

The FITT Cycle Macro Cheat Sheet

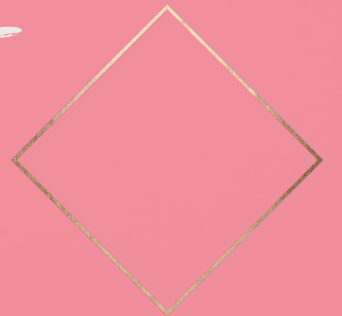
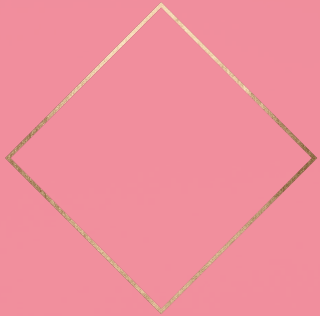
Meal Prepping Tips and Tricks



The FITT Cycle



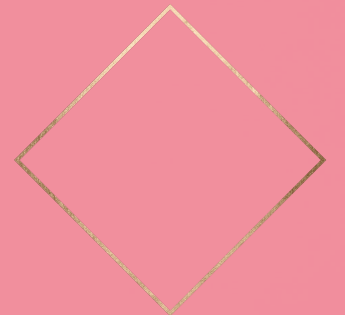
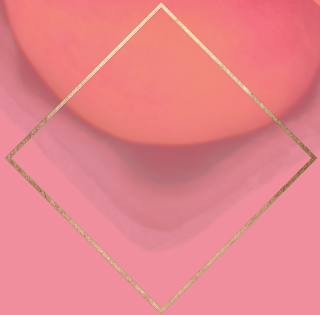
Macro Cheat Sheet





- FRUIT
- DRIED FRUIT
- QUINOA
- JASMINE RICE
- QUINOA
- RICE CAKES
- OATMEAL
- HONEY/SYRUP
- COCONUT SUGAR
- GLUTEN FREE BREAD
- BEANS
- LENTILS
- PEAS
- SWEET POTATOES
- POTATOES
- SQUASH
- CARROTS
- RASPBERRIES
- BLUEBERRIES
- BANANAS
- BLACKBERRIES
- SPAGHETTI NOODLES
- MACARONI NOODLES
- OATS
- WINE/BEER/ALCOHOL
- POM JUICE
- FRUIT JUICE
- TOAST
- PEACHES
- BREAD

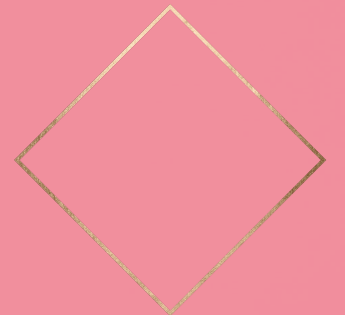
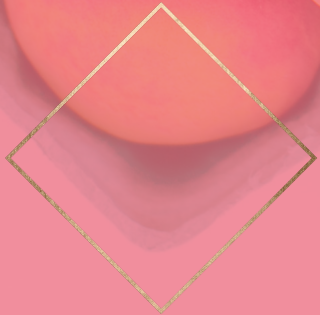
Carbohydrates





- CHICKEN
- GROUND CHICKEN
- GROUND TURKEY
- TURKEY
- FISH
- TUNA
- LEAN BEEF
- EGG WHITES
- SHRIMP
- LOW/NON FAT YOGURT
- PROTEIN POWDER
- TOP SIRLOIN
- FLANK STEAK
- LOBSTER
- SCALLOPS
- NUTRITIONAL YEAST
- CANADIAN BACON
- BUFFALO
- BISON
- LOW/NON FAT COTTAGE CHEESE
- LAMB

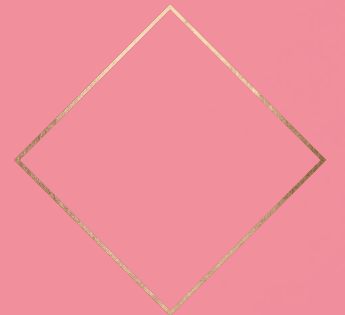
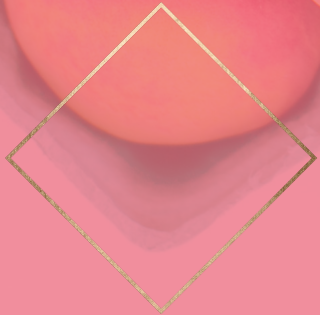
Proteins





- EGGS
- COCONUT
- OILS
- SEEDS
- FLAXSEED
- PUMPKIN SEEDS
- NUTS
- SAFFLOWER OIL
- EGG YOLKS
- SHORTENING
- AVOCADOS (FIBER)
- OMEGA OILS
- SALAD DRESSING
- PEANUT BUTTER
- ALMOND BUTTER
- MCT OIL
- BUTTER
- RED MEAT (STEAK)

Fats





*Meal
Planning
Tips & Tricks*

Tip #1

**HAVE YOUR GO-TO
STAPLE ITEMS ON
HAND AT ALL TIMES
FOR EACH MACRO
GROUP**

Tip #2

**PLAN TO COOK 2-3
MEALS IN BULK AND
USE THE REST FOR
LEFT OVERS AND
LUNCHES**

Spoiler alert: you don't have to cook every meal every week!!

Tip #3

KEEP EASY TO GRAB SNACKS ON HAND

Some of my favorites:

Quest bars, beefy jerky, rice cakes, pre-portioned chips, Rebbl protein drinks, protein shakes, pb fit powder, deli meats, simple mills crackers

Tip #4

**MAKE A SMOOTHIE THE
NIGHT BEFORE, PUT IT IN A
"YETI-LIKE" CUP AND
FREEZE**

grab it in the morning on your way out the door and usually the smoothie will be thawed by the time you're ready to break your fast!!