



SINGLE FOOD GROCERY LIST

Below is a list of what we call "single macro foods." This means that the food consists of primarily one macro, such as a banana primarily consisting of carbs. Learning these foods will be a big help to you on your Macrostatx journey because you will be able to fill in whatever gaps you need for the day in order to hit your macro targets.

Circle 5 foods from each category that will be your go-to's. Use the spaces to jot down some of your specific favorites and reference this sheet when you start doing your own meal planning!

CARB

- Any vegetable
- Any fruit
- Dried fruit
- Potato
- Sweet potato
- Rice
- Quinoa
- Couscous
- Pasta
- Oatmeal
- Bread

(ex. apples)

PROTEIN

- Chicken breast
- Turkey breast
- Beef tenderloin
- Pork tenderloin
- Beef jerky
- Tuna
- Shrimp
- Egg whites
- Protein powder
- Tofu
- Seitan

(ex. deli turkey)

FAT

- Olive oil
- Coconut oil
- Fish oil
- Mayonnaise
- Cream
- Butter
- Any nuts
- Any seeds
- Nut butter
- Avocado
- Olives

(ex. almonds)
