



Nutrition & Protein Guide

This guide provides practical tips for meeting your nutrition and protein goals while tracking macros. Balanced nutrition supports fat loss, lean muscle maintenance, and long-term wellness.

Understanding Macros

Protein: Builds and preserves muscle, supports recovery, and promotes fullness.

Carbohydrates: Provide energy for daily activities and brain function.

Fats: Support hormone health, brain function, and nutrient absorption.

Suggested Macro Distribution

Goal	Protein	Carbs	Fat
Weight Loss	35–40%	30–40%	25–30%
Maintenance	30–35%	40–45%	25–30%
Muscle Gain	30–35%	45–55%	20–25%

Protein Sources

Aim for 0.7–1.0 grams of protein per pound of body weight daily. Include a protein source at every meal.

Protein Source	Serving Size	Protein (g)
Chicken breast	3 oz	26
Turkey breast	3 oz	25
Eggs	2 large	12
Greek yogurt (nonfat)	1 cup	20

Cottage cheese	1/2 cup	14
Protein powder	1 scoop	20–25
Salmon	3 oz	22
Lean beef	3 oz	23
Tofu	3 oz	10
Lentils	1 cup cooked	18

Macro Tracking with Bodysite

Use the **Bodysite** app to log your daily intake and track progress. Be consistent and log foods as you eat for the most accurate results.

Day	Calories	Protein (g)	Carbs (g)	Fat (g)	Notes
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					

Tip: Weigh foods when possible for better accuracy. Consistency and awareness lead to long-term results.