


















PROTEIN	CARBS	FATS	FIBER
Chicken 	Vegetables  	Olive Oil  	Avocado  
Egg Whites 	Sweet Potatoes  	Coconut Oil  	Broccoli  
Turkey Breast 	Sauces	Butter/Ghee	Carrots  
Pork Tenderloin 	Dressings	Nuts  	Spinach  
Red Meat 	Bread/Crackers 	Bacon	Squash  
Crab 	Quinoa 	Avocado  	Onions  
White Fish 	Rice 	Dairy/Cheese	Leafy Greens  
Bone Broth 	Beans 	Egg Yolks 	Berries  
Shrimp 	Oats 	Bone Marrow 	Whole Grains 
Tuna 	Popcorn 	Fish Oil 	Artichoke  
Tofu  	Sugar/Honey 	Olives  	Green Peas  
Beef & Turkey 	Fruits + (low glycemic such as berries) 	Nuts/Seed  	Pear 
Jerky	Grain Free 	Butters	Prunes 
Lean Ground Turkey 	Granola (my pick as I try to avoid grains as they can be inflammatory).	Salad Dressings (if oil based) 	Sweet  
Cod/Halibut/White Fish 	Almond and Coconut Milk 	Chocolate (>88% dark) 	Potatoes
Collagen Peptides 	Yogurt	Almond  	Brussel  
	Desserts (sweets in general are primarily carbs)	Flour	Sprouts

Key:  = vegan,  = anti-inflammatory

**Calories = Macros & Macros = Calories (Follow your macros NOT the calories in MFPAL)**

Protein: 1 gram = 4 Calories      Carbohydrates: 1 gram = 4 Calories

**Calculating Alcoholic Beverages (You will always track as FAT in MFPAL by entering custom food).**

Total Calories of Drink / 9 = Grams of Fat (you will load this in MFPAL)

Example: 100 Calories Drink / 9 = 11 Grams of Fat to be Tracked