



# 3 - 3 - 3 METHOD

A great tip for beginners to macro tracking can be to keep things simple in your first few weeks. Try the 3-3-3 Method. Choose 3 different protein sources, 3 fat sources, and 3 carb sources only (All veggies and fruit can count as 1 each). This may feel like too little variety but with endless options of spices and cooking techniques, you can make thousands of combinations. There is no such thing as boring food, only boring chefs, right?

## Real life application

Select 3 of your favorite protein, fat and carb sources and then use them to build a full day. You can use the Stronger U Macro Selector if you need some ideas for primarily protein, carb, and fat food sources.

Here's an example of a day planned out using the 3-3-3 Method with the following 3 foods choices for each macro.

## Main take away + Resources

Eating using the 3-3-3 Method provides a simplified option for planning your meals and hitting your macronutrients. While many people do choose to eat similar to this forever, others use this option as an introduction to the process of macro counting and then transition to more variety and complex meals once they feel ready.

Here's a blog describing the 3-3-3 Method and how you can benefit from using it.

Further information about the 3-3-3 Method can also be found in the Stronger U Getting Started Guide and the Stronger U Meal Planning Guide.

<b>MEAL 1   BREAKFAST</b>	<b>SNACK 1</b>	<b>MEAL 2   LUNCH</b>	<b>MEAL 3   DINNER</b>	<b>SNACK 2</b>
EGG WHITES VEGGIES BUTTER	CHEESE FRUIT	CHICKEN BREAST VEGGIE OLIVE OIL	CHICKEN BREAST VEGGIE RICE OLIVE OIL	PLAIN GREEK YOGURT FRUIT



# MACRO SELECTOR

## PROTEIN

CHICKEN BREAST  
 TURKEY BREAST  
 SHRIMP  
 PORK TENDERLOIN  
 TOP SIRLOIN / LEAN RED MEAT  
 EGG WHITES  
 COD / FLOUNDER / TILAPIA  
 LEAN GROUND MEAT  
 NON-FAT GREEK YOGURT  
 WHEY PROTEIN  
 CANNED TUNA IN WATER  
 TURKEY JERKEY  
 NON-FAT COTTAGE CHEESE  
 NON-FAT RICOTTA  
 DELI MEAT  
 COLLAGEN PEPTIDES  
 SOY / TOFU  
 VEGAN PROTEIN POWDER  
 TURKEY BACON  
 LEAN TURKEY / CHICKEN SAUSAGE

## FAT

OLIVE OIL  
 COCONUT OIL  
 AVOCADO  
 OLIVES  
 NUTS  
 FISH OIL  
 FLAX SEEDS  
 SALAD DRESSINGS  
 BUTTER / GHEE  
 MAYONNAISE

## CARBS

VEGETABLES  
 FRUIT  
 RICE  
 POTATOES  
 OATMEAL  
 DRIED FRUIT  
 POPCORN (PLAIN)  
 RICE CAKES  
 BREADS  
 CORN / FLOUR TORITLLAS  
 PASTA  
 CEREAL  
 JUICE / SPORTS BEVERAGES  
 SUNDRIED TOMATOES  
 CANDY  
 JAM / JELLY  
 BBQ SAUCE  
 HONEY  
 WAFFLES / PANCAKES  
 GRANOLA  
 KOMBUCHA

## PROTEIN + FAT

EGGS  
 CHICKEN THIGHS  
 SALMON  
 STEAK / BEEF  
 COTTAGE CHEESE  
 CHEESE  
 CANNED OYSTERS / SARDINES  
 FULL-FAT SOUR CREAM  
 HUMMUS  
 BACON / PORK BELLY  
 NUT BUTTER  
 FULL-FAT YOGURT  
 TUNA SALAD / CHICKEN SALAD  
 SAUSAGE

## PROTEIN + CARBS

PROTEIN SHAKE & FRUIT  
 EGG WHITES & POTATOES  
 WHOLE GRAIN BREAD  
 BLACK BEAN PASTA  
 BEANS / LENTILS  
 QUINOA  
 CEREAL & SKIM MILK  
 NON-FAT FROZEN YOGURT  
 FLAVORED YOGURT  
 CRACKERS AND DELI MEAT  
 LOW-FAT CHOCOLATE MILK  
 FAT-FREE YOGURT WITH HONEY  
 #MIKENUGGETS

## FAT + CARBS

NUTS  
 NUT BUTTERS  
 TORTILLA CHIPS  
 AVOCADO TOAST  
 POPCORN & BUTTER  
 CHIA SEEDS  
 BREAD & OLIVE OIL / BUTTER  
 POTATO CHIPS  
 DRIED COCONUT  
 BAGEL & CREAM CHEESE  
 MUFFINS  
 DONUTS / PASTRIES

## LOW / NO-MACRO FOODS

CUCUMBERS	MIXED GREENS	SUGAR FREE JELLO	SAUERKRAUT
CELERY	BERRIES	RICE CAKES	KIMCHI
ZUCCHINI	SPROUTS	SELTZER WATER	TEA
CAULIFLOWER	PICKLES	SALSA	COFFEE
LETTUCE / SPINACH	PLAIN POPCORN	MUSTARD	ALMOND MILK
DIET SODA			