



GET LEAN PLAN for HEALTHY Weight Management

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“Seed & Nut” 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>
Almonds	Nuts-Dry Roasted	Fat	Fat 15g; Carbs 6g; Protein 6g	1 OZ	169
Brazil	Nuts-Dried	Fat	Fat 19g; Protein 4g; Carbs 3g	1 OZ	186
Cashews	Nuts-Dry Roasted	Fat	Fat 13g; Carbs 9g; Protein 4g	1 OZ	163
Chia	Seeds-Dried	Carbohydrate	Carbs 12g; Fat 9g; Protein 5g	1 OZ	138
Edamame	Seeds-Frozen Unprepared	Protein	Protein 2g; Carbs 1g; Fat 1g	1 OZ	16
Macadamia	Nuts-Dry Roasted	Fat	Fat 22g; Carbs 4g; Protein 2g	1 OZ	204
Peanuts	Nuts-In Shell	Fat	Fat 10g; Protein 5g; Carbs 3g	8.5 OZ	108
Pecans	Nuts-Dry Roasted	Fat	Fat 21g; Carbs 4g; Protein 3g	1 OZ	201
Pine	Nuts-Dried	Fat	Fat 19g; Protein 4g; Carbs 4g	1 OZ	191
Pistachio	Nuts-Dry Roasted	Fat	Fat 13g; Carbs 8g; Protein 6g	1 OZ	161
Pumpkin	Seeds-Dry Roasted	Fat	Fat 14g; Protein 8g; Carbs 4g	1 OZ	163
Sunflower	Seeds-Dry Roasted	Fat	Fat 14g; Carbs 7g; Protein 6g	1 OZ	165
Walnuts	Nuts-Black Dried	Fat	Fat 17g; Protein 7g; Carbs 3g	1 OZ	175

★ **Source: USDA National Agriculture Library/Nutrient Data Laboratory; *FatSecret.com (Peanuts only)**
(Macro 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