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

	SOURCES	CALORIES	P	C	F
LEAN PROTEIN 30g P 0g C 5g 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
FATTY PROTEIN 30g P 0g C 15g F	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	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
*SLIGHTLY PROCESSED 5g P 25g C 1g F	Pasta	149	7	34	2
	English Muffin	143	6	27	1
	DKB* ½ Bagel	131	6	25	1
	DKB* Bread	126	5	22	2
FRUIT 1g P 20g C 0g F	Banana	101	1	26	0
	(Grapes, Blueberries, Apple)	76	1	17	1
	(Blackberries, Strawberries, Watermelon)	46	1	10	0
VEGETABLES 2g P 10g C 0g F	(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	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
OTHER FATS 2g P 5g C 10g F	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