MACRONUTRIENT CHEAT SHEET
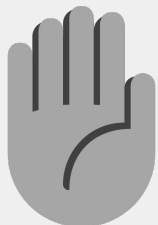
Make Estimates | Memorize Categories | Reference Specifics

PROTEIN

4oz
=
113grams
=
~1 full hand size

~ 30g P

*Protein & Carbs represent cooked macros, and meat trimmed of extra visible fat

LEAN PROTEIN
30g P
0g C
5g F

FATTY PROTEIN
30g P
0g C
15g F

SOURCES	CALORIES	P	C	F
Egg Whites *1/2 cup liquid	63	13	1	0
Shrimp	112	27	0	0
Ground Turkey 99/1	163	28	0	1
Tilapia	145	30	0	3
Chicken Breast	153	35	0	5
Pork Tenderloin	187	32	0	6
Ground Beef 93/7	172	24	0	8
Beef Flank Steak	220	32	0	9
Beef Ribeye Filet	226	33	0	9
Bison	202	28	0	10
Beef Top Sirloin	240	30	0	11
Whole Egg	205	14	1	12
Ground Chicken	214	26	0	12
Ground Turkey 93/7	217	30	0	13
Salmon	234	28	0	14
Chicken Thigh	238	32	0	15
Ground Beef 85/15	272	29	0	16
Beef Short Rib	335	35	0	21

CARBS

4oz
=
113grams
=
~1 hand scoop

~ 25g P

*Whole Wheat
*DKB = Dave's Killer Bread

QUALITY STARCHY CARBS
5g P
25g C
1g F

***SLIGHTLY PROCESSED**
5g P
25g C
1g F

FRUIT
1g P
20g C
0g F

VEGETABLES
2g P
10g C
0g F

SOURCES	CALORIES	P	C	F
Beans	156	10	28	1
Lentils	162	10	30	1
Chickpeas	185	8	26	3
Quinoa	150	5	27	1
Couscous	132	4	23	0
Rice	137	3	29	1
Potatoes	107	3	23	0
Oatmeal	98	3	18	2
Pasta	149	7	34	2
English Muffin	143	6	27	1
DKB* ½ Bagel	131	6	25	1
DKB* Bread	126	5	22	2
Banana	101	1	26	0
(Grapes, Blueberries, Apple)	76	1	17	1
(Blackberries, Strawberries, Watermelon)	46	1	10	0
(corn, squash, peas, carrots, kale)	66	2	13	0
(green beans, broccoli, brussel sprouts, peppers, cauliflower)	39	2	7	0
(asparagus, tomatoes, spinach, cucumber, zucchini, celery, lettuce)	25	2	4	0

FATS

1oz
=
28 grams
=
~1 *full thumb
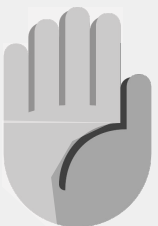
~ 12g P

~ ¼ cup   2-3 tbsp
NUTS / SEEDS
5g P
7g C
12g F

OTHER FATS
2g P
5g C
10g F

SOURCES	CALORIES	P	C	F
Peanuts/Almonds	162	7	5	14
Cashews	165	5	9	12
Walnuts	183	4	4	18
Hemp Seeds	170	10	0	18
Flaxseeds	147	6	10	10
Sesame Seeds	162	5	7	14
Chia Seeds	137	4	12	9
Peanut/Almond Butter	195	6	7	18
Dark Chocolate (70%)	167	2	13	12
Avocado	45	1	2	4
Olives	40	0	1	4
Oils (olive/coconut/avocado)	120	0	0	14

↓ ↑ Lines show how foods are ordered. Typically most favorable. I.E. Protein is ranked by lowest fats to higher fats.

Note: specific macros will vary depending on brand / resource.

*Fats portion range from tip of your thumb to full thumb