

# MACRO CHEAT SHEET



## CARBOHYDRATES

Carbohydrates are the sugars, starches and fibers found in fruits, grains, vegetables and milk products.

- Breads
- Rice
- Couscous
- Cereals
- Bran
- Potatoes
- Pasta
- Oats
- Corn
- Berries
- Vegetables
- Squash
- Pumpkin
- Pancakes
- Fruits
- Sugar
- Wheat / Grains
- English Muffins
- Cream of Wheat

## CARBS-PROTEIN

Carbohydrates provide fuel for the central nervous system and energy for working muscles.

- Beans
- Skim Milk
- Grains
- Quinoa
- Most yogurt
- Peas

## PROTEINS

Protein is commonly found in animal products, though is also present in other sources, such as nuts and legumes.

- Whey Protein
- Turkey Bacon
- Lean Beef
- Greek Yogurt Low/Non-fat
- Cottage Cheese Low/Non-fat
- Chicken
- Turkey
- Fish
- Bison
- Buffalo
- Egg White



## PROTEIN-FATS

Protein is an important building block of bones, muscles, cartilage, skin, and blood.

- Cottage Cheese
- Whole Fat Yogurt
- Egg
- Bacon
- Duck
- Whole Fat Milk
- Chia Seeds



## FATS

Fat is naturally found in some foods, such as most vegetable oils, nuts, avocados, and fatty fish.

- Oil
- Nuts
- Olives
- Avocado
- Flaxseed
- Egg Yolks
- Nut Butter