MACROS AT A GLANCE



PROTEINS

Chicken breast (skinless) Turkey breast (skinless) Ground Turkey (99% lean) Tuna, Snapper, Mahi mahi Scallops, shrimp, crabmeat Egg whites

Rice Oats Corn Fruit **Bread** Honey Potato Squash **Pumpkin** Couscous **Dried fruit** Vegetables

Sweet potato

Low fat cottage cheese

Chickpeas

Skim milk

Quinoa

Lentils

Beans

Peas

Non-fat greek yogurt Whole wheat pasta Milk Cream cheese Nuts and seeds Dark chocolate Almond butter

Peanut butter

Ice Cream Milk Chocolate Parmesan cheese Cheddar cheese Cottage cheese Whole eggs Salmon Bacon Duck

> Butter Olive oil Peanut oil Coconut oil Flaxseed oil Sesame Seed oil

CARBS

FATS

See more at <u>healthyeater.com</u>