

Calorie Tracking

How to make logging take 30 seconds a day instead of 10 minutes.

WHY TRACK AT ALL

You can't manage what you don't measure. People who think they're eating 1,800 calories are often eating 2,400. Tracking removes the guesswork.

You either hit your numbers or you didn't.

GET SET UP (ONCE)

1 Download MyFitnessPal

Free version. iOS or Android. Create an account.

2 Set your calorie goal

Go to Goals → Calorie & Macros. Enter calories from your meal plan.

3 Get a food scale

£10-15 on Amazon. Non-negotiable. This is how you actually know what you're eating.

THE WORKFLOW THAT CHANGES EVERYTHING

Most people quit tracking because it takes forever. They search for every ingredient, every time, for every meal. That's insane.

The fix: Create your meals from your meal plan ONCE in MFP. Then logging is just selecting "Day 1 Breakfast" and adjusting the grams if needed. Done in seconds.

CREATING A MEAL IN MFP

1 Go to "My Meals"

Bottom menu → More → My Meals → Create Meal

2 Name it clearly

Use "Day 1 Breakfast" or "Chicken Rice Bowl" — something you'll recognise.

3 Add each ingredient

Search for ingredient, enter grams from your plan. Repeat for all ingredients.

4 Save it

Now it exists forever. To log it, search the meal name and tap to add.

Do this for every meal in your plan. Takes 20-30 min upfront. You'll spend <2 min/day logging after.

DAILY LOGGING

1 Weigh your food

Put plate on scale, zero it, add food, note the grams.

2 Log the meal

Search your saved meal name, tap to add. Adjust serving if portion differs.

3 Move on

That's it. 30 seconds per meal.

PRO MOVES

Pre-log your day. Log everything in the morning or night before. Now you've committed.