



# Lifelong Diet by Design Macro Chart

## Protein + Fat

cheese	bacon	chicken thighs	bison
hummus	whole milk	salmon	dark chicken
nut butter	plain whole yogurt	coconut milk	duck
steak/beef	full fat sour cream	beef	elk
eggs	cottage cheese	pork	goat lamb
canned sardines	chorizo	cream cheese	organ meats

## Protein

chicken breast  
shrimp  
lean cuts of steak  
ground turkey  
lean ground beef  
nonfat greek yogurt  
nonfat cottage cheese  
skim milk  
egg whites  
pork tenderloin  
whey protein  
tofu  
halibut  
lobster  
mussels  
clams

## Carbs

all fruit  
potatoes  
squash  
root veggies  
rice  
oats  
tortillas  
kombucha  
dried fruit  
plain popcorn  
bread  
pasta  
pumpkin  
beets  
yucca  
beans  
lentils

## Fat

avocado  
olive oil  
olives  
coconut oil  
coconut milk  
almonds  
nut butter  
mayonnaise  
butter  
flax seeds  
hemp hearts  
bone marrow  
cashews  
pine nuts  
pumpkin seeds  
duck fat  
avocado oil

## Protein + Carbs

non fat flavored yogurt	quinoa
crackers + lean deli meat	wild rice
protein shake + fruit	beans
tuna + rice bowl	lentils
cereal + skim milk	peas
non fat chocolate milk	bread
egg whites + potatoes	crackers
oats + yogurt + whey	fro-yo

## Carbs + Fat

chia seeds	coconut flour
fruit + nut butter	potato chips
berries + coconut milk	tortilla chips
peanut butter + bananas	popcorn + butter
90% dark chocolate	fried plantains
coconut cookies	coconut flakes
avocado toast	chocolate + fruit
nut butter fudge	chips + guac

## What if I don't have many calories left?

sparkling water	seaweed	salsa	cucumbers
iced or hot tea	shirataki noodles	mustard	celery
coffee	rice cakes	cool whip	zucchini
kombucha	sugar free jello	kumchi	cauliflower
cashew or almond milk	watermelon	coconut aminos	mushrooms
water with lemon	cherry tomatoes	sour cream	sprouts
chicken broth	radishes	PB2	berries
pickles	leafy greens	sauerkraut	cabbage