

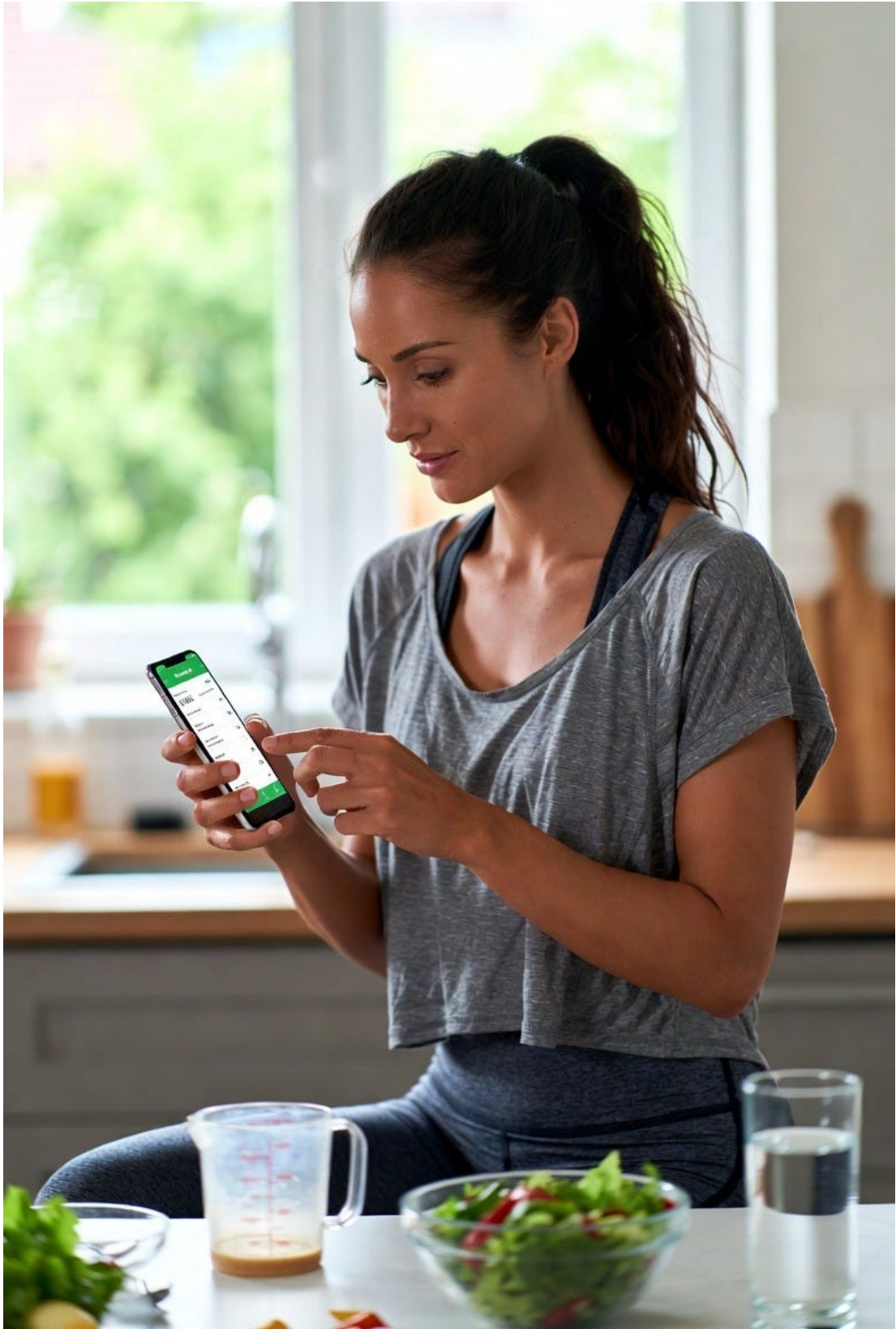
CALORIE COUNTING SUCKS BUT...

Fit Tips 33-brought to you from my upcoming short book called
CARBS & CALORIES



MIKE MISURACA

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Enjoy a meal and know you're safe

Before I started counting calories I ate like there was no tomorrow. I've never been on the fat side of life but I know what it feels like to be overweight. To buckle up your jeans with your belly getting pinched every time. So, uncomfortable! However, there's a solution to not scarring your stomach tissue every time you pull up your pants to go outside. **Here's why calorie counting is effective.**

1. Every calorie counts

Whatever you've been told about not all calories are alike is true to an extent. However, they still all go into this beautiful system we call the human body. Whether it's a piece of cake (which I don't recommend *all the time*) to a banana, your body takes both calories in no matter what your opinion is-if they're "good" or "bad."

2. Micro vs macros

Years back when I was into body building I would stress over keeping track of my micro and macro nutrients. Again, my advice is for the average guy or gal who wants to lose weight and stay relatively healthy for the rest of their lives. With an added bonus of sporting great looking abs.

What this blog is *not* about is for professionals that compete and have intense fitness goals for other reasons in their life. Now, the rest of you

can breathe easy. This will not be too difficult to accomplish. I do not feel (due to experimentation with my own body and medical research online) it's necessary to count your nutrient intake. For one, who wants to do more than they have to when it comes to exercise? Second, for most people, it will become very tedious when you track every single fat, carbohydrate, and protein you throw down your gullet. Most, will give up before they have a chance to see results.

Lastly, if your over the age of twelve you should know that the kind of sugar an orange contains is not the same type of sugar a cookie contains, which is refined and processed outside the controls of nature. Remember, nature created us we did not create it, so for future reference it's better to eat whole foods-naturally produced from the earth than from man. That's not to say you can't divulge in man made processed foods, just eat more of the prior and you'll be fine.

3. Mentally be aware

I will keep coming back to this very important topic over and over throughout Fit Tips. *Whatever we think about most will become what we physically see.* This goes back to the Universal Laws of Hermeticism. I'll touch on this more later and how you can use it to your advantage in future posts. Just know this: THE UNIVERSE IS MENTAL. This means our physical reality is a projection of our consciousness. When you eat food you want to enjoy it. Because a positive mind produces a positive body image-the awesome abs you want to see next time you look in the mirror.

4. Make counting fun

A couple of months ago I was locked up in prison so how in the hell was I able to count calories. Simple. With a note book and pen. And for beginners I suggest you do this because it teaches discipline. While everyone else was around me shoveling hot Cheetos, beans, and

sausage burritos into their mouths without a care in mind; I was keeping track of calories as best I could without an internet connection.

4. Use an app it's easier

Like I said in the previous paragraph, I recommend for maybe a month or two write down every meal you eat and it's calorie count. This is a great way to learn discipline built by consistency; then after, to save time and energy download an app like [My Fitness Pal](#) which I have no affiliation with and am not getting paid to promote them. Their app is the easiest one to use in my opinion. There's a free and paid version which allows you to scan barcodes and automatically input the calories you eat. I use the free version because I still like to be a little disciplined when it comes to tracking my calories. Having to remember to add my calorie count after a meal by punching in the numbers on my phone helps me stay focused.

5. You can still enjoy your favorite foods

Ever hear of the old adage, "everything in moderation?" To some extent that is true when it comes to counting calories. This is even more valid when you begin to see the results you so longed for when you first started your journey in the fitness world. Today, since I can see my abs I'm not so anal about what I eat, just aware that if I over eat (meaning eating a lot of sugary and high fat foods that are refined and processed, consistently) I will pay the price down the road.

There's two key elements I have to mention before we finish. One, *you have to work your ass off to be able to eat what you want most of the time*. What I mean is not only do you have to lift weights, or do bar work [chin-ups and pull-ups] and other body exercises, but you have to put in that work with cardio. Which I do myself and recommend. Running a certain amount of miles every other day will help burn that belly fat in no time. In the beginning you may have to walk a few miles before you run and that's fine. This is because our bodies are not use to the

exertion and stress of pounding the pavement for long distances. However, as long as your doing some form of cardio. What it'll do for your abs no other workout will. Besides your diet, cardio will get you ripped in no time. But it all depends on you.

The second key element is you have to kick out more calories then you put in. Most people know this but what most do not know is how to do this. It takes discipline, the dreaded D word and unfortunately, there's no way around it. Sorry folks, the best I can do is recommend you begin counting the calories you take into your body right now. This way you'll know how much you need to burn off later on. I call it a give-and-take relationship between us and our bodies. I can eat what I want as long as I burn it off later regularly.

6. Your body knows best-sometimes

Ever walk into a store and get an immediate craving? This is your body trying to communicate with you. And yes, it could be for that canister of Pringles chips. Because that's what you programmed yourself to like to eat. Well, there's great news you can program it to stop liking chips as much as it likes honeycrisp apples. Fitness gurus think because they like to eat healthy most of the time that everyone else should too. And I'm saying that this is not logical. We still have taste buds. I love Ritter's chocolate bars which I'm thinking about right this moment. But I won't go to CVS to buy one. Why? Because today I have self-control over my body. How? Over years (yes most things in life that are valuable to us take years to build) my mind and body have a wonderful connection. And soon if you follow my direction I will teach you to gain control over yourself too.

So, make it easier on yourself and eat less of foods that will ruin your chance of getting the body you really want. Notice I didn't say stop eating these foods entirely, because I know that's damn near impossible for most of us. Just enjoy them after you worked out hard , set aside a day to eat what you want, and more importantly count your calories for

the rest of week. *Please don't count your calories on your reward day that's no fun.* [A REWARD DAY is what's commonly referred to as a "cheat day"]. **Yes, it is possible to 'cheat' for a 24 hour period without affecting the composition of your body.*

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