

The Ultimate MacroRehab Guide

Mindset

Un-brainwash Yourself - We've been so conditioned to obsess, measure, label everything in our lives from a coach giving us a weight goal to hit and then telling us in the same breath, "Don't obsess about the scale" So much of it is mental, set yourself free with gratitude. That's the key component to all of this other stuff falling in place for you.

Labels - Did you set yourself free? Perfect! Now stop living by labels and instead, start thinking eating and living, eating and playing, doing things you love for your health, for your hormones, for your insides and you will see results on the outside. The labels; keto, paleo, Whole30, Intermittent Fasting, Macros; everything just has to have a name. None of it's bad. It's just that different things work for different people.

Anxiety - Macro focused coaching and negative self-talk can create incredible anxiety over hitting your macros. They plant a seed that macro adherence is what makes or breaks you, that obsessing over your macros is what's going to make you successful. Newsflash, it is not! Obsessing leads to anxiety, to failure and self-sabotage.

Control - Maybe your life feels a little out of control or overwhelming. Being able to track something can give you a sense of control, aka obsessing over macros. You want to fill the void of control? Instead of obsessing over something shallow like macros, swap it out for tracking things that are really important in your life. What if you're really good at obsessing over your macros but you're not so great at getting active and playing with your kids? How about you track how many glasses of water you get in a day? Possibilities are endless.

How to Get Back on Your Dragon - Baby steps, one foot in front of the other. It is progress, not perfection. You do not have to morph into a different person to be successful. It is simple better habit adds. It is also giving yourself grace, embracing the fact that you're not going to be perfect. And consistency, be committed and flexible. And most importantly, celebrate every single win. Run like a pirate with those wins because if you can't stay focused on what's positive, what's negative is going to set in.

Hormones

Stress Management - Stress is the biggest clockblocker of progress regardless of what your goal is. Because you are so busy you stop recognizing your body begging you to pull the emergency brake because now you've adapted to that rundown feeling. Cortisol goes up. Cortisol elevated over long periods of time stores body fat. We need a combined 3 hours of stress management activity each week.

Food Quality - It matters. You don't feed your pets filthy water right? They'd get sick. Same for you and your food, it happens and you probably don't even know it. As much as possible when you can organic grassfed, wild caught, free range, pesticide free whatever you want to call it. I get it, budget and then labels aren't always spot on. But for your health? Your livelihood, it's worth taking the chance eating better quality – you are worth the investment.

Be a Nutrient Snob - Micronutrients over macros all day long. That does not mean under-eat... it means focusing filling carbs with processed junk will negatively impact your hormone and brain function whereas filling carbs with a variety of whole foods and vegetables will positively impact your hormone and brain function.

Food

Permission to eat clean - Yes the cool kids are also doing it. Lots of us have come from a world where skittles and poptarts are encouraged to fill macros. Got sugar cravings? Stop eating so much processed sugar and junk. It only makes you want to eat more. That's it, literally like cocaine.

Intuitive eating - Be a vegetarian who eats meat 90% of the time, with a couple servings of fruit and be sure to fuel your training properly. No better way to put it. Half your plate protein, the other half veggies. Add some good gut health staples and you are good to go. When you have the opportunity to not stress about tracking and eat intuitively you are reducing your stress level aka cortisol is good, hence you get to avoid storing more body fat.

Fuel your training - Always prioritize fuel and recovery for your training. For your gainz yo? It's a close 2nd place but definitely not 1st. 1st place is to make sure you get that post workout fast carbs with your protein is again to smash that stress response to avoid more body fat storage.

Eating out - Assess the situation and absolutely yes do it! Quality of life, enjoy party times... there is a way to make it work and lose body fat. If it's less than 1/week, enjoy your food, eat what love. If it happens multiple times a week, then you pick 1 of those days to go all out and eat what you love. The other days you order like a vegetarian who eats meat with your intuitive eating tools.

Trust Yourself

Listen to your body - There is never a time that you should force feed yourself. If you're not hungry, that's part of listen to your body, learn to trust yourself. You can always start over tomorrow. If you notice a trend, we need to have another conversation, you might have a gut health or mindset issue we need to further investigate. You don't want to habitually under eat, but you also don't want to stuff yourself. There's never a reason for that. Self awareness is so important on so many levels.

Play Games - Getchur fun on! It's a great way to challenge yourself and stay motivated. You can make short term daily, weekly goals all the way to monthly lists that you can check off. Commit yourself to 3 daily non-negotiables. Get post its up and in your most frequented work and living areas. Keep yourself motivated and challenged. The more you get to check off those list the more driven you feel to accomplish even more.

