

Mix and Match Macros



Select food items from the chart below to help you hit your macros!

Eating real non-processed food when able is important. You do have flexibility in what you eat as long as it hits your macros. We suggest anti-inflammatory foods and limiting things such as dairy, grains and sugar so you can look as good on the inside as you do the outside.



| NEED CARBS + FAT? | | |
|------------------------|------------------|-----------------------|
| Peanut Butter + Banana | Avocado + Toast | Chocolate + Fruit |
| Berries + Coconut Milk | Bread + Butter | Veggies + Dip |
| Fruit + Nut Butter | Chips + Salsa | Bagel + Cream Cheese |
| Chocolate + Nuts | Popcorn + Butter | Toast + Peanut Butter |

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| NEED CARBS? | |
|----------------|-------------|
| Fruit | Cereal |
| Dried Fruit | Popcorn |
| Potatoes | Crackers |
| Root Veggies | Honey |
| Rice | Maple Syrup |
| Corn Tortillas | Juice |
| Bread | |

| NEED PROTEIN? | |
|----------------|--------------|
| Chicken Breast | Whey Protein |
| Ground Turkey | Edamame |
| Ground Beef | Tofu |
| Shrimp | Tempeh |
| Canned Tuna | Bone Broth |
| Tilapia | |
| Egg Whites | |

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| NEED FAT? | |
|-------------|--------------|
| Avocado | Coconut Milk |
| Olives | Olive Oil |
| Hemp Hearts | Fish Oil |
| Butter | Sesame Oil |
| Almonds | Flaxseeds |
| Walnuts | |

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| NEED CARBS + PROTEIN? | |
|------------------------|---------------|
| Fruit + Nonfat Yogurt | Quinoa |
| Crackers + Deli Meat | Veggie Burger |
| Poke + Rice | Beans |
| Egg Whites + Potatoes | Lentils/Peas |
| Whey + Fruit Smoothies | |

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| NEED PROTEIN + FAT? | |
|---------------------|-------------------------|
| Cheese | Hummus |
| Nut Butter | Full Fat Cottage Cheese |
| Steak | Chorizo |
| Eggs | Salmon |
| Bacon | Beef Jerky |
| Whole Yogurt | Nut Milks |

| MORE FOOD - LESS MACROS | | | |
|-------------------------|--------------------|---------------------|-------------------|
| Cucumbers | Blueberries | Salsa | Nutritional Yeast |
| Celery | Strawberries | Mustard | PB2 |
| Mushrooms | Lemon | Apple Cider Vinegar | Chicken Broth |
| Cabbage | Seaweed Strips | Lemon/Lime Juice | Coffee |
| Pickles | Air Popped Popcorn | Hot Sauce | Hot Tea |
| Radishes | Rice Cakes | Tamari | Almond Milk |