# Twitter Thread by Jason Helmes

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**I've lost 80 + pounds of fat AND kept it off for the last 11 years.**

**And I did it by tracking my intake.**

**In the process, I learned a number of hacks and tips that will save you LOADS of time and energy when you're tracking your food.**

**Let's dive in, shall we? (A Thread...)**





1. Start with 'single macro foods' to keep things simple

What are 'single macro foods'?

Foods that are over 90% one macro, with only a few trace macros of the other 2.

Here are some examples:

Protein:

- Chicken/turkey breast
- Shrimp/scallops/crab meat

- White fish/cod/tilapia
- LEAN pork chops (NOT shoulder)
- 96/4 ground beef
- Fat Free Cottage Cheese
- Fat Free Greek Yogurt
- Whey protein shakes

Carbs:

- Rice
- Potatoes
- Fruit
- Veggies
- Pasta
- Bread
- Low fat ice cream/sorbet

Fats:

- Butter
- Olive/Coconut oil
- Creamy dressings

All of these foods have (almost) ALL of one macro. There might be a few straggler macros/calories, but you can ignore them to keep things simple.

Need a meal?

Choose one of each category, and viola, you're good to go.

But single macro foods make life so much easier, especially when you start.

You simply choose some foods, weigh or measure them out, and you're good to go.

2. Make added fats a byproduct of your meat choices

Once you get used to the single macro foods, you can begin to incorporate some fattier cuts of meat.

Things like salmon, ground sirloin or chuck, pork shoulder, ribeyes/steaks, etc.

Once you do this, you'll naturally have more fat in your diet. As such, there's no need to add extra fats - and they can add up quickly.

For the best results, and tracking ease, make your fat intake be a byproduct of your meat choices, and use extra fats sparingly, if at all.

3. Make a (delicious) meal ONCE, count the nutrition, and use it forever

Calorie tracking haters say it's a tedious chore.

But they're missing one thing: THE GOAL.

The GOAL of tracking your food is so that you don't HAVE to track your food.

Sounds counterintuitive, I know...

But proper portion sizes are a lost concept these days.

Our thinking is distorted - and everyone who starts tracking properly is SHOCKED by how little an actual portion size is.

Step 1 is awareness, always.

When you're counting, and you make a killer, healthy meal - SAVE IT!

Write it down and keep it in your 'rolodex' of awesome food options.

In the future, no need to count a thing - just break out your recipe and you're good to go.

Over time, you'll develop a list of breakfasts, lunches, and dinners that hit your numbers, are tasty, and you love.

And then, you're golden, and you don't have to track any longer.

NOBODY tracks food just to track their food.

They track food so they DON'T have to ever again

4. FORGET what your FitBit or Apple Watch says - use empirical data only

ANY 'calorie tracker' piece of tech is wildly inaccurate.

My FitBit regularly tells me I burn 4k calories. If I ate that many calories per day, I would gain weight QUICKLY.

Make a good estimate as to how many calories you burn each day. There's tons of estimators out there online.

Eat about that many calories each day, and see what happens to your weight over the course of 2-3 weeks.

If you're losing, great. If you're gaining, adjust as necessary.

But whatever you do, DO NOT trust the 'calorie burn' on your app.

The FIRST thing you should do if you get a My Fitness Pal app is to turn it OFF.

It's wrong.

Very wrong.

I've seen countless people make this mistake - DON'T be one of them.

5. Track ALL your food (every LBT)

An "LBT" is a lick, bite, or taste.

You need to track it ALL.

Yes, even condiments. You'd be surprised how quickly things like ketsup, barbecue sauce, and dressings can add up.

That handful of M&M's you ate?

You don't think those have calories?

It's a simple concept - if you eat it, you track it.

PERIOD.

Your kid's leftover food counts, too.

Sorry Mom and Dad...

Do you HAVE to track your food to lose fat?

Nope.

Do you HAVE to use your GPS when you're going on a road trip?

Nope.

But it sure as hell makes it a LOT easier when you do.

If you're 'just eating clean bro' and you're not getting proper results, it's time for a better way.

If you find yourself getting constant speeding tickets, maybe it's time to look at the speedometer...

We're filling up our Fall 1:1 client roster, and we have a few openings.

We're looking for 3-4 men and/or women who are looking to lose 15-40 pounds and gain strength/muscle in the next 3 months.

Our programs get SERIOUS results:




To have a 10 minute discovery call with one of our coaches to see if you'd be a good candidate, shoot us a DM here.

Over 2k men and women have used our 1:1 programs to reach their goals at breakneck speed:

https://t.co/r0QsLpXIPj

If you found this thread useful, help a brotha out and re-tweet the first tweet here.

And toss me a follow while you're at it - I make threads like this and give away stuff on the regs.

Cheers!
Coach J

Anyman Fitness

https://t.co/eophFaPCI0

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> — Jason Helmes (@anymanfitness) September 1, 2022