

Macro Dominance Guide

<u>Protein Options</u>	<u>Vegan Protein Sources</u>	<u>High Fat Proteins</u>	<u>Carb-Dominant</u>			<u>Fat Dominant</u>
calamari	chia seeds	Bacon	acrod squash	cranberries	papaya	almonds
Canadian bacon	chickpeas	beef	alfalfa sprouts	cucumber	peach	avocado
canned tuna	edamame	Catfish	apple	dates	pear	bacon bits
catfish	green Peas	Duck	applesauce	dill pickles	peppers	butter
chicken breast	hemp	ground beef	apricots	eggplant	pineapple	canola oil
clams	protein powder	ground beef	artichoke	fava beans	pinto beans	cashews
corned beef	quinoa	salmon	asparagus	figs	plum	cottage cheese
crabmeat	seitan	Sausages	bean sprouts	fruit cocktail	potato	cream cheese
Egg whites	soy burgers	Whole Eggs	baked beans	grapefruit	radishes	cream, light
firm tofu	soy sausage		banana	grapes	raspberries	guacamole
flounder/sole	tempeh		bean sprouts	green beans	salsa	half and half
ground lamb	tofu		beet greens	guava	sauerkraut	lard
ground pork			beets	honeydew	snow peas	macadamia nuts
ground turkey			black beans	kale	spaghetti squash	mayo, light
ham			black eyed peas	kidney beans	spinach	mayonnaise
lamb			blackberries	kiwi	spinach	olive oil
lobster			blueberries	leeks	strawberries	olives
pork			bok choy	lemon	sweet potato	peanut butter
protein shakes			broccoli	lentils	swiss chard	peanut oil
sardines			brussels sprouts	lettuce, iceberg	tangerine	peanuts
scallops			butternut squash	lettuce, romaine	tomato	sesame oil
shrimp			cabbage	lima beans	tomato sauce	sour cream
spirulina (dry)			cabbage	lime	tomatoes	sunflower seeds
swordfish			cantaloupe	mango	watermelon	tahini
tuna steak			cauliflower	mushrooms	yam	tartar sauce
turkey breast			celery	nectarine	yellow squash	veg. shortening
veal			cherries	oatmeal	zucchini	vegetable oil
			chick peas	okra		Cheeses
			collard greens	onion		Whole Eggs
			corn	orange		