



PROTEIN	CARBS	FATS
Chicken Cod/Halibut other White Fish Crab Salmon Shrimp Turkey Breast Lean Ground Turkey Red Meat Egg Whites Pork Tuna Jerky	Vegetables Sweet Potatoes Rice Oats Beans Quinoa Berries Condiments Sauces Popcorn Chia Seeds Bread Crackers Dairy Free Yogurt	Avocado Natural Peanut Butter Egg Yolks Oils: (Coconut, Olive, Avocado) Butter Nuts/Seeds Olives Dairy/Cheese Salad Dressing Bacon Dark Chocolate Full Fat Coconut Milk Tahini Cacao Nibs
PLANT-BASED PROTEIN	FIBER	SNACKS
Tofu Soy Curls Textured Vegetable Protein (TVP) Tempeh Seitan Veggie Patties Edamame Chickpeas Flax Seeds Pistachios Lentils Tahini Quinoa Nut Butter Seaweed Spinach Broccoli Green Peas Leafy Greens Beans	Quinoa Leafy Greens Brown Rice Onions Rolled Oats Green Peas Whole Wheat Barley Artichoke Chia Seeds Flax Seeds Almonds Legumes Avocado Pears Berries Prunes Broccoli Brussel Sprouts Avocado Sweet Potatoes	Protein Smoothies Protein Bars Dark Chocolate Sliced Apple with Nut Butter Chia Seed Pudding Berries with Full-Fat Coconut Milk Dry-roasted Edamame Hummus & Veggies Seed Crackers Rice Cakes Cottage Cheese and berries Green Smoothies
Protein: 1 gram = 4 Calories Carbohydrates: 1 gram = 4 Calories Fat: 1 gram = 9 Calories		

*Calculating Alcoholic Beverages (You will always track as FAT in MFPAL by entering custom food).
 Total Calories of Drink / 9 = Grams of Fat (you will load this in MFPAL)
 Example: 100 Calories Drink / 9 = 11 Grams of Fat to be Tracked*