



Lifelong Diet by Design Macro Hacks

1. Pre-portion your Favorite Snacks

Choose five of your favorite snack foods that you consume on a regular basis to portion out; this could be your mid-day snack or your night time treat.

Snack Ideas:

- Berries
- Pretzels
- Cheese
- Jerky
- Nuts
- Trailmix
- Cottage cheese
- Boiled eggs
- Rice cakes



2. Find your “Food Spots”

Map out restaurants near your most frequently visited places (work, home, school) with meals that will allow you to continue reaching your goals if you are in a pinch and don't have time to cook dinner. Try to find restaurants that offer their nutrition information online, otherwise you can order your meal “to go” and take it home to weigh each ingredient then create a meal for next time in MyFitnessPal (this works really well if you order similar meals each time).



3. **Fix The Kitchen** - Stock your kitchen with easy to grab protein snacks (greek yogurt, eggs, fat-free milk, string cheese, sliced turkey, canned soup, vegetables, fruit, etc.) and make tempting foods invisible and inconvenient. Rearrange their cupboard, pantry, and refrigerator so the first foods you see are the best for you.

- move fruits and veggies from the crisper bin to the top shelf
- keep these fruits and veggies chopped and ready to eat in clear containers
- hide less healthy foods in the crisper drawer out of sight
- keep high protein grab-and-go snacks top and center
- buy in bulk, but repackage into single servings
- keep your counter clear of processed snacks/foods



4. **Make it easier to cook** - Create a dedicated meal prep area and turn on a podcast or some music while you meal prep!



5. **Mindful Snacking** - To prevent mindless snacking create snacking rules such as only snacking while sitting down at the table with no electronics. Since snacking is pretty boring by itself, you'll most likely snack a lot less. Another snack rule could be to only allow yourself an indulgent snack after eating a piece of fruit first. A piece of fruit will help fill you up, as well as give you time to consider if you are actually hungry. Either way you are still allowing yourself to snack, but a bit more mindfully.



6. **Set your workspace up for success** - Don't keep candy near your desk. One study showed that people who had candy in or on their desk weighed 15.4 pounds more than those who didn't. Another tip is to make your lunch at home. This not only saves money, but makes sure you have a healthy macro-friendly option available when lunch time comes around. Pro tip: when you pack your lunch throw in a couple of healthy snacks for when you're starving after work!

