

MACRO CHEAT SHEET



Protein

Beef
Black Beans
Chicken
Chick Peas
Kidney Beans
Lamb
Pork
Pea Protein
Salmon
Turkey
Tofu
Tempeh
White Fish
Whole Egg
Whey Protein



Fats

Almonds
Avocado
Brazil Nuts
Cashews
Chia Seeds
Coconut Oil
Egg Yolk
Flax Seeds
Ghee
Hazelnuts
Macadamia Oil
Nut Spread
Olive Oil
Pecans
Pine Nuts



Carbs

Brown Rice
Gluten Free Pasta
Gluten Free Cereal
Pumpkin
Quinoa
Rice Cakes
Sweet Potato
White Potato
White Rice



Carbs (Fruits)

Apple
Banana
Blackberries
Blueberries
Kiwi Fruit
Mango
Peach
Pear
Raspberries
Strawberries



Vegetables

All vegetables



Seasoning

All Spice
Basil
Cinnamon
Coriander
Curry Powder
Garlic
Ginger
Lemon
Lime
Mixed Spices/herbs
Nutmeg
Oregano
Parsley
Pepper
Salt
Sesame Seeds
Turmeric
Vinegar