

# Macronutrients

## PROTEINS

*Look for meat with no added hormones or preservatives.*

- Ground Turkey
- Chicken Breast
- Chicken Thighs
- Pork Tenderloin
- Pork Chops
- Bacon
- Ground Beef
- Roast Beef
- Flank Steak
- Shrimp
- Albacore Tuna
- Mahi-Mhi
- Salmon
- Cod
- Ham
- Sliced Deli Meat
- Tofu
- Eggs
- Orgain Protein Powder
- Black Beans
- Chick peas
- Flax Seed
- Almonds
- Cashews
- Hemp Hearts
- Collagen Peptides
- Hummus
- Chicken Sausage
- Beef sausage
- Pork Sausage
- Chia Pudding
- Apples
- Beef Jerkey
- Beef Sticks
- Chicken Burgers
- Chicken Burgers
- Salami
- Quinoa
- Rolled Oats
- Peanut Butter
- Almond Butter

**FASTER WAY**

T O F A T L O S S<sup>®</sup>

AHNA FULMER, CERTIFIED COACH