

How to Determine your Macro Balanced Eating.

Welcome to a quick and simple way to figure out your **Macro Balance** portion sizing. We will follow the verbage from the Zone diet examples, which is baseline for a Marco Balanced Diet.

**Blocks** are specifically measured portions of food that you should eat at each meal.

The proportions of Protein to Carbs to Fats are always the same but your meal can double or triple in size depending on how many blocks you eat. Once you get the hang of it you will never want to go back to your conventional A.D.A standards, your consciousness will seek out more balanced eating, and you will reap the physical effects chemically and hormonally.

Let's get started. There are 3 ways to determine how your plate should look and your blocks. Here is the Most ADVANCED way to figure out your blocks.

A) We use this one around HQ. It is a bit more detailed.

<https://www.zonediet.com/resources/body-fat-calculator/>

B) Here is the one recommend by the CF journal in the article I have attached. This one is pretty easy to understand and start with.

What size are you and how many Blocks should you eat?

Small Woman = 10

Medium Woman = 11

Large Woman = 13

Athletic - Muscled Woman = 14

Small Man = 16

Medium Man = 17

Large Man = 19

X Large man = 20

Man who wants to Gain = 21

Athletic - Muscled Man.= 25

- C) You can portion each meal by three factors:
1. Protein portion should be the size of your palm
  2. Carb size of vegetables is both hands full. Rice, beans, pasta are roughly Female $\frac{1}{4}$ - Male $\frac{1}{2}$  cup. Bread is F1- M2 pieces.
  3. Fat is 1 teaspoon (female) 1 tablespoon (male)

**This is a very loose rendition of the diet for challenging situations.**

#2

What is a block and how to convert food to blocks.

Your Macros are Protein, Carbohydrates, and Fats. These three elements make up your blocks.

1 Block of Protein is = 7 grams

1 Block of Carbs is = 9 grams

1 Block of Fats is = 1.5 or 3 grams ( 1.5 grams is the calculation that infers that the meat your eating also has 1.5 grams of fat in it. Adjust accordingly)

Please understand that **EACH MEAL** must be a Block balanced meal to be effective.

So, if you qualify for 20 blocks a day, you will NOT just eat 140 Grams of protein, 180 grams of Carbs, and 60 grams of fat a day. You would eat 5 -4 Block meals a day.

You must equally balance each meal to be:

1 Block meal = 7 P/9 C/3 F grams

2 Block meal = 14P/18 C/6 F grams

3 Block meal = 21 P/ 27 C/ 9 F grams

4 Block meal = 28 P/ 36 C/ 12 F grams

This is a very important and yes pretty time consuming for the first week as you measure your food. Get your measuring cups and scale out for the next week or two and meal prep your lunch to ensure you are on course.

#3

Print off your Block chart ( PDF on Home Page) Make 2 copies, 1 to carry with you. This chart will make your life a WHOLE lot easier. Especially if your eating out or on the go.