



## MACRO COUNTING GROCERY LIST

**W**hen you first go into a cut, it can seem hard to figure out what foods will fit into your macros. As you figure out your balance it can be helpful to make swaps for "macro friendly" and "high volume" food.

**MACRO FRIENDLY** choices are those that are easier to fit into your day. They can be higher in protein, lower in fat or lower in carbs.

**HIGH VOLUME FOOD** means food items that have fewer calories at a higher amount (or volume) of food. Which is awesome because you can eat more food (and feel more satisfied) for less calories than non-high volume foods.

Below are some of our favorite "Macro Friendly" and High Volume Foods that you can have on hand to make hitting your macros easier. As a note, most of these foods fit into both the "Macro Friendly" and High Volume Food category, but especially high volume foods have been designated with an \*asterik\*.

## DAIRY

Eggs  
 Egg Whites\*  
 Unsweetened Almond Milk\*  
 Califa® or Fairlife® Milk  
 Low-Fat Greek Yogurt\* - Two good®  
 Dannon Light and Fit®, Oikos Triple Zero®  
 Plain Greek Yogurt\*  
*to use in place of mayonnaise or sour cream*  
 Low-Fat Cottage Cheese  
 Laughing Cow Cheese\*  
 Fat-Free Cream Cheese\*  
 Low-Fat Ricotta Cheese\*  
 Good Foods® Dressings\*  
 Bolt House® Dressings\*

## PRODUCE

Any Berries (frozen or fresh)  
 Lettuce\*  
 Spinach\*  
 Tomatoes\*  
 Cucumbers\*  
 Celery\*  
 Cauliflower\*  
 Pickles\*  
 Sweet Potatoes  
 Peppers\*  
 Zucchini\*  
 Spaghetti Squash\*  
 Butternut Squash  
 Broccoli\*  
 Brussels Sprouts\*  
 Green Beans\*  
 Avocados  
 Cauliflower Rice\*

## MEAT & FISH

Turkey Bacon\*  
 Lean Ground Turkey\*  
 Chicken Breast\*  
 Turkey Sausage\*  
 Salmon  
 Sam's Choice® Chicken Apple Smoked Sausage\*  
 Canadian Bacon\*  
 Rotisserie Chickens  
 Tilapia  
 Chomps® Sticks  
 Canned Tuna  
 Turkey Pepperoni\*  
 Shrimp  
 Canned Chicken from Costco  
 Turkey and Ham lunch meat

## GRAINS

Low-Carb Wraps\*- Joseph® Lavash wraps or Cut da Carbs®, Ole® xtreme Wrap  
 Mission® carb balance tortillas  
 Rolled Oats  
 Brown Rice  
 Low-Calorie Bread\*  
 Quinoa  
 Rice Cakes\*  
 Corn Tortillas, thins\*  
 Air popped Popcorn\*-flavored with seasonings  
 Chickpea or other high protein pasta\* - Banza®  
 Orowheat® Sandwich Thins\*

### MISCELLANEOUS

Sugar-Free Pudding\*

Sugar free BBQ sauce\*

Sugar Free Syrup-Walden Farms\*

Stevia\*

Salsa

Coconut Flour

PB2® or PBft®\*

Kodiak Cakes®

Spices *(some of my favorites are smoked paprika and McCormick's Montreal Steak® Seasoning)*

Balsamic Vinegars, flavored  
*to use as salad dressings*

Mini Chocolate Chips

Olive Oil or Coconut Oil Spray

Cocoa Powder

Tabasco Sauce

Almond Butter

Peanut Butter

### BEVERAGES

Sparkling Water

Iced Tea

Hot Tea

Coffee with protein drink as creamer

Kombucha

Cashew Milk

Almond Milk

Zero Vitamin Water

Flavored Water

Protein Powder  
(AMBERB15 discount code at Ideal Lean)

Premier® Protein

Bone Broth

### SNACKS

Protein Bars-Built Bar®

Fit Crunch® protein bars

100 calorie packs of dry roasted or cocoa dusted almonds

Quest® Chips\*

Core Cakes®  
(discount code AMBERB10)

### FROZEN

Yasso® Bars\*

Skinny Cow®

Healthy Choice® Ice Cream bars\*