

— NUTRITION SYSTEM · FLEXIBLE DIETING

THE TRACKING SYSTEM

Macros and flexible dieting, done properly. When the hand-and-plate method has taken you as far as it can, this is how to track with precision — set your numbers, log them honestly, and adjust by the only thing that matters: results.

LEVEL

Intermediate

APPROACH

Flexible Dieting

BEST FOR

Any Goal

PAIRS WITH

Any Program



01 — BEGIN HERE

STOP GUESSING. START MEASURING.

The plate method — a palm of protein, a fist of veg, a cupped hand of carbs — is the right place to start, and it carries most people a long way. But eventually you hit a goal it can't quite hit: the last few kilos, a real lean-bulk, a stage. When estimating stops working, you measure. This is the system for tracking calories and macros with enough precision to make the scale move on command — without turning food into a prison.

FOR YOU, IF

You've used the plate method, you understand protein and portions, and you've stalled — or you want tighter control for a specific goal. You're ready to weigh food and log for a while.

NOT YET, IF

You've never built the basics — start with The Indian Plate or Protein First. Tracking is a tool for people who already know what a good plate looks like; learn that first.

TRACKING ISN'T FOREVER

The goal isn't to weigh food for life — it's to learn what your portions actually contain, hit a target precisely while you need to, then return to intuitive eating with far better instincts. Think of it as a skill you build, use, and eventually set down. → [Studies](#) · [Do you need to count calories?](#)

WHAT'S INSIDE

The principles	P. 03
The system at a glance — keep this page	P. 04
Setting your numbers	P. 05
Tracking in practice	P. 06
The weekly review & adjustments	P. 07
A day, tracked	P. 08
The trackers · print these	P. 09
Questions, answered	P. 10



02

THE FIVE PRINCIPLES

Tracking is simple once you hold these. They keep precision from tipping into obsession.

01 CALORIES DECIDE THE DIRECTION

Energy balance sets whether you gain, lose, or hold — full stop. Everything else is optimisation. Get total calories right first; fine-tune the rest after. → [Studies](#) · [Energy balance](#)

02 PROTEIN IS THE MACRO THAT MATTERS

Of the three macros, protein is the one worth hitting precisely every day — it protects muscle in a cut and builds it in a surplus. Set it first, defend it daily.

03 TRACK HONESTLY OR DON'T BOTHER

Weigh foods, log everything — oil, drinks, bites while cooking. The number is only useful if it's true. Most "broken metabolisms" are untracked calories.

04 FLEXIBILITY INSIDE STRUCTURE

No banned foods. If it fits your numbers, it fits. Build 80% from whole foods for health and fullness; spend the other 20% on what you enjoy. That's what makes it last.

05 ADJUST BY RESULTS, NOT FEELINGS

The scale and the mirror over weeks tell you if the numbers are right. Don't change targets on a whim — change them when the trend says to. Patience beats tinkering.



03

THE SYSTEM AT A GLANCE

The whole method on one page. Screenshot it. It's a loop you run weekly until you reach your goal.

THE LOOP · FIVE STEPS

STEP 1

CALORIES

Estimate maintenance, then set a target for your goal.

STEP 2

MACROS

Protein first, then fats, then carbs fill the rest.

STEP 3

TRACK

Weigh and log everything, every day, honestly.

STEP 4

WEIGH IN

Same conditions, daily; use the weekly average, not one reading.

STEP 5

ADJUST

Trend off target for 2 weeks? Nudge calories. Then repeat the loop.

THEN

COAST

Goal hit? Loosen the reins; keep the instincts you built.

QUICK-START TARGETS · PER KG BODYWEIGHT, PER DAY

GOAL	CALORIES	PROTEIN	FAT
Lose fat	-20% of maint.	1.8-2.2 g/kg	0.8 g/kg
Maintain	Maintenance	1.6-2.0 g/kg	1.0 g/kg
Build muscle	+10% of maint.	1.6-2.2 g/kg	1.0 g/kg

THE ONE RULE

Hit protein and calories; let carbs and fats flex around your day. **Get those two right ~90% of the time and the result is all but guaranteed.** Carbs fill whatever calories remain after protein and fat are set.



04

SETTING YOUR NUMBERS

Four steps, ten minutes, a calculator. These are starting points — the weekly review corrects them. Don't agonise over precision here; the scale will tell you the truth.

STEP 1 · ESTIMATE MAINTENANCE CALORIES

A reliable starting estimate: **bodyweight (kg) × 30–33** for most active people. A 75 kg lifter ≈ 2,300–2,475 kcal. Or track your normal eating for a week at a stable weight — that average is your maintenance. The formula gets you close; the scale confirms it.

STEP 2 · SET THE GOAL CALORIE TARGET

Apply the adjustment for your goal — a **~20% deficit** to lose fat (≈ 0.5–0.75% bodyweight/week), **maintenance** to recomp or hold, a **~10% surplus** to build with minimal fat gain. Bigger isn't better in either direction; moderate moves are sustainable and cleaner.

STEP 3 · SET MACROS — PROTEIN, FAT, THEN CARBS

MACRO	TARGET	KCAL/G	HOW TO SET IT
Protein	1.6–2.2 g/kg	4	Set first. The priority macro.
Fat	0.8–1.0 g/kg	9	Set second. Don't go below 0.6.
Carbs	Whatever's left	4	Remaining calories ÷ 4. Fuel.

STEP 4 · WORKED EXAMPLE · 75 KG LIFTER, BUILDING

Maintenance ≈ 2,400 → +10% = **2,640 kcal**. Protein 2.0 g/kg = 150 g (600 kcal). Fat 1.0 g/kg = 75 g (675 kcal). Remaining 1,365 kcal ÷ 4 = **~340 g carbs**. Final: **2,640 kcal · 150P / 75F / 340C**. That's the daily target — now track to it.



05

TRACKING IN PRACTICE

The numbers only work if your logging is honest. Here's how to make tracking accurate, fast, and sustainable — so it becomes a two-minute habit, not a chore you quit.

WEIGH, DON'T EYEBALL

Use a kitchen scale in grams for the first few weeks. "A spoon of oil" can be 40–120 kcal — that error, repeated daily, is the whole deficit. Weigh until you can estimate well.

LOG IT ALL

Oil, sauces, drinks with calories, the handful of nuts, tastes while cooking. Untracked extras are the number-one reason the scale won't budge. If it has calories, it goes in.

USE AN APP

Any macro tracker with a barcode scanner. Build a list of your regular foods and meals — after a week, logging a normal day takes under two minutes.

PLAN, DON'T CHASE

Log breakfast and dinner in the morning so you can see the day's room. It's far easier to hit numbers you planned than to back-fill at 10pm.

EATING OUT & THE 80 / 20

You won't weigh a restaurant meal — estimate generously (kitchens use more oil and butter than you'd guess), pick a protein and a clear side, and move on. Build ~80% of your week from whole foods you can measure; leave ~20% for meals out and treats that fit. Precision on most days plus flexibility on a few beats rigid perfection that you abandon in a month.

HONESTY

If the scale isn't moving as the math predicts, the math isn't wrong — the logging is. **Tighten tracking before you cut calories.**



06

THE WEEKLY REVIEW

This is where tracking earns its keep. Once a week, look at the trend and decide whether to hold or adjust. The daily scale lies; the weekly average tells the truth.

HOW TO WEIGH YOURSELF

Weigh **daily**, first thing, after the bathroom, before food or water — same conditions every time. Then ignore the daily number and track the **7-day average**. Day-to-day swings are water, food in transit, and salt; the weekly average is the signal under that noise.

WHEN AND HOW TO ADJUST

WHAT THE AVERAGE DOES	VERDICT	ACTION
Moving at target rate	On track	Change nothing. Keep going.
Flat 2+ weeks (want change)	Stalled	Adjust calories ~10% (≈150–250 kcal).
Moving too fast	Too aggressive	Add calories back; protect muscle / minimise fat gain.
Bouncing, no clear trend	Logging noise	Tighten tracking a week before changing numbers.

Adjust **calories** (via carbs and fats) — leave protein fixed. One change at a time, then wait two weeks to read it. Resist the urge to tinker weekly; the body responds slower than impatience wants.

IN SHORT

Weigh daily, judge weekly, adjust monthly-ish. **Let the trend — not a bad morning — drive every decision.**



07

A DAY, TRACKED

The worked-example target in practice — **2,640 kcal · 150P / 75F / 340C**. A realistic Indian-friendly day that lands on the numbers, with room left for flexibility.

MEAL	KCAL	P	F	C
Breakfast EGGS, OATS, BANANA, MILK	560	30	18	68
Lunch CHICKEN, RICE, DAL, SALAD	720	45	16	95
Pre-workout GREEK YOGHURT, FRUIT, HONEY	320	22	4	52
Dinner PANEER/FISH, ROTI, SABZI	700	40	28	72
Flex / treat THE 20% — YOUR CALL	340	13	9	53
Total	2,640	150	75	340

NOTE THE FLEX LINE

340 kcal is deliberately left for whatever you enjoy — dessert, chai with sugar, a few squares of chocolate. It fits the numbers, so it fits the plan.

HIT PROTEIN EARLY

Front-load protein across breakfast and lunch. Chasing 60 g at night is hard; spreading it makes the target effortless and aids recovery.



08

THE TRACKERS

Print these. The weekly weigh-in shows the trend that drives every adjustment; the macro log keeps your daily targets honest.

WEEKLY WEIGH-IN · LOG THE 7-DAY AVERAGE, NOT SINGLE DAYS

WEEK	7-DAY AVG	CHANGE	CALORIE TARGET	HOLD / ADJUST?
01				
02				
03				
04				
05				
06				
07				
08				

DAILY MACRO LOG · ONE WEEK

DAY	KCAL	PROTEIN	FAT	CARBS	HIT TARGET?
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					



09

QUESTIONS, ANSWERED

DO I HAVE TO WEIGH FOOD FOREVER?

No. Weigh for a few weeks to a few months — long enough to learn your portions and hit your goal. After that, most people eat intuitively with the instincts they built and only re-track when a new goal needs precision.

DO MACROS MATTER OR JUST CALORIES?

Calories decide weight direction; macros decide body composition. Hit your calorie target and you'll change weight; hit your protein too and you'll keep or build muscle while you do it. Both matter, in that order.

CAN I REALLY EAT "JUNK" IF IT FITS?

Some, yes — that's the 20%. But whole foods keep you full, nourished, and consistent, so build the bulk of your intake from them. Flexibility is a tool for adherence, not a licence to live on treats.

WHAT ABOUT A REFEED OR DIET BREAK?

On a longer cut, planned higher-calorie days or a maintenance week help adherence and recovery. That's its own topic — see [Diet Breaks & Refeeds](#) when you're ready.

THE SCALE JUMPED 1.5 KG OVERNIGHT — DID I GAIN FAT?

No. That's water, food weight, and salt — it's physically impossible to gain that much fat overnight. This is exactly why you track the weekly average and ignore single days.

TRACKING IS MAKING ME ANXIOUS. NOW WHAT?

Then step back. Tracking is a tool, not a virtue — if it's harming your relationship with food, return to the plate method and intuitive eating. The goal is a healthy, capable body and mind, never the spreadsheet itself.



MEASURE WHAT MATTERS. THEN LET IT GO.

Tracking isn't a life sentence — it's a skill. Learn what your food actually contains, hit your target while you need to, and walk away with instincts sharper than any app. The scale is a compass, not a judge. Use it to find your direction, then trust the walk.

GOING DEEPER ON A CUT

DIET BREAKS & REFEEDS

Strategic breaks that make a long diet work.

THE FOUNDATION

PROTEIN FIRST

The one habit that makes tracking easy.

EVERY MORNING

THE EDGE

One letter before noon. One principle, one practice.

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