

VEGETARIAN MACRO SELECTOR



Tracking Tips

Macro tracking can work for anyone, including someone following a vegetarian or vegan lifestyle. One difference with macro tracking for vegetarians and vegans is that most protein sources also contain carbs and fat.

When designing your meal plan, start by selecting foods to reach your protein macro budget first; ideally including a variety of protein sources throughout the day. Then fill your remaining macro budget with carbs and fat of your choice.

This list is meant to serve as a guide for vegetarians who consume egg and dairy products and is not all-inclusive. Your individual preferences (vegetarian, vegan, pescatarian) will determine your own personal macro selector list.

CARBS

FRUIT - *frozen, canned, or fresh*
Apples, bananas, berries, grapes, melon, dried fruit

VEGGIES - *frozen, canned, or fresh*
Green beans, broccoli, carrots, cauliflower, kale, spinach, corn, squash, cucumbers, mushrooms, peppers, onions, Brussel sprouts, asparagus

RICE / RICE CAKES
OATS / OATMEAL
POTATOES / YAMS
POPCORN
BREAD
FLOURS
TORTILLAS / PITAS
PASTA
CEREAL
WAFFLES / PANCAKES
SAUCES
Ketchup, BBQ
JAM / JELLY
HONEY / AGAVE / SYRUP
JUICE

PROTEIN + CARBS + FAT

The food included here have combinations of protein + carbs, protein + fat, or all 3 macronutrients in large enough amounts to not include them in an individual macro list.

BEANS / LENTILS
QUINOA
EDAMAME
CHICKPEAS / HUMMUS
SOY MILK
COCONUT MILK
ALMOND MILK
GREEK YOGURT
COTTAGE CHEESE
WHOLE EGGS
CHEESE
BEAN SALADS

PROTEIN

SOY-BASED PRODUCTS
TOFU
TEMPEH
SEITAN
WHEY PROTEIN
VEGAN PROTEIN POWDER
Soy, rice, hemp, pea
EGG WHITES

FAT

OILS
Olive, sesame, vegetable, coconut, MCT, hemp, avocado
AVOCADO
OLIVES
BUTTER / GHEE
HALF & HALF
SALAD DRESSINGS

NUTRITIONAL YEAST
PROTEIN SHAKES / BARS
TRAIL MIX / GRANOLA
STIR-FRY
NUTS / NUT BUTTERS
Peanuts, walnuts, almonds, pistachios, pecans, hazelnuts, macadamia, cashews
SEEDS
Chia, flax, hemp, pumpkin, sesame, sunflower



STRONGER U
NUTRITION