

# BEST SINGLE MACRO FOODS

## PROTEIN SINGLE MACRO FOODS

FOOD	SERVING SIZE	PROTEIN (GRAMS)	CALORIES	% CAL FROM PROTEIN
Egg whites	½ cup (126g)	13.9	56	99%
Shrimp	4 oz (112g, raw)	22.5	95	95%
Protein powder, whey isolate	1 scoop (30g)	27.0	121	89%
Protein powder, brown rice	1 scoop (30g)	24.0	110	87%
Tuna, canned	1 can (110g, drained)	26.0	120	87%
Chicken breast, boneless & skinless	4 oz (112g, raw)	25.27	119	86%
Turkey, extra lean ground	4oz (122g, raw)	35.5	169	84%
Turkey breast, boneless & skinless	4 oz (112g, raw)	26.5	128	83%
Tilapia	4 oz (112g, raw)	22.5	108	83%

# BEST SINGLE MACRO FOODS

## CARB SINGLE MACRO FOODS

FOOD	SERVING SIZE	PROTEIN (GRAMS)	CALORIES	% CAL FROM PROTEIN
Dates, dried	1 oz (28g)	21.3	79	100%
Apple, raw	100g	13.8	52	100%
Grape, raw	100g	18.1	69	100%
Raisins	1 oz (28g)	22.5	85	100%
Blueberries, raw	100g	14.5	57	100%
Apple juice	1 cup (250mL)	28.0	114	98%
Pear, raw	100g	15.2	57	97%
Pineapple, raw	100g	13.1	50	96%
Plantain, raw	100g	31.9	122	96%
Strawberries, raw	100g	7.7	32	96%
Mango, raw	100g	15.0	60	95%
Papaya, raw	100g	10.8	43	95%
Banana, raw	100g	22.8	89	95%
Cassava (yuca), raw	100g	38.1	160	95%
Cherries, raw	100g	16.0	63	94%
Plum, raw	100g	11.4	46	94%
Figs, dried	1 oz (28g)	18.4	71	94%
Honeydew melon, raw	100g	9.1	36	93%

# BEST SINGLE MACRO FOODS

## CARB SINGLE MACRO FOODS

FOOD	SERVING SIZE	PROTEIN (GRAMS)	CALORIES	% CAL FROM PROTEIN
Apricot, raw	100g	11.1	48	93%
Kiwi, raw	100g	14.7	61	93%
Watermelon, raw	100g	7.5	30	92%
Orange juice	1 cup (250mL)	25.8	112	92%
Orange, raw	100g	11.8	47	92%
Grapefruit, raw	100g	10.7	42	92%
Raspberries, raw	100g	11.9	52	92%
Acorn squash, raw	100g	10.4	40	92%
Rice, white	45g, dry	36.0	164	92%
Sweet potato, raw	100g	20.1	86	91%
Cantaloupe, raw	100g	8.2	34	91%
Nectarine, raw	100g	10.6	44	90%
Peach, raw	100g	9.5	39	90%
Butternut squash, raw	100g	10.5	40	90%
Carrots, raw	100g	9.6	41	90%
Parsnips, raw	100g	18.0	75	90%
Blackberries, raw	100g	9.6	43	89%
Pumpkin, purée	1/3 cup (83mL)	7.0	30	87%

# BEST SINGLE MACRO FOODS

## CARB SINGLE MACRO FOODS

FOOD	SERVING SIZE	PROTEIN (GRAMS)	CALORIES	% CAL FROM PROTEIN
Turnip, raw	100g	6.4	28	86%
Beets, raw	100g	9.6	43	85%
Rutabaga, raw	100g	12.1	52	85%
Rice, brown	45g, dry	34.3	165	84%

# BEST SINGLE MACRO FOODS

## FAT SINGLE MACRO FOODS

FOOD	SERVING SIZE	PROTEIN (GRAMS)	CALORIES	% CAL FROM PROTEIN
Coconut oil	1 tbsp (15g)	13.5	122	100%
Olive oil	1 tbsp (13g)	13.5	119	100%
Avocado oil	1 tbsp (14g)	13.6	120	100%
Macadamia oil	1 tbsp (14g)	13.6	120	100%
Canola oil	1 tbsp (14g)	13.6	120	100%
Sesame oil	1 tbsp (14g)	13.6	120	100%
Peanut oil	1 tbsp (13g)	13.5	119	100%
Butter	1 tbsp (14g)	11.5	102	100%
Ghee	1 tbsp (13g)	12.7	112	100%
Macadamia nuts, raw	1 oz (28g)	21.5	204	95%
Pecans, raw	1 oz (28g)	20.4	196	94%
Olives, green	1 oz (28g)	4.3	41	94%
Pine nuts	1 oz (28g)	19.4	191	91%
Brazil nuts, raw	1 oz (28g)	19.0	187	91%
Walnuts, raw	1 oz (28g)	18.5	185	90%
Coconut, dried, unsweetened	1 oz (28g)	18.3	187	88%
Hazelnuts, raw	1 oz (28g)	17.2	178	87%
Olives, black	1 oz (28g)	3.1	33	85%

# BEST SINGLE MACRO FOODS

## FAT SINGLE MACRO FOODS

FOOD	SERVING SIZE	PROTEIN (GRAMS)	CALORIES	% CAL FROM PROTEIN
Coconut, fresh	100g	33.5	354	85%
Coconut milk, canned	1/3 cup (75g)	11.0	120	83%
Avocado	100g	14.7	160	83%
Almond butter	1 tbsp (16g)	8.7	96	82%
Peanut butter, smooth	1 tbsp (15g)	8.0	90	80%
Sunflower seed butter	1 tbsp (16g)	8.8	99	80%

# BEST SINGLE MACRO FOODS

## MIXED MACRO FOODS LIST PROTEIN + FAT MACRO FOODS

FOOD	SERVING SIZE	PROTEIN (GRAMS)	FAT (GRAMS)	CALORIES	% CAL FROM PROTEIN / % CAL FROM FAT
Bison, extra lean ground	4 oz (112g, raw)	24.2	2.1	122	79% P / 21% F
Pork tenderloin	4 oz (112g, raw)	23.5	2.4	122	77% P / 23% F
Rabbit, wild	4 oz (112g, raw)	24.4	2.6	128	76% P / 24% F
Venison (deer), wild	4 oz (112g, raw)	24.1	3.0	130	74% P / 26% F
Pork chop, lean	4 oz (122g, raw)	25.1	3.8	142	71% P / 29% F
Chicken thigh, boneless & skinless	4 oz (112g, raw)	23.0	4.1	131	70% P / 30% F
Trout, rainbow, wild	4 oz (112g, raw)	22.9	3.9	133	69% P / 31% F
Beef, extra lean ground (96%)	4 oz (112g, raw)	24.0	5.0	140	69% P / 31% F
Duck breast, boneless & skinless	4 oz (112g, raw)	22.2	4.8	138	64% P / 36% F
Lamb chop, lean	4 oz (112g, raw)	22.4	7.7	159	56% P / 44% F

# BEST SINGLE MACRO FOODS

## MIXED MACRO FOODS LIST PROTEIN + FAT MACRO FOODS

FOOD	SERVING SIZE	PROTEIN (GRAMS)	FAT (GRAMS)	CALORIES	% CAL FROM PROTEIN / % CAL FROM FAT
Salmon, Atlantic, wild	4 oz (112g, raw)	22.2	7.1	159	56% P / 44% F
Trout, rainbow, farmed	4 oz (112g, raw)	22.3	6.9	158	56% P / 44% F
Salmon, Atlantic, farmed	4 oz (112g, raw)	22.9	15.0	233	39% P / 61% F
Eggs, whole	2 large eggs	12.6	10.6	155	33% P / 62% F
Bacon, pork	1 oz (28g)	9.6	9.9	133	29% P / 67% F
Cheddar cheese	1 oz (28g)	6.5	9.4	114	23% P / 74% F
Milk, whole	1 cup (250mL)	7.7	7.9	149	21% P / 48% F
Pumpkin seeds	1 oz (28g)	8.5	13.9	163	21% P / 77% F
Egg yolks	2 large yolks	5.3	8.8	107	20% P / 74% F
Peanut butter, smooth	1 tbsp (15g)	3.0	8.0	90	13% P / 80% F



# BEST SINGLE MACRO FOODS

## MIXED MACRO FOODS LIST PROTEIN + CARBS MACRO FOODS

FOOD	SERVING SIZE	PROTEIN (GRAMS)	CARBS (GRAMS)	CALORIES	% CAL FROM PROTEIN / % CAL FROM CARBS
Scallops	4 oz (112g, raw)	13.5	3.6	77	70% P / 19% C
Greek yogurt, plain non-fat	¾ cup (175g)	17.3	6.1	100	69% P / 24% C
Skyr yogurt, plain non-fat	¾ cup (175g)	18.1	6.5	105	69% P / 25% C
Mushrooms, raw	100g	3.1	3.3	22	56% P / 30% C
Edamame pasta	3 oz (85g, dry)	36.4	30.4	273	53% P / 30% C
Black bean spaghetti	3 oz (85g, dry)	35.7	49.8	272	53% P / 38% C
Milk, fat-free	1 cup (250mL)	8.3	12.2	83	40% P / 60% C
Broccoli, raw	100g	2.8	6.6	34	33% P / 56% C
Lentils, canned	½ cup, drained & rinsed	8.9	19.9	115	31% P / 66% C
Cauliflower, raw	100g	1.9	5.0	25	30% P / 59% C

# BEST SINGLE MACRO FOODS

## MIXED MACRO FOODS LIST PROTEIN + CARBS MACRO FOODS

FOOD	SERVING SIZE	PROTEIN (GRAMS)	CARBS (GRAMS)	CALORIES	% CAL FROM PROTEIN / % CAL FROM CARBS
Artichokes, raw	100g	4.2	13.5	60	28% P / 69% C
Zucchini	100g	1.2	3.1	17	28% P / 56% C
Kidney beans, canned	½ cup, drained & rinsed	6.3	17.0	98	26% P / 69% C
Black beans, canned	½ cup, drained & rinsed	7.1	22.4	120	24% P / 72% C
Chickpea pasta (Banza)	3 oz (85g, dry)	16.5	52.5	285	23% P / 63% C
Chickpeas, canned	½ cup, drained & rinsed	5.4	17.1	106	20% P / 62% C
Bread, whole wheat	1 large slice	5.4	18.4	108	20% P / 68% C
Quinoa	45g, dry	6.4	28.9	166	15% P / 70% C
Oats, quick	45g, dry	5.9	30.5	171	14% P / 71% C
Bread, white	1 large slice (43g)	3.8	21.3	114	13% P / 76% C

# BEST SINGLE MACRO FOODS

## MIXED MACRO FOODS LIST CARBS + FAT MACRO FOODS

FOOD	SERVING SIZE	CARBS (GRAMS)	FAT (GRAMS)	CALORIES	% CAL FROM CARBS / % CAL FROM FAT
Cashews, raw	1 oz (28g)	8.6	12.4	157	22% C / 71% F
Pistachios, raw	1 oz (28g)	7.7	12.8	159	19% / 72% F
Cashew butter	1 tbsp (16g)	4.4	7.9	94	19% C / 76% F
Sesame seeds, raw	1 oz (28g)	7.1	12.8	176	16% C / 65% F
Almonds, raw	1 oz (28g)	6.1	14.2	164	15% C / 78% F