

KICK OFF

Challenge Starts Monday, March 2, 2026

THE 28-DAY **MACRO CHALLENGE**



WELCOME



CHALLENGE STARTS SOON

About the challenge

Resources

Figuring out your Macros

Getting Started

Tips from past challenges



28-DAY MACRO BASED PROGRAM

You will use the guides and resources to calculate custom macros to follow for 28-days and beyond!



28-DAY MACRO BASED PROGRAM

You will use the guides and resources to calculate custom macros to follow for 28-days and beyond!

FOOD QUALITY & QUANTITY

Where are your nutrients coming from

WEEKLY CHECK INS FOR SUPPORT

Submit questions and hear from others for support, motivation and inspiration!



WEEKLY CHECK INS FOR SUPPORT

Submit questions and hear from others for support, motivation and inspiration!

TIPS & RESOURCES THROUGHOUT



THE GOALS OF THE 28-DAY MACRO CHALLENGE

LEARN HOW TO TRACK

Using measurements & scales or track more loosely with hand methods



THE GOALS OF THE 28-DAY MACRO CHALLENGE



LEARN HOW TO TRACK

Using measurements & scales or track more loosely with hand methods

PORTIONS OF FATS, PROTEIN, CARBS

Adjust your plates to match your recommended macros

THE GOALS OF THE 28-DAY MACRO CHALLENGE



LEARN HOW TO TRACK

Using measurements & scales or track more loosely with hand methods

PORTIONS OF FATS, PROTEIN, CARBS

Adjust your plates to match your recommended macros

EXPERIENCE THE BENEFITS

Reduce inflammation, improve eating habits, balance your diet, reduce cravings

RESOURCES



LIV WELLS

THE 28-DAY
MACRO CHALLENGE
>>>> SUCCESS GUIDE



LIV WELLS



MACRO CHALLENGE
HOW-TO GUIDE



LIV WELLS



MACRO-BASED
QUICKSTART LIST



LIV WELLS

THE 28-DAY
MACRO CHALLENGE
Meal Samples & Ideas



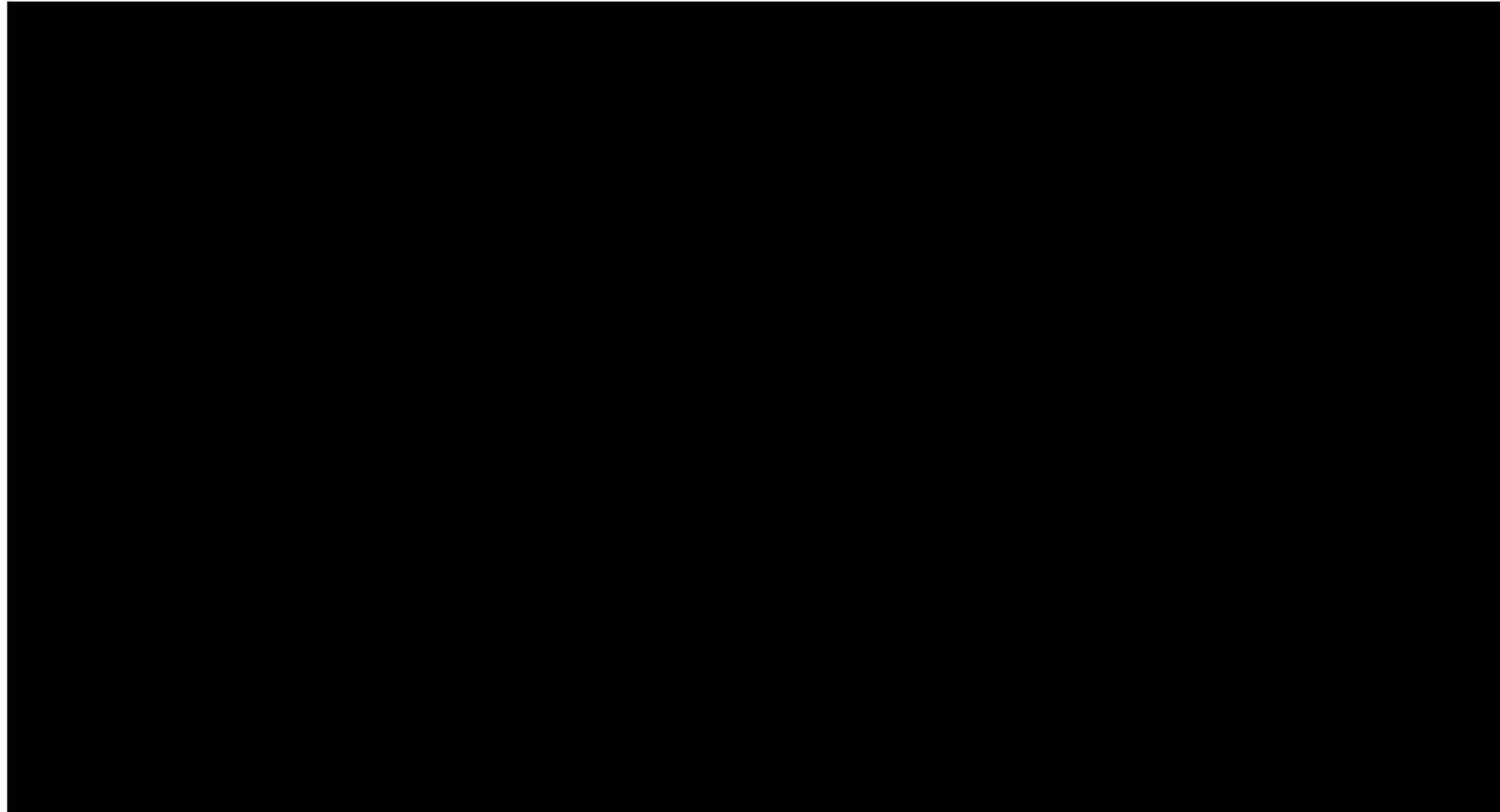
LIV WELLS



MACRO-BASED
MEAL PREP & IDEAS

check your emails

Success Manual



LIV_{unLtd}

THE 28-DAY
MACRO CHALLENGE
»»» SUCCESS GUIDE

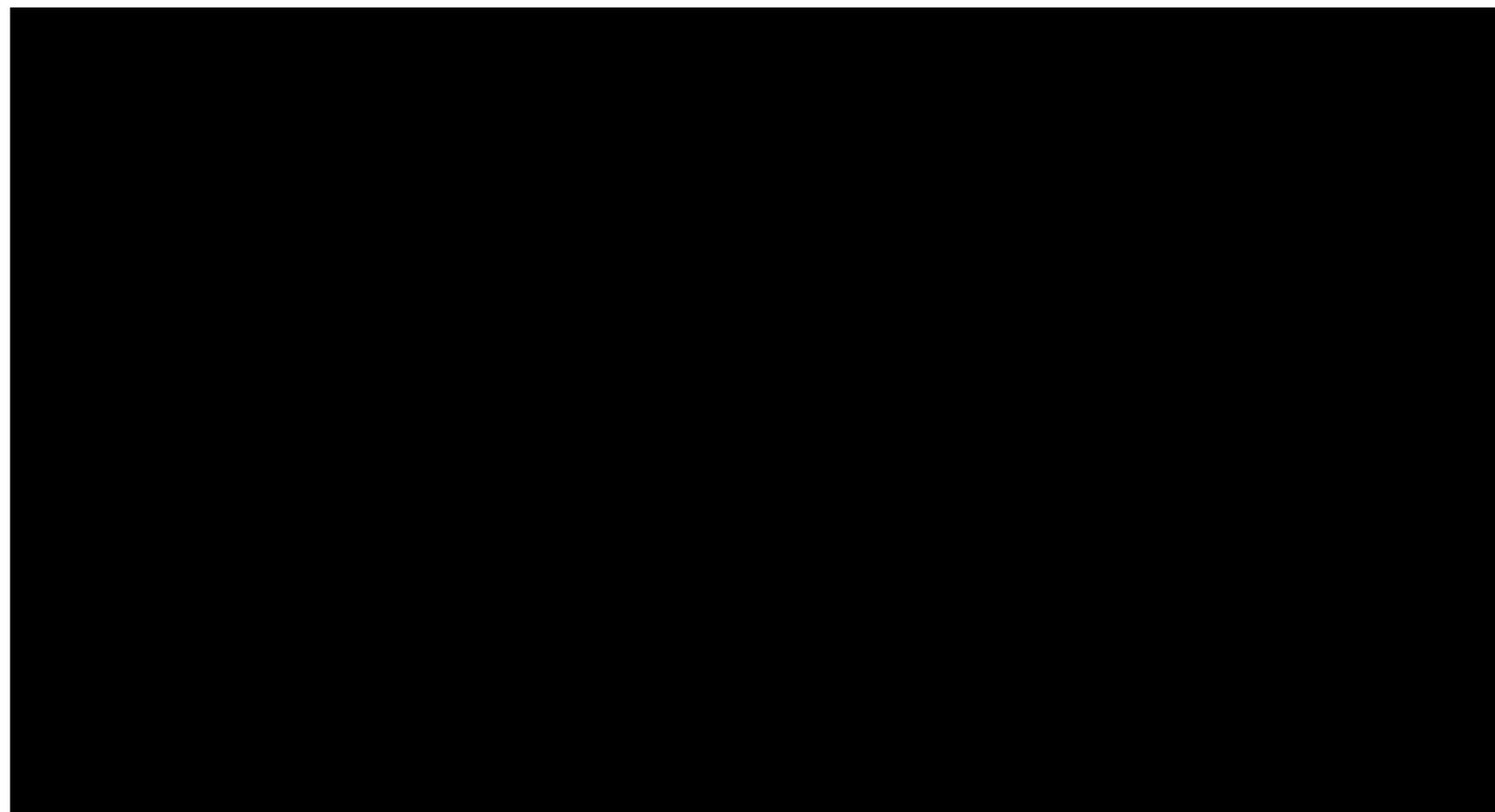
Success Manual

- All about the macronutrients
- Benefits of the challenge
- What, Why, How of Macro Tracking
- Guidance & Suggestions
- Information on hydration, sleep & more





How To Guide





How To Guide

- Macro calculating instructions
- Measurements and hand guides
- Excel and TDEE link on website and emails
- Food swap ideas
- How to track macros

Mifflin St Jeor Calculator

Weight:

 lbs kg

Height:

 inches cm

Gender:
 Male Female

Age:

Activity Level:

SUBMIT

How to Calculate Your Macros

1. Calculate your TDEE

- Use the link in email or website to a TDEE calculator
- Double check the units and enter your information
- Adjust your activity level

UNDERESTIMATE OR AVERAGE YOUR ACTIVITY LEVEL

Macro Challenge Worksheet

to Use this worksheet:

[Find out your TDEE from this calculator](#)

Once you have the TDEE, enter it into this worksheet

Your Personal Macro Goals will auto-calculate

Sign up and Log Into your myFitness Pal account (or other tracking account)

Log in and track your daily food intake

MACRO GOALS - calorie deficit				
ENTER YOUR TDEE HERE (FROM CALCULATOR):			ENTER YOUR TDEE HERE	
	Calories	Protein (g)	Carb (g)	Fat (g)
PERSONAL MACRO GOALS	0	0	0	0

MACRO GOALS - weight maintenance				
ENTER YOUR TDEE HERE (FROM CALCULATOR):			ENTER YOUR TDEE HERE	
	Calories	Protein (g)	Carb (g)	Fat (g)
PERSONAL MACRO GOALS	0	0	0	0

How to Calculate Your Macros

2. Download the Excel Worksheet

- Use the link in email or website
- Input your TDEE
- Note your personal goals
- Adjust if needed
DEFICIT OR MAINTENANCE

WAYS TO TRACK



WAYS TO TRACK



TRACKING
APPLICATIONS



HAND METHOD

WAYS TO TRACK



TRACKING APPLICATIONS

Free app to download

Allows you to search, scan and track
using custom macros



HAND METHOD

Use your hands for tracking

Flexible and balanced, great for all to be
familiar with long term

WAYS TO TRACK

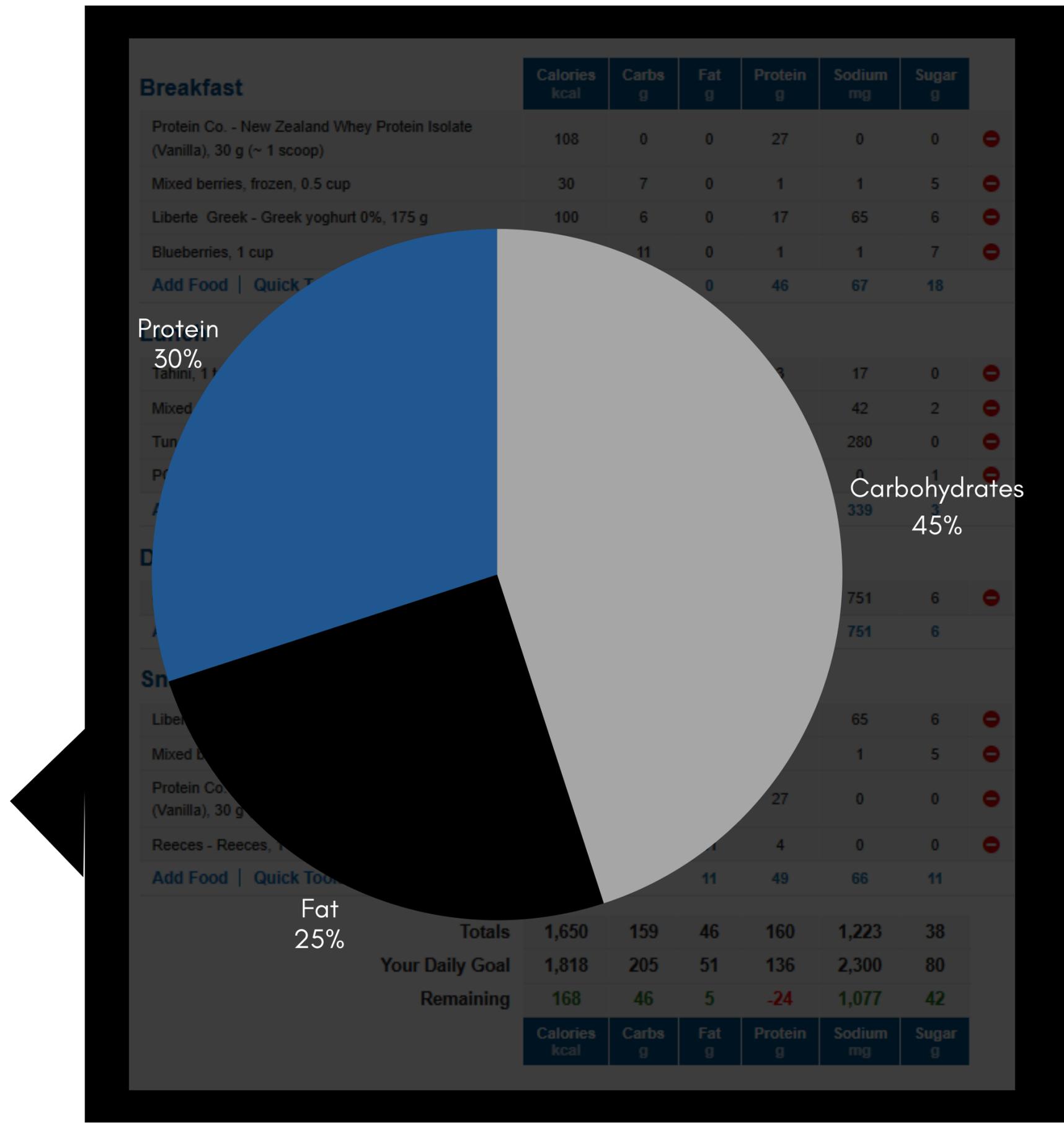
TRACKING APPLICATIONS



	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
Breakfast							
Protein Co. - New Zealand Whey Protein Isolate (Vanilla), 30 g (~ 1 scoop)	108	0	0	27	0	0	⊖
Mixed berries, frozen, 0.5 cup	30	7	0	1	1	5	⊖
Liberte Greek - Greek yoghurt 0%, 175 g	100	6	0	17	65	6	⊖
Blueberries, 1 cup	42	11	0	1	1	7	⊖
Add Food Quick Tools	280	24	0	46	67	18	
Lunch							
Tahini, 1 tablespoon	89	3	8	3	17	0	⊖
Mixed vegetables, 1 cup	24	5	0	1	42	2	⊖
Tuna - Canned Tuna, 1 can	120	0	1	30	280	0	⊖
PC - Protein Wrap, 1 wrap	140	17	4	13	0	1	⊖
Add Food Quick Tools	373	25	13	47	339	3	
Dinner							
Greek Olive Pasta Salad., 1 serving	559	74	22	18	751	6	⊖
Add Food Quick Tools	559	74	22	18	751	6	
Snacks							
Liberte Greek - Greek yoghurt 0%, 175 g	100	6	0	17	65	6	⊖
Mixed berries, frozen, 0.5 cup	30	7	0	1	1	5	⊖
Protein Co. - New Zealand Whey Protein Isolate (Vanilla), 30 g (~ 1 scoop)	108	0	0	27	0	0	⊖
Reeces - Reeces, 1 cup	200	23	11	4	0	0	⊖
Add Food Quick Tools	438	36	11	49	66	11	
Totals							
Totals	1,650	159	46	160	1,223	38	
Your Daily Goal							
Your Daily Goal	1,818	205	51	136	2,300	80	
Remaining							
Remaining	168	46	5	-24	1,077	42	
	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	

WAYS TO TRACK

TRACKING APPLICATIONS



WAYS TO TRACK

HAND METHOD



VEGETABLES			OILS, FATS, NUTS, ETC.		
FIST 	SERVING SIZE (approx.) <ul style="list-style-type: none">1 cup non-starchy vegetables (peppers, leafy greens, cabbage, broccoli)	MACRO BREAKDOWN (estimated) <ul style="list-style-type: none">1.5 g protein5 g carb0 g fat25 calories	THUMB 	SERVING SIZE (approx.) <ul style="list-style-type: none">1 Tbsp (15 g) oils, butter, seeds, cheese	MACRO BREAKDOWN (estimated) <ul style="list-style-type: none">2 g protein2 g carb8 g fat90 calories
PROTEIN			STARCHY CARBS		
PALM 	SERVING SIZE (approx.) <ul style="list-style-type: none">3 to 4 oz (85-115 g) cooked lean meat, fish, shellfish, poultry, or tofu1 cup (225 g) low-fat plain Greek yogurt or cottage cheese2 whole eggs1 scoop protein powder	MACRO BREAKDOWN (estimated) <ul style="list-style-type: none">22 g protein2 g carb4 g fat130 calories	CUPPED PALM 	SERVING SIZE (approx.) <ul style="list-style-type: none">½ to ⅔ cup (100-130 g) cooked grains or legumes (oats, rice, lentils, etc)1 medium fruit (apple, small banana, etc)1 medium potato or sweet potato	MACRO BREAKDOWN (estimated) <ul style="list-style-type: none">3 g protein22 g carbs1 g fat110 calories

Meal Prep & Ideas, Meal Samples



MACRO-BASED
MEAL PREP & IDEAS



THE 28-DAY

MACRO CHALLENGE

Meal Samples & Ideas

Meal Prep & Ideas, Meal Samples



MACRO-BASED MEAL PREP & IDEAS

prep ideals and ingredient lists



THE 28-DAY

MACRO CHALLENGE

Meal Samples & Ideas

Meal Prep & Ideas, Meal Samples



MACRO-BASED MEAL PREP & IDEAS

prep ideals and ingredient lists



THE 28-DAY

MACRO CHALLENGE

Meal Samples & Ideas

sample menu plans



MACRO-BASED

QUICKSTART LIST

Quick Start List & Worksheets

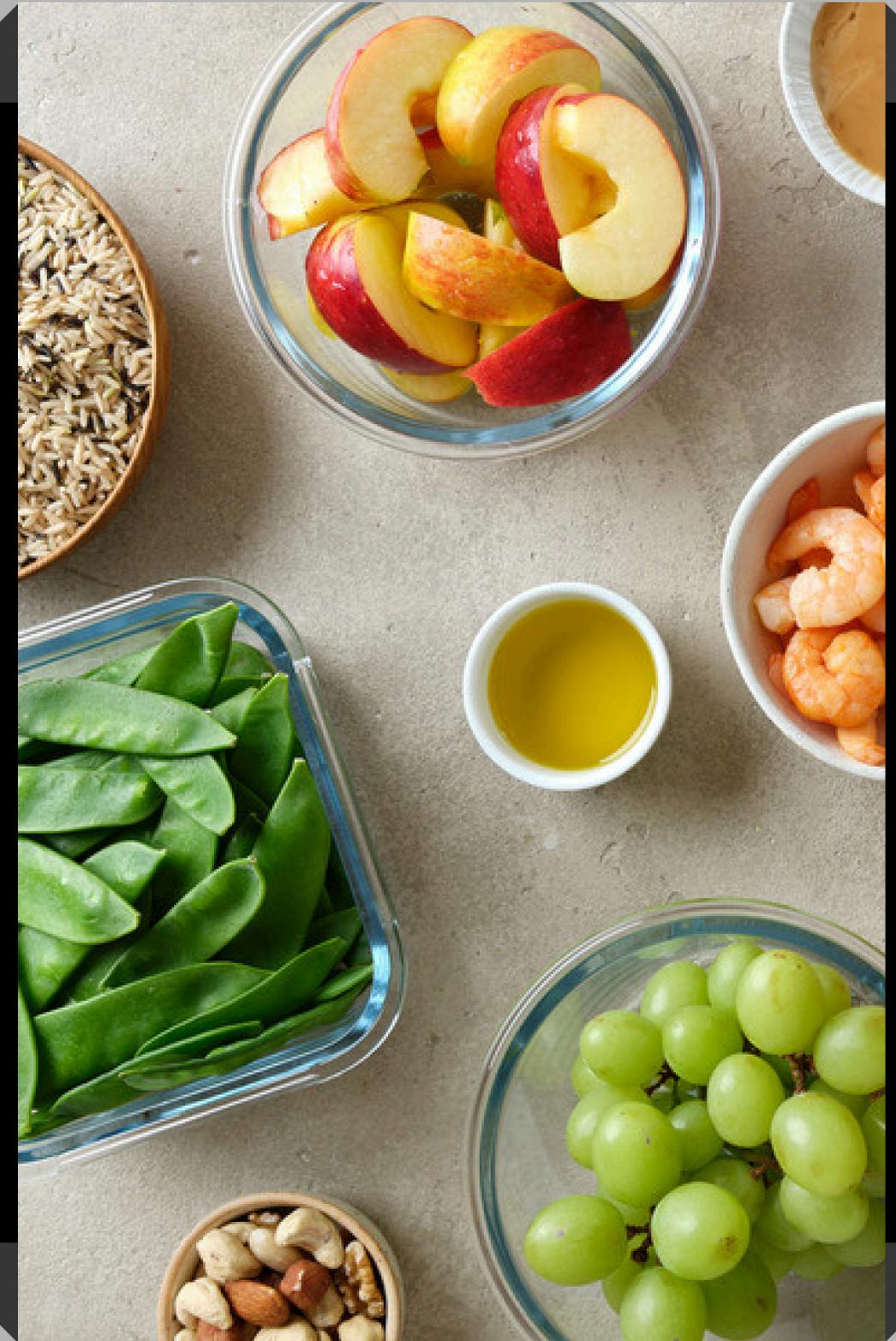
- Things to track
- Optional
- Goal setting tips and worksheets

GETTING STARTED



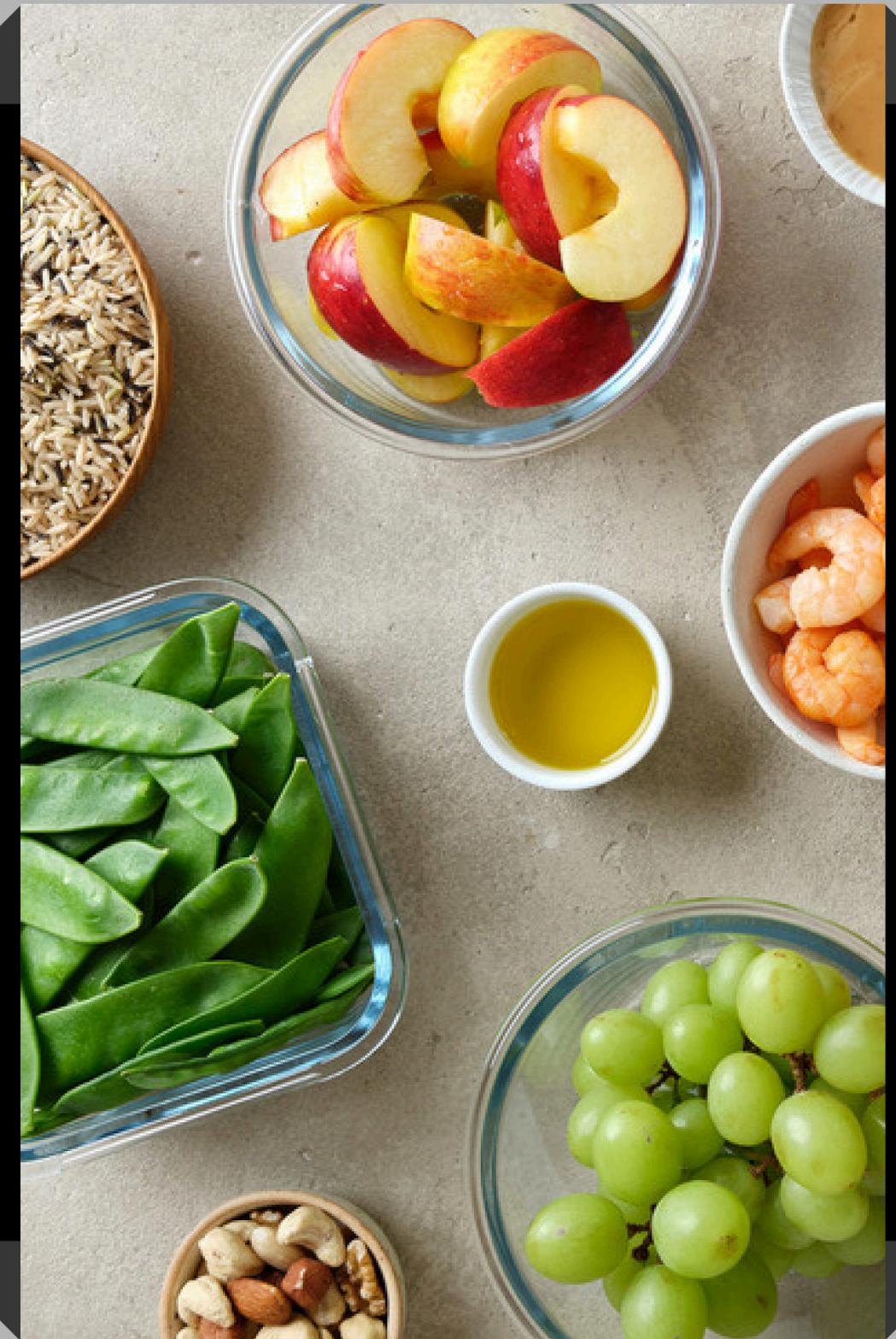
GETTING STARTED

- Read and review the manuals



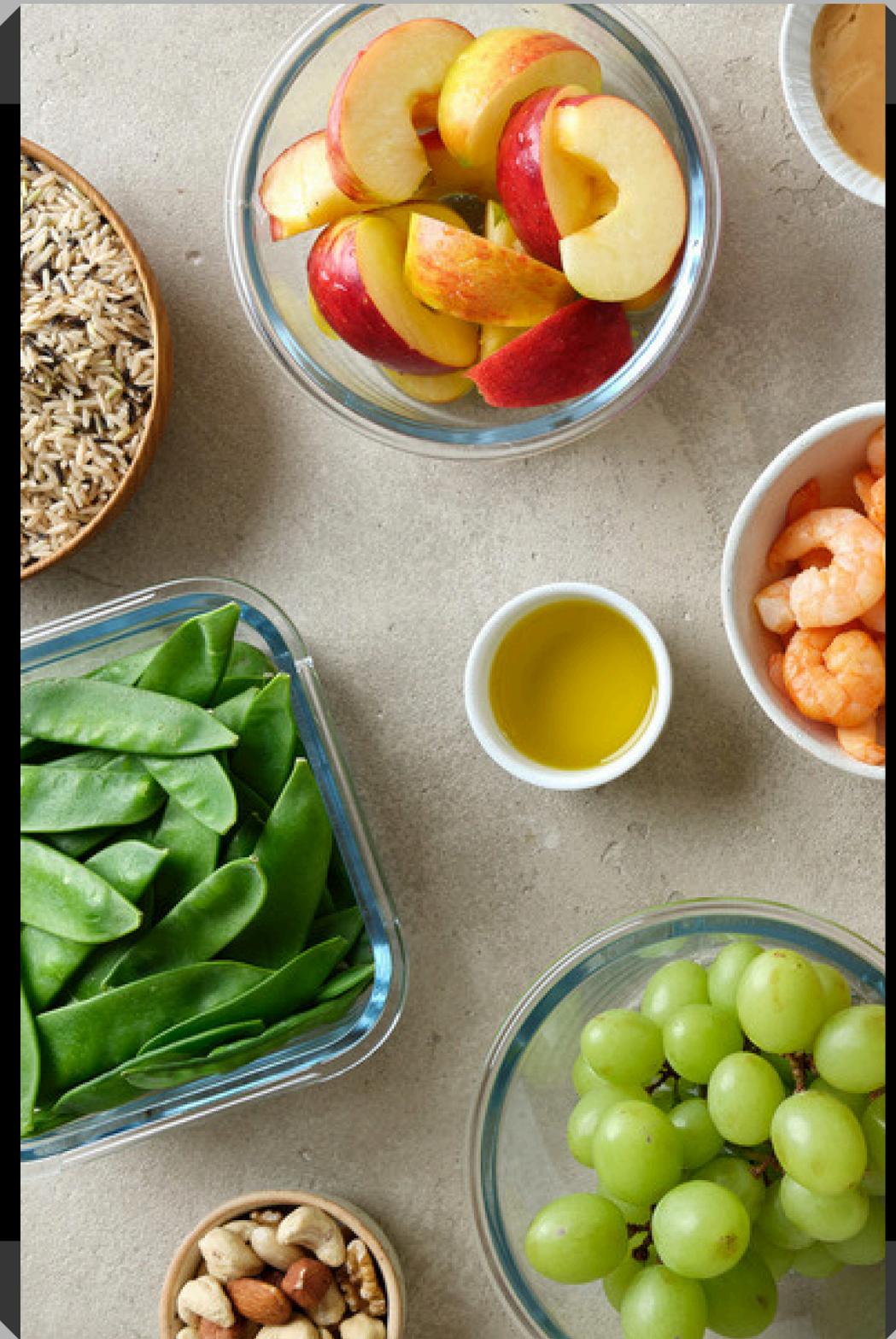
GETTING STARTED

- Read and review the manuals
- Calculate your custom macros



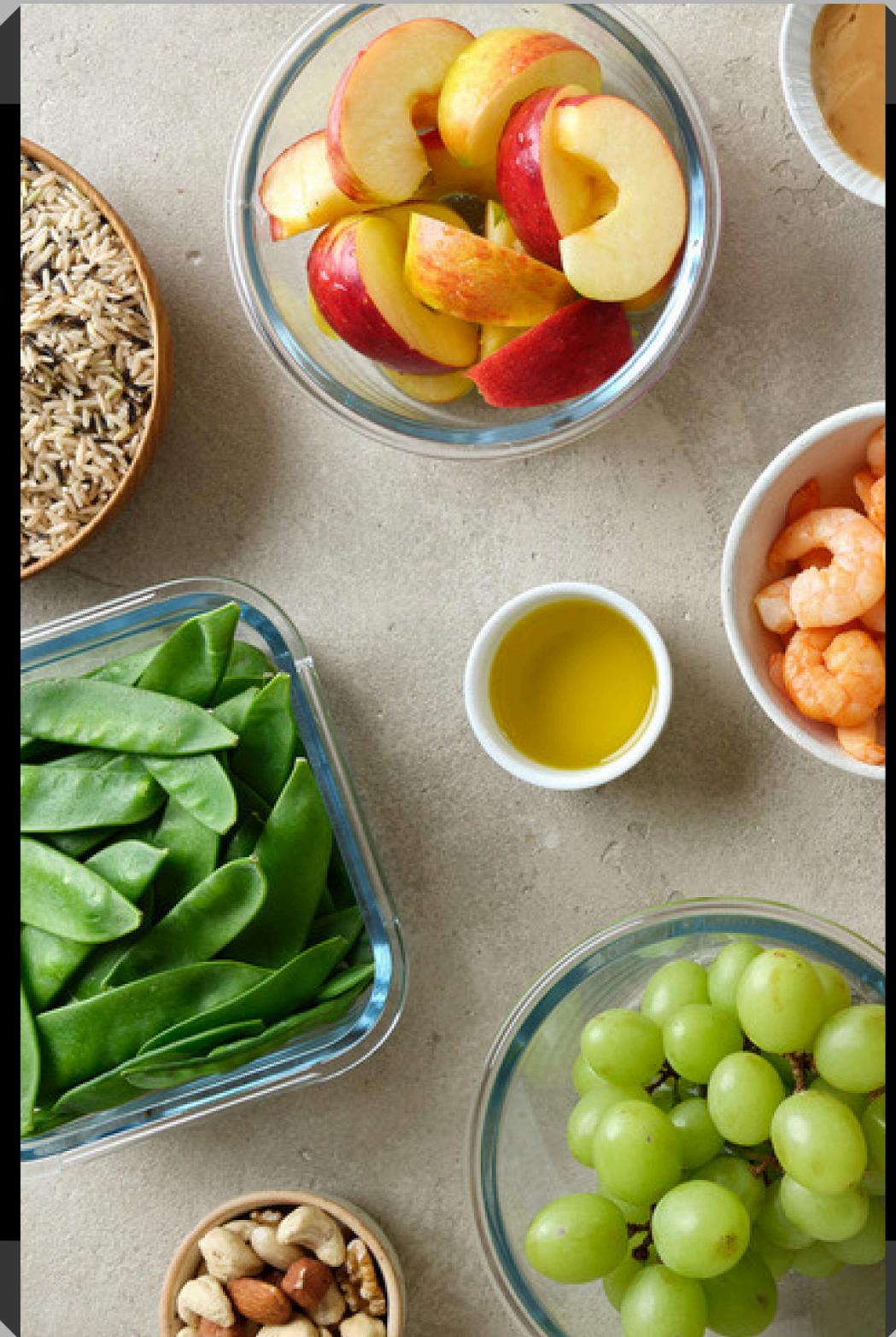
GETTING STARTED

- Read and review the manuals
- Calculate your custom macros
- Learn how to best track your food intake



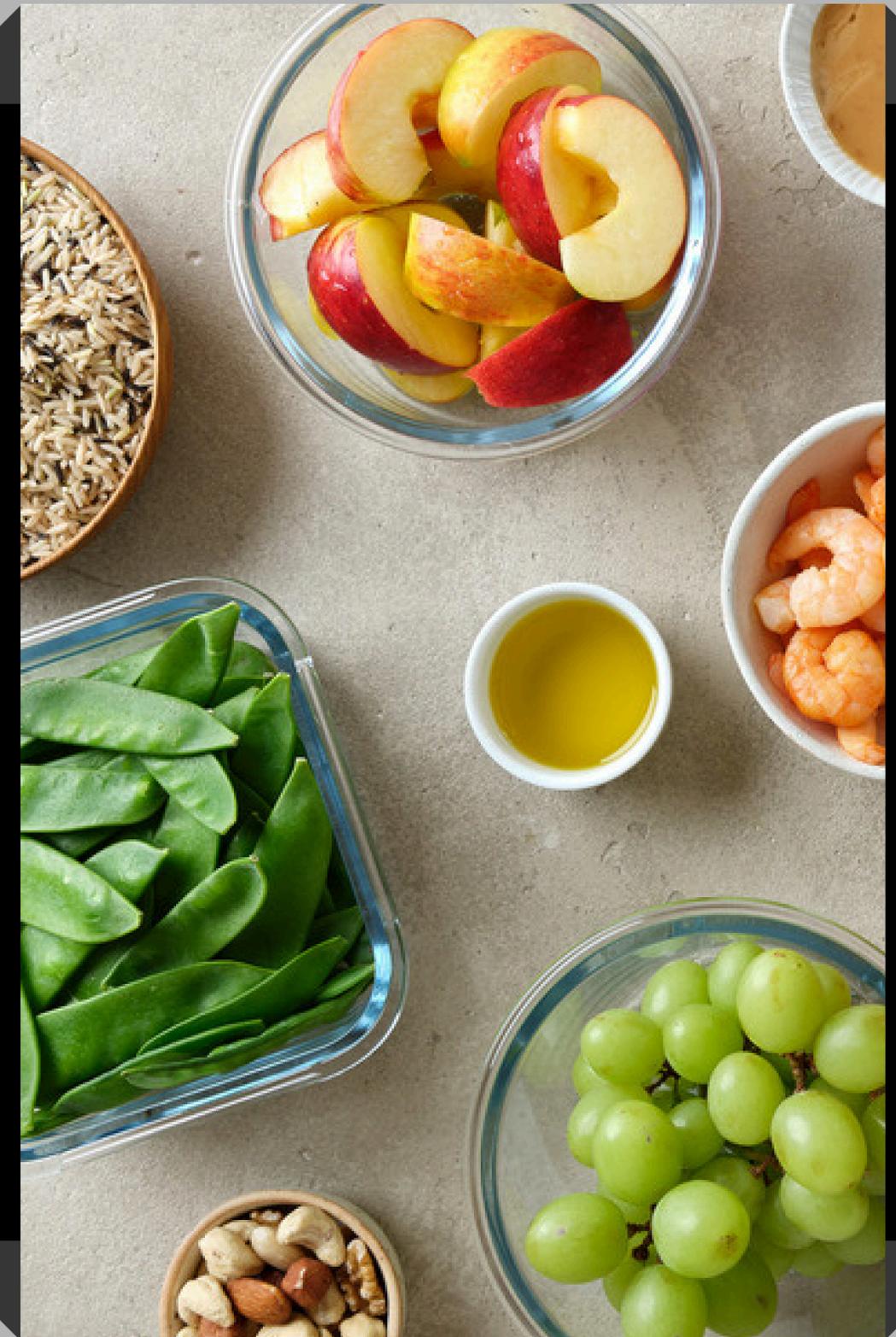
GETTING STARTED

- Read and review the manuals
- Calculate your custom macros
- Learn how to best track your food intake
- Create your meal plan - shop and prepare for the week



GETTING STARTED

- Read and review the manuals
- Calculate your custom macros
- Learn how to best track your food intake
- Create your meal plan - shop and prepare for the week
- Submit questions through the week & Attend/watch the weekly Check Ins on Friday



TIPS FOR SUCCESS

From people who have done it



TIPS FOR SUCCESS

From people who have done it



START WITH
THE MEALS
YOU ALREADY
EAT



TIPS FOR SUCCESS

From people who have done it



START WITH
THE MEALS
YOU ALREADY
EAT



DON'T FOCUS
ON BEING
PERFECT



TIPS FOR SUCCESS

From people who have done it



START WITH
THE MEALS
YOU ALREADY
EAT



DON'T FOCUS
ON BEING
PERFECT



MEAL PREP
FOR SUCCESS



TIPS FOR SUCCESS

From people who have done it



START WITH
THE MEALS
YOU ALREADY
EAT



DON'T FOCUS
ON BEING
PERFECT



MEAL PREP
FOR SUCCESS



TRY
DIFFERENT
TRACKING
METHODS



TIPS FOR SUCCESS

From people who have done it



START WITH
THE MEALS
YOU ALREADY
EAT



DON'T FOCUS
ON BEING
PERFECT



MEAL PREP
FOR SUCCESS



TRY
DIFFERENT
TRACKING
METHODS



DON'T FORGET
TO TRACK
RESULTS IN
MULTIPLE
WAYS



LET'S GET STARTED