

## **CALORIES - MACROS - MICROS - MINDSET**

### **CALORIES determine WHAT YOU WEIGH**

1. Calorie deficit = weight loss
2. Maintenance calories = stable weight
3. Calorie surplus = weight gain
4. Quality matters: Choose nutrient-rich foods within your calorie allowance.

### **MACRONUTRIENTS determine HOW YOU LOOK**

1. **Protein:**
  - a. Builds and repairs muscles, hair, skin, nails and other tissues.
  - b. Keeps you fuller for longer.
2. **Carbohydrate:**
  - a. Used as an energy source to fuel daily activities and exercise.
  - b. Carbs are delicious especially when mixed with fats.
3. **Fat:**
  - a. Essential for hormone production, brain function and is used as an energy source.
  - b. Fat is very calorie dense and delicious.
4. **Alcohol:**
  - a. Is not essential, it will make you fat, tired and anxious, you will die younger.
  - b. Alcohol can be fun.

### **MICRONUTRIENTS determine HOW YOU FEEL**

1. **Vitamins and minerals are essential for your body to function optimally.**
2. Eat a healthy diet with plenty of **fruits, vegetables, and lean proteins.**
3. Consider supplementing with a high quality **methylated multivitamin.**
4. **Signs of deficiency include:** fatigue, lethargy, feeling run down, and brain fog.

### **YOUR MINDSET determines HOW YOU PERFORM**

1. **Balance is the key:** No food is inherently good or bad, but mindful choices matter.
2. **Enjoy your food:** Prioritize quality, manage portions, and savour your meals.
3. **Sustainable progress:** Focus on long-term healthy habits, not perfection.