

# MACRO CHEAT SHEET

## CARBS

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- Bread \_\_\_\_\_
- Pasta \_\_\_\_\_
- Pancakes \_\_\_\_\_
- Rice \_\_\_\_\_
- Cereal \_\_\_\_\_

- Quinoa \_\_\_\_\_
- Oats \_\_\_\_\_
- Potatoes \_\_\_\_\_
- Fruit \_\_\_\_\_
- Tortillas \_\_\_\_\_

## FATS

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- Oils \_\_\_\_\_
- Avocado \_\_\_\_\_
- Nuts \_\_\_\_\_
- Mayonnaise \_\_\_\_\_
- Seeds \_\_\_\_\_

- Egg yolks \_\_\_\_\_
- Some proteins:
  - Bacon \_\_\_\_\_
  - Whole milk \_\_\_\_\_
  - Salmon \_\_\_\_\_

## PROTEINS

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- Chicken breast \_\_\_\_\_
- Salmon \_\_\_\_\_
- Lean beef \_\_\_\_\_
- Ground turkey \_\_\_\_\_
- Egg whites \_\_\_\_\_

- Protein powder \_\_\_\_\_
- Chicken sausage \_\_\_\_\_
- Non-fat Greek Yogurt \_\_\_\_\_
- Venison \_\_\_\_\_
- Skim Cottage Cheese \_\_\_\_\_

# PROTEINS

- Chicken breast
- Salmon
- Lean beef
- Ground turkey
- Egg whites
- Protein powder
- Chicken sausage
- Nonfat Greek yogurt
- Venison
- Skim cottage cheese
- Turkey sausage
- Turkey bacon
- Canned chicken
- Tuna

- Deli turkey
- Collagen peptides
- Turkey breast
- Elk
- Pork tenderloin
- Bison
- Tilapia
- Cod
- Halibut

# CARBS

Bread

Pasta

Pancakes

Rice

Cereal

Quinoa

Oats

Potatoes

Fruit

Tortillas

Pumpkin

Rice cakes

Tortilla chips

Potato chips

Apples

Barley

Dried fruit

Sweet potatoes

Bagels

Granola bars

# FATS

Coconut oil

Avocado

Walnuts

Mayonnaise

Seeds

Egg yolks

Avocado oil

Olive oil

Peanut butter

Almond butter

Almonds

Flaxseeds

Full fat cheese

Whole cream

Some proteins:

• Bacon

• Whole milk

• Salmon

• Greek yogurt

• Fatty steaks

• Ham

• Pork sausage

• Chicken thighs

• Lamb