



GET LEAN PLAN for HEALTHY Weight Management

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“Greek Yogurt” Macronutrient Portion Samples

| <i>Food Item</i> | <i>Item Details</i> | <i>Main Macro</i> | <i>Macro Grams</i> | <i>Amount</i> | <i>KCALs</i> |
|------------------|--------------------------|-------------------|--------------------------------|---------------|--------------|
| Brown Cow | Plain (Non-Fat) | Protein | Protein 15g; Carbs 6g; Fat 0g | 5.3 OZ | 80 |
| Chobani | Pineapple (Low-Fat) | Carbohydrate | Carbs 21g; Protein 13g; Fat 3g | 6 OZ | 160 |
| Chobani | Black Cherry (Non-Fat) | Carbohydrate | Carbs 22g; Protein 14g; Fat 0g | 6 OZ | 140 |
| Chobani | Blueberry (Non-Fat) | Carbohydrate | Carbs 20g; Protein 14g; Fat 0g | 6 OZ | 140 |
| Dannon Oikos | Blueberry (Non-Fat) | Carbohydrate | Carbs 20g; Protein 12g; Fat 0g | 5.3 OZ | 130 |
| Dannon Oikos | Plain (Non-Fat) | Protein | Protein 15g; Carbs 6g; Fat 0g | 5.3 OZ | 80 |
| Dannon Oikos | Vanilla (Non-Fat) | Carbohydrate | Carbs 19g; Protein 12g; Fat 0g | 5.3 OZ | 120 |
| Fage Total | Plain | Protein | Protein 18g; Fat 10g; Carbs 8g | 5.3 OZ | 190 |
| Fage Total | Blueberry | Carbohydrate | Carbs 18g; Protein 11g; Fat 6g | 5.3 OZ | 170 |
| Fage Total | Blueberry (2%) | Carbohydrate | Carbs 18g; Protein 12g; Fat 3g | 5.3 OZ | 140 |
| Fage Total | Blueberry Acai (Non-Fat) | Carbohydrate | Carbs 19g; Protein 13g; Fat 0g | 5.3 OZ | 120 |
| Stonyfield Oikos | Plain Organic (Non-Fat) | Protein | Protein 15g; Carbs 6g; Fat 0g | 5.3 OZ | 80 |
| Voskos | Plain Organic (Non-Fat) | Protein | Protein 15g; Carbs 7g; Fat 0g | 5.3 OZ | 90 |
| Yoplait | Blueberry (Non-Fat) | Carbohydrate | Carbs 21g; Protein 13g; Fat 3g | 6 OZ | 160 |
| Yoplait | Plain (Non-Fat) | Protein | Protein 15g; Carbs 13g; Fat 0g | 6 OZ | 120 |
| Yoplait | Honey Vanilla (Non-Fat) | Carbohydrate | Carbs 25g; Protein 12g; Fat 0g | 6 OZ | 150 |

★ **Source:** Product Nutrition Fact Labels per company and item.

(Macro Grams in order of greatest value left to right. Values rounded to nearest full number in ones category.)

Sugar Note: Be careful of “fruit and flavored” yogurts because they can have added sugars *in addition to* the actual fruit.