



Macro Counting
FOR BEGINNERS



PRIVATE MONTHLY EDITION / AUGUST 2026

The Balanced Living Edit

Prepared exclusively for Jamie Smith

A flexible 30-day meal framework built around your schedule, household, food preferences, and current nutrition goals.



PERSONAL / PRACTICAL / FLEXIBLE

Structure without rigidity.

Use dependable meal anchors, two flexible meals each week, and three short preparation sessions. The pattern matters more than following every meal perfectly.

Daily rhythm 3 meals + 1 snack	Cooking rhythm Sunday, Wednesday, and one short reset
Flexible meals Two every week	Next renewal August 28

A note from Joel

"This month is built around dependable breakfasts, flexible family dinners, and enough structure to make busy days easier. Use the swaps freely - the pattern matters more than the exact recipe."

Begin with dependable anchors.

WEEK 01

Build dependable anchors

Make breakfast and lunch easy enough to repeat.

BREAKFAST

Greek yogurt crunch bowl

LUNCH

Lemon chicken grain bowl

DINNER

Sheet-pan salmon plate

FLEXIBLE

Family favorite night

WEEK 02

Create satisfying variety

Keep the same structure while changing flavors and textures.

BREAKFAST

Egg and avocado toast

LUNCH

Mediterranean meatball bowl

DINNER

Ginger beef stir-fry

FLEXIBLE

Restaurant or social meal

Build flexibility and ownership.

WEEK 03

Support your busiest week

Use emergency meals and planned leftovers when time gets tight.

BREAKFAST

Protein smoothie kit

LUNCH

Ten-minute chicken wrap

DINNER

Build-your-own taco bowls

FLEXIBLE

Emergency meal formula

WEEK 04

Practice personal ownership

Repeat what worked, swap what did not, and prepare for next month.

BREAKFAST

Favorite breakfast anchor

LUNCH

Mix-and-match power bowl

DINNER

Herby chicken pasta

FLEXIBLE

Member's choice

Your list, already organized.

Protein anchors	Chicken, salmon, ground turkey, eggs, Greek yogurt, black beans
Produce	Mixed greens, peppers, cucumbers, green beans, berries, avocados
Carbohydrates	Oats, quinoa, brown rice, potatoes, wraps, pasta
Flavor and support	Hummus, tzatziki, olive oil, salsa, seeds, frozen vegetables

The 45-minute setup

15 min	Start one protein and one grain.
15 min	Wash and portion produce.
10 min	Mix one sauce or dressing.
5 min	Set tomorrow's breakfast anchor.

Flexible swap rule

Keep the meal's role in your day, then change the food. Choose a similar protein anchor, add produce, include an appropriate carbohydrate, and use flavor you enjoy.

This plan provides general nutrition and lifestyle education. It is not medical care and does not replace advice from an RD/RDN or licensed healthcare professional.