

SMART FUEL AUDIT

WHAT YOUR MACROS
AREN'T TELLING YOU



Numbers Aren't the Whole Story

You can hit your macros and still feel like trash. Why?

Because:

- You might be low on **fiber**, leading to bloating and gut issues.
- Your food could lack **micronutrient density**, meaning you're undernourished despite eating enough calories.
- You might have a poor **Omega-3 to Omega-6 ratio**, inflaming your system from the inside.
- You're ignoring potential **gut disruptors** like emulsifiers, artificial sweeteners, or frequent antibiotics.
- You're not tracking **inflammatory symptoms** that can wreck your recovery and performance.

Smart Fuel Checklist

Use this as a **weekly check-in tool** to upgrade your nutrition without obsessing over every gram.

- I consume **25-35g fiber/day** (from real food)
- I include **fermented foods** (yogurt, kefir, kimchi, sauerkraut)
- I eat 1-2 servings of **fatty fish** or take Omega-3s weekly
- I drink enough **water** to have clear urine at least twice daily
- I cook mostly with **olive oil, avocado oil, or ghee**
- I consume 5+ servings of colorful **vegetables or fruit** per day
- I limit highly **processed snacks/meals** to 3x per week or less
- I avoid **trans fats and artificial sweeteners**
- I eat **protein** in every main meal
- I track **cravings** and how I feel post-meal



Inflammation & Gut Health Tracker

Check any symptoms you notice regularly:

- Bloating
- Brain fog
- Constipation
- Skin breakouts
- Low energy post-meal
- Cravings despite full meals
- Irregular digestion or stool
- Joint pain
- Sugar crashes or fatigue after carbs

If 3+ apply often, it may signal underlying inflammation or nutrient imbalances.

Quick Wins You Can Start Today

Start with just one or two:

- Add 1 tbsp **ground flax or chia daily** (fiber + Omega-3)
- Swap processed snacks for **fruit + protein** (e.g., apple + boiled egg)
- Cook with **olive oil, avocado oil, or ghee** (ditch seed oils)
- Add 1 cup **leafy greens** to lunch or dinner
- Drink a glass of **water** before every meal
- Try **probiotic foods** 3x per week



Use this audit **weekly** to upgrade what goes in — so you can level up what comes out.

Fuel smarter. Perform better. Be unbreakable. Unshakable. Undeniable.

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