

MACRO CHEAT SHEET

These are approximate weights. It is suggested that you stay consistent with weighing your food whether it is before or after cooking.

The Brands are listed for convenience and there are many more options available! Check out the brand and search the variety.

PROTIENS

Food	Weight/portion	Protein	Carbs	Fats	Fiber	Kcals
Chicken breast	100grams/3.5 oz	30	0	8	0	195
Ground Turkey	112grams/4 oz	26	0	3	0	140
Steak (Filet)	100grams	28	0	10	0	205
Salmon	100grams	25	0	8	0	182
Tuna	100grams	27	0	4	0	153
Cod	100grams	21	0	4	0	122
Egg White (Uncooked)	1 Large	3.6	.24	.06	0	17
Egg Beaters Egg White	100grams	10.87	0	0	0	54
Whole Egg	1 Large	6	0	5	0	74
Cottage Cheese (1-2% fat)	100grams/3.5 oz	12	3	1	1	120
0% Plain Greek Yougurt	227grams/8 oz	22	11	0	0	130
Whey Protien	1 Scoop	24	3	1	1	165
Shrimp	100grams	28	0	2.35	0	144

CARBOHYDRATES

Food	Weight/portion	Protein	Carbs	Fats	Fiber	Kcals
Brown Rice	100grams/.5 cups	3	24	1	2	120
White Rice	100grams	3	29	1	0	135
Quinoa	100grams	5	26	2	2	143
Oats	100grams	10.3	61	7	8.3	363
Whole Grain Bread	40-45grams	4.2	20	1	1.5	105
Sweet Potato	100grams	2	25	3	4	131
White Potato	100grams	2	21	0	2	97
Rice Cake	1 cake	.6	6	.2	.2	29
Apple Cinnamon Rice Cake	1 cake	1	11	0	0	50
Whole Grain Bread	1 Slice	4	12	1.5	2	70
Whole Wheat Pasta	100grams	5	27	1	5	125

FATS

Food	Weight/portion	Protein	Carbs	Fats	Fiber	Kcals
Peanut Butter	1 Tbsp	4	24	1	2	120
Almond Butter	2 Tbsp/32g	3	29	1	0	135
Sunflower Butter	2 Tbsp/32g	5	26	2	2	143
Whole Almonds	5 Nuts	10.3	61	7	8.3	363
Cashews	20 Whole Nuts/28g	4.2	20	1	1.5	105
Sunflower Seeds	1/4 cup/30g	2	25	3	4	131
EVOO	1 tsp/20g	2	21	0	2	97
Coconut Oil	1 tsp/20g	.6	6	.2	.2	29
Avocado	100grams	1	11	0	0	50

GLUTEN-FREE CARBOHYDRATES

Food	Weight/portion	Protein	Carbs	Fats	Fiber	Kcals
Gluten Free Honey Oat Bread (Canyon)	1 Slice/28grams	2	13	1.5	1	70
Banza Chickpea Pasta	2oz/57grams	13	32	3.5	8	190
Ancient Harvest Lentil & Quinoa Penne Pasta	2oz/57grams	14	35	1	7	200
Pow! Black Bean Elbow Pasta (Ancient Harvest)	2oz/57grams	12	35	1	7	190
Siete Grain Free Tortilla Chips	15 Chips/28grams	1	19	6	3	130
Siete Chickpea Flour Tortillas	2 Tortillas/50grams	4	24	4	2	150
Tumaro's Multigrain Low Carb Tortillas	1 Tortilla/39grams	6	11	2	7	60
Bob's Red Mill Gluten Free Whole Grain Oats	1/2 cup/48grams	7	32	3.5	5	190
Arrowhead Mills Organic Maple Buckwheat Flakes	1 Cup/43grams	4	35	1	1	170

DAIRY FREE

Food	Weight/portion	Protein	Carbs	Fats	Fiber	Kcals
So Delicious Coconut Milk Yogurt	3/4 Cup/170grams	1	9	6	2	90
Kite Hill Almond Milk Yogurt	150grams	4	7	12	2	120
Kite Hill Sour Cream Alternative	2 Tbsp/30grams	1	2	5	0	50
Blue Diamond Unsweetened Vanilla Almond Milk	1 Cup/250ml	1	1	2.5	1	30
Silk Ultra Creamy Chocolate	1 Cup/240ml	20	16	5	3	190
Follow your heart Cheddar Shreds	1oz/28grams	0	6	7	0	80
Daiya Deluxe Cheddar Cheesy Mac	1 Cup/100grams	5	48	9	0	300