

MACRO SELECTOR

PROTEIN

CHICKEN BREAST
TURKEY BREAST
SHRIMP
PORK TENDERLOIN
TOP SIRLOIN / LEAN RED MEAT
EGG WHITES
COD / FLOUNDER / TILAPIA
LEAN GROUND MEAT
NON-FAT GREEK YOGURT
WHEY PROTEIN
CANNED TUNA IN WATER
TURKEY JERKEY
NON-FAT COTTAGE CHEESE
NON-FAT RICOTTA
DELI MEAT
COLLAGEN PEPTIDES
SOY / TOFU
VEGAN PROTEIN POWDER
TURKEY BACON
LEAN TURKEY / CHICKEN SAUSAGE

FAT

OLIVE OIL
COCONUT OIL
AVOCADO
OLIVES
NUTS
FISH OIL
FLAX SEEDS
SALAD DRESSINGS
BUTTER / GHEE
MAYONNAISE

CARBS

VEGETABLES
FRUIT
RICE
POTATOES
OATMEAL
DRIED FRUIT
POPCORN (PLAIN)
RICE CAKES
BREADS
CORN / FLOUR TORITLLAS
PASTA
CEREAL
JUICE / SPORTS BEVERAGES
SUNDRIED TOMATOES
CANDY
JAM / JELLY
BBQ SAUCE
HONEY
WAFFLES / PANCAKES
GRANOLA
KOMBUCHA

PROTEIN + FAT

EGGS
CHICKEN THIGHS
SALMON
STEAK / BEEF
COTTAGE CHEESE
CHEESE
CANNED OYSTERS / SARDINES
FULL-FAT SOUR CREAM
HUMMUS
BACON / PORK BELLY
NUT BUTTER
FULL-FAT YOGURT
TUNA SALAD / CHICKEN SALAD
SAUSAGE

PROTEIN + CARBS

PROTEIN SHAKE & FRUIT
EGG WHITES & POTATOES
WHOLE GRAIN BREAD
BLACK BEAN PASTA
BEANS / LENTILS
QUINOA
CEREAL & SKIM MILK
NON-FAT FROZEN YOGURT
FLAVORED YOGURT
CRACKERS AND DELI MEAT
LOW-FAT CHOCOLATE MILK
FAT-FREE YOGURT WITH HONEY
#MIKENUGGETS

FAT + CARBS

NUTS
NUT BUTTERS
TORTILLA CHIPS
AVOCADO TOAST
POPCORN & BUTTER
CHIA SEEDS
BREAD & OLIVE OIL / BUTTER
POTATO CHIPS
DRIED COCONUT
BAGEL & CREAM CHEESE
MUFFINS
DONUTS / PASTRIES

LOW / NO-MACRO FOODS

CUCUMBERS	MIXED GREENS	SUGAR FREE JELLO	SAUERKRAUT
CELERY	BERRIES	RICE CAKES	KIMCHI
ZUCCHINI	SPROUTS	SELTZER WATER	TEA
CAULIFLOWER	PICKLES	SALSA	COFFEE
LETTUCE / SPINACH	PLAIN POPCORN	MUSTARD	ALMOND MILK
DIET SODA			