



FOOD GUIDE TO HELP DETERMINE HOW TO MEET YOUR MACROS

This food list provides a simple breakdown of macronutrients—protein, carbohydrates, and fats—for a variety of common foods. It's designed to help you make informed choices and better understand how different foods contribute to your overall nutrition goals.

Remember: no single food provides everything your body needs. Aim to include a variety of foods from each macronutrient category to support balanced nutrition, optimal recovery, and long-term health.

PROTEINS	Protein	Carbs	Fat
1 scoop MRE Lite	24	4	2
2 scoops MRE Lite	48	8	4
3 scoops MRE Lite	72	12	6
Fa!r!fe Core Power	42	8	3.5
1 serving 0% Fage	18	5	0
Fage 0% Flip Top with fruit	13	18	0
1/2 cup 2% low-fat cottage cheese	12	4	2
1 oz grilled or ground chicken breast	7	0	1
4 oz. grilled or ground chicken breast	27	0	3
6 oz grilled or ground chicken breast	42	0	6
8 oz grilled or ground chicken breast	56	0	8
1 oz grilled or ground turkey breast (99% lean)	7	0	0.25
4 oz. grilled or ground turkey breast (99% lean)	28	0	1
5 oz. grilled or ground turkey breast (99% lean)	35	0	1.25
6 oz grilled or ground turkey breast (99% lean)	42	0	1.50
1 oz. 90/10 ground beef	6	0	3
4 oz. 90/10 ground beef	23	0	11
5 oz. 90/10 ground beef	30	0	15
1 oz. flank steak	6	0	3
4 oz. flank steak	24	0	9
5 oz. flank steak	30	0	15
Tuna (canned) 2 oz. or 1/4 cup	10	1	1
1 oz. shrimp	4.5	0	0.25
4 oz. shrimp	18	0	1
6 oz. shrimp	27	0	1.5
1 oz. cod fillets baked	3.5	0	0.75
4 oz. cod fillets baked	14	0	3
6 oz. cod fillets baked	21	0	4.5
1 oz. tilapia fillets	5.5	0.25	0.5

4 oz. tilapia fillets	22	1	2
6 oz. tilapia fillets	33	1.5	3
1 oz. Atlantic salmon	8	0	4
3 oz. Atlantic salmon	23	0	12
6 oz. Atlantic salmon	48	0	24
4 oz. drained canned Albacore tuna in water	26	0	1
1 egg (yolk included)	6	0.5	5
2 eggs (yolks included)	12	1	10
1 egg white from the egg	3.5	0	0
2 eggs whites from the egg	7	0	0
1/2 cup egg whites	13	1	0
1 cup egg whites	26	2	0
CARBS	Protein	Carbs	Fat
1/4 cup rice	1	12	0
1/2 cup rice	2	23	0
1 cup rice	4	46	0
150 grams pineapple	1	19	0
1/2 cup berries	0	10.5	0
1 cup berries	0	21	0
1/2 cup sweet potato	2	27	0
Gatorade	0	22	0
1 english muffin or 1/2 bagel	4	26	2
1 slice Ezekiel sprouted whole grain bread	5	15	0
1 serving granola	2	20	4
40 grams Steel cut oats	5	27	3
80 grams Steel cut oats	10	54	6
1/4 cup Gerber cream of rice cereal	1	12	0.5
1/2 cup Gerber cream of rice cereal	2	24	1
1/2 plain bagel	4.5	26.5	0.75
1 plain bagel	9	53	1.5
Rice cakes - lightly salted	1	7	0
Rice cakes - flavored (caramel, chocolate)	1	11	0
Mission Flour Tortilla	4	24	3.5
Veggies	0	0	0
Intra workout carbs	0	22	0
FATS	Protein	Carbs	Fat
1 Tbsp Almond butter	3	4	8
8 oz almond milk	1	1	3
2 oz avocado	2	7	12
1 Tbsp sunflower butter	7	7	17
1 Tablespoon olive oil	0	0	14