

MyFitnessPal

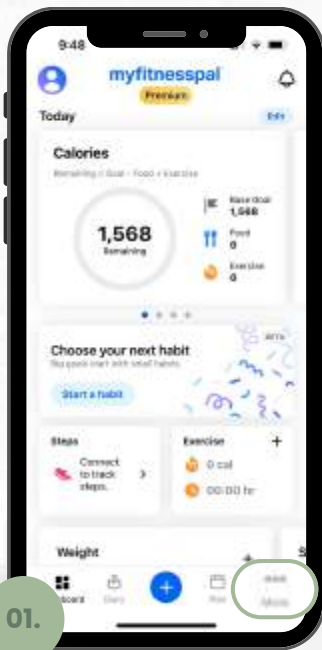
Cheat Sheet



Wholesome
Gems

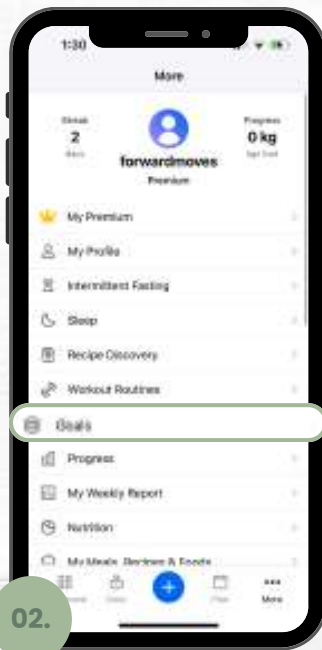
How to Update Your Calories & Macros

To update or adjust your macros in MyFitnessPal, you'll need a Premium account. The free version still allows food tracking, but macro targets can't be changed.



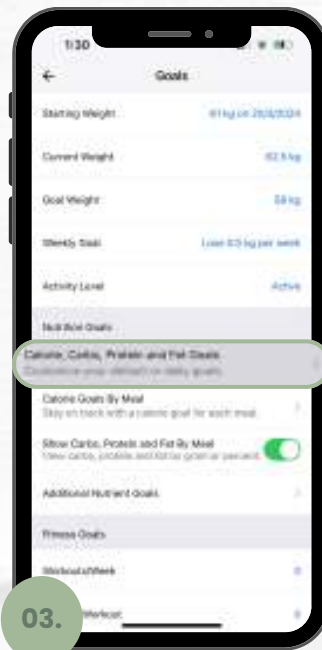
01.

Tap the **Menu button/3 dots** at the bottom of your dashboard.



02.

Select **Goals**.



03.

Tap **Calories, Carbs, Protein & Fat Goals**.



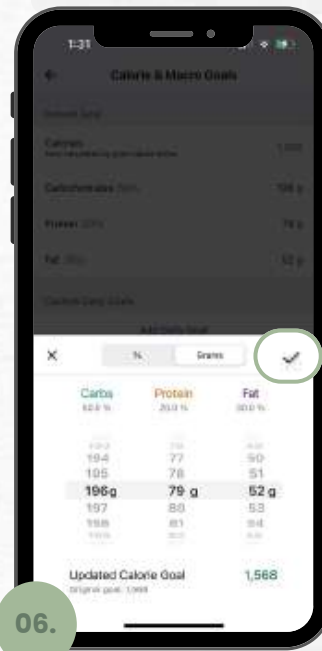
04.

Enter your **calorie target** exactly as provided by your coach by clicking on the macros.



05.

Adjust **carbohydrates, protein, and fat** using the wheel until they match your plan (they must total 100%).



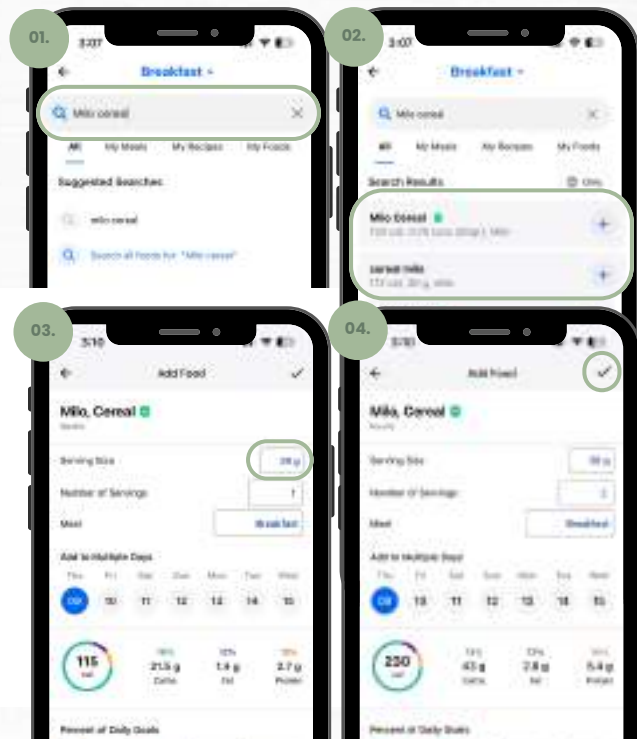
06.

Tap **tick** to lock it in.

Notes:

If you're unsure at any point, stop and ask. The numbers matter, so getting them right once is better than guessing.

Logging your Food



The Search Bar

Type the food name or brand into the search bar, then tap Search (bottom right).

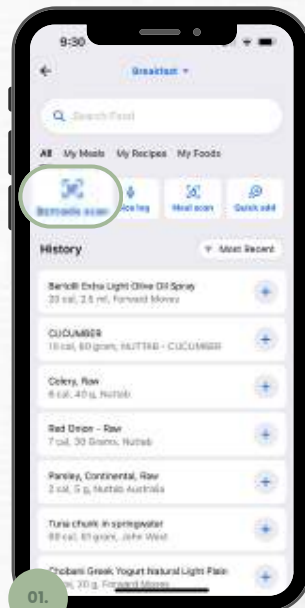
Select a matching result and cross-check with the food label if available (look for green ticks).

Adjust the serving size to match what you're eating.

Tap the tick to add the food.

The Barcode Scanner

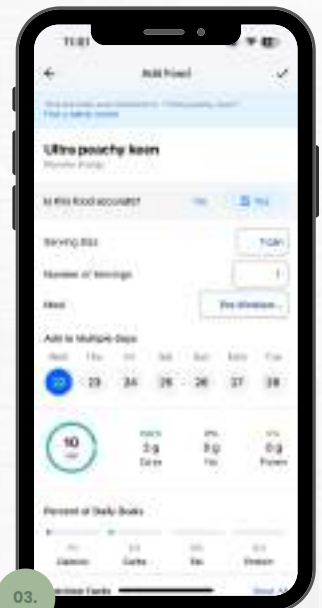
If you're eating packaged foods, Premium users can scan the barcode. Barcode entries usually pull up accurate nutrition data and are more reliable than manual searches.



Click the **plus sign** on the home page and then **scan a barcode** button.



Scan the barcode with your phone camera.



After searching, it will bring up the food and data automatically for you



Quick Add Tool

Quick Add is a Premium feature and is useful when you need to enter calories and macros quickly without logging individual foods. This is ideal when; you're eating out, using nutrition info from a restaurant menu, correcting an inaccurate database entry, or logging a meal someone else has cooked for you and provided the macros.



01. Step One

Swipe across at the top next to barcodes and click on **Quick Add**.

02. Step Two

Type in the macronutrient values and the calories will auto calculate for you.

03. Step Three

Click the 'tick' button.

04. Step Four

Your food will now be logged as **"Quick Add"**.

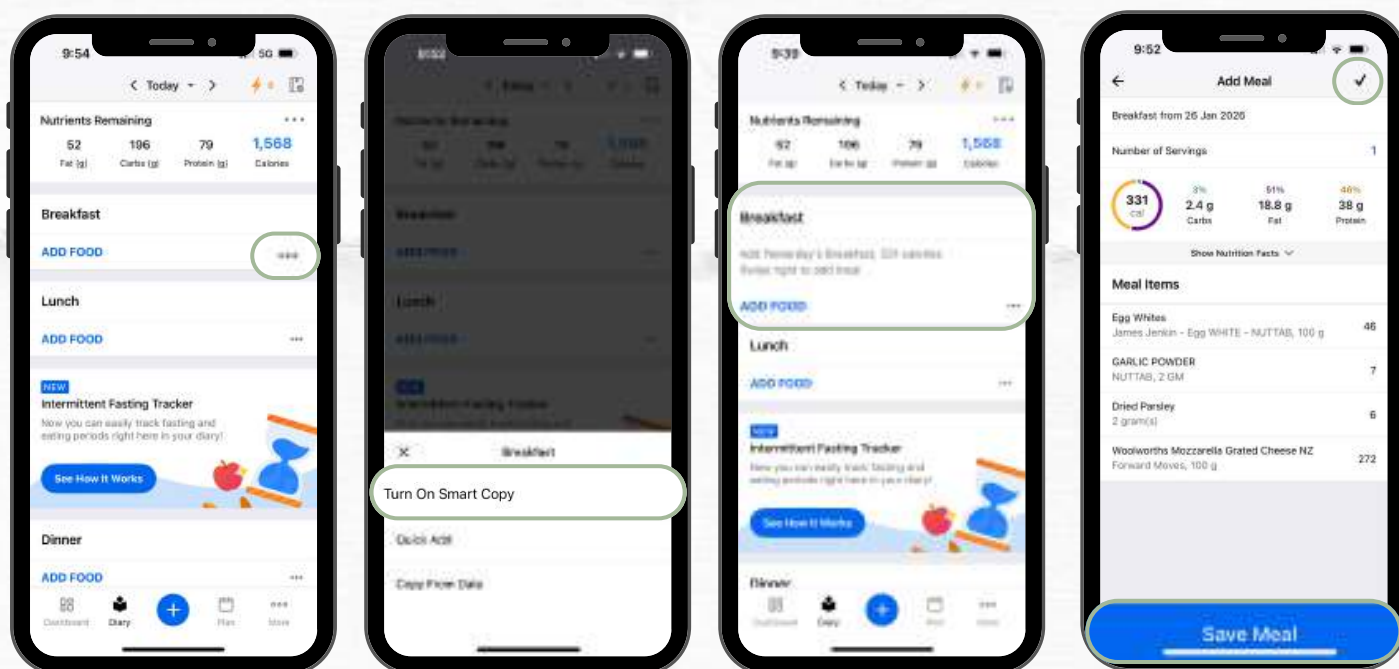
Notes:

When in doubt, Quick Add and move on. Don't let tracking slow you down.

Smart Swipe Tool

Enabling smart copy will give you the ability to add a meal that is the exact same from the day or 2 days before.

It will pop up under the meal and you have to swipe right.



01. Step One

Click the **3 dots** next to the meal you want to smart copy.

02. Step Two

Select **Turn On Smart Copy**.

03. Step Three

Swipe right to add the meal from yesterday.

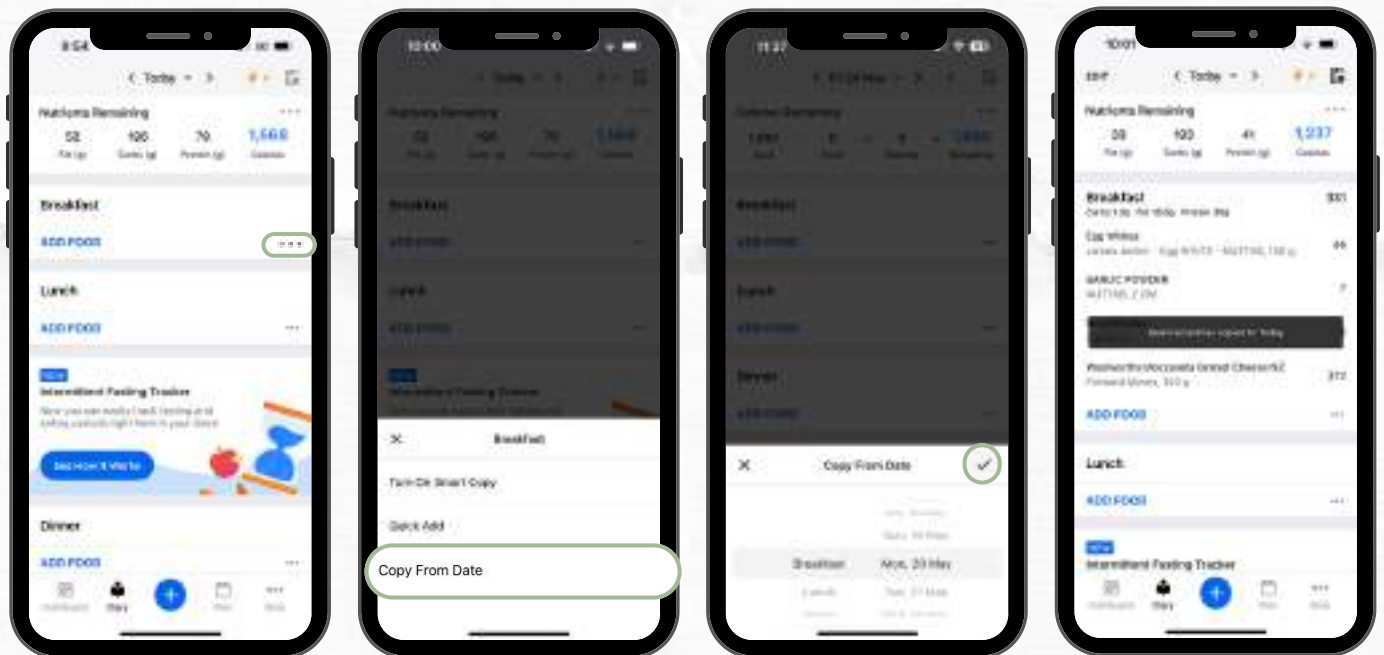
04. Step Four

The meal will show on the screen. You will be able to add the meal by clicking **Save Meal** or the tick in the top corner.

Copy From Date

Copy from date

Do you want to quickly add in meals that you have consumed a previous day? Here's how to do this:



01. Step One

Click on the three little dots of the meal you want to copy.

02. Step Two

Select **Copy From Date**.

03. Step Three

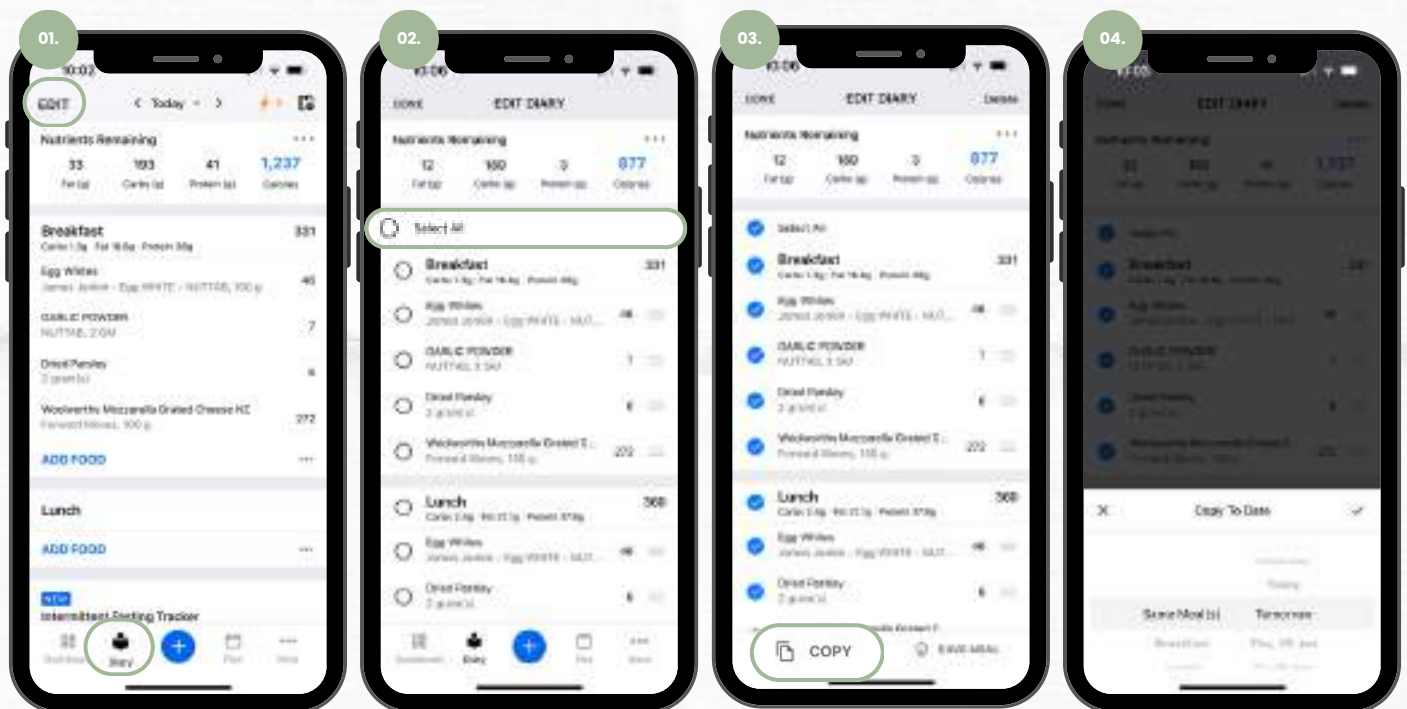
Click on the meal and date you want to copy from and click on the tick.

04. Step Four

The meal will import.

Copy a whole day

If you eat the same food every day, copying and pasting meals makes tracking so much easier. To copy a whole day take the following steps:



01. Step One

On the **Diary** tab, click **Edit** on the top left hand corner.

02. Step Two

Either click **Select All** or certain meals.

03. Step Three

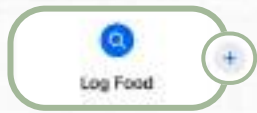
Click the **Copy** button at the bottom.

04. Step Four

Select the corresponding day you want the meals copied to. They will all copy over in one go.

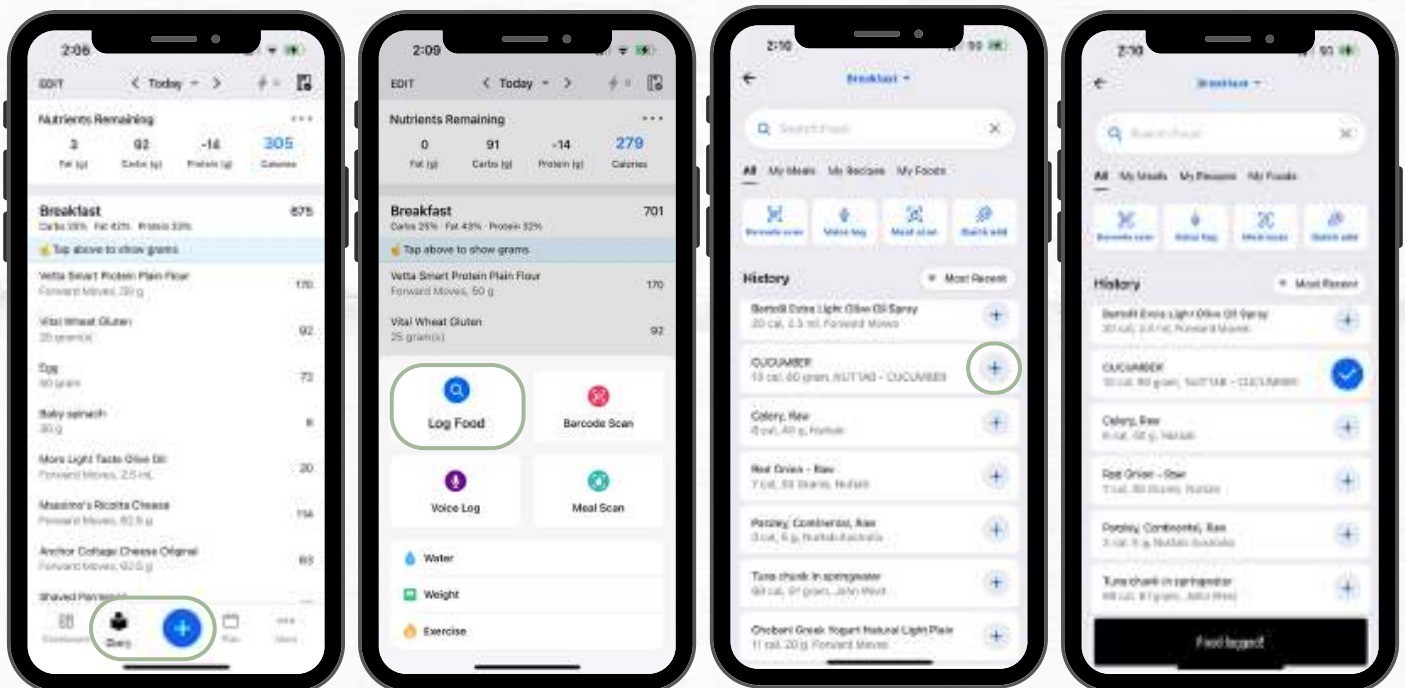
Notes:

This feature is great if you've been meal prepping for the week or stick to the same meals regularly



Meal & Food Shortcuts

Your Recent foods and meals list automatically saves what you log most often, making it easy to re-add foods without searching every time.



01. Step One

Open the **Food Diary** and tap the **plus** sign.

02. Step Two

Tap the **Log Food** button.

03. Step Three

Scroll to the Recent list to see foods you've logged most recently.

04. Step Four

Tap any item to add it straight back into your diary.

Notes:

The more consistently you track, the smarter your Recent list becomes, making logging faster and easier over time.



Recipes / Meals

Save a recipe once and log it anytime you make it. Perfect for home-cooked meals you eat regularly – once it's saved, it takes just one tap to log.



01. Step One

Tap **Food Diary** > **Plus Icon** > **Log Food** > **My Recipes** > **Create a Recipe**

02. Step Two

Save the recipe with a name you'll remember and adjust the servings.

03. Step Three

Add ingredients individually. When finished click the **arrow** to go to the recipe overview.

04. Step Four

Ensure macros and calories are correct and click save.

Notes:

If you eat it more than once, turn it into a recipe. It saves time and makes future logging effortless.

Tips

Plan Ahead

Log your meals in advance whenever you can – preplanning your day or week makes tracking faster and more accurate.

Check Weekly Trends

Use the weekly view to spot patterns and stay accountable. Seeing your intake over several days is more useful than stressing about a single day.

Habit Stack Your Tracking

Pair logging with an existing habit – for example; log your meals before scrolling at night, while walking on the treadmill, or sitting in the car before work. Small routines make tracking effortless.

Track Consistently

The more you track, the more accurate we can be about how your body responds to calories and macros. Consistency beats perfection.

Look for Patterns

Notice how different foods affect you: do you feel fuller after protein at breakfast? Sluggish after desserts? Tired if you haven't had enough water? These trends are key data for coaching.

Use a Food Scale

Weighing your food builds awareness and ensures your logged portions match what you're actually eating. Even a few weeks of weighing teaches you accuracy for life.

Track Everything - Every Bite Adds Up

Even small snacks, sauces, or drinks count. Logging everything gives the most accurate picture of your intake and helps us make the best decisions for your plan.

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