

BALANCED DIET GUIDE



STEP 1: DETERMINE YOUR MACROS

1. Calculate Your Caloric Needs:

Use the V Shred app to find your macro goals.

2. Set Your Macros:

Typically, macronutrient ratios are broken down into percentages of your total caloric intake. Common ratios include:

- Protein: 20-30%
- Carbs: 40-50%
- Fats: 20-30%

Adjust these ratios based on your goals (e.g., muscle gain, fat loss, maintenance).

STEP 2: PLAN YOUR MEALS

1. Protein Sources

Chicken, turkey, fish, eggs, Greek yogurt, beans, lentils, tofu.

2. Carb Sources

Vegetables, fruits, whole grains like brown rice, quinoa, oats, and sweet potatoes.

3. Healthy Fats

Avocados, nuts, seeds, olive oil, fatty fish like salmon.

4. Use V Shred Recipe Guide

Refer to it for guidance and meal ideas.

STEP 3: USE A FOOD DIARY OR APP

1. Track Your Intake:

Use apps like MyFitnessPal or Chronometer to log your food and ensure you're hitting your macros.

2. Scan Labels:

Many apps allow you to scan barcodes to quickly add foods and see their macro content.

STEP 4: MEASURE YOUR PORTIONS

1. Use a Food Scale:

Weighing your food ensures accuracy, especially when starting out.

2. Understand Portion Sizes:

Familiarize yourself with portion sizes to make tracking easier over time.

STEP 5: CREATE BALANCED MEALS

1. Plan Ahead:

Plan your meals and snacks to distribute your macros evenly throughout the day.

2. Example Meal:

Grilled chicken breast (protein) with quinoa (carbs) and a side of steamed broccoli (fibrous carbs) drizzled with olive oil (healthy fat).

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VSHRED

STEP 6: ADJUST AS NEEDED

1. Monitor Progress:

Regularly check your progress and adjust your macros if needed to better align with your goals.

1. Listen to Your Body:

Make adjustments based on how you feel, your energy levels, and satiety.

STEP 7: PLAN AHEAD

1. Weekly Prep:

Spend time once a week preparing meals to ensure you have healthy, macro-friendly options available.

2. Pack Snacks:

Keep healthy snacks like nuts, fruits, and protein bars on hand to stay on track.

STEP 8: STAY CONSISTENT

Consistency is Key:

Stick to your plan, and over time, eating according to your macros will become second nature.

LEARN MORE IN A MASTERCLASS

Still have questions?

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