



GET LEAN PLAN for HEALTHY Weight Management

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Food Samples by Macronutrient

<i>Food Item</i>	<i>Item Details</i>	<i>Main Macro</i>	<i>Macro Grams</i>	<i>Amount</i>	<i>KCALs</i>
Banana	Whole	Carbohydrate	Carbs 39g; Protein 2g; Fat 0.6g	6 OZ	151
Blueberries	Raw	Carbohydrate	Carbs 16g; Protein 0.8; Fat 0.4g	¾ Cup	63
Broccoli	Raw	Carbohydrate	Carbs 3g; Protein 1g; Fat 0.2g	½ Cup	15
Cantaloupe	Raw	Carbohydrate	Carbs 16g; Protein 2g; Fat 0.4g	6.8 OZ	66
Carrots	Baby Raw	Carbohydrate	Carbs 20g; Protein 2g; Fat 0.3g	1 cup	83
Cauliflower	Raw	Carbohydrate	Carbs 3g; Protein 1g; Fat 0.2g	½ Cup	13
French Fries	Fried-McDonald's Medium	Carbohydrate	Carbs 50g; Fat 18g; Protein 4g	½ Cup	378
Ice Cream	Chocolate	Carbohydrate	Carbs 19g; Fat 7g; Protein 3g	½ Cup	143
Ketchup	Generic-Regular	Carbohydrate	Carbs 5g; Protein 0.2; Fat 0g	1 TBSP	19
Kiwi	Green Raw	Carbohydrate	Carbs 8g; Protein 0.6g; Fat 0.3g	1.5" Diameter	32
Milk	Chocolate Low-Fat	Carbohydrate	Carbs 32g; Protein 8g; Fat 3g	8 OZ	178
Mustard	Yellow	Carbohydrate	Carbs 0.8g; Protein 0.7g; Fat 0.6g	1 TBSP	10
Nachos	2 TBSP Cheese (12-15 Chips)	Carbohydrate	Carbs 73g; Fat 38g; Protein 18g	2 Servings	692
Oatmeal	Cooked-Regular & Quick	Carbohydrate	Carbs 28g; Protein 6g; Fat 4g	1 Cup	166
Orange Juice	From Concentrate	Carbohydrate	Carbs 22g; Protein 1g; Fat 0.2g	6 OZ	91
Prunes	Medium	Carbohydrate	Carbs 18g; Protein 0.6g; Fat 0.1g	3 Prunes	68
Raisins	Raw	Carbohydrate	Carbs 24g; Protein 0.9; Fat 0.2	2 TBSP	90
Rice	Brown Medium Grain-Cooked	Carbohydrate	Carbs 15g; Protein 2g; Fat 0.5	1/3 Cup	72
Rice	White Medium Grain-Cooked	Carbohydrate	Carbs 18g; Protein 2g; Fat 0.1	1/3 Cup	80
Roll	Cinnamon Frosted-McDonald's	Carbohydrate	Carbs 38g; Fat 13g; Protein 5g	2 ½ OZ	282
Spaghetti	Plain Cooked	Carbohydrate	Carbs 22g; Protein 4g; Fat 0.7g	½ Cup	111



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Yams	Cooked	Carbohydrate	Carbs 19g; Protein 1g; Fat 0.1g	½ Cup	79

Beans	Kidney-Cooked	Protein	Protein 6g; Carbs 6g; Fat 0.7g	½ Cup	39
Beef-Ground	85/15%-RAW	Protein	Protein 16g; Fat 16g; Carbs 0g	3 OZ	183
Beef-Roast	Eye of Round-Roasted	Protein	Protein 24g; Fat 8g; Carbs 0g	3 OZ	177
Beef-Steak	Sirloin-Choice Cut-RAW	Protein	Protein 17g; Fat 12g; Carbs 0g	3 OZ	182
Chicken	Drumstick-Batter Fried	Protein	Protein 19g; Fat 13g; Carbs 7g	3 OZ	228
Cottage Cheese	Regular	Protein	Protein 6g; Fat 2g; Carbs 2g	¼ Cup	55
Egg	Hard Boiled	Protein	Protein 3g; Fat 3g; Carbs 0.3g	½ Egg	39
Pork Chop	Pan Fried	Protein	Protein 19g; Fat 9g; Carbs 0g	2 ½ OZ	158
Salmon	Coho Wild-Moist Heat	Protein	Protein 23g; Fat 6g; Carbs 0g	3 OZ	156
Tilapia	Baked Filet	Protein	Protein 22g; Fat 2g; Carbs 0g	3 OZ	109
Tuna	Canned-White	Protein	Protein 13g; Fat 2g; Carbs 0g	¼ Cup	73
Turkey	Breast Sliced-Packaged	Protein	Protein 9g; Carbs 1g; Fat 1g	2 OZ	56



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Almonds	22-23 Whole Kernels	Fat	Fat 15g; Protein 6g; Carbs 6g	1 OZ	169
Avocado	½ of 3.5"	Fat	Fat 16g; Carbs 9g; Protein 2g	3.75 OZ	177
Bacon	Fried-1 Strip	Fat	Fat 7g; Protein 0g; Carbs 0g	¼ OZ	64
Bologna	Sliced	Fat	Fat 8g; Protein 3g; Carbs 1g	1 OZ	90
Cheese	Cheddar	Fat	Fat 28g; Protein 21g; Carbs 1g	3 OZ	343
Mayonnaise	Best Foods-Real Mayo	Fat	Fat 3g; Protein 0g; Carbs 0g	1 TSP	31
Olive Oil	Generic	Fat	Fat 5g; Protein 0g; Carbs 0g	1 TSP	40
Peanut Butter	Smooth Style	Fat	Fat 8g; Protein 4g; Carbs 3g	1 TBSP	94
Pecans	Raw	Fat	Fat 18g; Carbs 3g; Protein 2g	¼ Cup	171

<i>Alcohol-Beer</i>	<i>Budweiser</i>	<i>Alcohol</i>	<i>Carbs 11g; Protein 1g; Fat 0g</i>	<i>12 OZ</i>	<i>146</i>
<i>Alcohol-Whiskey</i>	<i>Jack Daniels*</i>	<i>Alcohol</i>	<i>Carbs 0g; Protein 0g; Fat 0g</i>	<i>1.5 OZ</i>	<i>89</i>
<i>Alcohol-Wine</i>	<i>Table Red</i>	<i>Alcohol</i>	<i>Carbs 3g; Protein 0.1g; Fat 0g</i>	<i>4 OZ</i>	<i>100</i>

* Source: USDA National Agriculture Library/Nutrient Data Laboratory & MyFitnessPal.com *(Jack Daniels Only)
Grams in order of greatest value left to right. Values rounded to nearest full number in ones category. Conversions: 3 TSP=1 TBSP; 1 TBSP=15 gm; 1 Cup=8 oz; 2 Cups=1 Pint