



Macronutrient CHEAT SHEET

Protein

Beans
Bison
Chicken
Cottage cheese
Egg whites
Fish
Greek yogurt
Lean beef
Pork
Shrimp
Tofu
Turkey
Whey protein

Carbs

Vegetables
Fruits
Honey
White rice
Brown rice
Quinoa
Oatmeal
Bread
Cereal
Wraps
Popcorn
Pasta
Ketchup

Fats

Avocado
Mayonnaise
Olive oil
Coconut oil
Nuts
Nut butter
Butter
Egg yolk
Coconut milk
Full-fat milk
Heavy cream
Chocolate
Cheese

Protein + carbs

Almond milk
Beans
Cottage cheese
Edamame
Greek yogurt
Non-fat dairy
Peas
Rice milk
Soy milk
Sprouted grains
Whole grain bread
Whole grain cereal
Whole wheat pasta

Protein + fat

Bacon
Chia seeds
Chicken thighs
Duck
Full-fat yogurt
Lamb
Mackerel
Peanuts
Salmon
Sardines
Sausage
Steak
Whole eggs

Carbs + fat

Buttered Bread
Coconut chips
Dark chocolate
Dessert
French fries
Granola
Hummus
Ice cream
Nut butter
Pancakes
Plantain chips
Popcorn
Potato chips

Fiber

Apples	Berries	Chickpeas	Oatmeal	Raspberries
Avocado	Broccoli	Kidney beans	Pear	Seeds
Bananas	Brussel sprouts	Lentils	Popcorn	Strawberries
Beets	Carrots	Nuts	Quinoa	Sweet Potatoes