



MACRO CHEAT SHEET



CARBOHYDRATES

Carbohydrates are the sugars, starches and fibers found in fruits, grains, vegetables and milk products.

- Breads
- Rice
- Couscous
- Cereals
- Bran
- Potatoes
- Pasta
- Oats
- Corn
- Berries
- Vegetables
- Squash
- Pumpkin
- Pancakes
- Fruits
- Sugar
- Wheat / Grains
- English Muffins
- Cream of Wheat

CARBS-PROTEIN

Carbohydrates provide fuel for the central nervous system and energy for working muscles.

- Beans
- Grains
- Most yogurt
- Skim Milk
- Quinoa
- Peas

PROTEINS

Protein is commonly found in animal products, though is also present in other sources, such as nuts and legumes.

- | | | | |
|----------------|---|-----------|---|
| Whey Protein | • | Chicken | • |
| Turkey Bacon | • | Turkey | • |
| Lean Beef | • | Fish | • |
| Greek Yogurt | • | Bison | • |
| Low/Non-fat | • | Buffalo | • |
| Cottage Cheese | • | Egg White | • |
| Low/Non-fat | • | | |



PROTEIN-FATS

Protein is an important building block of bones, muscles, cartilage, skin, and blood.

- Cottage Cheese
- Egg
- Whole Fat Milk
- Whole Fat Yogurt
- Bacon
- Chia Seeds
- Duck

FATS

Fat is naturally found in some foods, such as most vegetable oils, nuts, avocados, and fatty fish.

- Oil
- Nuts
- Olives
- Avocado
- Flaxseed
- Egg Yolks
- Nut Butter

