

# MACRO GUIDE TO PLANNING YOUR GROCERIES



# PROTEIN

**Protein Source (4oz)    Protein(g)    Carb(g)    Fat (g)**

90% Ground Beef	22g	0g	11g
Bison	23g	0g	8g
New York Strip	27g	0g	17g
Chicken Thigh	22g	0g	4g
Chicken Breast	26g	0g	4g
Egg	7g	0g	5g
Egg White	4g	0g	0g
Shrimp	15g	0g	1g
Salmon	22g	0g	22g
Pork Chop	21g	0g	6g
Lamb Chop	19g	0g	26g
Greek Yogurt	11g	5g	0g
Cottage Cheese	14g	5g	2g

This is for 4oz of raw meat

# CARBS

**Carb Source**

**Protein(g)**

**Carb(g)**

**Fat (g)**

Banana (165g)	1.5g	34g	>1g
Peaches (165g)	1.5g	15g	>1g
Apple (165g)	0g	25g	0g
Grapes (165g)	1g	25g	>1g
Sweet Potato (150g)	2.5g	30g	0g
Russet Potato (150g)	3g	26g	0g
Butternut Squash (150g)	2g	18g	0g
Oatmeal (1/2C)	5g	27g	2.5g
Quinoa (1/4C)	6g	27g	2.5g
Cooked White Rice (1/2C)	2g	23g	0g
Brussel Sprouts (100g)	15g	9g	>1g
Broccoli (100g)	3.5g	7g	>1g
Cauliflower (100g)	2g	5g	>1g
Carrots (100g)	1g	10g	0g
Popcorn (4C Popped)	2g	15g	10g

# FATS

**Fat Source**

**Protein(g)**

**Carb(g)**

**Fat (g)**

Avocado (50g)

1g

4g

7g

Olive Oil (1tsp)

0g

0g

5g

Olive (100g)

1g

4g

15g

Egg Yolk

3g

0g

5g

Dark Chocolate (28g)

1.5g

17g

9g

Peanut Butter (1tbsp)

3g

4g

8g

Almonds (20)

5g

5g

12g

Sharp Cheddar Cheese  
(1oz)

7g

1g

9g

Feta Cheese (28g)

5g

1g

6g

Bacon

10g

0g

10g

Salmon

22g

0g

22g

# SHOPPING CART

## Produce

### Vegetables (2-3)

- o brussell sprouts
- o broccoli
- o bell pepper
- o cauliflower
- o carrots

### Carbs

- o potatoes
- o squash - butternut is my fav!

### Fruits (fresh or frozen!)

- o bananas
- o apples
- o peaches
- o grapes

## Protein

### Cheese

- o ground Turkey
- o 90% lean beef
- o chicken thigh/breast
- o salmon
- o shrimp
- o eggs

## Dairy

### Cheese

- o feta
- o parmesan
- o cheddar

### Milk

- o almond milk
- o cashew milk
- o non-fat greek yogurt
- o cottage cheese

## Pantry/Snacks

### Pantry

- o rice
- o pasta
- o bread
- o quinoa

### Snacks

- o protein powders
- o popcorn
- o mixed nuts
- o peanut butter
- o dark chocolate
- o hummus
- o olives

# IDEAL PLATE

