



WHAT ARE MACROS

Macros are short for Macronutrients?

They are the essential nutritive components of food that the body needs for energy to maintain the body's structure and systems in ones day to day life

For now we will learn what food choices are the best choices for starting your fitness journey!

PROTEIN

Pork

- Pork Chops
- Breakfast Sausage
- Italian Sausage
- Bacon
- Hot Dogs
- Deli sliced ham

MORE
FAT

Beef

- Ground Beef
- Various cuts of Steak
- Deli sliced roast beef

Mutton / Lamb

Bison / Buffalo

Deer / Venison

Elk

Chicken

- Breast
- Thighs
- Canned Chicken
- Deli sliced chicken breast

Turkey

- Deli sliced turkey
- Roasted turkey

Fish

- Salmon
- Trout
- Cod
- Canned Tuna

Shellfish

- Shrimp
- Lobster
- Crab

Non-Meat Proteins

- Cheese
- Nuts
- Eggs
- Protein Bars
- Beans
- Protein Powder
- Greek yogurt
- Traditional yogurt
- Cottage Cheese
- Egg whites
- Tofu
- Tempeh



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LESS
FAT

Carbohydrates

- Beans / Legumes
 - Pinto
 - Kidney
 - Chickpea/Garbanzo
 - Lentils
 - Lima Beans
 - Peas

Whole Grains

- Rice
- Amaranth
- Wild Rice
- Brown Rice
- Quinoa
- Oatmeal
- Barley
- Whole-wheat bread

MORE
PROTEIN



LESS
PROTEIN

Carbohydrates

OPTIONS FOR MORE FIBER

Fruit

- Apples
- Pears
- Bananas
- Berries
- Oranges
- Grapefruits
- Lemons
- Limes
- Cherries
- Apricots
- Peaches
- Avocado

Vegetables

- Lettuce
- Corn
- Tomatoes
- Squash
- Potatoes
- Onions
- Bell Peppers
- Cucumbers
- Broccoli
- Carrots
- Mushrooms
- Garlic



Carbohydrates

MORE CARBS...

Tortillas

- Corn
- Flour

Sweeteners

- Honey
- Sugar
- Agave Nectar
- Stevia
- Sweet & Low

Snacks - Various

- Tortilla Chips
- Potato Chips
- Popcorn
- Rice Cakes

Breads

- Frybread
- Sopapillas
- Flour
 - Whole Wheat
 - White
- Gluten Free
 - Rice Flour
 - Almond Flour

Sauces

- Salsa
- BBQ
- Mole
- Jelly

Pasta

Fats



Nuts

- Almonds
- Pistachio
- Cashews
- Peanuts
- Pine Nuts
- Walnuts

Olives

- Black
- Green, Casteveltrano
- Kalamata

Diary

- Milk
- Cream

- Cheese
- Sour Cream

Oils

- Olive
- Grape seed
- Avocado
- Canola
- Vegetable

Spreads Marinades & Dressings

- Ranch
- Blue Cheese
- Vinnaigrettes
- Aioli
- Oil based spreads like Calabrian Chili
- Pesto
- Mayo

