

Macro Cheat Sheet

Carbohydrates

Breads
Rice
Couscous
Cereals
Bran
Potatoes
Pasta
Oats
Cream of Wheat
Corn
English Muffins
Pancakes
Whole grains
Fruit
Veggies

Beans

Quinoa

Sprouted
grains

Yogurt

Skim Milk

Peas

Proteins

Chicken
Turkey
Egg Whites
Buffalo
Bison
Venison
Turkey bacon
Cottage Cheese
Greek Yogurt
Quinoa

Eggs

Salmon

Bacon

Chia Seeds

Most cheese

Duck

Fats

Avocado
Nut butters
Egg Yolks
Nuts
Oils
Olives
Flax seeds
Chia seeds
Butter

