

CARBOHYDRATES

- Bread (all)
- Tortillas (all)
- **Oats/ Oatmeal**
- Cream of wheat
- Rice (all)
- Potatoes (all)
- Cereals
- **Bran**
- Pasta/ Noodles (all)
- English Muffins
- Couscous
- Fruit (all)
- **Berries**
- **Whole wheat/ Whole Grains**
- **Vegetables**
- Sugars
- Honey, Syrups

PROTEIN

- Chicken Breast
- Turkey Breast
- Fish (Tuna, Tilapia, Cod, Mahi)
- Shrimp
- Buffalo
- Bison
- Ostrich
- Low/ No-Fat Cottage Cheese
- Low/ No-Fat Cheese
- Lean Beef
- Egg Whites
- Whey Protein
- Plant Protein
- Ham (Canadian Bacon)
- Pork Chops/ Loin
- Scallops
- Beef Jerky

FATS

- **Avocado**
- Coconut (Oil/ Meat)
- Olives (Olive Oil)
- Nuts (Oils and Butters)
- Seeds (Oils and Butters)
- Oils
- Flax Seeds (Ground/ Oil)
- Butter
- Grease
- Ghee
- Omega/ Fish Oils

CARBS + PROTEIN

- **Beans**
- Sprouted Grains
- Quinoa
- **Peas**
- Low/ No-Fat Greek Yogurt
- Skim Milk

PROTEIN + FAT

- Eggs
- Salmon
- Ground Beef/ Bacon/ Steak/ Chicken Thighs
- **Chia/ Hemp Seeds**
- Whole Fat Milk,
- Whole fat Yogurt, Cheese & Cottage Cheese

HOW TO USE THIS CHEAT SHEET

- Colors used to classify macros, not to indicate food quality
- List of most common foods, not exclusive
- Can be used as a grocery list based on likes
- Combine one *serving from each macronutrient to create a balanced meal

*SUGGESTED SERVINGS/ PORTION SIZES TO BE CONSUMED OVER 3-4 MEALS/ DAY:

VEGGIES = 1-2 FISTS, PROTEIN = 1-2 PALMS, CARBS = 1-2 CUPPED HANDS, FATS = 1-2 THUMBS. **(BOLD + UNDERLINED = HIGH FIBER)**