

# @bodyofempowermentacademy



## Macros for common food sources

### Protein Choices For Meals Containing

45 grams—

Tofu = between 8-9.5 oz depending on the brand

lean fish/tuna = 7.5 oz cooked

chicken breast = 6.4 oz cooked

turkey breast = 5.6 oz cooked

egg whites = 15 oz liquid whites

lean steak (round, London broil, filet, sirloin) - 6.4 oz cooked

BPI protein powder = 58 grams weight (If you do protein powders let me know who it is and I can update this)

40 grams—

Tofu = between 7- 9 oz extra firm tofu depending on the brand

lean fish/tuna = 6.7 oz cooked

chicken breast = 5.7 oz cooked

turkey breast = 5 oz cooked

egg whites = 13.3 oz liquid whites

lean steak (round, London broil, filet, sirloin) - 5.7 oz cooked

30 grams—

Tofu = 6-7 oz extra firm tofu depending on brand

Ground turkey = 4 oz cooked

Canned tuna/ lean fish = 5 oz

Chicken breast = 4 oz cooked

Egg whites = 9 oz

Lean steak about 4-4.5 oz cooked

# CARBOHYDRATES



## Carbohydrate Choices For Meals Containing

60 grams---

oatmeal - 3 oz uncooked  
brown rice - 10 oz cooked  
sweet potatoes/yams - 8.2 oz cooked  
Ezekiel bread (plain) - 4 slices  
Quinoa - 3.4 oz uncooked  
Strawberries - 30 oz  
Rice cakes - 3

40 grams---

oatmeal - 2 oz uncooked  
brown rice - 6.5 oz cooked  
sweet potatoes/yams - 5.5 oz cooked  
Ezekiel bread (plain) - 2 and 2/3 slices  
Quinoa - 2.25 oz uncooked  
Strawberries - 20 oz  
Rice cakes - 2

30 grams---

oatmeal - 1.5 oz uncooked  
brown rice - 5 oz cooked  
sweet potatoes/yams - 4.1 oz cooked  
Ezekiel bread (plain) - 2 slices  
Quinoa - 1.7 oz uncooked  
Strawberries - 15 oz  
rice cakes - 1.5

## Added Fat Choices For Meals Containing

14 grams---

almonds - 30 grams weight

natural peanut/almond butter - 2 tbsp

flax/coconut/olive/fish/Udos oil/ - 1 tbsp

avocados - 4 oz raw

7 grams

almonds - 15 grams weight

natural peanut/almond butter - 1 tbsp

flax/coconut/olive/fish/Udos oil/ - 1/2 tbsp

avocados - 2 oz raw