

MACROS CHEAT SHEET

PROTEIN

Chicken Breast
Lean Turkey Mince
Quorn mince
Fillet steak
Roast beef
Lamb roast
Pork
Lean beef/steak mince
Can of tuna
fillets
Fish cod, white fish,
salmon etc
medium eggs
Tofu or Tempah

CARBS

Wraps
Bread (white or brown)
Rice
Pasta
Potatoes Sweet or White
Noodles
Oats
Banana
Apple
Berries

FATS

Avocado
Cheese (Any)
Coconut Oil
Cooking Spray
Nuts
Milk (whole or semi)
Peanut Butter
Light coconut milk

VEGE/SALAD

Broccoli
Asparagus
Kale
Spinach
Peppers
Sprouts
Green Beans
Peas
Chilli's
Cauliflower
Onions
Tinned Chopped
Tomatoes

SAUCES/SPICES

Fajita Seasoning
Cajun Seasoning
Maggi so tender paper
Chilli Powder
Garlic Powder
Mixed Herbs
Nandos Sauces
Stir Fry Sauces
Lighter than light mayo
Sriracha
Franks red hot sauce