

# HELP WHAT DO I EAT!?!

## NEED CARBS + FAT

Chia Seeds  
Fruit & Nut Butter  
Berries & Coconut Milk  
Peanut Butter & Banana  
Chocolate Bar  
Coconut Cookies

Nut Butter Fudge  
Avocado Toast  
Bread & Olive Oil  
Donuts  
Fries  
Dried Coconut Flakes

Coconut Flour  
Potato Chips  
Tortilla Chips  
Popcorn & Butter  
Fried Plantains in Oil  
Chocolate Covered Fruit

## HIGH VOLUME LOW MACROS

### SNACKS

Seaweed Strips  
Air-Popped Popcorn  
Sugar Free Jello  
Rice Cakes  
Shirataki Noodles  
Celery / Carrots

### FRUITS & VEGGIES

Cucumbers  
Celery  
Zucchini  
Cauliflower  
Mushrooms  
Cabbage  
Radishes  
Pickles  
Blueberries  
Strawberries  
Lemon / Lime  
Sprouts

### BEVERAGES

Seltzer Water  
Iced Tea  
Hot Tea  
Coffee  
Kombucha  
Cashew Milk  
Almond Milk  
Zero Vitamin Water  
Water & Lemon  
Flavored Water  
Chicken Broth

### CONDIMENTS

Salsa  
Mustard  
Apple Cider Vinegar  
Kimchi  
Sauerkraut  
Lemon/Lime Juice  
Coconut Aminos  
Hot Sauce  
Horseradish  
Fish Sauce  
Non-Fat Sour Cream  
Non-Fat Cottage Cheese  
Nutritional Yeast  
PB2 + Water  
Lakanto Maple Syrup

## NEED CARBS

Fruit  
Dried fruit  
Potatoes  
Squash  
Root Veggies (Taro)  
Rice  
Honey / Syrup  
Corn Tortillas  
Popcorn (Plain)  
Jam/Jelly  
Gummies / Candy  
Kombucha  
Juice / Gatorade  
Cereal  
Breads  
Balsamic Vinegar  
Barbecue Sauce  
Sundried Tomatoes  
Wine / Beer

## NEED PROTEIN

Deli Meat  
Egg Whites  
Whey Protein  
Turkey Breast  
Chicken Breast  
Pork Tenderloin  
Turkey Jerky  
Soy / Tofu  
Shrimp  
Canned Tuna in Water  
Black Bean Pasta  
Cod / Flounder  
Non-fat Cottage Cheese  
Non-fat Ricotta  
Collagen Peptides  
Bone Broth (fat removed)

## NEED FAT

Olive Oil  
Olives  
Avocado  
Coconut Oil  
Coconut Milk  
Almonds  
Walnuts  
Brazil Nuts  
Nut Butter  
Mayonnaise  
Butter / Ghee  
Bone Marrow  
Fish Oil  
Sesame Oil  
Flaxseeds  
Hemp Hearts  
Salad Dressing  
90%+ Dark Chocolate  
Almond Flour

## NEED CARBS + PROTEIN

Non-Fat Flavored Yogurt  
Oats + Yogurt + Whey  
Crackers & Deli Meat  
Protein Shake & Fruit  
Fruit & Non-fat Yogurt  
Egg Whites & Potatoes  
Tuna-Rice Poke-Bowl  
Quinoa or Wild Rice  
Beans / Lentils / Peas  
Whole Wheat Bread  
Cereal & Skim Milk  
Whole Grain Crackers  
Non-Fat Sorbet / Fro-yo  
Veggie Burger  
Fat Free Pudding  
Non-Fat Chocolate Milk

## NEED PROTEIN + FAT

Hummus  
Cheese...ALL The Cheese!  
Nut Butter  
Steak / Beef  
Eggs, Egg Yolks  
Canned Oysters / Sardines  
Bacon / Pork Belly  
Whole Milk  
Plain Whole Yogurt / Dairy  
Full Fat Sour Cream  
Cottage Cheese  
Chorizo / Sausage  
Chicken Thighs  
Salmon, Fatty Fish  
Coconut Milk Protein Shake  
Beef / Pork Jerky