



# COMMON FOOD MACROS

## PROTEIN

Chicken breast  
Lean Beef (90/10)  
Lean Turkey  
Lean Fish  
Deli Meat  
Shrimp  
Egg Whites  
Scallops  
Protein Powder  
Tofu

## CARBS

Fruits  
Berries  
Vegetables  
Potatoes  
Rice  
Oats  
Crackers  
Wheat Bread  
Bagels  
Honey

## FATS

Ghee  
Butter  
Nuts  
Coconut Oil  
Chia Seeds  
Olives  
Heavy Cream  
Whole Milk  
Nut Butters  
Flax Seeds

## PROTEIN + CARB

Lentils  
Chickpeas  
Beans  
Quinoa  
0% Fat Yogurt

## CARBS + FATS

Dark Chocolate  
Baked Goods  
Ice Cream  
Peanut Butter

## FATS + PROTEIN

Avocado  
Chicken Thighs  
Beef <90/10  
Eggs