

# THE MACRO STARTER KIT

THE STARTER PACK TO SETTING UP YOUR  
MACROS, UNDERSTANDING WHAT TO EAT,  
& CREATING REAL RESULTS INSIDE OF  
YOUR NUTRITION



# INTRODUCTION

Welcome to **The MACRO STARTER KIT!**

My name is Chaz Spackman.

I help everyday people create leaner and stronger bodies through a sustainable, lasting approach.

I'll be 100% honest – losing weight is extremely simple.

What's hard? Doing it in a way that's sustainable for the long term.

Anyone can restrict food groups and starve themselves to a smaller number on the scale. The problem is most end up putting the weight back on because they didn't learn anything in the process.

If you don't learn anything but restriction while losing weight, you don't learn how to make nutrition an enjoyable part of your life that can be adhered to for the long term.

This e-book will provide you with the simple steps needed to get leaner and take complete control of your body composition without cutting carbs, sugars, fats, or anything else you can think of.

The information below is exactly what I implement for myself, as well as with all my clients who are ready to transform the way they look and feel.

So, put on your reading glasses and enjoy the next 8-10 minutes of life-changing principles your about to learn about how to create-.



**CHAZ SPACKMAN**  
@LOSTANDLIFTING



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# Part 1: CALORIES

We're going to keep this extremely simple.

First, you need to understand if calories matter or not.

THEY ABSOLUTELY DO.

Here's why –

**Calories are a measurement of energy coming into the body in the form of food, as well as a measurement of energy leaving the body in the form of day to day living and activity.**

If you consistently eat more calories than your body burns, you'll gain weight (caloric surplus).

If you consistently eat less calories than your body burns, you'll lose weight (caloric deficit).

If you consistently eat the same number of calories that your body burns, your body composition will remain the same (caloric maintenance).

**It doesn't matter if calories come from bread, sugar, meat, butter, donuts, vegetables, or anything else you can think of... The rules above apply.**

Why?

Because a calorie is just simply a calorie - a measurement of energy.

In fact, there was a study done by Professor Mark Haub where he managed to lose 27 lbs. eating nothing but twinkies.

Twinkies!

How did he do it?

He consistently ate less calories than what his body burned daily.

Even though those calories came in the form of a sugary twinkie, he still lost 27 lbs. because of the law of thermodynamics (energy in vs energy out).

Ok, so now that we know a calorie is just a calorie, you can just eat whatever you'd like at all times so long as you stick to a caloric deficit and you'll lose weight, right?

Technically, yes.

Should you do that? I wouldn't advise it. Introducing – Macronutrients:

**SIDE NOTE:**



*This here is Susan, a previous L&L Client. By consistently eating in a calorie deficit for 8-weeks she completely changed her body composition. Before working with us she had tried every other restriction-based diet you can think of. Once we took away the restriction and focused on calories in vs calories out, she finally reached the physique she had been trying so hard for.*

# Part 2: MACRONUTRIENTS

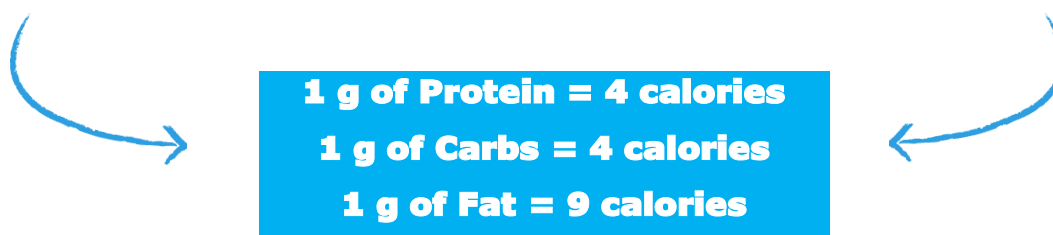
## What are **macronutrients**?

Great question. I'll refer to them as "macros" for short.

Macros are what make up calories.

There are 3 different kinds: **protein, carbs, and fat** (technically there's a 4<sup>th</sup> – alcohol, but we won't get into that in this e-book)

Each of these macros is made up of a certain number of calories.



Why do you need to know this?

Because each of these macros serves your body differently.

Protein allows your body to retain and build lean muscle tissue.

Carbs provide your body with quick energy to perform your best when exercising (that's right, carbs aren't bad for you!)

And fats help regulate your hormones and keep your brain functioning at a high level.

The most important macronutrient to worry about while getting and staying lean is protein.

Honestly, this is the only macronutrient I have most of my clients' track.

The reason being - the body needs a certain amount of protein in order to maintain and build lean muscle mass.

## **Roughly **.75 - 1 g of protein** per lb. of body weight dependent on the individual is best.**

If you were to eat in a caloric deficit and not eat enough protein, your body would lose lean muscle tissue.

You don't want that!

To create a lean or "toned" appearance, it's important to preserve lean muscle tissue while losing weight.

We've all seen those people who lose a bunch of weight, but still have a soft / saggy type look to their physique. Some would even call it "skinny fat."

This is mostly due to not eating enough protein and not incorporating any resistance training throughout a weight loss journey.

When getting lean, the goal is fat loss, not weight loss. There's a difference!

## **Should I worry about **fats and carbs**?**

It wouldn't hurt, but is it necessary?

Not if you're newer to this concept of eating. If you're a seasoned dieter, it may be beneficial to look at tracking fats and carbs. If you're not, there's no need for it yet.

Given you're eating the correct number of calories and protein, you'll make more progress than you could ever imagine without worrying about them.

**Ok, so you're saying eat less calories than my body burns and consume somewhere between .75-1 g of protein per lb. of bodyweight. Is that all it takes to create the lean physique that I want?**

So long as you stay consistent... that's exactly what I'm saying.

**So as far as the foods I eat... It's ok to have all the processed foods and sugar that I want?**

Well, not quite. Introducing - Micronutrients and Fiber:

## Part 3: MICRONUTRIENTS & FIBER

Now that we've talked about all the exciting stuff like losing fat on twinkies, and the fact that calories are the priority for weight gain / weight loss, do you remember those boring things called vegetables, fruits, and whole grains?

Well, here's the thing –

They have these two things in them called micronutrients and fiber, which both are extremely good for you.

## Why are they good?

**Micronutrients** consist of all the vitamins and minerals that your body needs.

Without getting too deep into it, they play a major role in energy production, immune function, hormone function, bone health, and overall body development.

**Fiber** helps regulate your digestive system to keep you regular.

In short...

Getting in a sufficient amount of micronutrients and fiber from healthy vegetables, fruits, and whole grains may not have a direct impact on your immediate weight gain / weight loss, but it will have an immediate impact on your health as whole.

Which is extremely important for your ability to stay lean in the long run.

**Ok, so you're saying I need to eat healthy... no junk food then?**

I'm not saying you can't have any junk food, but I am saying you shouldn't copy Professor Mark Haub's experiment and only eat twinkies.

### Introducing the 75/25 rule –

75% of your calories should come from whole, nutrient dense foods such as lean meats, whole grains, vegetables, and fruits.

While the other 25% can come from sugars, processed foods, and other “junk” related items.

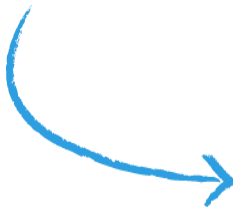
This type of approach will ensure you're getting all the necessary nutrients your body needs while balancing cravings and enjoying yourself a little each day at the same time.

Win-win!

**So, calories are most important, macronutrients are second, and following the 75/25 rule is best... How do I figure out **how much I should be eating?****

Another good question. Introducing - Figuring Out Your Intake:

**SIDE NOTE:**



*Meet Zach - He's always had an athletic physique but struggled to get as lean as he wanted from restricting carbs, sugars, and anything he deemed as "unhealthy." So, he decided to adopt the 75/25 rule and begin working with us for a couple months. Doing so made it easier for him to stick to his diet because he was able to incorporate the foods he enjoyed eating while creating results, which lead to the leanest he's been in his entire life.*

# Part 4: FIGURING OUR YOUR INTAKE

Ahh... The final piece to the puzzle.

I'll be 100% honest with you. There are a ton of different formulas you could use to figure how many calories you should eat.

Which is best?

Sorry, but there's not one.

They'll all spit you out a similar number, but none of them will spit you out a perfect number.

We'll go through the simple formula I use with my clients.

Just understand this number isn't perfect. It'll get you in the ballpark, but only trial and error and adjusting will allow you to find your sweet spot.

And that's the truth for any macro calculator or fancy app.

We'll start the process by finding your maintenance calories and adjusting from there.

## **Men's formula for finding maintenance calories:**

**Bodyweight X 14-16**

- Use 14 if you have a sedentary lifestyle, don't exercise much, and have over 20 lbs to lose
- Use 15 if you live a semi-active lifestyle, exercise 2-3 times per week, and have 10-20 lbs to lose
- Use 16 if you live an active lifestyle, exercise 4+ times per week, and have 10 or less lbs to lose

## **Women's formula for finding maintenance calories:**

**Bodyweight X 13-15**

- Use 13 if you have a sedentary lifestyle, don't exercise much, and have over 20 lbs to lose
- Use 14 if you live a semi-active lifestyle, exercise 2-3 times per week, and have 10-20 lbs to lose
- Use 15 if you live an active lifestyle, exercise 4+ times per week, and have 10 or less lbs to lose
- 

**Alright, I have my **maintenance number** (an estimation at least), but I'm supposed to be in a **calorie deficit** if I want to get leaner and lose fat, right?**

Yes, you're exactly right.

If you want to lose weight, you need to eat less than your maintenance.

Here's how you get that number –

**One pound of fat = 3500 calories**

So, simply take your maintenance number and subtract **500 calories** from it.

Why 500 calories?

Because if you eat 500 calories less than your maintenance for a week (7 days) that equals a 3500-calorie deficit.

Which means you'll lose roughly a pound of fat every week!

Pretty simple, right?

**Yes, I've got my **starting calories!** What about protein?**

Protein is very simple to figure out.

Start by analyzing your current body structure.

Are you a leaner individual with only 15 lbs or less to lose to reach your goal?

If so, take your total bodyweight and multiply it by one.

That number is how many grams of protein you should eat each day.

Are you a heavier individual with +15-20 lbs to lose to reach your goal?

If so, take your total bodyweight and multiply it by .75.

That number is how many grams of protein you should eat each day.

**Got it! But I'm worried about these numbers being **only estimations?** What if they don't work for me?**

That's a reasonable worry to have.

**FIRST** – get consistent with these numbers each day.

If they work and you start dropping weight consistently. Perfect!

Don't change a thing.

If you're being consistent, but don't see the scale dropping each week, you may need to drop your calories slightly. Start with a decrease of 50-100 calories and get consistent again.

No need to drop anymore than that. Small adjustments will kickstart the process.

**Ok, that makes sense! **How much progress should I expect to make before adjusting?****

Great question.

Individuals with 15 lbs or less to lose should aim for .75 – 2 lbs of weight loss per week.

Individuals with +15 lbs to lose should aim for 1-3 lbs of weight loss per week.

Something to keep in mind –

The more weight you lose, the slower the process becomes.

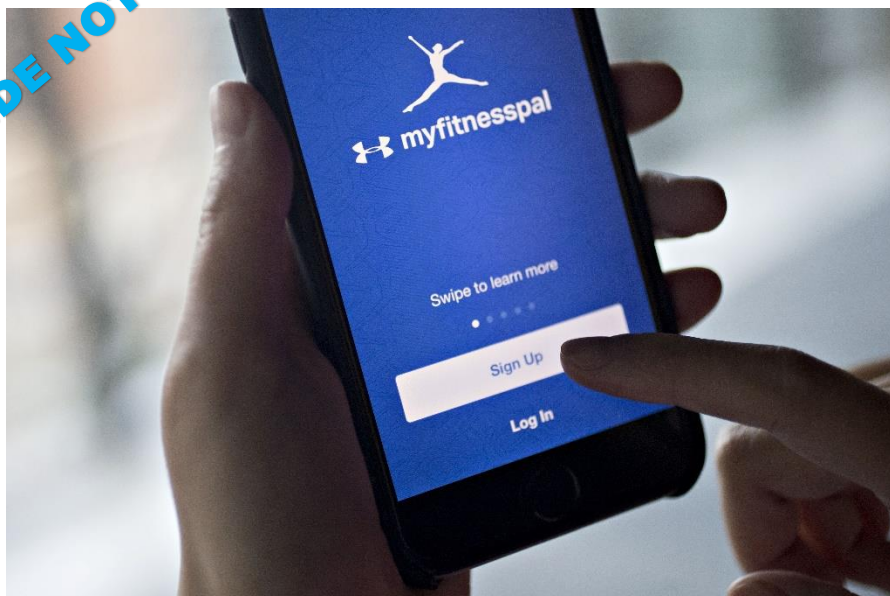
Don't expect to see huge drops on the scale week after week if your 10,11, or 12 weeks in.

Consistency will get you much further than always adjusting and dropping calories.

Just a thought to keep in mind.

**Ok, I think I'm ready to get started. You don't have any **high protein food ideas** I could use to make hitting my protein goal easier, do you?**

Actually, I do! Introducing – 15 High Easy Recipes:



*You might be wondering how to keep track of your food intake quickly and efficiently each day? If so, I recommend using the app My Fitness Pal. It's easy to use, has basically ANY food out there in the data base, and most importantly... IT'S FREE! Ok... Onto to the recipes -*

# **Part 5: 15 HIGH PROTEIN RECIPES**



# French Toast

**Calories: 390 Protein: 32 g Carbs: 46 g**

## Ingredients:

- 4 Slices Sara Lee 45 Cal Bread
  - ½ Cup Almond Milk
  - 2 Whole Eggs
  - 2 Egg Whites
- 1 Serving Sugar Free Syrup
  - Cinnamon (optional)



## Directions:

**Mix milk, eggs, and cinnamon in a bowl. Dip both sides of bread and cook until golden brown on each side. Top with syrup!**

# Pancakes

**Calories: 210 Protein: 24 g Carbs: 23 g Fat: 3 g**

## Ingredients:

- 1/2 scoop vanilla protein
- 1/2 serving Kodiak Pancake Mix
- 2 Egg Whites
- Touch of Almond Milk to Mix
- 1 Serving Sugar Free Syrup



## Directions:

**Mix protein, pancake mix, and egg whites together in a bowl. Add a touch of almond milk or water to create a medium consistency. Cook on both sides until golden brown. Top with syrup!**

# Avocado & Egg Toast

**Calories: 280 Protein: 22 g Carbs: 25 g Fat: 12 g**

## Ingredients:

- 2 Slices Sara Lee 45 Cal Bread
- ½ Medium Avocado (75 g)
  - 4 Egg Whites



## Directions:

**Toast bread and mash the avocado while cooking the egg white. Once finished, spread the avocado on toast and top with egg whites. Don't forget salt and pepper to taste!**

# Egg & Hash Scramble

**Calories: 370 Protein: 29 g Carbs: 38 g Fat: 11 g**

## Ingredients

- **6 oz Frozen Hash browns**
  - **1 Whole Egg**
  - **3 Egg Whites**
- **1 oz Shredded Mozzarella Cheese**
- **Chopped Onions & Peppers**
  - **Salsa to taste**



## Directions:

**Fry hash browns, peppers, and onions until almost golden brown and then add eggs. Once fully cooked top with mozzarella cheese and let melt. Top with salsa as well as salt and pepper and enjoy!**

# Breakfast Sandwich

**Calories: 300 Protein: 26 g Carbs: 25 g Fat: 14 g**

## Ingredients:

- 2 Slices Sara Lee 45 Cal Bread
  - 1 Whole Egg
  - 3 Slices Turkey Bacon
- 1 Serving Fat Free Cheddar Cheese



## Directions:

**Fry egg and turkey bacon while toasting the bagel. Once finished, top bagel with turkey bacon and egg. Add cheese. Enjoy!**

**\*Pro tip – add a little sugar free syrup for some sweetness**

# Yogurt & Berry Bowl

**Calories: 300 Protein: 29 g Carbs: 34 g Fat: 8 g**

## Ingredients:

- 2 Servings Greek Yogurt (Dannon Light & Fit)
  - 150 g Any Berries
  - 1 tbsp Peanut Butter



## Directions:

**Mix all together in a bowl and enjoy!**

**(Could add granola if you wanted)**

# Protein Smoothie

**Calories: 265 Protein: 26 g Carbs: 26 g Fat: 8 g**

## Ingredients:

- 1 Scoop Protein
- 150 g Frozen Berries
- 1 tbsp Peanut Butter
  - $\frac{3}{4}$  Cup Water



## Directions:

**Put all ingredients in a blender and mix. Super simple!**

**(Could add spinach or kale for more nutrients if needed)**

# Cheeseburger

**Calories: 360 Protein: 43 g Carbs: 26 g Fat: 11 g**

## Ingredients:

- 5 oz 93/7 Ground Beef
- 1 Serving Fat Free Cheddar Cheese
  - 1 Bun (150 cals or less)
  - Ketchup to Taste
- Lettuce, Tomato, Onion



## Directions:

**Form beef into a patty and cook meat to your liking. Melt cheese on top once cooked and create your burger. Enjoy!**

# BBQ Chicken Sandwich

**Calories: 410 Protein: 51 g Carbs: 35g**

**Fat: 7 g**

## Ingredients:

**-6 oz Chicken**

**-1 Serving Fat Free Cheddar Cheese**

**-2 Slices Turkey Bacon**

**-1 Bun (150 cals or less)**

**-1 Serving BBQ Sauce**



## Directions:

**Grill chicken and bacon fully. Melt cheese on top of chicken while toasting the bun. Once everything is finished, put your sandwich together with all your desired toppings and add bbq sauce. This is a favorite!**

# Turkey Avocado Melt

**Calories: 450 Protein: 41 g Carbs: 29 g Fat: 22 g**

## Ingredients:

- 6 oz turkey
- 75 g Avocado
- 1 oz Swiss Cheese
- 2 Slices Sara Lee 45 Cal Bread
- Tomato (if desired)



## Directions:

**Start by grilling the turkey. Once it's warmed up create sandwich with all the ingredients inside. Put the sandwich back on the grill until bread is golden brown on both sides. May want to cover sandwich while it's on the grill to get the cheese melted.**

# PB&J

**Calories: 250 Protein: 22 g Carbs: 32 g Fat: 5 g**

## Ingredients:

- 2 Slices Sara Lee 45 Cal Bread
- 4 tbsp Powdered PB (PBfit)
- 2 tbsp Sugar Free Jelly



## Directions:

**Mix PB powder with a dash of water to create a thick consistency. Once mixed, spread on the slices of bread with the jelly and you're set. Simple and fast!**

# Chicken Enchiladas

**Calories: 460 Protein: 52 g Carbs: 45 g Fat: 9 g**

## Ingredients:

- 6 oz Chicken
- 2 Tortillas (100 cal or less each)
- Nonfat Plain Greek Yogurt
  - Mozzarella Cheese
- Green Enchilada Sauce
  - Taco Seasoning



## Directions:

**Step 1: Cook chicken on low in crockpot for 3-4 hours with taco seasoning.**

**Spread thin layer of yogurt inside tortillas. Shred chicken and place half in each of the tortillas. Place one spoonful of enchilada sauce inside of each tortilla as well. Now roll tortillas up and place inside an oven safe pan. Now pour enchilada sauce on top of enchiladas and sprinkle with mozzarella cheese.**

**Bake for 18 mins at 350 and enjoy!**

# Chicken Pot Pie

**Calories: 400 Protein: 42 g Carbs: 46 g Fat: 7 g**

## Ingredients:

- **Fat Free Cream of Chicken Soup**
- **6 oz Canned Chicken Precooked**
- **60 g Buttermilk Kodiak Cakes**
  - **Any Veggies**



## Directions:

**Preheat oven to 400 degrees.**

**Put chicken and veggies into an oven safe saucepan and turn to medium heat. Pour half the can of fat free cream of chicken soup into the saucepan and stir. Let it come to a simmer.**

**While that is cooking, mix buttermilk Kodiak cakes with water – add the water slowly to keep it thick and doughy.**

**Once the ingredients in the oven safe saucepan are fully cooked, place the dough on top of the warmed ingredients and bake for 8 mins.**

**High protein, low calorie chicken pot pie at your service!**

# Taco Salad

**Calories: 560 Protein: 49 g Carbs: 41 g Fat: 24 g**

## Ingredients:

- 5 oz 93/7 Ground Beef
  - 4 oz Black Beans
  - 75 g Avocado
- 1 Serving Fat Free Cheddar Cheese
  - 1 Hard Taco Shell
- Lettuce (as much as desired)
  - Taco Seasoning
  - Salsa



## Directions:

**Cook ground beef and black beans on stove top separately. Add taco seasoning to the beef once it's  $\frac{3}{4}$  of the way finished cooking in the pan.**

**While that's cooking, add lettuce, diced avocado, cheese, crushed up taco shell, and salsa together in a bowl.**

**Once beef and beans are finished, add to the bowl as well.**

**Mix together well and enjoy a delicious salad!**

# Beef & Rice Bowl

**Calories: 530 Protein: 42 g Carbs: 45 g Fat: 18 g**

## Ingredients:

- 6 oz 93/7 Ground Beef
- 1 cup White Rice
- 3 oz Veg Medley (broccoli, cauliflower, carrots)
  - 1 Serving Shredded Mozzarella Cheese
  - Diced Onion and Green Pepper



## Directions:

**Cook beef, veg medley, onion, and green pepper on stovetop together on medium heat until cooked fully. Add seasoning as desired.**

**Cook rice in microwave or on stove top as well.**

**One finished mix all ingredients together in a bowl together and enjoy.**

**\*Pro tip – add red taco sauce for extra flavor.**

# IN CONCLUSION

It's my hope that you've adopted a better understanding of how to achieve your goal of living a leaner lifestyle. I really wanted to deliver a resource that would help you understand the process behind getting lean and how to do it in a way that doesn't restrict your life.

From here, you've got a couple different options you can take to get you closer to your goals:

- 1- Take this resource and start implementing it into your daily life and hopefully start seeing results. But for those who need more accountability, actionable advice, and clear steps to take on a weekly basis, check out option 2.
- 2- Work with a professional like myself to get you guaranteed results so long as you put in the work and stay consistent just like my clients have done below. Not only have they dropped a good amount of body fat and reached their goals while we've worked together, they've completely transformed their mindset around fitness and nutrition and now have a clear understanding of how to sustain their transformed bodies for the long term.



**Here are just a few of the benefits of working with me:**

- A nutrition plan that works around your work, kids, social life, and weekends.
- A proven training plan that suits your goals, your schedule, but most importantly, shapes your physique.
- Clear direction and action to take every week to get closer and closer to your goals.
- Accountability from an experienced coach who's been in similar shoes as you, and has helped many others lose stubborn fat, get stronger, and create a more confident body.

**MY TRANSFORMATION**



If you'd like to see further details on how I make sure my clients achieve their fitness goals, hit the link below and you'll find access to further information.

**[CLICK HERE FOR MORE INFO](#)**

(SPOTS ARE LIMITED)

If that's not something you're interested in, that's 100% cool too.

Although I love getting to work with people on a deeper level, I find a ton of joy in helping others like yourself with free resources like this e-book.

I appreciate you downloading A Leaner Life and hope you've taken some value from it.

In the meantime, look out for my emails every now and again that are loaded with actionable tips, free workouts, and helpful advice that will help you even further on reaching your fitness goals.