



Macronutrient Cheat Sheet

Drawing a meal planning blank? Try planning by macronutrient group. Pick two suggestions from each category to add to your grocery list to create a more balanced diet and refresh your fridge.

Protein

- Eggs
- Egg Whites
- Beef
- Salmon
- Tuna
- Pork
- Yogurt
- Turkey
- Cottage Cheese
- Beans
- Roasted Edamame
- Lentils
- Chicken Sausage
- Chicken Breast
- Jerky
- Tofu or Tempeh
- Canned Tuna
- Canned Chicken

Carbohydrate

- Fruit
- Veggies
- Rice
- Potatoes
- Pasta
- Sweet Potatoes
- Bread
- Quinoa
- Popcorn
- Corn
- Peas
- Plantain
- Oats
- Legumes

Fat

- Avocado
- Olive Oil
- Nuts
- Seeds
- Nut Butters
- Coconut
- Cheese
- Hummus

Additional Tips

- Plan and prep your meals. Check out [Meal Planning Resources](#) to get started .
- Fruits and veggies are much more likely to be eaten if they are chopped and ready to enjoy. Check out [Tips to Increase Fruit & Vegetable Intake at Every Meal](#).
- Try to shop along the edges of the grocery store. This is where you can usually find fresh, whole foods.