

MACROS/FOOD MEASUREMENT CHEAT SHEET

How to use this cheat sheet:

First find the tables for the macro (protein, fat or carbs) you are targeting. Then find the column with the target grams of that macro (15g, 25g, etc). If you follow the column down, food amounts to get the target grams of macros will be listed. For each macro there are two sets of tables, one that gives the food measurement as ounces, cups, etc. and another that lists the food amount as the weight of the food in grams (note that the grams of macro and the weight in grams of the food will be different). If you choose to use the weight measurement of the food, you will need a food scale.

The "+" and "-" signs indicate slightly more or slightly less than the given measurement. Don't get too caught up in the exact measurement. Get it close and be consistent with how you measure and you will have great results!

It can be a good idea, especially if you are still learning, to keep it simple and stick to the foods on this list for the duration of your diet phase. Many foods have what we call "ancillary macros". For example, peanut butter, although it is counted towards your fat macros, also has protein. For simplicity these calculations have already been made for you in your diet! So you only have to worry about the "main macro" in each food item.

Protein

Food measurements needed to get grams of protein

Common Protein Sources	15 Grams Protein	20 Grams Protein	25 Grams Protein	30 Grams Protein	35 Grams Protein	40 Grams Protein
raw chicken breast	2.5oz	3oz	4oz	4.5oz	5.5oz	6oz
cooked chicken breast	1.75oz	2oz	2.75oz	3.25oz	3.75oz	4.25oz
raw lean fish	2.25oz	3oz	4oz	4.5oz	5.5oz	6oz
cooked lean fish	1.75oz	2oz	3oz	3.25oz	4oz	4.25oz
raw or cooked shrimp	2.5oz	3.5oz	4.25oz	5oz	6oz	7oz
raw ground turkey	3oz	4oz	5oz	6oz	7oz	8oz
cooked ground turkey	2oz	2.5oz	3oz	3.75oz	4.25oz	5oz
fat free or lowfat greek yogurt	¾- cup	¾+ cup	1 cup	1 ¼ cup	1 ½ cup	1 ¾ cup
egg whites	¾- cup	¾ cup	1 cup	1 ¼ cup	1 ½ cup	1 ½ cup
tofu	⅓- block	⅓+ block	½- block	½+ block	⅔ block	¾ block

Weight in grams of food on scale to get grams of protein

Common Protein Sources	15 Grams Protein	20 Grams Protein	25 Grams Protein	30 Grams Protein	35 Grams Protein	40 Grams Protein
raw chicken breast	65g (weight of food)	90g (weight of food)	110g (weight of food)	130g (weight of food)	150g (weight of food)	175g (weight of food)
cooked chicken breast	50g (weight of food)	70g (weight of food)	85g (weight of food)	100g (weight of food)	120g (weight of food)	135g (weight of food)
raw lean fish	65g (weight of food)	85g (weight of food)	110g (weight of food)	130g (weight of food)	150g (weight of food)	170g (weight of food)
cooked lean fish	60g (weight of food)	80g (weight of food)	100g (weight of food)	120g (weight of food)	140g (weight of food)	160g (weight of food)
raw or cooked shrimp	75g (weight of food)	100g (weight of food)	125g (weight of food)	150g (weight of food)	175g (weight of food)	200g (weight of food)
raw ground turkey	85g (weight of food)	115g (weight of food)	145g (weight of food)	170g (weight of food)	200g (weight of food)	225g (weight of food)
cooked ground turkey	60g (weight of food)	75g (weight of food)	90g (weight of food)	110g (weight of food)	130g (weight of food)	150g (weight of food)
fat free or lowfat greek yogurt	175g (weight of food)	215g (weight of food)	275g (weight of food)	325g (weight of food)	375g (weight of food)	425g (weight of food)
egg whites	140g (weight of food)	185g (weight of food)	225g (weight of food)	275g (weight of food)	325g (weight of food)	375g (weight of food)
tofu	90g (weight of food)	120g (weight of food)	150g (weight of food)	180g (weight of food)	210g (weight of food)	240g (weight of food)

Carbs cont'd

Common Carb Sources	Weight in grams of food on scale to get grams of carbs				
	10 Grams Carbs	15 Grams Carbs	20 Grams Carbs	25 Grams Carbs	30 Grams Carbs
raw fruit (any fruit or mixed fruit)	70g (weight of food)	100g (weight of food)	135g (weight of food)	165g (weight of food)	200g (weight of food)
whole grain bread	25g (weight of food)	40g (weight of food)	50g (weight of food)	65g (weight of food)	75g (weight of food)
english muffin	20g (weight of food)	30g (weight of food)	40g (weight of food)	50g (weight of food)	60g (weight of food)
bagel	20g (weight of food)	30g (weight of food)	40g (weight of food)	50g (weight of food)	60g (weight of food)
cooked rice (any kind)	40g (weight of food)	60g (weight of food)	80g (weight of food)	100g (weight of food)	120g (weight of food)
cooked pasta noodles	40g (weight of food)	60g (weight of food)	80g (weight of food)	100g (weight of food)	120g (weight of food)
baked or boiled sweet potatoes	50g (weight of food)	75g (weight of food)	100g (weight of food)	125g (weight of food)	150g (weight of food)
baked or boiled potatoes	50g (weight of food)	75g (weight of food)	100g (weight of food)	125g (weight of food)	150g (weight of food)

Common Carb Sources	Weight in grams of food on scale to get grams of carbs			
	35 Grams Carbs	40 Grams Carbs	45 Grams Carbs	50 Grams Carbs
raw fruit (any fruit or mixed fruit)	235g (weight of food)	265g (weight of food)	300g (weight of food)	335g (weight of food)
whole grain bread	90g (weight of food)	100g (weight of food)	115g (weight of food)	125g (weight of food)
english muffin	70g (weight of food)	80g (weight of food)	90g (weight of food)	100g (weight of food)
bagel	70g (weight of food)	80g (weight of food)	90g (weight of food)	100g (weight of food)
cooked rice (any kind)	140g (weight of food)	160g (weight of food)	180g (weight of food)	200g (weight of food)
cooked pasta noodles	140g (weight of food)	160g (weight of food)	180g (weight of food)	200g (weight of food)
baked or boiled sweet potatoes	175g (weight of food)	200g (weight of food)	225g (weight of food)	250g (weight of food)
baked or boiled potatoes	175g (weight of food)	200g (weight of food)	225g (weight of food)	250g (weight of food)

Common Carb Sources	Weight in grams of food on scale to get grams of carbs			
	55 Grams Carbs	60 Grams Carbs	65 Grams Carbs	70 Grams Carbs
raw fruit (any fruit or mixed fruit)	365g (weight of food)	400g (weight of food)	435g (weight of food)	465g (weight of food)
whole grain bread	140g (weight of food)	150g (weight of food)	165g (weight of food)	175g (weight of food)
english muffin	110g (weight of food)	120g (weight of food)	130g (weight of food)	140g (weight of food)
bagel	110g (weight of food)	120g (weight of food)	130g (weight of food)	140g (weight of food)
cooked rice (any kind)	220g (weight of food)	240g (weight of food)	260g (weight of food)	280g (weight of food)
cooked pasta noodles	220g (weight of food)	240g (weight of food)	260g (weight of food)	280g (weight of food)
baked or boiled sweet potatoes	275g (weight of food)	300g (weight of food)	325g (weight of food)	350g (weight of food)
baked or boiled potatoes	275g (weight of food)	300g (weight of food)	325g (weight of food)	350g (weight of food)