



THRIVE

AN AT HOME GUIDE TO SUCCESS
WITH YOUR HEALTH AT FITNESS



ABOUT THE GUIDE

Extended stays at home can be a massive change in your routine. This often comes with some stress around maintaining your diet and exercise as you strive for an overall healthy lifestyle.

This guide is a concise, but thorough compendium of tips, tricks, recipes, and workouts that you can use to navigate extended periods at home and continue on your path to health and wellness.

We are here to support you and provide you as many resources as we can!

**On behalf of
our entire
staff at
Macros Inc.**

NAVIGATING TAKEOUT FOOD

Take out and home delivery food can make navigating certain periods of your life substantially easier and less stressful. While we often think of takeout food as inherently "unhealthy" there are several tips you can use to ensure that you are getting great food options!

Keep Food Simple

One of the biggest issues with restaurant foods is it can be hard to know what exactly is in a dish. There are often a lot of ingredients in things like sauces, dressings, reductions, etc. that are really hard to account for. Furthermore, really complicated dishes often have things you don't even know where to begin in understanding what is in it. So the very first place to start when ordering a meal out is keep your meal simple. Simple doesn't mean boring or bland (a perfectly seared steak with charred vegetables and a baked potato is not boring), simple means easy to understand and track.

Roasted, Baked, Grilled, Broiled, or Poached

How your food is prepared makes a big difference in the nutrient qualities of it. There are certain methods of cooking that keep food "simpler" than others. Whenever possible, order food to be roasted, baked, grilled, broiled, or poached. They use either air, flame, or water to cook them and don't require a lot of additional ingredients. Fried foods require a batter (eggs, flours, butter) and are deep fried in oil. Sautéed foods are also cooked in either a generous, not measured out amount of butter or oil.

General Go-To Restaurant Meals.

Almost all restaurants have some iteration of the same dish so you can go to almost any sit-down restaurant in the world and find some variant on these dishes.

- Roasted chicken with vegetable medley or wild rice
- Grilled steak and baked potato
- Grilled fish with wild rice
- Stir Fry with vegetables and chicken/shrimp/steak



Try Something Different!

Indian Food

Indian food, if done right, can provide a great meal while eating out as they often use low calorie spices to achieve complex flavors. Opt for steamed rice and curry dishes, grilled meats if possible, and steamed veggies.

There are some dishes in Indian cuisine that are not optimal choices (i.e. butter chicken) or other fried options (i.e. fry bread), but overall Indian food provides a highly nutritious, and high flavor dining out experience.

Greek Food

Greek cuisine can be very vegetable heavy, relies on rice and potatoes, and uses grilling and sauteing in olive oil as their primary cooking methods.

Be mindful of dishes that are sauteed as they can often be very oil heavy, but some smart choices and asking the server how things are prepared can lead to a great greek meal. Choose dishes that have a grilled meat, mixed veggies, steamed rice, and you are set for an excellent meal out.

Japanese Food

Japanese cuisine can prove to be an excellent type of food. Japanese food often uses simple, but flavorful ingredients. Most Japanese food is steamed or grilled, and foods tend to be higher in protein and carbohydrates and lower in fat than other types of foods. Japanese foods can be higher in sodium if large amounts of soy sauce are used.

Tempura, which are deep fried foods, can prove to be high-calorie, high-fat foods, but opting for dishes that focus on steamed rice, rice noodles, fish, seared chicken, and steak are great choices.

ON THE GO FOOD OPTIONS



PANDA EXPRESS



BROCCOLI CHICKEN

180 CAL
9G FAT
11G CARBS
2G SUGARS
3G FIBER
13G PROTEIN

BLACK PEPPER CHICKEN

280 CAL
14G FAT
11G CARBS
5G SUGARS
10G PROTEIN

MUSHROOM CHICKEN

220 CAL
14G FAT
8G CARBS
5G SUGARS
13G PROTEIN

WHITE STEAMED RICE

380 CAL
0G FAT
87G CARBS
0G SUGARS
7G PROTEIN

SUPER GREENS

90 CAL
3G FAT
10G CARBS
0G SUGARS
6G PROTEIN

CHICKEN TERIYAKI

300 CAL
13G FAT
8G CARBS
8G SUGARS
36G PROTEIN

STARBUCKS



CLASSIC OATMEAL

160 CAL
2.5G FAT
28 CARBS
4G FIBER
5G PROTEIN

HEARTY BLUEBERRY OATMEAL

220 CAL
2.5G FAT
43G CARBS
13G SUGARS
5G FIBER
5G PROTEIN

REDUCED-FAT TURKEY BACON & EGG WHITE SANDWICH

220 CAL
14G FAT
8G CARBS
5G SUGARS
13G PROTEIN

SPINACH, FETA & EGG WHITE WRAP

280 CAL
8G FAT
34G CARBS
5G SUGARS
20G PROTEIN

EGGS & CHEESE PROTEIN BOX

470 CAL
25G FAT
40G CARBS
21G SUGARS
23G PROTEIN

FRUIT AND CHEESE PROTEIN BOX

450 CAL
27G FAT
34G CARBS
15G SUGARS
20G PROTEIN

CHICK-FIL-A



GRILLED NUGGETS (8 PIECE)

130 CAL
3G FAT
1G CARBS
25G PROTEIN

GRILLED CHICKEN SANDWICH

320 CAL
6G FAT
41G CARBS
28G PROTEIN

GRILLED COOL WRAP

350 CAL
13G FAT
29G CARBS
42G PROTEIN

SPICY SOUTHWEST SALAD

450 CAL
19G FAT
39G CARBS
33G PROTEIN

EGG WHITE GRILL

290 CAL
8G FAT
29G CARBS
26G PROTEIN

GREEK YOGURT PARFAIT

280 CAL
8G FAT
37G CARBS
13G PROTEIN

RECIPES



GREEK CHICKEN SALAD BOATS

INGREDIENTS

Boats

- Boneless skinless chicken breast, raw 150g
- Lettuce 160g
- Tomato 110g
- Cucumber 110g
- Bell pepper 110g
- Feta cheese 50g
- Lemon Juice, splash to taste
- Oregano 1tsp to taste

Sauce

- 0% plain greek yogurt 100g
- Lemon juice, splash to taste
- Dill spice 1tsp to taste



DIRECTIONS

- Weigh and chop your chicken into thin strips or bite sized pieces and place in a fry pan on medium, stirring occasionally.
- While the chicken is cooking, weigh your yogurt, mix the sauce and set aside.
- Chop up tomatoes, cucumber and bell pepper into bite sized pieces, weighing each portion, before stirring together in a bowl with another splash of lemon juice and dash of oregano.
- Carefully separate 3-4 large leaves off the head of lettuce; any full sized leafy lettuce leaf will also work - these will be your boats. Chop up additional lettuce and weigh the boats and chopped lettuce portion.
- Weigh your portion of feta cheese.
- Assembly: place chopped lettuce on the bottom, next spoon in a layer of your tomato/cucumber/pepper mix.
- Add the chicken, crumble feta on top of the chicken then spoon on your lemon dill sauce and enjoy!

Serving Size: All of it!

Protein: 57 g

Carbs : 22 g

Fat: 15 g

EGG WHITE DROP RAMEN BOWL

INGREDIENTS

- 1 Packet Instant Ramen
- 150-250 G of Frozen Vegetable Blend
- 200 mL Liquid Egg White

DIRECTIONS

- Cook Instant Ramen according to package.
- While ramen is cooking, reheat the frozen vegetables according to package.
- While ramen is hot pour in the egg whites and slowly stir to ensure egg whites are cooked.
- Add vegetables to the ramen.
- Overdose on Sriracha :)



Serving Size: All of it!

Macros will vary depending on ramen used

PROTEIN FRUIT SMOOTHIE

INGREDIENTS

- 140G of Frozen Fruit
- 1 Scoop of Protein Powder
- 1 Cup of Ice

DIRECTIONS

- Place frozen fruit in the bottom of the blender.
- Add 1 cup of ice on the top of the frozen fruit.
- Add protein powder and any extra liquid (water or milk)
- Press the blend button until it is completely blended.
- Pour into your favorite glass and bon appetite.



Serving Size: All of it!
Macros will vary depending on fruit used

PROTEIN OATMEAL

INGREDIENTS

- 250 G of Oatmeal, Dry
- 1 Scoop of Protein Powder
- 1/2 cup Canned Peaches, Drained.

DIRECTIONS

- Cook oatmeal per instructions
- Add 1 scoop protein powder and stir.
- Spoon on canned peaches
- Serve



Serving Size: All of it!

Protein: 25-30 G Carbs: 50 G Fat: 1 G

HEARTY STEW

INGREDIENTS

- 2 Cup Vegetable Stock
- 1 Bag Frozen Mixed Veggies
- 1 Cup Chopped Potatoes
- 1 Can Diced Tomatoes
- 2 Tbsp Olive Oil
- 3 oz Tomato Paste
- 8 oz Stew Meat

DIRECTIONS

- Take a medium to large sized pot and heat on stove over medium or high heat.
- Add olive oil to hot pot and let sit for 30 seconds.
- Add stew meat and cook until brown.
- Add tomato paste and cook for 3-4 minutes.
- Deglaze pot with vegetable stock and scrape bottom of pan with wooden spoon.
- Add potatoes, tomatoes, and veggies.
- Cover with lid and let simmer for 2-3 hours.



Serving Size: Half of the Batch
Protein: 38 G Carbs: 50 G Fat: 20 G

AT HOME WORKOUTS



AT HOME WORKOUTS

EQUIPMENT IDEAS

- Gallon of water - 8.4 pounds (you can fill with sand which will be ~12 pounds)
- Ream of paper
- Bag of dog food/kitty litter
- 2 liter of soda
- Lots of cans from food - load into a bag or backpack.
- Books

TOTAL BODY 3X PER WEEK

Exercise	Sets	Reps
Backpack squat Fill a backpack with heavy items and squat. You can put the backpack on your front, back, or both. You can also use a child on your back.	3-5	12-15
Water Jug Chest Flys Laying on the ground, perform a chest fly with a gallon of water in each hand	4-5	10-12
Grocery Bag Curls Fill grocery bags with items and proceed to curl (use non-breakable things in case the bag breaks)	5	10-15
Kitchen Table Reverse Rows Take an unfolded sheet and roll it vertically so it's really long. Put over your kitchen table. Lay on the ground and pull yourself. Think of a reverse pushup combined with a pullup.	5	12
Outside Pull Up Find a tree, a wood beam, etc., that's sturdy. You can also increase the difficulty by added a weighted backpack	3	5-12
2 Liter Triceps Kickbacks Hold a 2 liter of soda while performing	5-10	8-15

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UPPER BODY (2 TIMES PER WEEK)

Exercise	Sets	Reps
Milk Jug Side Lateral Raise	3-5	10-12
Milk jug bent over rows	3-5	10-12
Flat Push-Ups (with or without a backpack for added weight)	3	To failure
Milk Jug, Bent Over Reverse Flys	3-5	10-12
Table Rows Underneath a STRONG table, grab the of the table and pull yourself up, keeping your legs straight. You can also keep your feet flat on the floor & a slight bend in your knees	3-5	8-12
Raised Push-up - Upper body raised = less difficulty - Feet raised = more difficulty	2-3	8-10
Grocery Bag Curls Fill grocery bags with items and proceed to curl (use non-breakable things in case the bag breaks)	5	10-15
Stair Triceps Extension Place hands on step (step 1-3, depending on height). Bend elbows & keep tucked in Keep body straight Extend arms	3-4	failure

AT HOME WORKOUTS

EQUIPMENT IDEAS

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- Ream of paper
- Bag of dog food/kitty litter
- 2 liter of soda
- Lots of cans from food - load into a bag or backpack.
- Books

LOWER BODY (2 TIMES PER WEEK)

Exercise	Sets	Reps
Backpack squat Fill a backpack with heavy items and squat. You can put the backpack on your front, back, or both. You can also use a child on your back.	3-5	10-12
Walking Milk Jug Lunge	3-5	10-12 per leg
Table Reverse Leg Raise <u>Laying</u> face down on a table with your legs off the edge Lower your legs as much as you can to be perpendicular to the ground. Slowly raise legs up to make body a straight line	3-5	Failure
Glute Bridge Once you have mastered a two-leg glute bridge, you can move on to a one-legged glute bridge	3-5	failure

AT HOME WORKOUTS

REQUIRED EQUIPMENT

- Your body

HIIT Circuit	Lower Body focus HIIT Circuit	HIIT Circuit
3 Rounds, AMRAP for 45sec, with 15 sec rest between each exercise	Round 1 each exercise 45 seconds with 15 second rest, Round 2 30 sec each exercise 10 second rest	3 Rounds, AMRAP for 45sec, with 15 sec rest between each exercise
Push-ups	Russian Twists	Russian Twists
Bodyweight Squats	Jump Squats	Burpees
Butt Kicks	Push-ups	Downward dog to tricep pushup
Tricep Dips	SL RDL with dumbbell	Reverse Lunges
Side Lunges	Glute Bridge	Reverse Crunches
Jumping Jacks	Mountain Climbers	High Knees

AT HOME WORKOUTS

REQUIRED EQUIPMENT

- Your body

WORKOUT A

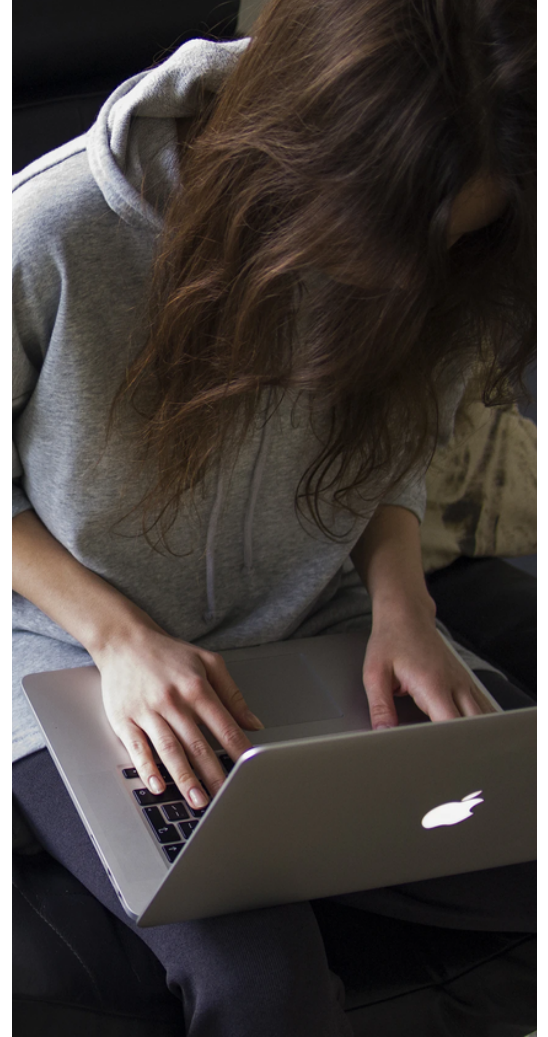
Exercise	Sets	Reps	Rest
1.5 Squat	4	12	1.5 min
Pause Jump Squat	4	12	1.5 min
Eccentric Push Ups*	4	12	1.5 min
Triceps Dips	4	12	1.5 min
Cuban Press	4	12	1.5 min
Knee to Elbow Plank	4	12	1.5 min
Side Plank w/ Psoas March	4	12	1.5 min

WORKOUT B

Exercise	Sets	Reps	Rest
Skater Squat	4	12	1.5 min
Ice Skater	4	12	1.5 min
Paused Lateral Squat	4	12	1.5 min
Hand Release Push Ups	4	12	1.5 min
Rainbows	4	12	1.5 min
Prone Back Extension	4	12	1.5 min
Marching Plank	4	12	1.5 min

WORKING FROM HOME





Changing a work environment can cause some undo stress and make your work more difficult. Much of that comes from adjusting and trying to find new ways to succeed in a new environment.

We are very fortunate at Macros Inc that we are a 100% remote company and have been able to learn how to operate and run efficiently over the last few years.

The following pages are going to include a compendium of tips, tricks, and advice from our employees on how to set yourself up for success and manage your day-to-day work environment while working from home.

These pages should help you navigate some of the hurdles and also show you that remote work can make your life easier in many regards!

Switching to working remotely can have some challenges, but it can also make life much better.

MACROS INC.



YOUR WORK ENVIRONMENT

Setting your work environment is important. Find a way to separate your work from the rest of the house. Whether that is designating a guest room as an office or carving out a space in the basement and wearing headphones. Find a space that can be dedicated work space and hold that space as "sacred" work space.

SET BOUNDARIES

Being physically present in the house means that you are much more available to your family, including your spouses and kids. Have conversations with your family about the expectations and set boundaries that work for your entire family.

Each family will have different needs and circumstances and find ways to work together to set those boundaries such that everyone is happy with the working arrangement.



SCHEDULE BREAKS

Working from home can end up looking like a never ending work schedule. You are always 15 seconds away from your desk.

One way to combat this is to set scheduled breaks. For example, you can set short breaks during your work day. This might look like 15 minutes in the morning, 15 minutes in the afternoon. Play with your pets, go outside for a walk, check in with Macros Inc. on Facebook (**I mean you can't live without us right?!**) etc.

Get outside on your lunch break if possible. Go for a walk, even if it is just in your backyard.

GET OUT OF THE KITCHEN

Stay out of the kitchen. Set that boundary, it can become very easy to wander into the kitchen and end up eating when you don't need to. If it's not meal time, or prep time, don't go in there.

Plan and prepare your meals and snacks just like if you had to go into the office.



BE EFFICIENT

Often times working from home results in more meetings than when working in an office. The phone calls and virtual meetings can be good opportunities for getting some movement in. Put in headphones and pace around your office or the house.

Another option is to get a treadmill desk. Some people find that they can work efficiently while walking on the treadmill.

KEEP THE ROUTINE

Try to continue with your normal routine as much as possible. It can be hard to stay focused when at home with distractions. Take care of urgent concerns (kids, pets, etc) but otherwise try to stay focused and attentive to your schedule.