

Food	Macros 50g cooked				Macros 100g cooked				Macros 150g cooked			
	Calories	Protein (g)	Fat (g)	Carbs (g)	Calories	Protein (g)	Fat (g)	Carbs (g)	Calories	Protein (g)	Fat (g)	Carbs (g)
Poultry												
Chicken Breast	82	15.4	1.8	0	164	30.8	3.6	0	246	46.2	5.4	0
Chicken Drumstick (bone in)	107	13.4	5.5	0	214	26.8	11	0	321	40.2	16.5	0
Chicken Thighs (no skin)	104	12.9	5.4	0	208	25.8	10.8	0	312	38.7	16.2	0
Chicken Ground	74.5	9.5	4	0	149	19	8	0	223.5	28.5	12	0
Turkey Breast	52	8.5	0.83	0	104	17	1.66	0	156	25.5	2.49	0
Turkey Dark Meat	94	14.3	3.6	0	188	28.6	7.2	0	282	42.9	10.8	0
Turkey Ground	118	13.7	6.6	0	236	27.4	13.2	0	354	41.1	19.8	0
Lean Turkey Ground	74	8.7	4.1	0	148	17.4	8.2	0	222	26.1	12.3	0
Duck Breast	110	8	9	0	220	16	18	0	330	24	27	0
Red Meat												
Lean Ground Beef	127	8.58	10	0	254	17.16	20	0	381	25.74	30	0
Beef Strip Loin Steak	98.2	10.7	5.8	0	196.4	21.4	11.6	0	294.6	32.1	17.4	0
Beef Flank Steak	107.1	13.7	5.4	0	214.2	27.4	10.8	0	321.3	41.1	16.2	0
Beef Fillet Mignon	135	13	8.9	0	270	26	17.8	0	405	39	26.7	0
Lamb Ground	144	12.6	10.2	0	288	25.2	20.4	0	432	37.8	30.6	0
Lamb Chops (approx. 1 chop =50g)	165	15	11	0	330	30	22	0	495	45	33	0
Lamb Leg	128.9	12.9	8.3	0	257.8	25.8	16.6	0	386.7	38.7	24.9	0
Elk Ground	98	13.8	4.4	0	196	27.6	8.8	0	294	41.4	13.2	0
Venison Ground	76	15.6	1.2	0	152	31.2	2.4	0	228	46.8	3.6	0
Seafood												
Salmon	70	11.72	2.15	0	140	23.44	4.3	0	210	35.16	6.45	0
Haddock	64	11	1.8	0.2	128	22	3.6	0.5	192	33	5.4	0.7
Shrimp	59.5	11.5	0.8	0.8	119	23	1.6	1.6	178.5	34.5	2.4	2.4
Eggs (1 large =50g)	70	6.3	4.8	0.4	144	12.6	9.6	0.8	216	18.9	14.4	1.2

Food	Macros 3oz cooked				Macros 4oz cooked				Macros 5oz cooked			
	Calories	Protein (g)	Fat (g)	Carbs (g)	Calories	Protein (g)	Fat (g)	Carbs (g)	Calories	Protein (g)	Fat (g)	Carbs (g)
Poultry												
Chicken Breast	126	25	2.9	0	168	33.3	3.9	0	210	41.7	4.8	0
Chicken Drumstick (bone in)	122	15.3	6.3	0	162.7	20.4	8.4	0	203	25.5	10.5	0
Chicken Thighs (no skin)	208	21.1	13.1	0	277.3	28.1	17.5	0	346.7	35.2	21.8	0
Chicken Ground	125.2	16.0	6.7	0	166.9	21.3	9.0	0	208.6	26.6	11.2	0
Turkey Breast	87.4	14.3	1.4	0	116.5	19.0	1.9	0	145.6	23.8	2.3	0
Turkey Dark Meat	157.9	24.0	6.0	0	210.6	32.0	8.1	0	263.2	40.0	10.1	0
Turkey Ground	219	21	15	0	292	28	20	0	365	35	25	0
Lean Turkey Ground	124.3	14.6	6.9	0	165.8	19.5	9.2	0	207.2	24.4	11.5	0
Duck Breast	186	12	15	0	248	16	20	0	310	20	25	0
Red Meat												
Lean Ground Beef	213.4	14.4	16.8	0	284.5	19.2	22.4	0	355.6	24.0	28.0	0
Beef Strip Loin Steak	165.0	18.0	9.7	0	220.0	24.0	13.0	0	275.0	30.0	16.2	0
Beef Flank Steak	179.9	23.0	9.1	0	239.9	30.7	12.1	0	299.9	38.4	15.1	0
Beef Fillet Mignon	226.8	21.8	15.0	0	302.4	29.1	19.9	0	378.0	36.4	24.9	0
Lamb Ground	241.9	21.2	17.1	0	322.6	28.2	22.8	0	403.2	35.3	28.6	0
Lamb Chops (approx. 1 chop =50g)	277.2	25.2	18.5	0	369.6	33.6	24.6	0	462.0	42.0	30.8	0
Lamb Leg	216.6	21.7	13.9	0	288.7	28.9	18.6	0	360.9	36.1	23.2	0
Elk Ground	164.6	23.2	7.4	0	219.5	30.9	9.9	0	274.4	38.6	12.3	0
Venison Ground	127.7	26.2	2.0	0	170.2	34.9	2.7	0	212.8	43.7	3.4	0
Seafood												
Salmon	117.6	19.7	3.612	0	156.8	26.3	4.8	0	196.0	32.8	6.0	0
Haddock	107.5	18.5	3.0	0.4	143.4	24.6	4.0	0.5	179.2	30.8	5.0	0.7
Shrimp	100.0	19.3	1.3	1.3	133.3	25.8	1.8	1.8	166.6	32.2	2.2	2.2
Eggs (1 large =50g)	121.0	10.6	8.1	0.7	161.3	14.1	10.8	0.9	201.6	17.6	13.4	1.1

Food	Calories	Protein (g)	Fat (g)	Carbs (g)
Vegetables (Macros 50g)				
Artichoke	26.5	1.5	0	6
Arugula (Raw)	12.5g	1.5	0.5	2
Asparagus	23.5	1	1.5	2
Bok Choy	6	1	0	1
Broccoli	17.5	1	0	3.5
Brussels Sprouts	18	1.5	0.5	3.5
Carrots	17.5	0.5	0	4
Cauliflower	11.5	1	0	2
Celery	9	0.5	0	2
Cucumber (Raw)	7.5	0.5	0	2
Fennel	15.5	0.5	0	3.5
Kale	14	1	0	3
Romaine Lettuce (Raw)	8.5	0.5	0	1.5
Mushrooms	14	1	0	2.5
Parsnips	35.5	0.5	0	8.5
Pumpkin	10	0.5	0	2.5
Spaghetti Squash	13.5	0.5	0	3
Spring Mix (Raw)	14	1	0	2.5
Butternut Squash	20	0.5	0	5

Food	Calories	Protein (g)	Fat (g)	Carbs (g)
Starches (Macros per 50g cooked)				
Potatoes	46.5	1.5	0	10.5
Sweet Potatoes	38	0.5	0	9
Basmati Rice	65	1.5	0	14
Jasmine Rice	65	1.5	0	14
White Rice	65	1.5	0	14
Brown Rice	55	1	0.5	12
Wild Rice	50	2	0	10.5
Quinoa	60	2	1	10.5
Buckwheat	46	1.5	0.5	10

Food	Calories	Protein (g)	Fat (g)	Carbs (g)
Fruit (Macros per 50g raw)				
Apple	26	0	0	7
Blackberry	21.5	0.5	0	5
Blueberry	28.5	0.5	0	7
Cherry	31.5	0.5	0	8
Grapefruit	21	0.5	0	5.5
Orange	24.5	0.5	0	6.5
Pear	28.5	0	0	7.5
Pineapple	25	0.5	0	6.5
Plum	23	0.5	0	5.5
Raspberry	26	0.5	0.5	6
Strawberry	16	0.5	0	4
Watermelon	15	0.5	0	4

Food	Calories	Protein (g)	Fat (g)	Carbs (g)
Fat (Macros per 1oz or 28g)				
Olive Oil	251	0	28.4	0
Coconut Oil	240	0	28	0
Avocado Oil	251	0	28	0
Olives	33	0.3	3.2	1.5
Avocado	48	0.6	4.3	2.5
Almonds	168	5.9	14.8	5.9
Pecans	193.2	2.5	20.2	3.9
Walnuts	182	4.2	18.2	3.9
Pistachios	159.6	5.9	12.9	7.8
Cashews	154	5	12.3	8.4