

WHAT CAN I EAT

TO FILL MY MACROS?

PROTEIN

- DELI MEAT
- EGG WHITES
- WHEY PROTEIN
- TURKEY BREAST
- CHICKEN BREAST
- PORK TENDERLOIN
- TURKEY JERKY
- SOY/TOFU
- SHRIMP
- CANNED TUNA
- CANNED CHICKEN
- BLACK BEAN PASTE
- COD
- FLOUNDER
- NON-FAT COTTAGE CHEESE
- NON-FAT RICOTTA
- COLLAGEN PEPTIDES
- NON-FAT BONE BROTH

CARBOHYDRATES

- FRUIT
- VEGETABLES
- DRIED FRUIT
- POTATOES
- SQUASH
- ROOT VEGGIES
- RICE
- HONEY/SYRUP
- CORN TORTILLAS
- PLAIN POPCORN
- JAM/JELLY
- GUMMIES/CANDY
- KOMBUCHA
- JUICE/GATORADE
- CEREAL/BREADS
- BALSAMIC VINEGAR
- BBQ SAUCE
- SUN-DRIED TOMATOES

FATS

- OLIVE OIL
- AVOCADO
- OLIVES
- COCONUT MILK
- WHOLE DAIRY
- CHEESE
- ALMONDS
- WALNUTS
- BRAZIL NUTS
- NUT BUTTER
- MAYONNAISE
- BUTTER/GHEE
- FISH OIL
- SESAME OIL
- FLAX SEEDS
- SESAME SEEDS
- HEMP HEARTS
- 90% DARK CHOCOLATE

HIGH-VOLUME LOW-CALORIE FOODS

- AIR-POPPED POPCORN
- SUGAR-FREE JELLO
- RICE CAKES
- SHIRATAKI NOODLES
- CUCUMBER
- CELERY
- TOMATO
- CAULIFLOWER
- MUSHROOMS
- CABBAGE
- RADISHES
- PICKLES
- BLUEBERRIES
- STRAWBERRIES
- WATERMELON
- APPLE
- GREEN BEANS

PROTEIN + FATS

- HUMMUS
- CHEESE - ALL OF IT
- NUT BUTTER
- STEAK/BEEF
- WHOLE EGGS/EGG YOLKS
- CANNED OYSTERS/SARDINES
- PORK BELLY/BACON
- WHOLE DAIRY/MILK
- CHORIZO/SAUSAGE
- CHICKEN THIGHS
- SALMON/FATTY FISH
- BEEF/PORK JERKY



PROTEIN + CARBS

- NON-FAT YOGURT + FRUIT
- OATS + YOGURT + WHEY
- CRACKERS + DELI MEAT
- PROTEIN SHAKE + FRUIT
- EGG WHITES + POTATOES
- TUNA RICE POKE BOWL
- QUINOA/WILD RICE
- BEANS/LENTILS/PEAS
- CEREAL + SKIM MILK
- VEGGIE BURGER
- NON-FAT SORBET/FRO-YO
- NON-FAT PUDDING
- NON-FAT CHOCOLATE MILK

CARBS + FATS

- COOKIES
- CHIA SEEDS
- FRUIT + NUT BUTTERS
- BERRIES + COCONUT MILK
- PB + BANANA
- BREAD + OLIVE OIL
- DONUTS
- FRIES
- COCONUT FLAKES
- POTATO CHIPS
- TORTILLA CHIPS
- BUTTERED POPCORN
- CHOCOLATE COVERED FRUIT
- MARSHMALLOW + PB

BEVERAGES

- SELTZER
- DIET SODA
- TEA/COFFEE
- KOMBUCHA
- CASHEW/ALMOND MILK
- CHICKEN BROTH
- LEMON/LIME WATER

CONDIMENTS

- SALSA
- MUSTARD
- SOY SAUCE
- KIMCHI
- HORSERADISH
- FISH-SAUCE

MAKE CHOICES TO KEEP AN 80:20 RATIO:
NUTRITIOUS FOODS FOR 80% & FUN FOODS FOR OTHER 20%

MACROS INC
FITNESS + NUTRITION MADE SIMPLE