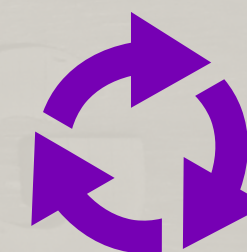
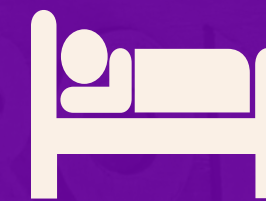


Stoked Metabolic Coaching

Essential Guide to Healthy Macronutrient Choices



MACRONUTRIENT GUIDE

Proteins



Healthy Options

Almonds
Bacon
Bison
Ground Beef
Chicken
Cottage Cheese
Duck

Eggs
Egg Whites
Fish
Greek Yogurt
Ham
Lamb
Pork
Salmon

Scallops
Shrimp
Steak
Swordfish
Tilapia
Tuna
Turkey
Whey Protein

Fats



Healthy Options

Almonds
Avocado
Cashews
Chia Seeds
Cod
Cheese
Coconut Oil
Dark Chocolate

Eggs
Flax Seed
Ghee
Grass-Fed Butter
Hemp Seed
MCT Oil
Nut Butters
Olives

Olive Oil
Pork
Pumpkin Seeds
Salmon
Seed Butters
Sunflower Seeds
Tuna
Walnuts

Carbohydrates



Healthy Options

Apples
Artichoke
Asparagus
Bananas
Beets
Blackberries
Blueberries
Broccoli
Brown Rice

Cantaloupe
Cauliflower
Cherries
Cucumber
Kiwi
Lemon
Lime
Oatmeal
Pineapple

Peach
Pear
Plum
Pumpkin
Quinoa
Raspberries
Spinach
Strawberries
Strawberries

Portion Size - Cheat Sheet



Protein

Aim to eat 1-2 Palms worth of Protein - Dense Foods at each Meal



Vegetables

1-2 Fists of Vegetables at each meal



Carbohydrates

1-2 Cupped Handfuls of Carbohydrates at most meals



Fats

1-2 Thumbs of Fat Dense Foods at most meals