



Macronutrient Food List

1. Healthy Protein Sources
 2. Healthy Carbohydrate Sources
 3. Healthy Fat Sources
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Healthy Protein Sources

Protein is the most important macronutrient in your diet. I suggest you build your main meals around a big portion of one of the sources below, as they are high in protein and (usually) low in calories.

Good Protein Sources:

- Eggs
 - Lean Meats
 - Chicken Breast
 - Beans & Legumes
 - Fish/Sea Food
 - Soy
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Healthy Carbohydrate Sources

Carbs have a pretty bad rep in the fitness world - mostly undeserved. They are the body's preferred source of energy and will give you more strength in the gym. For health reasons, make sure to stick to mostly healthy sources (see below). 10% - 20% of your daily carbs can also come from junk food / candy if this makes it easier to stick to your diet long term.

Good Carb Sources:

- Whole Grains (Oats, Rice, Quinoa, Whole Grain Pasta & Bread)
 - Beans & Legumes (not just high in protein but also quality carbs)
 - Fruits (as candy substitutes)
 - Potatoes
 - All Kinds Of Vegetables & Salads
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Healthy Fat Sources

Dietary fat is extremely important for hormone - and therefore testosterone - production. That's why you want to make sure to get a good mix of saturated and unsaturated fats.

Healthy Saturated Fats:

- Butter
- Grass Fed Beef
- Eggs
- Dairy Products
- Coconut Butter

Healthy Unsaturated Fats:

- Nuts & Seeds
 - Avocados
 - Fatty Fish
 - Olive Oil
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