

MACRO CHEATSHEET FOR PROTEIN

FOOD	CAL	PROTEIN	CARB	FAT	FIBRE
Chicken Breast	165	31g	0g	3.6g	0g
Beef Rump Steak	250	26g	0g	17g	0g
Beef Mince	250	20g	0g	18g	0g
Turkey Mince	189	19g	0g	12g	0g
Egg Whites	52	11g	0.6g	0.2g	0g
Whole Egg	143	13g	1g	10g	0g
Canned Tuna	116	26g	0g	0.7g	0g
Snapper	105	20g	0g	2g	0g
Greek Yoghurt	59	10g	4g	0g	0g
Cottage Cheese	81	11g	3g	2g	0g
Pink Lentils	353	26g	60g	1.5g	11g
Kidney Beans	127	8.7g	22g	0.5g	6.4g
Atlantic Salmon	206	22g	0g	13g	0g
Shortcut Bacon	542	34g	0.6g	44g	0g
Pork Mince	143	19g	0g	7g	0g
Full-Fat Milk	61	3.3g	4.8g	3.4g	0g
Edamame	121	11g	10g	5g	5g
Whey Protein	408	76g	7g	7g	0g
Chicken Thigh	209	19g	0g	15g	0g
Soy Beans	147	12g	9g	6g	6g

*All amounts are based on 100g

*Please note that these values are approximate and can vary depending on factors such as the specific brand and cooking methods used.

MACRO CHEATSHEET FOR CARBOHYDRATES

FOOD (100g weight)	CAL	PROTEIN	CARB	FAT	FIBRE
Sweet Potato	86	1.6g	20.1g	0.1g	3g
White Potato	77	2g	17.5g	0.1g	2.2g
Brown Rice	111	2.6g	23.5g	0.9g	1.8g
White Rice	130	2.4g	28.7g	0.2g	0.4g
Quinoa	120	4.4g	21.3g	1.9g	2.8g
Wholemeal Pasta	131	5.8g	24.9g	1.4g	3.7g
Rolled Oats	379	13.1g	67.7g	6.5g	9.4g
Wholemeal Bread	247	10.4g	47.9g	2.7g	6.4g
Rice Noodles	96	2.2g	22.8g	0.4g	1.6g
Bagel	289	11g	58.1g	1.3g	2.5g
Bran	246	15.6g	64.5g	3.3g	10.5g
Muesli	441	10.1g	67.6g	13.9g	9.6g
Rice Bubbles	381	6g	85.7g	0.4g	0.9g
Banana	96	1.1g	22g	0.2g	2.6g
Apple	52	0.3g	14g	0.2g	2.4g
Grapes	69	0.7g	17g	0.2g	0.9g
Pineapple	50	0.5g	13g	0.1g	1.4g
Orange	43	0.8g	9g	0.2g	2.3g
Honey	304	0.3g	82.4g	0g	0.2g
Jam	278	0.2g	68g	0.1g	1g

*All amounts are based on 100g

*Please note that these values are approximate and can vary depending on factors such as the specific brand and cooking methods used.

MACRO CHEATSHEET FOR FATS

FOOD (100g weight)	CAL	PROTEIN	CARB	FAT	FIBRE
Avocado	160	2g	9g	15g	7g
Almonds	579	21g	22g	49g	12g
Chia Seeds	486	16g	42g	31g	34g
Coconut	354	3.3g	15g	33g	9g
Olive Oil	884	0g	0g	100g	0g
Walnuts	654	15g	14g	65g	7g
Flaxseeds	534	18g	29g	42g	27g
Peanut Butter	588	25g	21g	50g	7g
Dark Chocolate	604	7.8g	24g	43g	11g
Greek Yogurt	97	9.5g	3.5g	5g	0g
Macadamia Nuts	718	7.9g	13.8g	75.8g	8.6g
Salmon	206	22g	0g	13g	0g
Hemp Seeds	553	31.6g	10.9g	48.8g	4g
Almond Butter	614	18.6g	19g	55.5g	11g
Cashews	553	18.2g	30.2g	43.9g	3.3g
Pecans	691	9.2g	13.9g	71g	9.6g
Sunflower Seeds	584	20.8g	20g	51g	8.6g
Brazil Nuts	656	14.3g	11.7g	66g	7.5g
Ghee	900	0g	0g	100g	0g
Avocado Oil	884	0g	0g	100g	0g

*All amounts are based on 100g

*Please note that these values are approximate and can vary depending on factors such as the specific brand and cooking methods used.

MACRO CHEATSHEET FOR VEGETABLES

FOOD (100g weight)	CAL	PROTEIN	CARB	FAT	FIBRE
Broccoli	34	2.8g	6.6g	0.4g	2.6g
Carrots	41	0.9g	9.6g	0.2g	2.8g
Spinach	23	2.9g	3.6g	0.4g	2.2g
Bell peppers	31	1g	6g	0.3g	2.1g
Tomatoes	18	0.9g	3.9g	0.2g	1.2g
Cabbage	25	1.3g	5.8g	0.1g	2.5g
Cauliflower	25	1.9g	5g	0.3g	2g
Green beans	31	1.8g	7.1g	0.2g	3.4g
Kale	49	4.3g	8.8g	0.9g	3.6g
Zucchini	17	1.2g	3.1g	0.3g	1g
Eggplant	25	1g	5.9g	0.2g	3g
Sweet potatoes	86	1.6g	20.1g	0.1g	3g
Brussels sprouts	43	3.4g	8.3g	0.3g	3.8g
Asparagus	20	2.2g	3.7g	0.2g	2g
Celery	16	0.7g	3g	0.2g	1.6g
Cucumbers	15	0.6g	3.6g	0.1g	0.5g
Mushrooms	22	3.1g	3.3g	0.3g	1g
Onions	40	1.1g	9.3g	0.1g	1.7g
Peas	81	5.4g	14.5g	0.4g	5.1g
Corn	96	3.4g	21g	1.5g	2.4g

*All amounts are based on 100g

*Please note that these values are approximate and can vary depending on factors such as the specific brand and cooking methods used.