



MACRO CHEAT SHEET

CARBOHYDRATES

1 gram = 4 calories

Food Item	Serving Size	Calories	Carb Content	Fiber Content
White Rice	1 cup (cooked)	200	45g	1g
Brown Rice	1 cup (cooked)	210	45g	3.5g
Cauliflower Rice	1 cup	30	5g	2g
Rice Cakes (plain)	1 cake	35	7g	1g
Steel Cut Oats	¼ cup dry	150	27g	4g
Quick Oats	½ cup dry	150	27g	4g
Sweet Potato	1 medium (6oz)	165	37g	6g
Purple Potato	1 medium (6oz)	160	37g	4g
Yams	1 medium (6oz)	160	37g	5g
Quinoa	1 cup (cooked)	220	40g	5g
Black beans	1 cup	220	38g	15g
Pinto Beans	1 cup	210	37g	11g
Whole Wheat Pasta	2 oz dry	200	41g	6g
Chickpea pasta	2 oz dry	200	35g	5g
Rice Noodles	2 oz dry	200	45g	1g
Heart of Palm Pasta	3 oz	20	4g	2g
Zucchini	1 medium (6oz)	30	5g	2g
Brussel Sprouts	1 cup	40	8g	3g
Green Beans	1 cup	30	7g	3g
Broccoli	1 cup (chopped)	30	6g	2g
Cauliflower	1 cup (chopped)	25	5g	2.5g
Apple	1 medium	100	25g	4.5g
Banana	1 medium	110	27g	3g
Orange	1 medium	65	15g	3g
Strawberries	10 berries	40	9g	2g
Blueberries	1 cup	45	10g	2g





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PROTEINS

1 gram = 4 calories

Food Item	Serving Size	Calories	Protein Content
Chicken Breast (skinless)	4 oz	200	33g
Chicken Thigh (w/ skin)	3 oz	210	21g
Chicken Wing (w/ skin)	1.5 oz	95	12g
Chicken Sausage	1 sausage	140	15g
Ground Turkey 97/3	4 oz	140	26g
Deli Turkey	4 oz	120	20g
Ground Beef 80/20	4 oz	280	27g
Ground Beef 90/10	4 oz	200	22g
Top Sirloin Steak	4 oz	210	23g
Filet Mignon	4 oz	190	24g
Wild Salmon	4 oz	175	23g
White Fish	4 oz	195	28g
Shimp	4 oz	110	25g
Pork Tenderloin	4 oz	160	29g
Greek Yogurt (Nonfat)	1 cup	120	24g
Cottage Cheese (Nonfat)	1 cup	160	20g
Whey Protein Powder	1 scoop	120	24g
Vegan Protein Powder	1 scoop	120	23g

