

Carbs, Protein & Fat: The Basics

Supports: Building Block 8 — Macronutrients: Carbohydrates, Protein & Fat

Why It Matters

Carbohydrates, protein, and fat are the three macronutrients, and your body needs real amounts of all of them to run well. Despite the headlines, none of them is the enemy; each does an important job, and they work best as a team on your plate. Instead of cutting a whole group out, the friendlier goal is choosing the more nourishing version of each, more often. When you build meals with all three, you tend to feel fuller, steadier, and more satisfied, and eating stops feeling like a set of rules.

What to Know

Carbohydrates: your main fuel

Carbs are your body's primary source of energy, powering your muscles, your movement, and your brain. Craving them is normal and biological, not a lack of willpower. Rather than going low-carb, lean toward whole-food carbs that come with fiber for longer-lasting energy.

- Reach more often for whole grains, beans, fruit, and starchy vegetables.
- Fiber-rich carbs help you feel full and give steadier, longer-lasting energy.
- A breakfast with fiber-rich carbs, protein, and fat helps refill your tank for the day.

Protein: build, repair, and stay full

Protein helps build and repair muscle and makes hormones and enzymes your body needs. It also takes longer to digest, so it helps you feel full and satisfied longer. You do not have to count grams; simply aim to include a protein source at each meal, and lean and plant proteins are both great choices.

- Lean animal options: poultry, fish, eggs, and yogurt.
- Plant options: beans, lentils, tofu, nuts, seeds, and whole grains.
- Plant proteins bring fiber along too, supporting digestion and steady energy.

Fat: essential, and better when unsaturated

Fat supports brain and immune function, helps your body absorb certain nutrients, and adds flavor and staying power to meals. The kind worth leaning into is unsaturated fat from whole foods, which is liquid at room temperature. Trans fats are the ones to limit, and reading the ingredient list for "partially hydrogenated" helps you spot them.

- Whole-food unsaturated fats: nuts, seeds, avocado, olive oil, and fish.
- Try chia in a smoothie, avocado on a salad, or salmon with vegetables and a whole grain.
- Keep trans fats low by checking labels for "partially hydrogenated" ingredients.

★ **Bryce's staples for this block.** Whole-food carbs — russet, gold, and red potatoes, sweet potatoes, rice, farro, quinoa, and oats. Fats — extra-virgin olive, coconut, and avocado oil (a little to cook and finish); plus nuts, seeds, and natural peanut butter. Proteins — boneless, skinless chicken breast, 85/15 grass-fed ground beef (drained well), and eggs. Dairy — butter, whole milk, and shredded Mexican- and Italian-blend cheese, in small amounts to enrich. The full list is in the "Bryce's Kitchen Staples" handout.

Build a plate, not a rule book. Aim for a mix of all three macros at most meals, and choose the more nourishing version when it is easy. No single meal has to be perfect; your eating balances out over time.

Try This

Picture a typical day of meals and notice which macronutrients show up easily and which tend to go missing. There is no grade here, just a chance to see where a small addition might help you feel more satisfied.

? Which macronutrient is easiest for you to include, and which is hardest?

? Where could you add a fiber-rich carb, a lean or plant protein, or an unsaturated fat?

? What is one small change that would make your meals feel more satisfying?
