

MACRO CHEAT SHEETS

CARBOHYDRATES

	SERVING	PROTEIN	CARBS	FAT	FIBER
Arugula	1/2 cup	0.3	0.4	0	0.2
Asparagus	1/2 cup	2	3	0	1
Broccoli	1/2 cup	1	3	0	1
Brussel Sprouts	1/2 cup	2	6	0	2
Carrots	1/2 cup	1	6	0	2
Cauliflower	1/2 cup	1	3	0	2
Celery	1/2 cup	0	2	0	1
Cucumber	1/2 cup	0	2	0	0
Green Beans	1/2 cup	1	4	0	2
Jicama	1/2 cup	1	6	0	3
Kale	1/2 cup	2	3	0	1
Leek	1/2 cup	1	7	0	1
Lettuce	1/2 cup	0.3	0.5	0	0.3
Mushrooms	1/2 cup	0	2	0	1
Onion	1/2 cup	1	8	0	1
Parsnips	1/2 cup	1	12	0	3
Peppers	1/2 cup	1	4	0	1
Radish	1/2 cup	0	2	0	1
Spinach	1/2 cup	0.5	0.6	0	0.4
Tomato	1/2 cup	1	4	0	1
Zucchini	1/2 cup	1	2	0	1

VEGGIES

CARBOHYDRATES

	SERVING	PROTEIN	CARBS	FAT	FIBER
Amaranth (dry)	1/2 cup	13	63	7	7
Baked Chips*	50 grams	3	36	9	2
Barley (dry)	1/2 cup	12	67	2	16
Beans (lentils)	1/2 cup	9	20	0	8
Beans (black)	1/2 cup	8	21	1	8
Beans (lima)	1/2 cup	6	20	0	5
Beans (navy)	1/2 cup	8	24	1	3
Beans (pinto)	1/2 cup	8	23	1	8
Bread (ezekiel)*	1 slice	4	15	0	4
Bread (wheat)*	1 slice	2	12	1	2
Bread (white)*	1 slice	2	11	1	2
Brown Rice (cooked)	1/2 cup	3	23	1	2
Buckwheat (dry)	1/2 cup	12	61	3	9
Bulgur (dry)	1/2 cup	9	53	1	13
Corn	1/2 cup	5	31	2	4
Couscous (cooked)	1/2 cup	3	18	0	1
Farro (dry)	1/4 cup	7	37	2	7
Granola*	1/2 cup	5	35	3	4
Grits (dry)	1/4 cup	4	32	1	1
Kamut (cooked)	1 cup	11	52	2	0
Kaniwa (dry)	1/2 cup	14	60	2	6
Millet (cooked)	1 cup	6	41	2	2
Oats (dry)	1/2 cup	6	25	2	4
Pasta- Wheat (cooked)	1/2 cup	4	19	1	3
Peas (black eye)	1/2 cup	7	18	1	4
Peas (english)	1/2 cup	4	11	0	4
Popcorn (unpopped)*	1/4 cup	6	31	2	7
Potatoes (sweet)	1/2 cup	1	14	0	2
Potatoes (white)	1/2 cup	2	13	0	2
Quinoa (cooked)	1/2 cup	4	20	2	3
Quinoa Pasta (dry)*	2 oz	4	46	1	4
Rice Pasta (cooked)*	1/2 cup	1	22	0	1
Rice Cake*	1 cake	1	7	0	0
Rye (dry)	1/2 cup	9	64	1	13
Sorghum (dry)	100 grams	11	72	3	7
Spelt (dry)	1/2 cup	13	61	2	10
Squash (acorn)	1/2 cup	1	8	0	1
Squash (butternut)	1/2 cup	1	8	0	1
Squash (spaghetti)	1/2 cup	0	4	0	1
Tapioca Flour (dry)	1/4 cup	0	20	0	0
Teff (dry)	1/2 cup	13	71	2	8
Tortillas (corn)*	6" tortilla	1	11	1	2
Tortillas (flour)*	10" tortilla	6	35	5	1
Triticale (dry)	1/2 cup	13	69	2	0

STARCHES + GRAINS

CARBOHYDRATES

	SERVING	PROTEIN	CARBS	FAT	FIBER
Apple	6.4 oz	0	25	0	4
Apricot	1/2 cup	1	9	0	2
Banana	1 med.	1	27	1	3
Blackberries	1/2 cup	1	7	0	4
Blueberries	1/2 cup	1	11	0	2
Cantaloupe	1/2 cup	1	7	0	1
Cherries	1/2 cup	1	10	0	1
Dates	1/2 cup	2	67	0	7
Grapefruit	1/2 cup	1	13	0	2
Grapes	1/2 cup	0	8	0	0
Kiwi	1/2 cup	1	13	1	3
Mango	1/2 cup	1	13	0	1
Orange	5.4 oz	1	19	0	3
Peach	5.3 oz	1	15	0	2
Pear	1/2 cup	0	13	0	3
Pineapple	1/2 cup	0	10	1	1
Plantain	1 med	2	57	1	4
Plums	1/2 cup	1	10	0	1
Pomegranate	1/2 cup	1	16	1	4
Raspberries	1/2 cup	1	7	0	4
Strawberries	1/2 cup	1	5	0	2
Watermelon	1/2 cup	1	12	0	1

FRUIT + BERRIES

PROTEIN

	SERVING	PROTEIN	CARBS	FAT	FIBER
Beef (ground) 90/10	4 oz	30	0	13	0
Beef (ground) 93/7	4 oz	29	0	11	0
Bison (roasted)	4 oz	29	0	10	2
Chicken Breast	4 oz	35	0	4	0
Cottage Cheese (0% fat)*	1/2 cup	13	5	0	0
Cottage Cheese (1% fat)*	1/2 cup	16	3	1	0
Crab	4 oz	21	0	1	0
Duck	4 oz	23	0	5	0
Egg (large)	1 egg	6	0	5	0
Egg Whites	3 tbsp	5	0	0	0
Elk (roasted)	4 oz	34	0	2	0
Fish (Cod)	4 oz	26	0	1	0
Fish (Halibut)	4 oz	31	0	3	0
Fish (Salmon)	4 oz	23	0	12	0
Fish (Snapper)	4 oz	30	0	2	0
Fish (Tilapia)	4 oz	30	0	3	0
Fish (Tuna)	4 oz	34	0	2	0
Fish (Tuna- canned in water)	3 oz	18	0	1	0
Greek Yogurt (fat free)*	6 oz	14	10	0	0
Ham (5% fat)	4 oz	24	0	2	0
Kangaroo	4 oz	23	0	2	0
Lobster	4 oz	21	1	1	0
Oysters	4 oz	6	6	2	0
Pork Loin	4 oz	31	0	17	0
Scallops	4 oz	19	3	2	0
Shrimp	4 oz	24	0	1	0
Squid (Calamari)	4 oz	18	4	2	0
Steak (Strip)	4 oz	27	0	5	0
String Cheese (low fat)*	1 stick	7	0	3	0
Turkey (ground- 93% lean)	4 oz	22	0	8	0
Turkey (ground- 99% lean)	4 oz	28	0	1	0
Venison	4 oz	34	0	4	0

FAT

	SERVING	PROTEIN	CARBS	FAT	FIBER
Almond Butter*	1 tbsp	2	3	9	1
Almonds	1 oz	6	1	14	3
Avocado	1 oz	1	2	4	2
Bacon (8g slice)*	1 slice	3	0	3	0
Brazil Nuts	1 oz	4	4	19	2
Butter*	1 tbsp	0	0	12	0
Canola Oil	1 tbsp	0	0	14	0
Cashews	1 oz	5	9	12	1
Cheese (American)*	1 oz	6	1	6	0
Cheese (Blue)*	1 oz	6	0	8	0
Cheese (Cheddar)*	1 oz	7	0	9	0
Cheese (Feta)*	1 oz	7	2	7	1
Cheese (Mozzarella)*	1 oz	5	1	5	0
Cheese (Provolone)*	1 oz	6	0	7	0
Cheese (Swiss)*	1 oz	8	1	6	0
Chia Seed	1 tbsp	3	5	5	5
Coconut Oil	1 tbsp	0	0	14	0
Flaxseed	1 tbsp	2	3	4	3
Flaxseed Oil	1 tbsp	0	0	14	0
Half and Half*	1 tbsp	0	1	2	0
Hazelnuts	1 oz	4	5	17	3
Heavy Whipping Cream*	1 tbsp	0	0	6	0
Hemp Seed	1 oz	10	2	13	1
Macadamia Nuts	1 oz	2	4	21	3
Macrona Almonds	1 oz	6	6	14	4
MCT Oil	1 tbsp	0	0	14	0
Olive Oil	1 tbsp	0	0	14	0
Olives*	10 olives	0	5	3	1
Peanut Butter*	1 tbsp	4	3	8	1
Peanuts	1 oz	7	5	14	2
Pecans	1 oz	3	4	20	3
Pine Nuts	1 oz	4	4	19	1
Pistachios	1 oz	6	8	13	3
Sausage (Beef)*	4 oz	21	0	32	0
Sausage (Pork)*	4 oz	22	0	32	0
Sunflower Seed Butter	1 tbsp	3	4	8	0
Walnuts	1 oz	4	4	18	2

VEGETARIAN

FOODS LISTED IN THIS CHART ARE BASED ON PORTIONS EQUAL TO 100 CALORIES



GRAINS, BREAD & PASTA

*INDICATES RAW FOOD MEASUREMENT

FOOD ITEM	PROTEIN (G)	CARBS (G)	FAT (G)	FIBER (G)	ALLERGENS
EXPLORE CUISINE BLACK BEAN PASTA*	13.9	12.6	1.1	6.7	
EXPLORE CUISINE ADZUKI BEAN PASTA*	10.2	11.7	1.0	5.9	
CYBELE'S FREE TO EAT GREEN ROTINI*	7.5	17.5	0.5	1.5	
BANZA CHICKPEA PENNE PASTA*	7.4	16.8	1.8	4.2	
ANCIENT HARVEST POW! ROTINI*	7.0	17.5	0.5	3.5	
CYBELE'S FREE TO EAT LENTIL ROTINI*	6.2	17.1	0.5	1.4	
BARILLA PROTEIN PLUS ROTINI*	5.3	20.0	1.1	2.1	W
FOOD FOR LIFE EZEKIEL 4:9 BREAD	5.0	17.5	0.6	3.7	W
TRADER JOES PITA BREAD	4.1	19.1	0.7	1.8	
WILD RICE*	4.1	20.6	2.9	1.7	
QUINOA*	3.8	17.4	1.7	1.9	
TEFF FLOUR*	3.6	19.9	0.7	2.2	
OATMEAL*	3.5	17.9	1.7	2.7	
COUSCOUS*	3.4	20.6	0.2	1.3	
BUCKWHEAT*	3.4	21.7	0.8	3.0	
MILLET*	2.9	19.3	1.1	2.2	
CORNMEAL*	2.2	21.2	1.0	2.0	



VEGETABLES

*INDICATES RAW FOOD MEASUREMENT

FOOD ITEM	PROTEIN (G)	CARBS (G)	FAT (G)	FIBER (G)	ALLERGENS
MUSHROOMS*	14.1	15.0	1.4	4.5	
SPINACH*	12.6	15.7	1.7	9.6	
ASPARAGUS*	11.0	19.5	0.5	10.5	
MUNG BEAN SPROUTS*	10.0	19.7	0.7	6.0	
KALE*	8.8	18.0	1.8	7.3	
BROCCOLI*	8.2	19.4	1.2	7.6	
BRUSSELS SPROUTS*	7.9	20.9	0.7	8.8	
CAULIFLOWER*	7.6	20.9	1.2	8.0	
SNOW PEAS*	6.7	18.1	0.5	6.2	
GREEN PEAS*	6.7	17.9	0.5	7.9	
ARTICHOKE, CANNED	5.5	22.5	0.6	10.8	
CORN*	3.5	21.9	1.6	2.5	
PUMPKIN, CANNED	3.2	23.8	0.9	8.5	
CARROTS*	2.2	23.4	0.5	6.8	
SWEET POTATOES*	1.9	23.3	0.1	3.5	



BEANS, & LEGUMES

*INDICATES RAW FOOD MEASUREMENT

FOOD ITEM	PROTEIN (G)	CARBS (G)	FAT (G)	FIBER (G)	ALLERGENS
EDAMAME	9.8	7.4	4.3	4.3	S
LENTIL*	7.0	18.0	0.3	3.0	
SPLIT PEAS*	6.8	18.1	0.3	2.0	
KIDNEY BEANS*	6.7	18.2	0.3	4.5	
NAVY BEANS*	6.6	18.0	0.4	4.5	
BLACK BEANS*	6.3	18.7	0.3	4.6	
PINTO BEANS*	6.0	18.0	0.0	6.7	
GARBANZO BEANS*	5.6	16.9	1.6	5.0	
REFRIED BEANS, CANNED	5.6	15.1	2.2	4.1	
HUMMUS	4.1	11.1	5.0	3.3	



NUTS & SEEDS

FOOD ITEM	PROTEIN (G)	CARBS (G)	FAT (G)	FIBER (G)	ALLERGENS
PUMPKIN SEEDS	5.2	2.6	8.6	1.1	
HEMP HEARTS	4.7	1.7	7.2	0.9	
PEANUTS	4.6	2.8	8.7	1.5	
PEANUT BUTTER	3.7	3.7	8.6	0.8	
ALMONDS	3.7	3.7	8.6	2.2	
PISTACHIOS	3.6	4.9	8.1	1.9	
SUNFLOWER SEEDS	3.6	3.4	8.8	1.5	
FLAX SEED	3.4	5.4	7.9	5.1	
CHIA SEED	3.4	8.7	6.3	7.1	
CASHEWS	3.3	5.5	7.9	0.6	
SESAME SEEDS	3.2	1.9	9.7	1.8	
TAHINI	2.9	3.6	9.0	1.6	
SUNFLOWER BUTTER	2.8	3.8	8.9	0.9	
WALNUTS	2.3	2.1	10.0	1.0	
BRAZIL NUTS	2.2	1.8	10.2	1.1	



PROTEIN POWDERS

FOOD ITEM	PROTEIN (G)	CARBS (G)	FAT (G)	FIBER (G)	ALLERGENS
TRUE NUTRITION PEA PROTEIN	22.3	0.9	0.6	1.1	
NEW FOODS SOY PROTEIN	22.2	0.6	1.1	0.0	S
GNC SOY PROTEIN ISOLATE	21.7	0.0	1.7	0.0	S
TRUE NUTRITION RICE PROTEIN	21.2	2.7	0.3	2.1	
NAKED NUTRITION BROWN RICE PROTEIN	20.8	3.3	0.4	P.8	
NAKED NUTRITION PEA PROTEIN	20.8	1.5	0.4	0.0	
OPTIMUM NUTRITION SOY PROTEIN	20.3	1.6	1.2	0.0	S
VEGA SPORT PERFORMANCE PROTEIN	20.0	3.3	2.0	1.3	
GARDEN OF LIFE RAW ORGANIC PROTEIN	20.0	1.8	2.0	0.9	
TRUE NUTRITION PUMPKIN PLUS	19.5	1.4	1.6	1.4	
VEGA CLEAN PROTEIN	19.2	3.8	2.3	1.5	
SUN WARRIOR - WARRIOR BLEND	18.9	5.6	0.0	2.2	
VEGA PROTEIN & GREENS	18.2	5.5	0.9	1.8	
PLANT FUSION COMPLETE PLANT PROTEIN	17.5	3.3	1.7	0.0	
SUN WARRIOR CLASSIC PROTEIN	17.0	4.0	1.0	3.0	
AMAZING GRASS VEGAN VANILLA PROTEIN	16.7	5.0	2.1	3.3	
MANITOBA HARVEST HEMP PRO 50	14.3	3.2	3.2	0.0	
ORGAIN CHOCOLATE PROTEIN	14.0	8.7	2.7	3.3	
SPIRITULINA POWDER	13.3	6.7	0.0	0.0	
MANITOBA HARVEST HEMP PRO 50	12.5	6.7	2.9	5.8	
NUTIVA HEMP PROTEIN	12.2	7.3	2.4	6.5	
ALOHA CHOCOLATE PROTEIN	12.0	6.7	3.0	2.0	
BOB'S RED MILL VANILLA PROTEIN BOOSTER	11.1	10.6	1.7	6.7	
PB2 POWDERED PEANUT BUTTER	11.1	11.1	3.3	4.4	



DAIRY ALTERNATIVES

FOOD ITEM	PROTEIN (G)	CARBS (G)	FAT (G)	FIBER (G)	ALLERGENS
NUTRITIONAL YEAST	15.0	10.0	0.0	5.0	
FLAX MILK + PROTEIN	11.6	2.9	5.0	0.0	S
SOY MILK	8.9	4.4	5.0	2.2	S
SOY YOGURT	7.5	7.5	4.4	2.5	
DAIYA YOGURT	5.3	13.3	3.3	2.0	
ALMOND MILK	4.0	4.0	7.3	0.0	
CASHEW MILK	3.8	3.8	8.2	0.0	
CASHEW YOGURT	2.9	8.6	6.4	0.7	
HEMP MILK	2.5	1.3	10.0	0.0	
DAIYA CHEESE	1.7	8.3	7.5	0.0	



MEAT ALTERNATIVES

FOOD ITEM	PROTEIN (G)	CARBS (G)	FAT (G)	FIBER (G)	ALLERGENS
SEITAN	16.7	8.9	0.0	1.1	W
BOCA BURGER	13.3	9.3	2.6	5.4	S
TOFU	11.7	3.7	5.3	1.2	S
TOFURKEY ITALIAN SAUSAGE	10.7	2.9	5.0	0.4	W S
TEMPEH	10.6	4.0	5.6	1.9	S
VEGANEGG	6.8	14.3	2.9	2.9	S
AMY'S BLACK BEAN BURGER	4.8	13.9	3.5	3.2	W S

W = CONTAINS WHEAT S = CONTAINS SOY

PROTEIN