

MACROS CHEAT SHEET

The advantage of focusing on macronutrients over calories is that it tells you a bit more about the quality of your food, and how it affects your body. Understanding what macronutrients are in each food will help you create a balanced meal. Many foods will contain more than one of these nutrients.

PROTEIN + CARB

Non-fat cottage cheese • Non-fat Greek yogurt • Quark • Low-fat & non-fat milk • Beef jerky • Hemp seeds • Lentils • Beans (all)

CARB + FAT

Ice cream • Chocolate • Donuts, muffins, pastries, pies, cakes, cookies • Candy bars • Fries / chips • Sweetened plant milks • Granola • Chia seeds • Pumpkin seeds • Hummus

PROTEINS

Chicken breast • Turkey breast • Extra-lean beef (sirloin, round) • 97% lean ground meats • Game meats • Egg whites • Lean fish such as tuna, cod, tilapia • Seafood such as shrimp, scallops, mussels, squid • Seitan • Protein powder

CARBS

Grains such as wheat, rice, oats, corn, quinoa, buckwheat, etc. • Pasta / noodles • Breads • Breakfast cereals • Potatoes & sweet potatoes • Vegetables (all) • Fruit (all) • Candy • Honey & syrup • Jams & sweet condiments • Sweetened drinks (incl. juice, soda, & energy drinks)

FATS

Butter & ghee • Cream & cream cheese • Mayonnaise • Dressings • Fish / krill / algae oil • Expeller-pressed canola oil • Olives & oil • Avocado & oil • Flax seeds & oil • Sunflower seeds & oil • Coconut & oil • Walnuts & oil • Peanuts, oil, & butter • Almonds, oil, & butter • Cashews & butter • Other tree nuts

PROTEIN + FAT

Tofu • Whole eggs • All other red meats • <97% lean ground meats • Bacon & sausage • Duck & non-breast poultry • Fatty fish such as salmon, sardines, herring • Full-fat dairy such as Greek yogurt or cottage cheese • Most cheese

PROTEIN + CARB + FAT

Pizza • Fried & battered chicken • Low-fat Greek yogurt • Full-fat non-Greek yogurt • Full-fat milk • Some protein bars • Super Shakes • Edamame • Tempeh

