## golean macro cheat sheet

chicken
turkey
egg whites
buffalo
bison
whey protein

protein

quinoa

most yogurt

skim milk

peas

turkey bacon extra lean beef fat free cheese non-fat greek yogurt

f&p

whole eggs salmon bacon most cheese nut butters nuts

complete salads protein bars sandwiches protein smoothies whole milk

> fried snacks chocolate ice cream cake

beans sprouted grains

bread
rice
grains
cereal
pasta
oats
corn
vegetables
potatoes
fruit
sugar

butter
egg yolks
oil
ghee
olives
flaxseed
chia seed
pesto
mayo

avocado

fat

f&c

carbs