COMMONLY CONSUMED MACROS

Carbs

- Fruits
- Cereals
- grains
- Flours
- Breads
- Bagels
- Tortillas
- Honey
- Syrup
- Jam
- Sugar
- Potatoes
- Rice
- Pasta
- Vegetables
- chips/snacks
- Pop/juice

Carbs + Protein

- Beans
- Quinoa
- Sprouted Grains
- Lentils
- Peas
- Chickpeas
- Yogurt
- Milk
- Jerky
- Edamame
- yeast

Protein

- Chicken breast
- Cottage Cheese
- Turkey Breast
- Egg whites
- Lean Beef
- Tuna
- Seafood
- Fish
- Lamb
- Greek Yogurt
- Whey Protein

Protein + Fats

- Salmon
- Eggs
- Cheese
- Chia Seeds
- Red Meat
- Pork
- Lamb
- Duck
- Chicken Thigh
- Turkey Thigh
- Yogurt
- whole milk
- Nuts
- Half & Half

Fats

- Avocado
- Nuts
- Nut butters
- Canola Oil
- Seeds
- Olives
- Pesto
- Oils
- Egg yolk
- Butter
- Ghee
- Coconut oil
- Coconut milk
- Chocolate

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Vegetables in great variety every meal,Low GI Fruit 2x / day

Beans and pulses
Oats & Quinoa etc 2x / week

Lean poultry or beef and seafood 3x / day

Eggs and fattier proteins 2 x / week

Healthy fats 3Tbs / day

Ideal Foods to maximize health and vitality

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MACRO CHOICES FOR VITALITY

CARBS
- Broccoli
- Carrots
- Celery
- Garden Radish
- Green Beans
- Cabbage
- Swiss Chard
- Zucchini
- Bell Peppers
- Cucumbers
- Lettuce
- Spinach
- Apple
- Berries
- Kiwifruit
- Melons
- Whole Grains

CARBS + PROTEIN
- Pumpkin
- Mushrooms
- Beans
- Quinoa
- Sprouted
- Whole Grains
- Lentils
- Peas
- Chickpeas
- Yogurt
- Milk
- Jerky
- Edamame
- Oatmeal
- Buckwheat

PROTEIN
- Chicken breast
- Cottage Cheese
- Turkey Breast
- Egg whites
- Lean Beef
- Tuna
- Seafood
- Fish
- Lamb
- Greek Yogurt
- Whey Protein

PROTEIN + FAT
- Salmon
- Eggs
- Cheese
- Chia Seeds
- Red Meat
- Pork
- Lamb
- Duck
- Chicken Thigh
- Turkey Thigh
- Yogurt
- whole milk
- Nuts

FATS
- Avocado
- Nuts
- Nut butters
- Flaxseeds
- Seeds
- Olives
- Pesto
- Olive/Avocado oil
- Egg yolk
- Butter
- Ghee
- Coconut oil
- Coconut milk
- Chocolate 70+%

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