

**Macro-Dominant Foods
(list not exhaustive)**

Protein

Dairy

Egg Whites
Whey Protein
Pea Protein

Poultry

Lean Chicken breast
Lean turkey

Fish

Atlantic cod
Tilapia

Seafood

Shrimp
Alaskan King Crab

Fun Foods

Sugar free Jello

Carbohydrates

Fruit

Banana
Apple
Blueberries
Grapes
Strawberries
Pears

Vegetables

Sauerkraut
Sweet Potato
Butternut Squash
Acorn Squash

Fun Foods

Swedish Fish
Twizzlers
Gummy Bears

Fats

Extra Virgin Olive Oil
(and any other oils)
Butter
Olives

Macro Free List!

(consume as desired)

Condiments, Spices, Sweeteners
etc.

Spicy Brown Mustard
Stevia
Cinnamon
Vanilla Powder
Salt
Pepper
Garlic
Oregano
Tobasco hot sauce
Sriracha

Beverages

Black coffee
Tea (unsweetened, black or herbal)
La Croix sodas
Canada Dry Club soda
Perrier Water
Regular Water