

THE **APE** ALPHA PHYSIQUE ENGINEERING COACH PRESENTS

IIFYM Flexible Dieting Bodybuilding Guide

MACRO CHEAT SHEET

Carbohydrates

Breads
Rice
Potatoes
Oats/Oatmeal
Pasta/ Noodles
Pancakes
Pumpkin
Squash
Honey
Agave
Sugar
Syrups
Bran
Fruits
Corn
Vegetables
Berries
English Muffins
Grains
Cereals
Jams / Jelly
Sweeteners

Proteins

Chicken
Turkey
Lean Beef
Egg Whites
Rabbit
Buffalo
Lobster
Top Sirloin
Flank Steak
Whey Protein
Low Fat Cheese
Lean Fish (Tuna, Tilapia, Mahi)
Plant-based Protein
Turkey Bacon
Beans
Quinoa
Sprouted Grains
Chocolate/ Skim Milk
Greek Yogurt
Wheat Germ
Peas

Fats

Nuts (Butters/ Oils)
Avocado
Coconut (Oil, Flakes, Canned)
Egg Yolks
Butter
Shortening
Lard
Bacon Grease
Omega/ Fish Oils
Seeds (Butters/Oils)
Olives (Olive Oil)
Safflower Oil
Flaxseed (ground/ oils)
*All Oils
Eggs
Duck
Salmon
Chia Seed
Sashimi
Whole Fat Yogurt
Whole Fat Cheese
Whole Fat Milk
Pork
Bacon
Hemp Seed