

MACRO FRIENDLY FOODS

CARBS

White &
sweet
potatoes
Rice
Bread
Oats
Granola
Cereal
Pasta
Quinoa
Couscous

PROTIEN

Chicken breast
Turkey breast
White fish
5% beef mince
Fillet steak
Greek yoghurt
Pork tenderloin
Egg whites
Tuna
Shellfish
Whey protein

FATS

Avocados
Oils
Cheese
Butter
Coconut oil
Cream
Olives
Dark
chocolate
Whole milk
Chia seed
Nuts
Nut butter

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VEGETABLES

**Broccoli
Peas
Peppers
Zucchini
Cucumber
Asparagus
Cauliflower
Leafy greens**

FRUIT

**Apples
Banana
Oranges
Pears
Melon
Berries
Pineapple
Kiwi**