

how to
AUDIT YOUR DIET
for weight loss

- LEARN why you aren't at your target weight
- GET macro ratios that align with your diet
- UNDERSTAND how to move forward

Time for
Results

Join me for
DAILY
instructions starting
Monday, June 17
@optimizemenutrition
Let's track together!

There are so. so. many questions about weight loss! It's the most common question: "I have tried everything, and I can't lose weight. What do I do to see the results I want?"

It's time to stop all. the. things. It's time to stop the tips & tricks, shortcuts, "hacks" and get honest about what diet choices and habits are keeping you from making progress.

It is **TIME** to take the **TIME** to understand **YOUR** diet, and why you don't have the body composition you are after. It is time to audit your diet.

This process will take a week.

Wait... a week? Why? Because it's best to start at your **CURRENT** baseline. Not where an equation says, where you think you should be, and not at some macro ratios you don't currently eat.

What you'll need:

- 1) knowledge & ability to weigh and measure your food (have a scale, measuring cups, etc.);
- 2) a food tracking App (MyFitness Pal works great, but even paper and pen can work!);
- 3) up to 20 minutes/day to account for weighing and measuring your food; and
- 4) a willingness to be honest about your consumption.

Ready? Follow this guide step-by-step, and you'll have a path to move forward in just 7 days.



THE PROCESS

For one week, you decide to weigh, measure, and record everything you eat. **EVERYTHING.**

Every spoonful of peanut butter, every free sample in the grocery store, every sip of beer, every bite from your child's plate. If you get stressed out and down a pint of ice cream, you need to log it. If you have six beers watching a sports game, you need to log it.

The utility of this process hinges on your willingness to log every. single. thing. you eat. The numbers and data obtained are relatively meaningless otherwise.



THE DATA WON'T BE ACCURATE

Reported Calories:
1,875
Actual Calories:
2,236

Wait, huh? It's true. It is very likely this data will not be 100% accurate. Two things generally happen when people track their food:

1) Underreporting - Not actually logging all the things! This isn't a character flaw. Most everybody does it. People don't remember, selectively ignore, and/or simply select smaller servings than they consumed. Make it a habit of logging every time you eat. Not later. Not at the end of the day. Do it immediately. Reminders like post-it notes on cell-phones can do wonders!

2) Undereating - The other by-product of people recording food intake is they just eat less. Partially because of the work involved with recording and they are also just more aware. See below.

ACT "NORMAL"

Pick a week that is normal for you. Don't do this over vacation, or when you are trying a new diet, or when you know work will be so busy you can only record three days. Pick a week you can try to eat as naturally as possible and have the time to commit to the process.

THE AUDIT

1 TRACK MONDAY THROUGH SUNDAY

Weigh, measure, and record your all food intake for a week, Monday-Sunday.

This isn't #science. It's just most people have more diet motivation on a Monday versus say, Friday. By the weekend, you will have the momentum of 5 days of recording to stick with it through the weekend!

2 SKIP THE MATH

Click [HERE](#) to access a handy Google spreadsheet for the calculations to follow.

You need to make your own copy to use it because it is a shared file. See directions in the document.

3 DETERMINE YOUR AVERAGE CALORIES

Enter the number of calories, and protein, carbohydrate, and fat grams eaten each of the 7 days. If a day doesn't have complete data, leave it blank (do NOT enter a 0).

This calculates an average number of calories and macronutrients for the week. It is a baseline for your current intake.

4 DETERMINE YOUR PROTEIN INTAKE

Enter your body weight. You want can use a target weight if you want to lose a significant amount of weight (but suggested not to be >20 lbs loss).

To preserve lean mass, target a protein intake of 0.7-1.0 g/lb body weight. You will see a range of protein intakes calculated based on these multipliers. See which intake is closest to your protein average in Step 3.

5 SELECT A CALORIE DEFICIT

To drive weight loss, you need a calorie deficit from Step 3. In the name of sustainability, don't go higher than 10%.

HOWEVER, this data likely isn't accurate (page 3). Did you underreport or undereat? If either occurred, it might be worth using a 0% deficit and just be consistent there. For either group, if you honestly hit those numbers moving forward, it IS a deficit.

6 GET YOUR MACROS!

Enter the protein multiplier from Step 4 that best approximates your current average daily protein intake in grams. Voila! Daily macro targets appear! They are based on the data you reported plus:

- a caloric deficit for weight loss;
- a protein target to bias fat loss by preserving lean mass; and
- protein, carb, and fat ratios that approximate your current eating pattern.

NOW WHAT?

Assuming your goal is weight loss, it comes down to eating less than you currently are - consistently! Your current baseline was approximated in Step 3 and it is likely this is already at a deficit: the process of reporting or recording food often reduces the quantity.

Nevertheless, you picked a deficit, and the spreadsheet calculated macros in ratios that adhere to your current preferences. Protein was selected from a range of intakes to preserve lean mass and bias fat loss. You have a couple of options from here (besides do nothing, of course!):

OPTION 1

Keep going! Continue to weigh and measure your food to hit the new macro targets. You will need to adjust based on results, but weighing & measuring can provide an irreplaceable education. You learn very quickly where and how you are eating at odds with your goals.

OPTION 2

Review your daily log for items high in calories. It's likely in processed carbs and fat or alcohol. Look at trends (e.g., did it occur on the weekends?). Set goals around reducing the amount or frequency consumed. Or perhaps replace them with lower-calorie items, like fruits and veggies (Ahem, [#800gChallenge](#)).

Since you are not weighing and measuring everything, the results will be more variable. Any high-calorie days can undo the work of several on target days.

JOIN THE COMMUNITY

Want some motivation and accountability to stick the process? Need some questions answered along the way? Join OptimizeMe Nutrition on Instagram as EC goes through the audit herself June 17-June 23. Tag a friend and play along!



[@optimizemenutrition](#)

Tag a friend!

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