Blog / protein tracking shortcut

I used to track all my food in MyFitnessPal, but it became so bloated and expensive that I wanted to find another solution. I tried a lot of pre-built apps, but the issue persists.

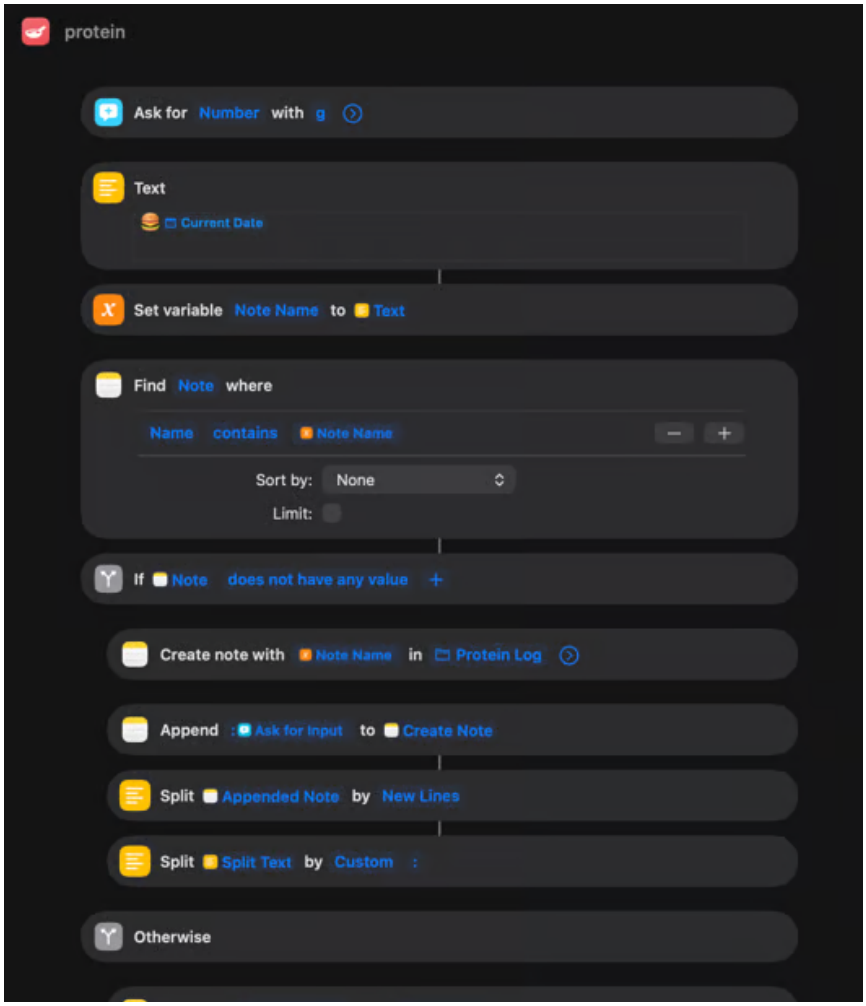
Tracking all my macros also starts me down a path of hyper-fixating on food, which is not good for me. The point of this is to make sure my body gets the fuel it needs to get swole and not to obsess over every calorie I consume.

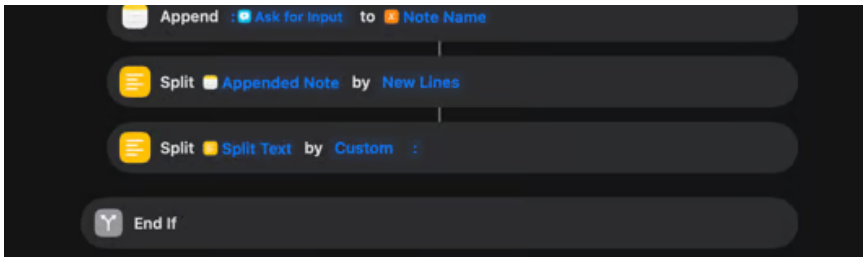
I decided that the most important macro for me to track is protein, and there isn't a great app or pre-built shortcut for this path, so I built my own.

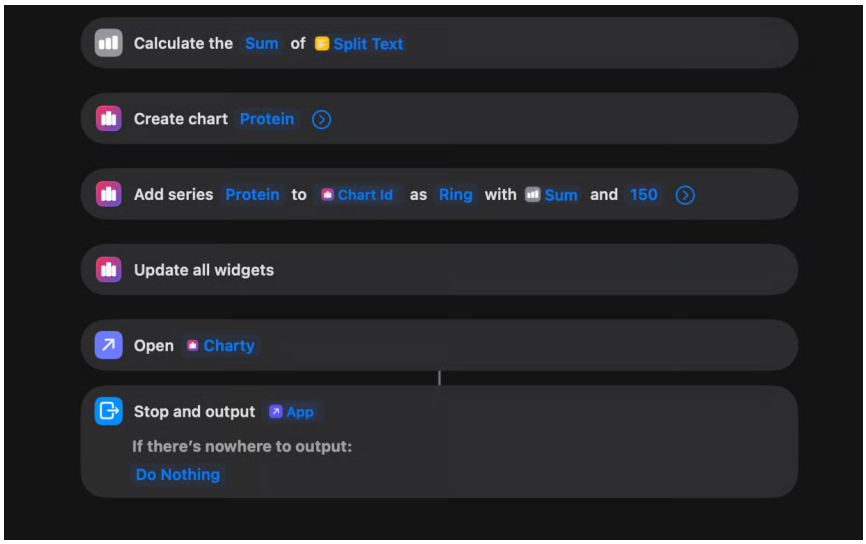
> This guide requires a Charty Premium Plan, but it's a one-time payment of 5 bucks

I started this shortcut connecting to my HealthKit info, but the values don't sync between my phone, iPad, and computer. The latest version of this shortcut creates a note in my protein log folder, prompts me for the number of grams I want to capture, saves that number to the note, adds them all up, and uses that value to create a ring chart. My daily goal is 150g of protein, so my ring chart shows me how close I am to that goal.

Here's the shortcut:

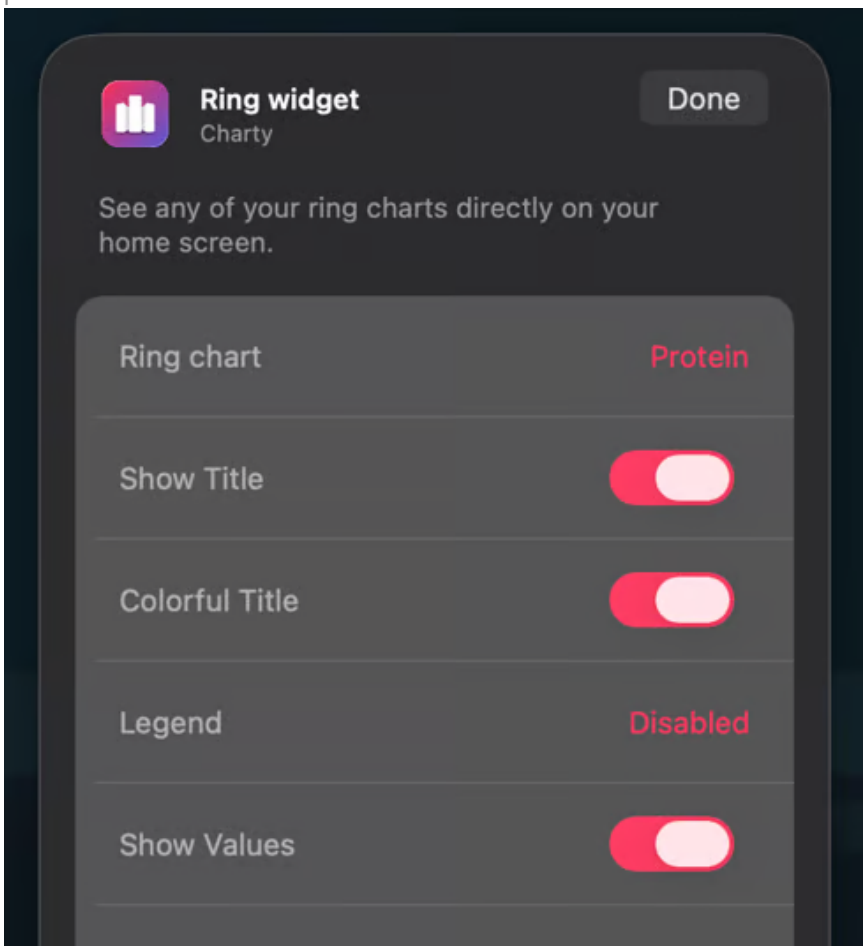


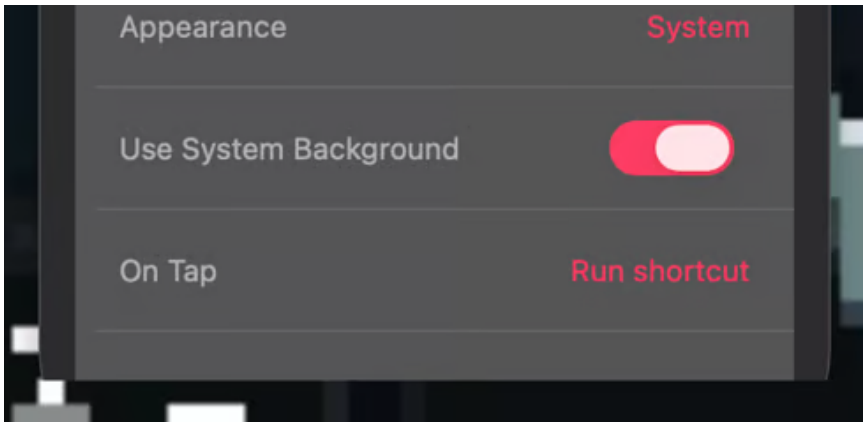




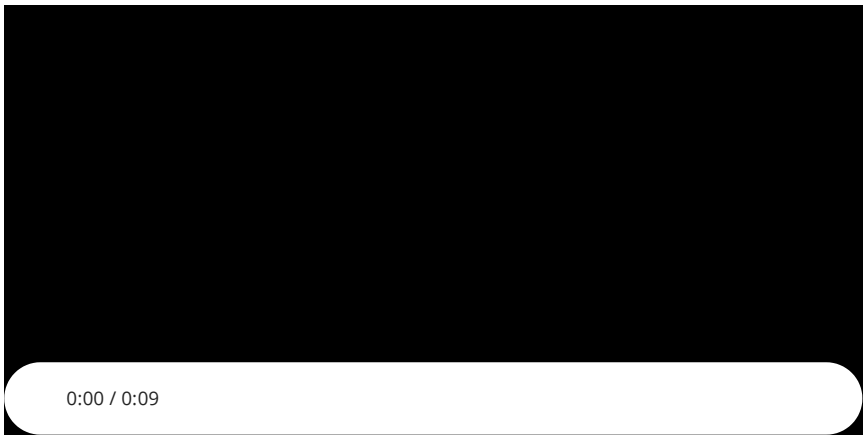
Charty is a little particular, so it took a little work to force the widget on my home screens to update. When this runs, it will launch Charty and update the series and widget so it's the most up-to-date info.

The widget needs the name of the chart (Protein), and you can set up the appearance however you want. I've updated the widget to run the protein shortcut on click as well.





Here it is in action:



This shortcut doesn't do any sophisticated lookups or barcode scanning, but I have a good idea of the average amount of protein in my food, so I just go with a rough protein-per-ounce estimate.

Protein tracking shortcut

- Rae