

macronutrients guide

protein

chicken
steak
beef
pork
bacon (+ fat)
shellfish
lean fish
salmon (+ fat)
scallops
eggs (+fat)
egg white
cheese (+ fat)
greek yogurt (+ carbs)
whey
plant-based protein

carbs (veggies)

broccoli
mushrooms
leafy greens
snap peas
green beans
spaghetti squash
brussel sprouts
zucchini
berries
cauliflower
eggplant
peppers
tomatoes
cucumber
radish
cabbage
asparagus
artichoke

fat

all oils
coconut
avocado
olives
nuts
seeds
nut butter

carbs (starch)

squash/pumpkin
chickpeas (+protein)
corn
most fruit
potato/sweet potato
bread
grains (quinoa, farro)
brown rice
beans (+protein)
oats