

# Fitness Starts Here

**YOUR BEGINNER-FRIENDLY GUIDE TO MACROS,  
DIETING, AND TRAINING**



↓ pounds lost understanding this!



♡ LOVE, ARIS

# Welcome Baddie!

*I'm so proud of you for being here.  
This guide is made for women just  
like you, who are ready to take  
control of their health, learn the truth  
about fitness, and feel confident doing  
it.*



## Just a Little Reminder

Hey beautiful! This guide is here to support you, inspire you, and help you feel confident in your fitness journey. But remember, it's not meant to replace professional medical advice, diagnosis, or treatment.

Always check in with your doctor or a licensed health provider before starting any new workout program, changing your diet, or adding new supplements to your routine. ❤️ Your body is unique, and results may vary from person to person. Listen to your body, take it at your own pace, and honor your own journey.

We're here to cheer you on, not to diagnose or treat! By using this guide, you agree to take full responsibility for your choices and experiences.

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# YOUR BODY = YOUR ENGINE

Your body runs off: **energy** (calories), **nutrients** (vitamins & macros), and **rest**.



When you burn more than you eat  
→ fat loss.

When you eat more than your body  
burns → weight gain

Protein 

Carbs 

Fats 

Sleep is when your body recharges and restores itself. During deep sleep, your muscles repair, hormones balance, and energy stores are replenished.

# What are macros?

## Protein | Repair + Muscle

- What It Does: Protein is the building block of your muscles. It helps repair and grow muscle tissue after exercise.
- Examples: Chicken, turkey, tofu, Greek yogurt, lentils, fish
- Why You Need It: Without enough protein, your muscles won't recover properly, which can slow down progress in strength and muscle gain.



## Carbs | Energy for Training

- What It Does: Carbs provide your body with the energy it needs to fuel workouts. They're the primary source of energy for high-intensity exercises like running, cycling, and weightlifting.
- Examples: Oats, quinoa, sweet potatoes, rice, fruits, whole grain bread
- Why You Need It: Without enough carbs, you may feel sluggish and tired during workouts. They help maximize your training potential and promote recovery.



## Fats | Hormones + Fullness

- What It Does: Healthy fats support hormone production (think metabolism, muscle-building hormones, and energy regulation). They also keep you feeling fuller longer, helping with hunger control.
- Examples: Avocados, olive oil, nuts, seeds, fatty fish (salmon), nut butters
- Why You Need It: Fats are crucial for hormone balance, brain function, and keeping energy levels steady throughout the day. They also play a key role in helping you feel satisfied after meals.



# What is Dieting?

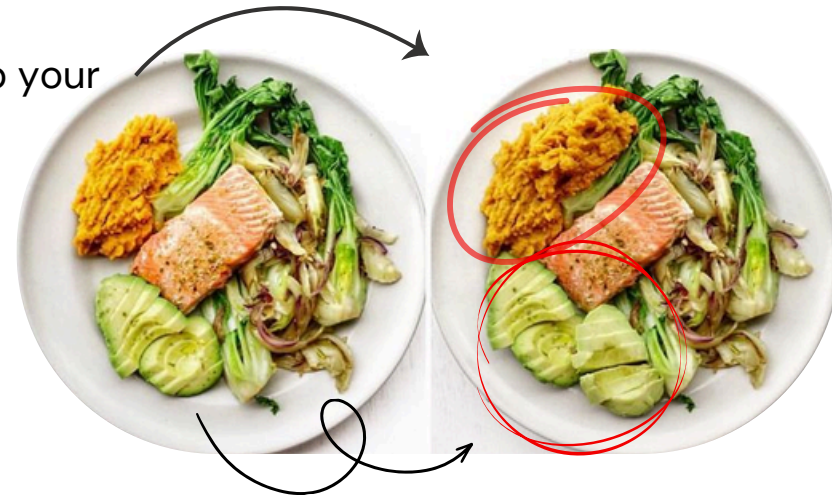
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Dieting is all about making mindful choices with your food to support your fitness and health goals. It's not about restriction; it's about balance and choosing the right foods that help your body perform at its best.

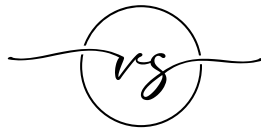


492 cal

745 cal



## CALORIC SURPLUS



## CALORIC DEFICIT

Eating more calories than you burn. This is key for muscle building and gaining weight.

Eating fewer calories than you burn. This is necessary for fat loss and weight loss.

- Fat Loss: If your goal is to lose fat, you need to be in a caloric deficit. A slight deficit is better than a large one to avoid muscle loss.
- Muscle Gain: If you're aiming to build muscle, a caloric surplus is ideal. This ensures your body has enough energy to grow muscles after workouts.

*How do you know what is right for YOU?*

**PORTION CONTROL**



# WHEN YOU EAT MATTERS

While total calories matter most, timing meals around workouts can help optimize performance. Eating protein and carbs before and after workouts aids in muscle recovery and energy.



breakfast

lunch

dinner



# DRINK WATER

Staying hydrated is crucial for performance and recovery. Aim for at least 8 cups of water per day (or more depending on activity level).



# MEAL PREPPING FOR SUCCESS

Meal prepping is a game-changer when it comes to staying on track with your fitness goals. It saves time, reduces stress, and helps you make healthier food choices throughout the week.

## Benefits of Meal Prepping

- **Saves Time & Money** – Prepping meals in advance reduces last-minute fast food runs and grocery store trips. Buying ingredients in bulk also cuts costs.



- **Eliminates Guesswork** – You always have a healthy meal ready, reducing the chances of making poor food choices when you're hungry.



- **Portion Control** – Helps you manage portion sizes to stay within your calorie and macro goals.

# PRE-WORKOUT NUTRITION: FUEL YOUR TRAINING

Eating a balanced meal 1-2 hours before your workout can give you the energy you need for an effective session. The ideal pre-workout meal includes:

- Carbs for energy (e.g., oatmeal, sweet potatoes, or fruit)
- Protein to support muscle growth (e.g., chicken, protein shake)
- Small amounts of fat for sustained energy (e.g., avocado, nuts)

This will ensure you have the necessary fuel to perform at your best and prevent muscle breakdown during exercise.



# POST-WORKOUT NUTRITION: RECOVERY & MUSCLE REPAIR

After your workout, your muscles are in repair mode, so what you eat 30-60 minutes after your training is crucial. The goal is to replenish glycogen stores and promote muscle recovery. A good post-workout meal should contain:

- Protein (to support muscle repair and growth) – think lean meats, eggs, or a protein shake.
- Carbs (to restore glycogen) – whole grains, fruit, or vegetables.
- Protein shake (to support muscle recovery) – helps kickstart the repair process and boosts lean muscle growth after your workout.

By eating the right nutrients post-workout, you'll speed up recovery, reduce muscle soreness, and be ready for your next session!

# Move Your Body, Build Your Strength

Exercise helps you build strength, improve cardiovascular health, and boost metabolism. It's also essential for maintaining muscle mass and achieving fat loss goals.

## STRENGTH TRAINING (RESISTANCE TRAINING)

- **What It Is:** Using weights, resistance bands, or bodyweight exercises to build muscle and strength.
- **Examples:** Squats, lunges, shoulder press, dumbbell curls
- **Benefits:** Helps increase muscle mass, improve bone density, and boost metabolism.



## CARDIO (AEROBIC EXERCISE)

- **What It Is:** Exercises that increase your heart rate and improve your endurance.
- **Examples:** Running, cycling, swimming, HIIT (High-Intensity Interval Training)
- **Benefits:** Great for fat burning, heart health, and stamina.



## FLEXIBILITY & MOBILITY

- **What It Is:** Exercises that focus on improving the range of motion and flexibility.
- **Examples:** Yoga, stretching routines, foam rolling
- **Benefits:** Reduces the risk of injury, improves posture, and enhances recovery.



# Your Final Approach: Where It All Comes Together

These are the pillars of your transformation.

## Macros.

Eat to fuel your body —  
Understand your macros,  
nourish with purpose, and  
don't fear food.



## Movement.

Train with intention —  
Challenge your body,  
build strength, and stay  
consistent.



## Mindset.

Respect the process —  
Progress takes time. Your  
results are built by the  
choices you make daily.

