



MACRONUTRIENT CHEAT SHEET

(very approximate numbers)

PROTEIN

APROXIMATE MACROS:

Organic Chicken

5oz Breast: 3gF/0gC/35gP

5oz Thigh: 8gF/0gC/35gP

5oz wild caught Mahi:

2gF/0gC/30gP

5oz wild caught Salmon:

8gF/0gC/35gP

5oz Grass Fed Sirloin:

6gF/0gC/35gP

5oz Ground Bison:

12gF/0gC/35gP

5oz Ground Turkey:

6gF/0gC/35gP

SIDES

APROXIMATE MACROS

Specialty side:

1 cup Mashed Sweet potato:

2gF/30gC/4gP

1 Cup Roasted Cauliflower mash:

2gF/12-15gC/4gP

1 Cup Grilled Veggies:

4gF/12-15gC/4gP

1 cup Rice:

2gF/40gC/6gP

VERY approximate MACROS FOR ONE MEAL EXAMPLE:

Chicken Breast+1 cup Mashed sweet potato + grilled veggies

~10gF/45gC/42gP

Multiply numbers above by:

4 calories in CARBOHYDRATES

4 calories in PROTEIN

9 calories in FAT

10X9= 90

45X4= 180

42X4=168

90+180+168= **~440CAL in this meal**

APPROXIMATE MACROS FOR:

Pancakes + Eggs + Muffins + Munchables

Protein Pancakes (4): 12gF/32gC/25gP

EGG Bites (2): 10-12gF/6gC/15gP

EGG Scramble: 10gF/4gC/25gP

EGG BAKE: 12gF/25gC/30gP

Sweet potato-OAT Muffins (3): 10gF/35gC/20gP

MUNCHABLES

Box w/Nut butter & Hummus: 14gF/30gC/25gP

Box w/HUMMUS only: 8gF/30gC/20gP

Box w/Greek yogurt & Dijon mustard: 4gF/25gC/30gP



1 portion of protein: Palm of hand

1 portion of carbohydrates: Cupped hand

1 portion of veggies: Fist

1 portion of fats: Length of thumb

Reminder: Absolutely **NO seed oils** are used in any foods that are prepared. SOY is always replaced with coconut aminos. **The oils we use are: Organic extra virgin olive oil and Organic coconut oil.** ALL produce is ORGANIC. Meat is Organic and/or Grass Fed. Fish is WILD CAUGHT. Food items are hand selected each week by owner.

We are proud to offer our customers the highest quality food & service. If you have questions, please ASK!