

KNOW YOUR

MACROS

Protein



Cheese



Tofu



Chicken



Yoghurt



Milk



Lentils



Turkey



Eggs



Chickpeas



Fish



Protein powder



Nuts

Carbs



Rice



Bananas



Pasta



Bread



Sweet potatoes



Quinoa



Root vegetables



Starchy vegetables



Whole Grains



Oats



Berries



Fruit juice

Fat



Avocado



Extra virgin olive oil



Nuts



Seeds



Nut butters



Dark chocolate

WH TIP: Not all foods are made up of just one macro. e.g. cheese and nuts contains both protein and fat. Be mindful of portion sizes.