

Help, What do I Eat?

COUNTING MACROS AND NEED HELP WITH WHAT TO EAT?

Need Protein

Black Bean Pasta
Bone Broth (Fat Removed)
Canned Tuna in Water
Chicken Breast
Chicken Jerky
Cod
Collagen Peptides
Deli Meat
Egg Whites
Flounder
Non-Fat Cottage Cheese
Non-Fat Ricotta
Pork Tenderloin
Shrimp
Soy
Tofu
Turket Breast
Turkey Jerky
Whey Protein
Vegan Protein

Need Carbs

Balsamic Vinegar
Barbecue Sauce
Beer
Breads
Candy
Cereal
Corn Tortillas
Dried Fruit
Fruit
Honey
Jelly
Juice
Potatoes
Popcorn
Rice
Root Veggies
Syrup
Squash
Sun Dried Tomatoes
Wine

Need Fats

Avocado
Almonds
Almond Flour
Butter
Brazil Nuts
Bone Marrow
Coconut Milk
Coconut Oil
90% Dark Chocolate
Fish Oil
Flaxseeds
Ghee
Hemp Hearts
Mayonnaise
Nut Butter
Olives
Olive Oil
Salad Dressing
Sesame Oil
Walnuts

High Volume, Low Macros

SNACKS:

Air Popped Popcorn
Carrots
Celery
Rice Cakes
Seaweed Strips
Shirataki Noodles
Sugar Free Jello

FRUITS & VEGGIES

Blueberries
Cabbage
Cauliflower
Cucumber
Lemon
Lime
Mushrooms
Pickles
Radishes
Sprouts
Strawberries
Zucchini

BEVERAGES

Almond Milk
Cashew Milk
Chicken Broth
Coffee
Flavored Water
Hot tea
Iced Tea
Kombucha
Seltzer Water
Water & Lemon
Zero Vitamin Water

CONDIMENTS

Apple Cider Vinegar
Coconut Aminos
Fish Sauce
Hot Sauce
Horseradish
Kimchi
Lemon / Lime Juice
Lakanto Maple Syrup
Mustard
Non-Fat Cottage Cheese
Non-Fat Sour Cream
Nutritional Yeast
Salsa
Sauerkraut

Need Protein and Carbs

Beans/Lentils/Peas
Cereal & Skim Milk
Crackers & Deli meat
Egg Whites * Potatoes
Fat Free Pudding
Fruit & Non-Fat Yogurt
Lentil Pasta
Non-Fat Chocolate Milk

Non-Fat Flavored Yogurt
Non-Fat Sorbet / Fro-Yo
Oats + Yogurt + Whey
Protein Shake & Fruit
Quinoa or Wild Rice
Tuna & Rice Poke Bowl
Whole Grain Cracker
Whole Wheat Bread

Need Protein and Fat

Bacon / Pork Belly
Beef / Pork Jerky
Cheese
Chicken Thighs
Chorizo / Sausage
Coconut Milk Protein Shake
Cottage Cheese
Eggs, Egg Yolks
Full Fat Sour Cream
Hummus
Nut Butter
Plain Whole Yogurt / Dairy
Steak / Beef
Salmon, Fatty Fish

Need Carbs and Fat

Avocado Toast
Bread & Olive Oil
Berries and Coconut Milk
Chia Seeds
Chocolate Bar
Chocolate Covered Fruit
Coconut Cookies
Dried Coconut Flakes
Fries
Fruit & Nut Butter
Fried Plantains
Nut Butter Fudge
Peanut Butter & Banana
Popcorn & Butter

