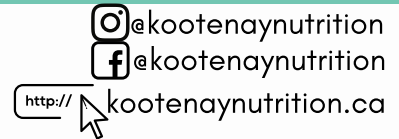


Macronutrient Quick Guide



PROTEIN

Chicken Breast
Ground chicken
Lean ground turkey
Lean ground beef
Egg whites
Cottage cheese
Low fat milk
Low fat yogurt

Lean fish
Shrimp
Scallops
Crab
Protein Powder
Deli meat
Beef jerky

CARBS

Fruit
Berries
Citrus
Vegetables
Potatoes
Sweet potatoes

Rice
Oats
White flour
Whole wheat flour
Breads
Bagels
Tortillas

Maple syrup
Honey
Agave
Molasses

Sugar AKA:
Maltose
Dextrose
Sucrose
Fructose



Processed Foods:
Chocolate
Ice cream
Crackers
Cookies
Baked Goods

FATS

Ribeye & steak
Yogurt
Ground beef
Cheese
Bison
Milk
Chicken thighs
Eggs
Turkey
Nuts
Fish

Olive oil
MCT oil
Coconut oil
Flax oil
Primrose oil
Avocado Oil
Sesame Oil

Ghee
Butter
Heavy creams
Coconut milk
Olives
Avocado

Nuts
Nut butters
Seeds
Seed butters

Low quality Fats:
Canola oil
Shortening
Vegetable oil
Peanut oil