

Using Carb Manager App For Keto

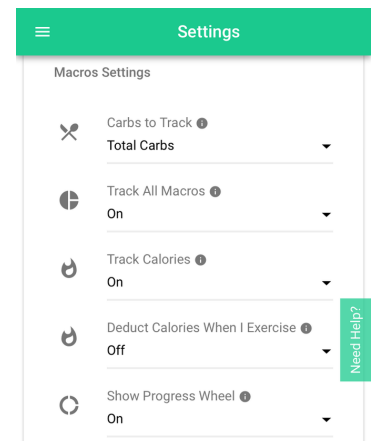
Download



The free version is perfect and really all you need, but you can upgrade to the paid version and get free recipes, meal plans, articles and more. Follow instructions for making an account.

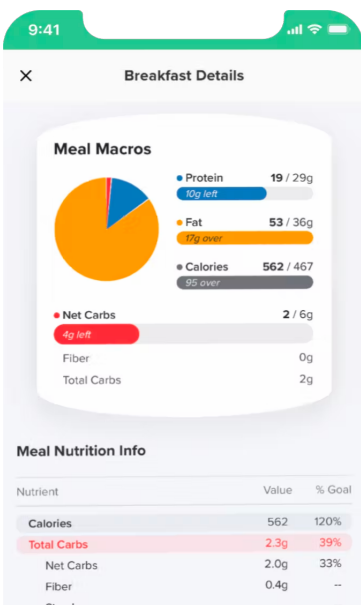
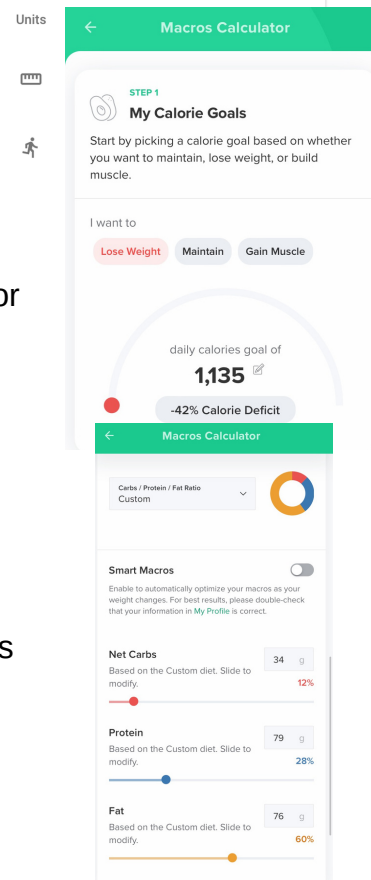
Establish goals under "App Settings"

- Match your settings to the picture on the right under APP SETTINGS. "Carbs to track" should be set to "net carbs".
- Any other settings can be set however you like, but don't enable "calories burned deduction".



Establish goals under "Macros Calculator"

- Aim to keep calories between 1200-1500 for females and 1800-2200 for males (or whatever makes sense for you).
- Tap on "Carbs/Protein/Fat Ratio" and set to "custom". Set net carbs to 20-35 grams. Protein can be around 25% of total calories and fat can be around 65%.
- When you click "Apply Macros" to set this, you might get a message to change numbers to equal daily calorie goals. Just keep playing with this until you're happy.
- If you upgrade to a paid account, you can set your macros to "KETO" and then increase "Net Carb" goal to 35 grams daily. Fat and protein will adjust themselves on the paid version. The most important macro to have correct is carbs.



Start tracking & have fun!

- Use the "+" sign to add foods and drinks.
- Personalized recipes can be created for your favorites you eat often.
- Add everything before or just after you eat it to avoid forgetting!
- Track water & exercise if you like (don't eat the calories you burn).
- Don't stress about being perfect with numbers, just aim for the goals you set as best you can.
- Redirect yourself throughout the day based on your macro pie chart to keep yourself on track. If you max on carbs, eat more protein and fat foods.
- Track your weight here too so you can see your progress for motivation!