

MACRONUTRIENT CHEAT SHEET

Tracking should be really simple.

- ✘ don't memorize every food
- ✘ don't do a math problem every time you eat

You just have to learn a few key items and the system to track efficiently.

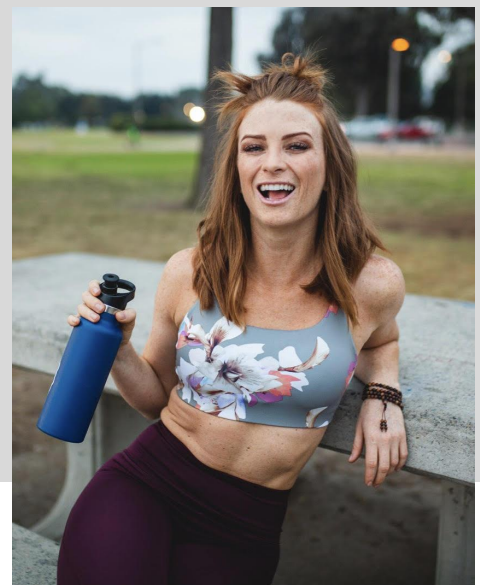
Learn the categories and their average macro amounts.

- ➔ all food breaks down to the same categories
(from every culture/country/restaurant)
- ➔ make estimates and quick decision based on these categories

Hi, I'm Jenny the Nutritionist! I help active ladies change their body composition by implementing a Nutrition Strategy with custom macros, and a nutrition system that runs on auto-pilot.

Efficiently tracking macros is a part of that. I've traveled the world these past two year, trying a lot of different foods, and continued to build my shape and easily track my macros.

Follow along [@jennythenutritionist](https://www.instagram.com/jennythenutritionist)



Use these 3 Steps with the full Macro Cheat Sheet chart on page 2.

1

Make estimates using hands.
Weigh food for more accuracy.

2

Memorize the categories of foods and their macro averages.

3

Reference Specifics when your fine tuning your plan.

MACRONUTRIENT CHEAT SHEET							
Make Estimates	Memorize Categories	Reference Specifics					
		CALORIES	P	C	F		
PROTEIN 4oz = 113grams = ~1 full hand size ~30g P	LEAN PROTEIN	Egg Whites***	63	15	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	
		NY Strip Steak	151	26	0	5	
		Pork Tenderloin	187	32	0	6	
		Beef Frank Steak	220	32	0	9	
		Ground Bison	202	22	0	8	
		Ground Beef 93/7	172	33	0	11	
		Beef Top Sirloin	240	30	0	11	
		Whole Egg	205	14	1	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		
	Beef Ribeye	304	19	0	30		
CARBS 4oz = 113grams = ~1 hand scoop ~25g P	QUALITY STARCHY CARBS	Beans	156	10	23	1	
		Lentils	162	10	30	1	
		Chickpeas	185	8	26	3	
		Quinoa	150	5	27	1	
		Couscous	132	4	23	0	
		Rice *w/ oil of all types	137	3	23	1	
		Potatoes	107	3	23	0	
		Plain Oatmeal	98	3	18	2	
		Pasta *w/ oil of all types	149	7	24	2	
		English Muffin	143	6	27	1	
		DKB** 1/2 Bagel	131	6	25	1	
		DKB** Bread	126	5	22	2	
		Banana	101	1	26	0	
		Grape, Blueberry, Apple (Bananas, Strawberries, Raspberries)	76	1	17	1	
			46	1	10	0	
	VEGETABLES (corn, squash, peas, carrots)	66	2	13	0		
	green beans, broccoli, cauliflower, spinach, kale, tomatoes, cucumber, sweetpotato, navy beans	39	2	7	0		
		25	2	4	0		
FATS 1oz = 28 grams = ~1 full thumb ~12g P	NUTS / SEEDS	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	
		OTHER FATS	Dark Chocolate (70%)	167	2	10	12
		Avocado	45	1	2	4	
		Olive	40	0	1	4	
		Oil (olive/coconut/avocado)	120	0	0	14	

Enjoy this tool which is the first step to tackle your nutrition. [Click here](#) to learn more about my **Create Your Shape** program and take your nutrition and physique to the next level. - Jenny

MACRONUTRIENT CHEAT SHEET

Make Estimates

Memorize Categories

Reference Specifics

PROTEIN

4oz
=
113grams
=
~1 full hand size



~ 30g P

LEAN PROTEIN

30g P
0g C
5g F

FATTY PROTEIN

30g P
0g C
15g F

SOURCES

Egg Whites*raw
Shrimp
Ground Turkey 99/1
Tilapia
Chicken Breast
NY Strip Steak
Pork Tenderloin
Beef Flank Steak
Ground Bison

Ground Beef 93/7
Beef Top Sirloin
Whole Egg
Ground Turkey 93/7
Salmon
Chicken Thigh
Ground Beef 85/15
Beef Short Rib
Beef Ribeye

CALORIES

63
112
163
145
153
151
187
220
202
172
240
205
217
234
238
272
335
304

P

13
27
28
30
35
26
32
32
23
33
30
14
30
28
32
29
35
19

C

1
0
0
0
0
0
0
0
0
0
0
1
0
0
0
0
0
0

F

0
0
1
3
5
5
6
9
8
11
11
12
13
14
15
16
21
30

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

CARBS

4oz
=
113grams
=
~1 hand scoop



~ 25g P

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

Beans
Lentils
Chickpeas
Quinoa
Couscous
Rice *avg. of all types
Potatoes
Plain Oatmeal
Pasta *avg. of all types
English Muffin
DKB** ½ Bagel
DKB** Bread
Banana
(Grapes, Blueberries, Apple)
(Blackberries, Strawberries, Watermelon)
(corn, squash, peas, carrots)
(green beans, broccoli, brussel sprouts, peppers, cauliflower)
(asparagus, tomatoes, spinach, cucumber, zucchini, celery, lettuce)

156
162
185
150
132
137
107
98
149
143
131
126
101
76
46
66
39
25

10
10
8
5
4
3
3
3
7
6
6
5
1
1
1
2
2
2

28
30
26
27
23
29
23
18
34
27
25
22
26
17
10
13
7
4

1
1
3
1
0
1
0
2
2
1
1
2
0
1
0
0
0
0

*Whole Wheat
**DKB = Dave's Killer Bread

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

Peanuts/Almonds
Cashews
Walnuts
Hemp Seeds
Flaxseeds
Sesame Seeds
Chia Seeds
Peanut/Almond Butter
Dark Chocolate (70%)
Avocado
Olives
Oils (olive/coconut/avocado)

162
165
183
170
147
162
137
195
167
45
40
120

7
5
4
10
6
5
4
6
2
1
0
0

5
9
4
0
10
7
12
7
13
2
1
0

14
12
18
18
10
14
9
18
12
4
4
14

Macro references represent the averages of brands/specific types.

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

Fats portions can range from tip of your thumb to full thumb

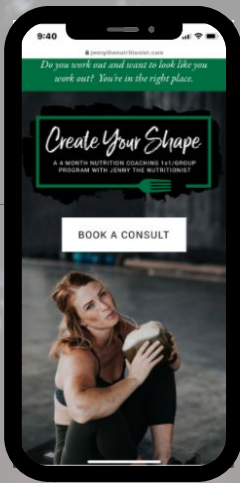
CREATE YOUR SHAPE - THE PROGRAM

Create Your Shape

A 4 MONTH NUTRITION COACHING 1x1/GROUP PROGRAM WITH JENNY THE NUTRITIONIST

Learn more at:

jennythenutritionist.com/create-your-shape



- ➔ Build Muscle
- ➔ Change body composition
- ➔ Learn the Framework
- ➔ Optimize Your Workout

You work out, you deserve to look like it!

Optimize your nutrition to get the most out of your workouts.
Are you eating enough?

I'll create your custom macro plan with a 4 month strategy to build muscle and decrease body fat.

Increase your nutrition knowledge and the have application tools to build a healthy and sustainable physique.

Come hang out with the [Create Your Shape](https://jennythenutritionist.com/create-your-shape) ladies!



Click here to learn more and apply!

