

MACROS INC
FITNESS + NUTRITION MADE SIMPLE

FOOD MADE SIMPLE

THE MACROS INC. COOKBOOK
VOL 1.0

24 RECIPES

Macro-friendly,
easy to follow &
delicious!

WITH VIDEOS



VITAL KITCHEN TOOLS

- **Chef knife**
- **Cutting board**
- **Food Scale**
- **Meat thermometer**
- **Food storage containers**
- **Liquid measuring cup/spoons**
- **Mixing bowls**
- **Pots and sautee pans**
- **Microwave**

Nice to have: air fryer, blender, strainer

THE MACROS INC. COOKBOOK
VOL 1.0



BREAKFAST MADE SIMPLE

PROTEIN-PACKED BREAKFASTS
THAT ARE QUICK TO MAKE AND
PERFECT FOR PREPPING
AHEAD OF TIME.

STRAWBERRIES AND CREAM OVERNIGHT OATMEAL

NUTRITION

FAT

6

CAR

27

PRO

30

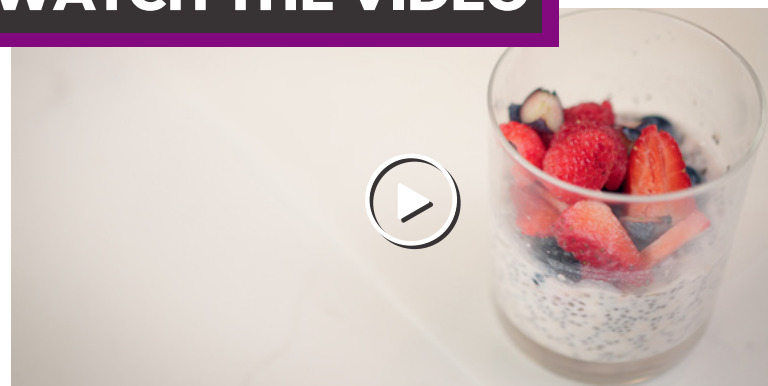
CAL

282

Grams (g) per serving

For the most accurate nutrition info,
we recommend creating your own
entry in your tracking app.

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STRAWBERRIES AND CREAM OVERNIGHT OATMEAL

INGREDIENTS

- 12g chia seed
- 15g strawberries & cream oatmeal (dry)
- 80g plain nonfat Greek yogurt
- 15g vanilla whey (110-130 cal per serving)
- 90mL vanilla protein drink

OPTIONAL

- 30g strawberries
- 20g blueberries

METHOD

- In a glass container or bowl mix together chia seeds and oatmeal.
- Add half of the protein drink and stir.
- Mix in the greek yogurt until well combined.
- Add the remainder of the protein drink and stir well.
- Place in fridge for 4 hours or overnight.
- Top with fruit or other toppings of your choice.

This recipe can be made ahead of time and will keep in the refrigerator for up to 4 days.

HIGH PROTEIN BANANA BREAKFAST PANCAKES

NUTRITION

FAT

12

CAR

29

PRO

29

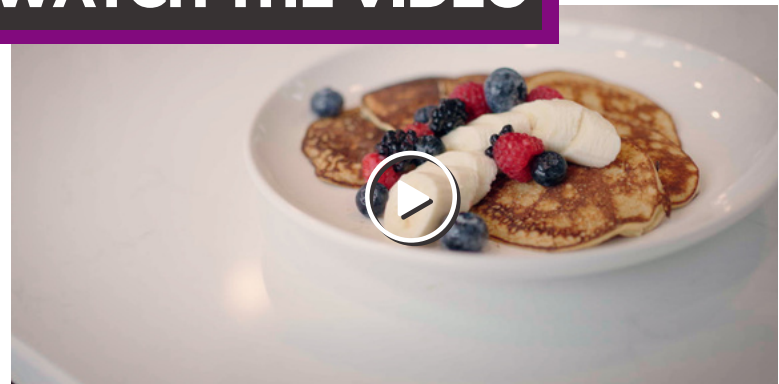
CAL

341

Grams (g) per serving

For the most accurate nutrition info,
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HIGH PROTEIN BANANA BREAKFAST PANCAKES

INGREDIENTS

- 1 Banana (approx. 100g)
- 2 eggs (approx. 100g)
- 20g protein powder (100-120 cal/scoop)
- Low-cal cooking spray

OPTIONAL

- Fruit of choice
- Low-cal syrups
- Yogurt

METHOD

- Preheat a frying pan over medium heat with a small amount of spray oil.
- In a blender, blend all ingredients on high until a smooth batter is formed.
- Pour batter into frying pan, you can make the pancakes any size you desire (This recipe makes approximately 4 small pancakes or one large)
- Fry until golden brown, flip and repeat.
- Enjoy with toppings of your choice.

The batter can be made up to 3 days ahead of time.

PROTEIN-RICH TURKEY AND BROCCOLI OMELET

NUTRITION

FAT

17

CAR

26

PRO

35

CAL

397

Grams (g) per serving

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PROTEIN-RICH TURKEY AND BROCCOLI OMELET

INGREDIENTS

- 50g cooked ground Turkey (93% lean)
- 30g cooked broccoli
- 1 whole egg (50g)
- 95g liquid egg whites
- Salt & pepper

OPTIONAL

- 5g red onion
- 20g avocado
- Slice white bread toasted

METHOD

- Heat a skillet on medium to high heat with a small amount of spray oil.
- In a bowl mix whole egg and egg white and then add to skillet.
- Evenly add meat and veg to the egg mixture.
- Leave to cook for one minute and then reduce heat to low.
- When the egg mixture has started to cook through flip the omelet and cook for 1 minute on other side.
- Fold omelet over and plate.
- Top with red onion and avocado.

You can eat this alone or serve on a slice of toast.

LOW FAT BACON AND EGG MI-MUFFIN

NUTRITION

FAT

13

CAR

30

PRO

24

CAL

333

Grams (g) per serving

For the most accurate nutrition info,
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LOW FAT BACON, EGG AND CHEESE MI-MUFFIN

INGREDIENTS

- 2 slices Canadian bacon
- 1 egg (approx 50g)
- 30g egg whites
- Salt & pepper
- English muffin
- Low cal cooking spray

OPTIONAL

- Ketchup
- Mustard
- 1 slice American cheese

METHOD

- Heat up pan using low-cal cooking spray, lightly fry the 2 pieces of bacon.
- Mix together the whole egg and egg whites in a small bowl, and add a pinch of salt and pepper. Add to pan and fry.
- Toast English muffin.
- Top with bacon and egg.

You can customize this recipe with ketchup, mustard, and a slice of cheese for an authentic fast food taste.

PEANUT BUTTER AND JELLY PROTEIN SMOOTHIE

NUTRITION

FAT

9

CAR

22

PRO

27

CAL

277

Grams (g) per serving

For the most accurate nutrition info,
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PEANUT BUTTER AND JELLY PROTEIN SMOOTHIE

INGREDIENTS

- 200mL vanilla protein drink
- 80g strawberries
- 20g pb2 (or other peanut butter powder)
- 12g peanut butter
- 10g strawberry jelly
- 10 Ice cubes

OPTIONAL

- Frozen strawberries

METHOD

- Add all ingredients to a high-powered blender and blend until smooth.
- If you like a really thick smoothie try adding frozen strawberries to your smoothie.

This recipe can easily be adjusted to fit your macro needs, consider using 100mL whole milk, plant-based milk, or liquid of your choice and halving the protein drink.

LUNCH MADE SIMPLE

**FILLING, TASTY AND EASY TO
MAKE MEALS THAT THE WHOLE
FAMILY WILL ENJOY.**

PROTEIN PACKED TUNA MELT SANDWICH

NUTRITION

FAT

11

CAR

30

PRO

32

CAL

347

Grams (g) per serving

For the most accurate nutrition info,
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PROTEIN PACKED TUNA MELT SANDWICH



INGREDIENTS

- 112g canned tuna (in water, drained)
- 15g red onion, finely minced
- 30g nonfat plain Greek yogurt
- 15g celery, finely chopped
- Salt & pepper to taste
- 2 slices of white bread (70cal per slice)
- 1 slice Extra Sharp Cheddar cheese



METHOD

- In a bowl mix tuna, red onion, greek yogurt and celery.
- Season with salt and pepper.
- Top 1 slice of toasted bread with cheese and microwave for 5-10 seconds until lightly melted.
- Spread tuna mixture on other slice of bread and top with slices with melted cheese.

You can also add other fillings such as lettuce and tomato.

BETTER THAN TAKEOUT TUNA POKE BOWL

NUTRITION

FAT

17

CAR

43

PRO

40

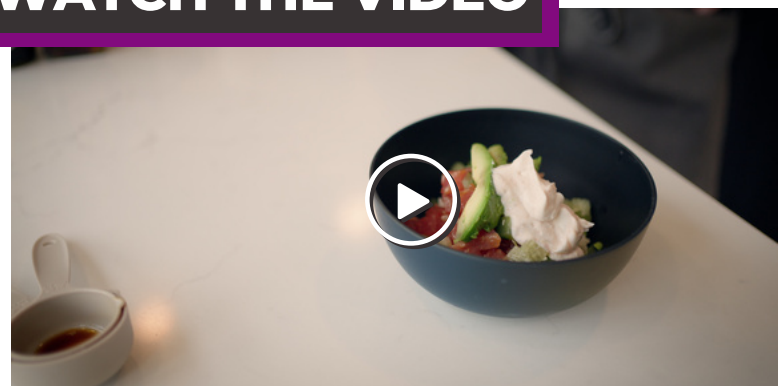
CAL

485

Grams (g) per serving

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BETTER THAN TAKEOUT TUNA POKE BOWL



INGREDIENTS

- 75g sushi-grade raw tuna
- 3 mL Sesame Oil
- 20 mL Liquid aminos or light soy sauce
- 3g Ginger paste (optional)
- 100g cooked white rice
- 50g Cucumber, diced
- 50g Avocado, sliced or diced
- 50g Edamame, thawed and refrigerated
- 20g Greek yogurt,
- 10g Sriracha
- Garlic powder



METHOD

- Cut tuna into cubes and lightly toss in sesame oil, liquid aminos, and ginger paste.
- In a bowl place cooked white rice and top with tuna, cucumber, avocado, and edamame.
- In a separate bowl mix greek yogurt, 10g sriracha, garlic powder, and salt and pepper. This is your spicy mayo.
- Drizzle over poke bowl and enjoy.

Spicy mayo can be made ahead of time and is a great dressing for salads and sides.

HIT THE SPOT MINI PEPPERONI PIZZA

NUTRITION

FAT

3

CAR

13

PRO

7

CAL

107

Grams (g) per serving

For the most accurate nutrition info,
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HIT THE SPOT MINI PEPPERONI PIZZA

INGREDIENTS

- 2 “100-calorie” English muffins
- 60g pizza sauce
- 40g part-skim shredded mozzarella
- Dried oregano (a must for pizza flavor)
- 6 slices Turkey pepperoni

METHOD

- Cut English Muffins in half so you have 4 pizza bases.
- Add toppings in order - pizza sauce, cheese, dried oregano, turkey pepperoni.
- Bake for 5-8 minutes or until lightly golden at 375.

You can experiment with different toppings and different cheeses to create your own unique mini pizzas.

Macros per pizza.

SUPER SIMPLE ROTISSERIE CHICKEN SALAD

NUTRITION

FAT

22

CAR

47

PRO

21

CAL

446

Grams (g) per serving

For the most accurate nutrition info,
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SUPER SIMPLE ROTISSERIE CHICKEN SALAD

INGREDIENTS

- 60g salad greens
- 5g balsamic vinegar
- 60g strawberries
- 30g blueberries
- 35g goat cheese
- 125g chopped rotisserie chicken (or cooked chicken breast)
- 30g plain nonfat Greek yogurt
- 15g red onion
- 15g balsamic glaze

METHOD

- In a large bowl toss salad greens in balsamic vinegar.
- Add strawberries, blueberries, and goat cheese and lightly toss again.
- In a separate bowl add greek yogurt and red onion to the chicken and mix well.
- Top salad with chicken mix and finish with a drizzle of balsamic vinegar.

This will keep for up to 48 hours in a refrigerator. For a lower calorie option switch rotisserie chicken for plain skinless chicken breast.

LOW-CARB TZATZIKI CHICKEN BOWL

NUTRITION

FAT

19

CAR

16

PRO

38

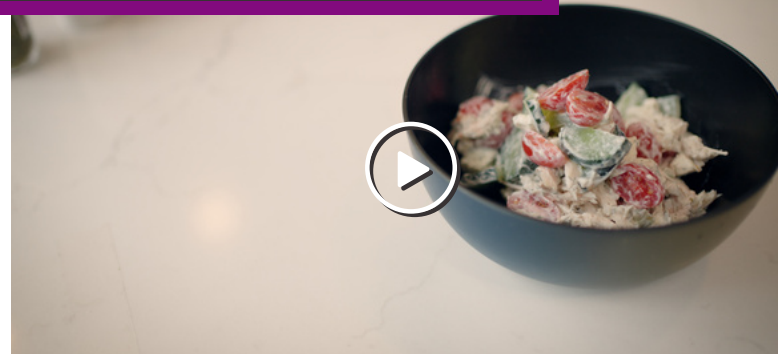
CAL

387

Grams (g) per serving

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LOW-CARB TZATZIKI CHICKEN BOWL

INGREDIENTS

- 100g rotisserie chicken, pulled apart while warm
- 35g reduced-fat feta cheese
- 100g cherry tomatoes, cut in half lengthwise
- 150g cucumber, sliced and cut into half-circles
- 50g tzatziki
- Dried dill (liberally)
- Salt and pepper

METHOD

- In a large bowl toss cucumber and tomato with tzatziki.
- Add cold chicken and feta cheese and mix well.
- Add a liberal helping of dried dill and mix.
- Add salt and pepper to taste.

This can be eaten alone or served in pita bread, wrap, or a side of choice.

This mixture will keep for up to 3 days in the refrigerator.

TASTY TUNA GRAIN BOWL

NUTRITION

FAT

12

CAR

48

PRO

23

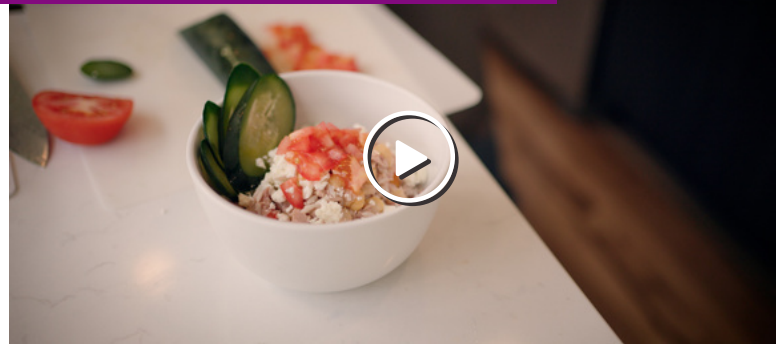
CAL

392

Grams (g) per serving

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TASTY TUNA GRAIN BOWL

INGREDIENTS

- 2 cans canned tuna in oil, drained (approx. 239g) - reserve the oil liquid
- 90-second pre-cooked rice (approx. 450g)
- 500g red bell pepper
- 1 can chickpeas, drained (approx 250g)
- 40g sliced black olives
- 2 tbsp drained capers
- 1 tbsp caper brine
- ½ lemon, juiced

METHOD

- In a large bowl add tuna, cooked rice, and red pepper and mix well.
- Add chickpeas, black olives, and drained capers and mix again.
- Add caper brine, lemon juice, and approximately half a tablespoon of oil for tuna and toss well.

This is a great make-ahead recipe and will keep for up to 3 days in the refrigerator. Our macros are based on a 300g serving.

DINNER MADE SIMPLE

LOW-EFFORT, HIGH-PROTEIN,
FILLING RECIPES THAT ARE
PERFECT FOR BUSY LIVES.

TACO TUESDAY TURKEY SALAD

NUTRITION

FAT

27

CAR

21

PRO

36

CAL

470

Grams (g) per serving

For the most accurate nutrition info,
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TACO TUESDAY TURKEY SALAD

INGREDIENTS

- 100g cooked lean (93%) ground Turkey
- 6g Taco seasoning
- 20ml water
- 60g chopped Romaine
- 15mL Ranch (or low fat ranch)
- 15g Red onion
- 45g Red kidney beans (drained and rinsed) (or black beans)
- 15g Shredded low fat extra sharp cheddar
- 14g Doritos, roughly crumbled

METHOD

- In a small separate bowl: mix 6g Taco seasoning with 20ml water
- Reheat cooked ground turkey in the microwave and add in taco seasoning mix.
- In a large bowl add chopped Romaine, Ranch and red onion and lightly toss.
- Add marinated turkey, red kidney beans, shredded cheese and mix well.
- Top with crumbled Doritos for added crunch.

Try switching out turkey for beef and experimenting with different cheeses or adding some jalapenos for extra spice!

BURSTING WITH GOODNESS BURRITO BOWL

NUTRITION

FAT

26

CAR

54

PRO

49

CAL

646

Grams (g) per serving

For the most accurate nutrition info,
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BURSTING WITH GOODNESS BURITTO BOWL



INGREDIENTS

- 8g taco seasoning
- 20mL water
- 120g cooked ground Turkey (93% lean)
- 100g romaine or mixed greens
- 120g cooked rice
- 30g diced tomato
- 45g rinsed kidney beans
- 28g shredded cheddar (reduced fat)
- 30g avocado
- Lime slice for garnish



METHOD

- In a small bowl mix taco seasoning with water and add to cooked ground turkey, stirring well until turkey is coated.
- To a large bowl add romaine and cooked rice.
- Top with diced tomatoes, kidney beans, cheese and avocado.
- Add turkey mix to the bowl and garnish with a slice of lime.

You can use ground beef or chicken in this recipe for a different take. Try replacing the rice with cauli-rice or low carb alternative to reduce the calories.

THE PERFECT TORTILLA PIZZA

NUTRITION

FAT

12

CAR

58

PRO

30

CAL

460

Grams (g) per serving

For the most accurate nutrition info,
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THE PERFECT TORTILLA PIZZA

INGREDIENTS

- 1 Tortilla (80g),
- 2 Tbsp Tomato Paste
- 60g Lean Ham
- 30g Edam cheese 30%fat
- 30g Black olives
- 40g Corn

METHOD

- Preheat oven to 350f
- On 1 Tortilla (80g), evenly spread 2 Tbsp Tomato Paste.
- Top with lean ham, cheese, black olives, and corn.
- Bake for 10 mins until deliciously crispy.

You can add any toppings of your choice to this pizza. This can also work using vegan cheese or dairy-free alternatives.

LOW FAT SPICY CABBAGE WITH GROUND TURKEY

NUTRITION

FAT

10

CAR

22

PRO

50

CAL


378

Grams (g) per serving

For the most accurate nutrition info,
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LOW FAT SPICY CABBAGE WITH GROUND TURKEY

INGREDIENTS

- 2# 93% lean ground turkey (approx. 1186g)
- Ground ginger (jar, or paste)
- Garlic powder
- Onion powder
- Soy sauce
- Salt & pepper
- 25g olive oil
- One large head cabbage, sliced (approx. 1836g)
- 1 large onion, sliced (approx. 2606g)

METHOD

- In a pan with a small amount of spray oil cook ground turkey with a liberal helping of ground ginger, garlic powder, and onion powder.
- Add soy sauce and salt and pepper to taste.
- Once thoroughly cooked, transfer to a separate bowl
- In the same sautee pan, add olive oil, sliced cabbage, and onion, and cook until wilted.
- Add wilted cabbage to turkey and mix well, serve in a bowl or on a plate.

This recipe makes 2 500g servings and will keep in a refrigerator for 48 hours.

TASTY AND TENDER CHICKEN STIR FRY

NUTRITION

FAT

12

CAR

35

PRO

35

CAL

388

Grams (g) per serving

For the most accurate nutrition info, we recommend creating your own entry in your tracking app.

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TASTY AND TENDER CHICKEN STIR FRY



INGREDIENTS

- 30g bell pepper, chopped
- 50g broccoli, cooked
- 30g carrot chips (or shredded)
- 15 mL low sodium soy sauce
- 15 mL water
- 2 mL sesame oil (or peanut/chili/vegetable)
- 10g ginger paste
- 120g chicken thigh (or breast)
- 1 garlic clove, minced (or 5g paste)
- 100g microwave jasmine rice



METHOD

- In a saute pan heat chicken thigh until cooked through.
- In a small saucepan lightly cook with cooking spray and saute chopped bell pepper, cooked broccoli, and carrot.
- Once lightly browned, add low-sodium soy sauce, water, sesame oil, ginger paste, and garlic.
- Add chicken and stir to coat.
- Microwave rice and plate.

You can substitute chicken with a meat of your choice or a meat-free alternative, just remember to ensure all meat is cooked through fully.

WHITE BEAN CHICKEN CHILI

NUTRITION

FAT

6

CAR

27

PRO

52

CAL

370

Grams (g) per serving

For the most accurate nutrition info,
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WHITE BEAN CHICKEN CHILI

INGREDIENTS

- 70ml olive oil
- 50g onion, diced
- 4 cloves garlic, minced
- 565g chicken breast, cubed
- 1 tbsp jalapeno, chopped
- 1 tsp parsley
- 1 tsp cumin
- 1 tsp oregano
- 1 tsp paprika
- ¼ tsp cayenne pepper
- 4 cans great northern beans
- 7 cups chicken broth

METHOD

- In a large pan add tbsp olive oil, onion, garlic, jalapeno and chicken breast. Saute until the chicken is cooked.
- Add parsley, cumin, oregano, paprika, and cayenne pepper to the pan.
- Add salt and pepper to taste. Stir well.
- Add 4 cans of beans and 7 cups of chicken broth and cook until hot through.

For a thicker chili mash the beans or add a cornstarch slurry.

This recipe makes approximately 4 servings. Or you can halve as shown by our chef.

Serve with rice or a side of your choice.

LAZY CROCKPOT MOZZARELLA CHICKEN

NUTRITION

FAT

9

CAR

11

PRO

41

CAL

289

Grams (g) per serving

For the most accurate nutrition info,
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NO EFFORT CROCKPOT MOZARELLA CHICKEN

INGREDIENTS

- Chicken Breast 928g (approx. 4 breasts, raw)
- Petite Diced Tomatoes 405g (
- Tomato paste 154g
- Sliced olive 225g
- Canned Mushrooms Pieces 273g
- Lawry's seasoning
- Onion Powder
- Garlic Powder
- Pepper
- 102g shredded Mozzarella cheese

METHOD

- Dice chicken and add to crockpot.
- Add all other ingredients.
- Add Lawry's seasoning, onion powder, garlic powder, and pepper to taste,
- Mix well
- Cook on low for 6 hours
- Shred the chicken breasts in a bowl and return to crockpot.
- Top with cheese once cooked.

This recipe creates 6 servings.

Cooked portions will keep in the refrigerator for up to 5 days or can be frozen.

LEMON RICOTTA PASTA WITH ARUGULA

NUTRITION

FAT

13

CAR

68

PRO

22

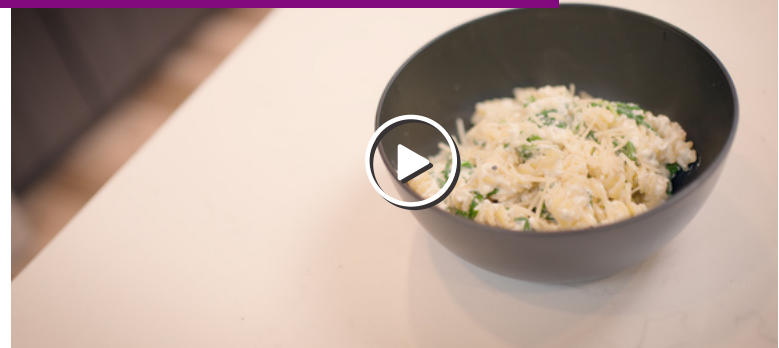
CAL

477

Grams (g) per serving

For the most accurate nutrition info,
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LEMON RICOTTA PASTA WITH ARUGULA

INGREDIENTS

- 440g pasta, any shape
- 430g whole-fat ricotta cheese
- Juice and zest of 1 lemon
- 40g parmesan cheese
- Garlic Powder
- Salt and Pepper
- 170g Arugula

METHOD

- Cook pasta until slightly firm, drain, and return to saucepan.
- In a small saucepan, heat over medium heat until hot, ricotta cheese, juice, and zest of 1 lemon, parmesan cheese, garlic powder, a pinch of salt, liberal helping of black pepper.
- Add mix to saucepan.
- Add arugula and stir well.

This recipe makes 2 300g servings.

You can substitute pasta for edamame or chickpea pasta for different macros.

DESSERTS MADE SIMPLE

LOW-CALORIE SWEET TREATS
THAT HIT THE SPOT ALL UNDER
300 CALORIES.

SUMMER BERRY PARFAIT

NUTRITION

FAT

2

CAR

27

PRO

18

CAL

198

Grams (g) per serving

For the most accurate nutrition info,
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SUMMER BERRY PARFAIT

INGREDIENTS

- 100g strawberries, quartered
- 250g plain nonfat greek yogurt
- 40g blackberries
- 15g berry granola (bear naked brand)

METHOD

- In a glass or small mason jar add 40g strawberries.
- Top with 70g yogurt.
- Add 40g blackberries.
- Repeat the yogurt layer and strawberries.
- Top with granola and sliced strawberries for decoration.

You can recreate this recipe using fruits of your choice or even flavored yogurt. Try pineapple and kiwi for an exotic twist.

This can be made ahead of time and will keep in a sealed container in the refrigerator for up to 3 days. We recommend adding granola on the day.

NICE NOT NAUGHTY, PEACH COBBLER

NUTRITION

FAT

1

CAR

22

PRO

2

CAL

105

Grams (g) per serving

For the most accurate nutrition info,
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NICE NOT NAUGHTY PEACH COBBLER

INGREDIENTS

- 1½ cup monk fruit (or 100g) (or other zero-calorie sweeteners)
- 1kg Peaches (or 3.5 cups sliced peaches)
- 40g Heart Healthy Bisquick
- 175mL Vanilla unsweetened almond milk (or ¾ cup)
- 1 tsp cinnamon
- 40g rolled oats

METHOD

- Preheat the oven to 375 f
- Spray an 8x8-inch baking dish with cooking spray
- In a bowl mix sweetener and peaches.
- In a small bowl stir together Heart Healthy Bisquick, vanilla milk, and 1/2 tsp cinnamon.
- Spread the mixture evenly in the baking dish
- Top with sweetened peaches
- Sprinkle 40g rolled oats and 1/2 tsp cinnamon on top
- Bake for 55 minutes until golden brown.
- Once cooled, cut into 8 even portions
- Store in an airtight container.

GOOD WITH ANYTHING PEANUT BUTTER DIP

NUTRITION

FAT CAR PRO CAL

4

6

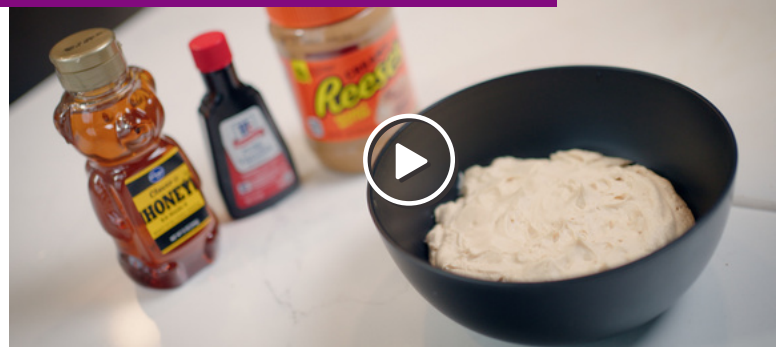
5

80

Grams (g) per serving

For the most accurate nutrition info,
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GOOD WITH ANYTHING PEANUT BUTTER DIP

INGREDIENTS

- 90g Peanut Butter
- 300g Light & Fit Vanilla Yogurt
- 10g Honey
- Vanilla Extract (to taste, optional)

METHOD

- In a bowl mix together all the ingredients until smooth.
- Chill in refrigerator for 1 hour.
- Serve with fruit or crackers of choice.

This recipe makes 8 servings and will keep in an airtight container for up to 5 days in the refrigerator.

This works well with everything from plain chips, to strawberries or even celery!

TIRAMA-TOO- GOOD-TO-BE- TRUE TIRAMISU

NUTRITION

FAT

1

CAR

50

PRO

18

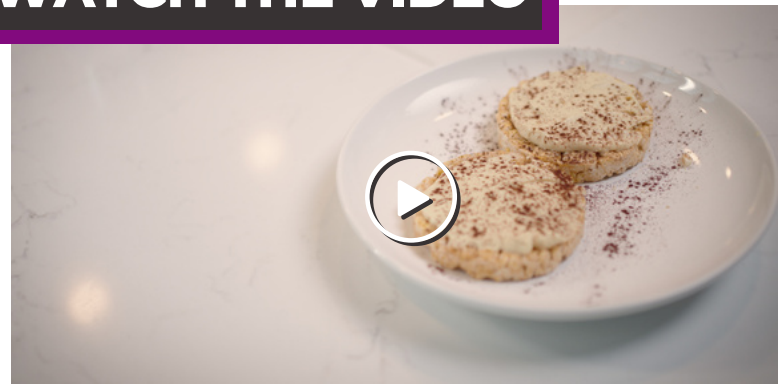
CAL

281

Grams (g) per serving

For the most accurate nutrition info,
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entry in your tracking app.

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TIRAMA-TOO- GOOD-TO-BE- TRUE TIRAMISU

INGREDIENTS

- 5g of 0 cal sweetener
- 6g of vanilla sugar-free pudding mix
- 150g Tiramisu Dannon Fit & Light yogurt
- 4 large rice cakes (36g total)
- 6g coco powder

METHOD

- In a small bowl combine 5g of 0 cal sweetener and 6g of vanilla sugar-free pudding mix and slowly add cold water for a thin consistency.
- Add 150g of yogurt and mix well.
- Leave to set in refrigerator for 1 hour.
- Spread evenly over 4 rice cakes, top with coco powder and enjoy.

This recipe makes 2 servings of 2 rice cake tiramisu.

Use flavored rice cakes for a different twist.

YOU'D BE BANANAS NOT TO LOVE THESE BANOOKIES

NUTRITION

FAT

4

CAR

7

PRO

5

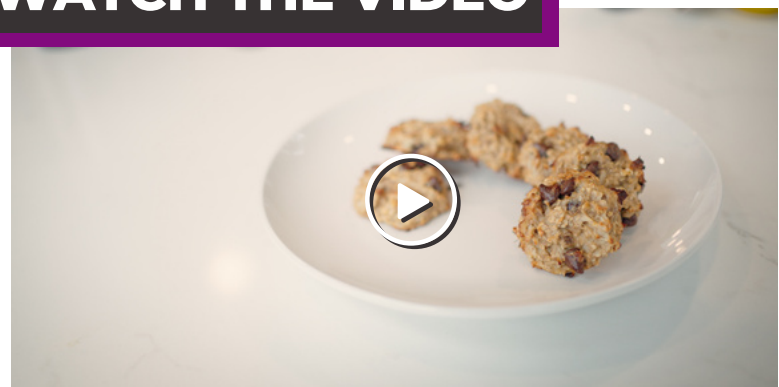
CAL

84

Grams (g) per serving

For the most accurate nutrition info,
we recommend creating your own
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YOU'D BE BANANAS NOT TO LOVE THESE BANOOKIES

INGREDIENTS

- 1 overripe banana (approx 100g)
- 15g peanut butter
- 1 serving protein powder (any flavor, 100-120 cal/scoop)
- 40g whole grain oats
- 15g chocolate chips
- 15g chopped walnuts (optional)
- 15g unsweetened shredded coconut (optional)

METHOD

- Preheat oven to 350F
- In a bowl, mash with a fork until mostly creamy: 1 overripe banana (approx 100g)
- Add peanut butter, protein powder, and whole oats, and stir well with a wooden spoon.
- Add in chocolate chips, walnuts, and shredded coconut, and stir well until evenly distributed.
- Drop by the spoonful onto a cookie sheet lined with parchment paper
- Bake for 9 minutes.
- Cool on wire rack.

This recipe makes 7 cookies.

MI SKILLS

HELPING YOU GAIN CONFIDENCE

- **Chopping Skills**
- **Equipment Overview**
- **Utensils**
- **Using a food scale**
- **What oils to use**

THE MACROS INC. COOKBOOK
VOL 1.0



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Learn how to dice, slice and chop with confidence.

Chef Travis shows you how to easily master these essential skills, making prepping your meals quick and simple.

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This quick overview shows you the items you should have in your kitchen, what to use and when. Helping you master the skills to cook the best meals you can.

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The most important skill to ensure the best results is knowing when your food is done, we'll guide you through some quick tips for helping you how to know.

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