



CHRIS GATES FITNESS

Protein, Carbs, & Fats Cheat Sheet

As part of your program, I'm never going to tell you...

- You CAN'T eat specific foods, or...
- You MUST eat specific foods.

I don't think that's helpful to you, considering this is supposed to be a sustainable learning experience. No foods should be completely off limits, or mandatory, because I don't believe that's a healthy approach.

What's much more beneficial for you as you go through this journey of managing your health and fitness goals, is to learn how to build your own meals with the foods you enjoy eating — and foods that support your goals.

That's going to be most sustainable and allow you to make long-term progress.

With that said, I understand having a completely blank slate for your diet can be a bit confusing and intimidating. So below, I've provided a quick list of foods that fall within the three categories of macronutrients (protein, carbohydrates, and fats).

Some foods are primarily one macronutrient. Some are a mixture.

As you build your diet plan, you can pull from this list to figure out what works best for you.



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Protein:

- Chicken Breast
- Turkey
- Canned Tuna
- Lean Fish
- Shellfish
- Egg Whites
- Protein Powder (supplements)
- Beef Jerky

Protein + Fats:

- Whole Eggs
- Bone-In Meats
- Ground Beef
- Steak
- Pork Chops
- Bacon
- Cheese

Protein + Carbs:

- Skim Milk
- Fat Free Dairy
- Beans
- Quinoa
- Pasta

Fats:

- Butter
- Olive Oil
- Coconut Oil
- Fish Oil

Fats + Carbs:

- Ice Cream
- Baked Goods
- Chocolate
- Avocado
- (Most Desserts, Sweets, & the Tastiest Foods)

Carbs:

- Rice
- Bread
- Jam
- Corn
- Potatoes
- Hard Candy
- Oats
- Fruit
- Cereal

Protein + Fats + Carbs:

- Protein Bars
 - Pizza
 - Salads (w/meat, eggs, cheese, etc.)
 - Sandwiches
 - Wraps
 - Burritos
 - Nuts
 - Seeds
 - Nut Butters
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Meal & Snack Ideas

I also want to provide some examples on how you can build meals to hit your nutritional guidelines. Whether it be to incorporate more protein into your diet, or just generally build more nutritious meals.

I'm not telling you to eat these exact foods or meals.

Rather, I'm hoping these examples can help spark some ideas for you on how to build your diet and hit the nutritional goals we've outlined.

Meal 1:

- 4 whole eggs
- 80g oats
- Add a fruit or vegetable
- **Totals: 550 calories, 40g protein**

Meal 2:

- 4oz chicken breast
- 4oz white rice
- Half serving of cheese
- 100g broccoli
- 50g black beans
- 1 apple
- **Totals: 580 calories, 45g protein**

Meal 3:

- 4oz lean red meat
- 1 white or sweet potato
- Big ass salad
- Light salad dressing
- **Totals: 560 calories, 32g protein**

Snack 1:

- 1 scoop protein powder
- **Totals: 125 calories, 25g protein**

Snack 2:

- Greek Yogurt (2 servings)
- One banana
- **Totals: 235 calories, 23g protein**