

MyFitScore - Simple Meal Planning Guide (IOS)

Meal planning and/or calorie tracking are the two best ways to ensure you hit your daily calorie and macronutrient targets. There are pros and cons to both and you need to work out which is right for you - the best method is the one you will stick with!

This guide talks you through a simple way to create meal plans using the free MyFitnessPal app.

Once you have downloaded the app and registered go into the 'More' section.

Then click on 'Goals' and within this section select the 'Calorie, Carbs, Protein and Fat Goals'.

This will take you to a section called 'Default Goal'.

Click on the calorie number and type in your daily calorie target from the MyFitScore app.

Then click on the Carbohydrate percentage and change the macronutrient ratios as follows:

Carbs	40%
Protein	35%
Fat	25%

Then click on the tick button and these calorie and macro ratios will be stored. You should now see that the target grams of each macronutrient in MyFitnessPal are the same as in MyFitScore.

Once you have done this press the back arrow until you are back on the 'More' screen.

Then press the 'Diary' tab. This is where you will create your meal plans.

The best way to do this is to spend some time thinking about your ideal meal plan. What are the healthiest meals that you enjoy and love that you think you could eat everyday for Breakfast, Lunch and Dinner? It also helps if these are simple to prepare and cook.

Once you have a rough idea of what this meal plan might look like then you need to complete the 'Diary' section

To add everything click on the 'Add Food' button under the relevant meal. You will need to search for all food items that will be included in your meal plan. Add your preferred Breakfast, Lunch and Dinner meals first.

Remember to watch out for hidden calories and ensure you include everything including drinks, spreads such as butter, sauces such as ketchup and cooking oils etc.

Once you have added these meals you can review your remaining calories at the top of the diary page and your remaining macros as follows. Click on the 'Nutrition' button at the bottom of the 'Diary' tab and then click 'Macros' at the top of the screen.

You will then see how many grams of each macro you have logged and how the percentage ratios compare to your goal. If you click on any of these three macros you will see your logged grams versus your goal in grams.

Based on your remaining calories and macros you should now include snacks that bring you up to your daily targets. The majority of what you eat will need to be healthy, nutritious food to hit these targets but if you have calories and macros left over then enjoy a small treat or chocolate bar to get you there!

You may find that the meals you initially choose for Breakfast, Lunch and Dinner just don't work and you need to amend these to bring your calories up or down and your macronutrients back towards the correct ratios.

You may also find you need to use protein powder to ensure you get sufficient protein in your diet. We recommend using The Protein Works as they are our brand partner and that's what we use but other high quality protein brands are out there.

Your meal plan doesn't have to match your targets exactly. The important thing is to get as close as you can and aim to be within 100 calories of your target, within 10g of carbohydrate and protein and within 5g of fat.

The process of meal planning will inevitably take some time and can be frustrating, especially to start with as you work out which meals work and which don't. However stick with it and the benefit is once you have done this you will have a meal plan you can follow every day and know you are getting the right nutrition to achieve your goal of a healthier, happier you. You can create new meal plans as often as you like using these steps and some users like to have two meal plans that they use on alternate days to get some variety.

As you lose or gain weight your calorie and macro targets will change so we recommend updating the targets in MyFitnessPal once a month and tweaking or changing your meal plan to ensure you keep on track.

If you have any queries on calorie tracking or anything else please get in touch with us at hello@myfitscore.com