

# Eat Your Macros

CREATE BALANCE WITHIN YOUR MEALS

## PROTEIN

Bacon  
 Bone Broth  
 Chicken  
 Chorizo  
 Cod  
 Corned Beef  
 Cottage Cheese  
 Deli Meat  
 Egg Whites  
 Fish  
 Greek Yogurt  
 Ground Beef  
 Ground Bison  
 Ground Chicken  
 Ground Turkey  
 Haddock  
 Halibut  
 Herring  
 Jerky  
 Lamb  
 Milk  
 Mahi Mahi  
 Peas  
 Pollock  
 Pork  
 Scallops  
 Shrimp  
 Steak  
 Tilapia  
 Tofu  
 Tuna  
 Turkey  
 Sardines  
 Swordfish

## CARBS

Beans  
 Beets  
 Bread  
 Buckwheat  
 Cereal  
 Chick Peas  
 Corn  
 Couscous  
 Cream of Wheat  
 Dried Fruit  
 English Muffins  
 Farro  
 French Fries  
 Granola  
 Grains  
 Hummus  
 Legumes  
 Oatmeal  
 Pancakes  
 Pasta  
 Pita Bread  
 Potatoes  
 Potato Chips  
 Popcorn  
 Quinoa  
 Rice  
 Squash  
 Tortillas  
 Turnip  
 Yam

## HEALTHY FAT

Avocado  
 Avocado Oil  
 Butter  
 Bone Marrow  
 Cheese  
 Chia Seeds  
 Coconut Milk  
 Coconut Oil  
 Dark Chocolate  
 Dressing  
 Egg Yokes  
 Fatty Fish  
 Fish Oil  
 Flaxseeds  
 Full Fat Dairy  
 Ghee  
 Hemp Hearts  
 Mayonnaise  
 Nuts  
 Nut Butter  
 Olives  
 Olive Oil  
 Salad Dressing  
 Seeds  
 Sesame Oil

## FRUIT & VEGGIES

Artichoke  
 Asparagus  
 Beet Roots  
 Broccoli  
 Brussel Sprouts  
 Cabbage  
 Celery  
 Edamame  
 Eggplant  
 Green Beans  
 Lettuce  
 Mushrooms  
 Okra  
 Onions  
 Peas  
 Peppers  
 Tomato  
 Spinach  
 Apple  
 Blueberries  
 Blackberries  
 Cherries  
 Graps  
 Nectarine  
 Orange  
 Mango  
 Melon  
 Pear  
 Plum  
 Rasberries  
 Strawberries