



MACRO CHEAT SHEET

CARB

Leafy greens	Bananas	Popcorn
Brussel sprouts	Apples	Rice cakes
Cabbage	Oranges	Jello
Bell peppers	Grapefruit	Tortillas
Asparagus	Grapes	Rice
Green beans	Berries	Couscous
Broccoli	Kiwi	Oats
Cauliflower	Melon	Bulgur wheat
Mushrooms	Squash	Buckwheat
Tomatoes	Pumpkin	Quinoa
Celery	Beets	Farro
Cucumbers	Carrots	Bread
Zucchini	Potatoes	Pasta
Corn	Yams	Juice
Parsnips	Dried Fruit	

PROTEIN

Chicken breast	Canned tuna	Seitan
Turkey breast	Ahi tuna	Tofu
Beef sirloin	Shrimp	Fat-free cheese
Beef tenderloin	Cod	Bone broth
93%+ ground beef	Tilapia	Collagen
Meat jerky	Halibut	peptides
Bison	Egg whites	Protein powder

FAT

Olive oil	Butter	Avocado
Avocado oil	Ghee	Egg Yolks
Coconut oil	Mayonnaise	Olives
Canola oil	Pesto	Flaxseeds
Fish oil		

LOW MACRO CONDIMENTS

Vinegars	Relish	Lemon/lime juice
Soy sauce	Mustard	Nutritional Yeast
Hot sauce	Salsa	Herbs/spices
Horseradish	Garlic	

CARB + PROTEIN

Non-fat yogurt
Low-fat cottage cheese
Powdered peanut butter
Whole grain cereals
Whole wheat pasta
Whole grain bread
Sprouted grain bread
Edamame, Lentils, Beans

PROTEIN + FAT

Bacon
Chicken thigh
Turkey thigh
Chorizo
Pork sausage
Lamb
Duck
Salmon
Regular cheese
Sour cream
Whole eggs
Nuts & nut butters
Hummus

CARB + FAT

Coconut flakes
Coconut milk
Coconut yogurt
Chocolate
Desserts & sweets

CARB + PROTEIN + FAT

Whole dairy products
Protein bars
Chia seeds