

MACRO CHEAT SHEET

CARBS + FATS SOURCES

Granola
Cookies
Ice Cream
Pastry
Chocolate

Coconut Flakes
Hummus
Rice Cakes + Nut Butter
French Fries
Nut Butter + Fruit

Nut Butter
Chips
Avocado Toast
Chia Seeds
Flax Seeds

CARB SOURCES

Potatoes
Couscous
Oatmeal
Buckwheat
Bulgur
Pasta
Barley
Rice
Tortilla Wraps
Bread
Rice Cakes
Cereal
Fried Fruits
Honey, Syrup, Jam
Candy
Juice
Veggies, Fruits

PROTEIN SOURCES

Lean Beef
Lean Ground Beef
Pork Tenderloin
Ground Turkey
Turkey Breast
Chicken Breast
Lean Deli Meat
Turkey Bacon
Tilapia
Tuna
Cod
Shrimp
Egg Whites
Low-Fat Cottage Cheese
Low-Fat Greek Yoghurt
Skyr (Icelandic Yoghurt)
Protein Powder (w/Water)

FAT SOURCES

Avocado Oil
Canola Oil
Coconut Oil
Olive Oil
Flaxseed Oil
Butter
Fish Oil
Almonds
Cashew
Hazelnuts
Peanuts
Macadamia Nuts
Pistachios
Seeds
Olives
Pesto
Mayonnaise

CARBS + PROTEIN SOURCES

Low-Fat Flavored Yoghurt
Low-Fat Flavored Yoghurt + Fruit
Oats + Egg Whites
Oats + Protein Powder
Oats + Low-Fat Milk
Oats + Low-Fat Greek Yoghurt
Oats + Skyr (Icelandic Yoghurt)
Bread + Deli Meat
Cereal + Low-Fat Milk
Cereal + Protein Powder (w/Water)
Fruit + Protein Powder (w/Water)
Egg Whites + Tortilla
Beans, Lentils, Peas
Peanut Butter Powder + Rice Cakes
Rice Cakes + Protein Powder (w/Water)
Quorn
Quinoa

PROTEIN + FATS SOURCES

Jerky
Bacon
Pork Belly
Steak
Sausage
Chicken Tights
Salmon Fillet
Duck Meat
Canned Fish (w/Oil)
Full-Fat Sour Cream
Eggs
Milk
Cottage Cheese
Full-Fat Yoghurt
Protein Powder + Milk
Tofu
Tempeh

HIGH VOLUME - LOW-CALORIE FOODS

SNACKS

Sugar-Free Jelly
Air Popped Popcorn
Rice Cakes + Protein Powder
BCAA Slushie
Protein Ice Cream
Protein Pancakes
Low-Calorie Protein Bars

CONDIMENTS

Mustard
Tomato Ketchup
Salsa
Hot Sauce
Sriracha
Apple Cider Vinegar
Sugar-Free Syrup

VEGGIES

Asparagus
Cabbage
Celery
Spinach, Lettuce
Mushrooms
Pickles, Cucumber
And Other Veggies

FRUITS

Strawberries
Watermelon
Lime, Lemon
Berries
Apples
Kiwi
And Other Fruits

BEVERAGES

Black Coffee
Tea
Iced Tea
Water + Lemon
Chicken Broth
Sugar-Free Soda
Seltzer Water