

# SMART CHOICES WHEN COUNTING MACROS

## PROTEINS



- Lean red meat
- Fish
- Chicken
- Eggs

## CARBOHYDRATES



- Whole grains (cereal, rice, bread)
- Legumes (lentils, beans, peas)
- Sweet potatoes
- Fruits
- Vegetables

## FATS



- Avocados
- Nuts
- Olive oil
- Coconut