protein and engaging in resistance training. This overlaps with body recomposition, but focuses more on a larger calorie deficit and significant changes in body weight.
Macronutrients (Macros)	The three main categories of nutrients that your body needs in large amounts to function - aka protein, carbohydrates, and fats. Including a mix of these in your diet supports overall health, energy, and body composition or fat loss goals.

Body Composition & Nutrition Terminology

(continued)

Term	Definition
Protein	A macronutrient essential for muscle repair, growth, and various bodily functions. Adequate protein intake helps you stay satiated and supports muscle maintenance and growth. Examples: Poultry, seafood, greek yogurt, cottage cheese, eggs / egg whites, edamame, tofu
Carbohydrates (Carbs)	A macronutrient and primary energy source that supports brain function and your workouts. Examples Fruit, vegetables, rice, root vegetables, oats, quinoa, pasta, bread, beans, and lentils.
Fat	A macronutrient that supports hormone production, nutrient absorption, and cell function. Also plays a role in satiety. Examples: Avocado, olive oil, butter, cheese, nuts, nut butter, seeds
Fiber	A type of carbohydrate that the body can't digest, which helps regulate the body's use of sugars as well as hunger and blood sugar. Also supports heart health. Good sources of fiber include vegetables, fruit, whole grains, lentils, beans, and seeds.

Get Your Numbers



Click the button below to access the calculator and get your personalized calorie and macro targets.

👉 CLICK HERE TO GET YOUR NUMBERS!

password: macros

Once you have your results, record them on the next page and read the instructions on the following pages for information on how to apply them.

Your Personalized Macro Plan

Below you'll find different macro and calorie options specific to your personal daily energy needs and goal. *On the following pages, you'll find guidelines on how to apply this information. Please read it before starting!*

Calories & Macros for Maintenance

Maintenance is eating enough calories to sustain your current weight or body composition and support your daily activities and workouts.

- **Calories:**
- **Protein (grams):**
- **Carbs (grams):**
- **Fats (grams):**

Calories and Macros for Body Recomposition

Body recomposition is the process of losing body fat while gaining muscle. Typically occurs when you're in a smaller caloric deficit while also strength training.

- **Calories:**
- **Protein (grams):**
- **Carbs (grams):**
- **Fats (grams):**

Calories and Macros for Fat Loss

This estimate is for losing fat while maintaining muscle, assuming strength training and sufficient protein intake.

- **Calories:**
- **Protein (grams):**
- **Carbs (grams):**
- **Fats (grams):**

Fiber Recs: 25+ grams per day for women, 35+ grams per day for men

How to Use Your Numbers

Just a heads up: these numbers are just a starting point, and you might need to adjust them depending on how your body responds.

Also, I know the temptation is to jump straight into fat loss, but starting with maintenance creates a foundation for better results. I've worked with a lot of women and the clients who take the time to establish their baseline and build sustainable habits during maintenance tend to have the most success with long-term weight loss.

Step 1: Start by tracking your maintenance calories for two weeks using a food-tracking app like Chronometer or MyFitnessPal.

Ignore MyFitnessPal's calorie recommendations. They are often too low.

During this time, focus on tracking calories, protein, and fiber.

Carbs and fats are optional targets. *There's no such thing as a perfect macro split, so I wouldn't stress over hitting the exact number the calculator gave you.*

If you're struggling to hit your protein target, *pick something that feels doable (e.g. 100 grams) and slowly increase overtime based on what feels best.*

Step 2: Track your weight and measurements over the two weeks to see if your maintenance level feels accurate.

If your weight decreases using these numbers, add 100 calories to your daily intake. If your weight increases, reduce your daily intake by 100 calories. Monitor this adjustment for another two weeks.

Repeat this process as needed, allowing two weeks after each adjustment to reassess.

How to Use Your Numbers (continued)

Step 3: Once you've identified your maintenance needs and are ready to focus on fat loss or body recomposition, adjust to the calorie and macro targets for your goals using the information on the previous pages.

If your body doesn't respond as expected after 2 to 4 weeks (e.g., no change in scale weight and measurements), lower calories by 100 per day,

If you find that you are rapidly losing weight or feel overly hungry, then you may need to increase your calories by 100 per day.

Continue making adjustments every two weeks as needed.

If you need help navigating this process or don't know if you're ready for fat loss or body recomposition, DM me at @naablevyfitness and I'll be happy to help you figure things out!

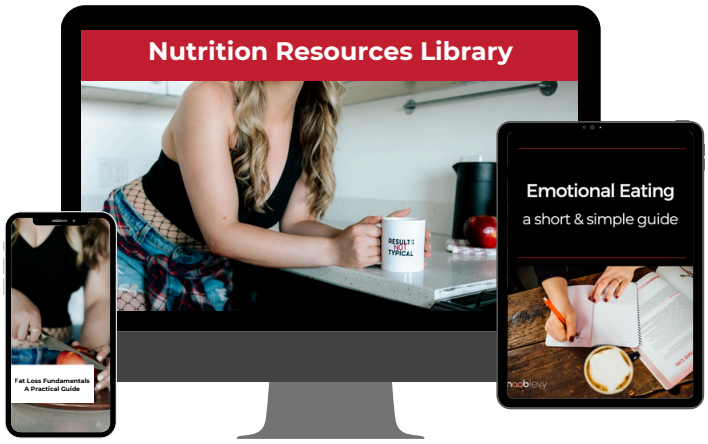
A note about the scale!

With body recomposition, fat loss can happen even if the scale isn't reflecting a downward trend.

Taking measurements while tracking your weight can reduce frustration and provide a better sense of progress.

👉 **CLICK HERE FOR A MEASUREMENTS GUIDE**

Dive deeper into your nutrition & body composition journey!



Check out my FREE Nutrition Resources Library with more tools to help you make progress and stay consistent, including:

- How to troubleshoot fat loss and break through plateaus.
- Tracking tips to make the process easier.
- Meal prep inspiration for high protein and balanced meals
- Evidence based strategies to upgrade your nutrition and fitness habits and help you stay motivated even when you want to say fuck it.
- Tools for navigating emotional eating

...and more!

👉 CLICK HERE TO VISIT THE LIBRARY

Struggling to do it alone? Read this 👇

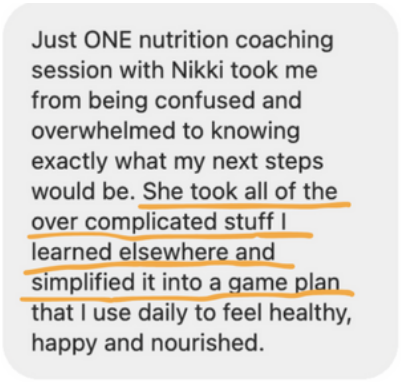
Hey there! If you're reading this, I'm guessing **you've tried your share of diets and "lifestyle changes" that just didn't stick and in some cases left you feeling worse than when you started.** That feeling? It sucks and it doesn't have to be this way.

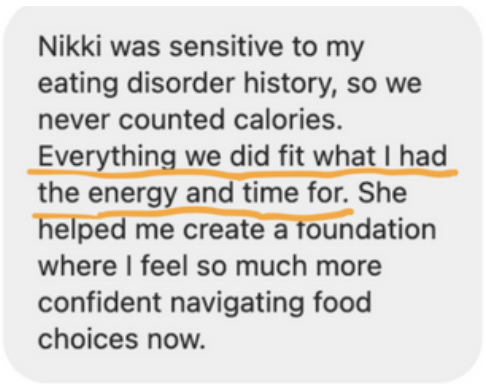
Here's the thing. **Eating healthy and losing weight isn't just about knowing what to eat.** It's about understanding yourself and your relationship with food.

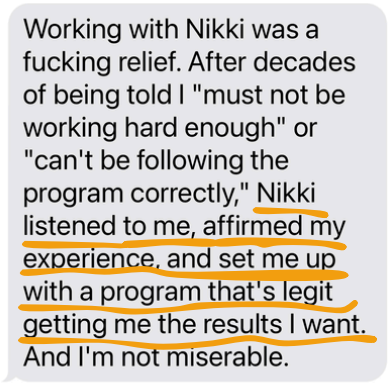
When when we struggle with consistency or reaching our goals, it's rarely about the food itself. It's about developing the skills to handle stress, manage overwhelming days, and deal with those voices in our heads that make us doubt ourselves.

That's why I do things differently. Instead of rigid meal plans and obsessing over every bite, **you'll learn how to create enjoyable meals that fit your life, handle stress without automatically turning to food,** and reach your goals while still enjoying dinners out and even your favorite cocktail, but don't take my word for it...

What clients have to say 🙌







Ready to move AWAY from rigid diets and TOWARDS the changes and results you want?

👉 CLICK HERE TO GET STARTED

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You should consult a licensed physician prior to beginning or modifying any diet or exercise program that you undertake, and you acknowledge that we have advised you of the necessity of obtaining such consultations.

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