

FASTER WAY

T O F A T L O S S[®]



MACRO CHEAT SHEET



Macro Cheat Sheet

Deprivation diets. Calorie counting. Clean eating.

No matter how meticulous you are, you end up stuck! If nothing seems to budge and you're becoming more and more frustrated with the same old tricks, welcome to the world of macros!

The **FASTER Way Macros Method** is the answer for long lasting results: it's a science-backed, sustainable strategy that will help you burn fat, increase energy, and achieve peak wellness once and for all.

Consider it your powerhouse protocol for when clean eating and calorie counting simply aren't cutting it.

Enjoy this macro cheat sheet to get to know the three macronutrient groups and the top foods we recommend for getting lean and preventing disease.



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Fat Cheat Sheet

Meat/Poultry/Fish

- 4 oz tuna- 10g
- 3 oz herring- 12g
- 4 oz salmon- 22g
- 1 chicken sausage- 14g
- 1 Italian sausage- 21g
- 3 oz lean beef- 25g
- 1 whole egg- 5g
- 4 oz pork- 16g

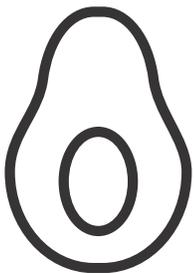
Grains, Nuts, Seeds

- 3 tbsp pumpkin seeds- 22g
- 1/4 cup walnuts- 13g
- 1/4 cup almonds- 14g
- 1/4 cup pistachios- 14g
- 2 tbsp almond butter- 18g
- 2 tbsp cashew butter- 16g
- 2 tbsp flax- 9g
- 2 tbsp chia- 9g

Oils & Miscellaneous

- 1 tbsp olive oil- 14g
- 1 tbsp avocado oil- 14g
- 1 tsp sesame oil- 14g
- 1 tbsp coconut oil- 14g
- 3 oz tofu- 4g
- 1/2 cup edamame- 5g
- 1 cup black olives- 15g

Dive into our FASTER Way Meal Guide for more details, food choices, and recipes.



FAT CHEAT SHEET

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Protein Cheat Sheet

Meat/Poultry/Fish/Soy

- 6 oz ground turkey- 33g
- 6 oz chicken breast- 39g
- 6 oz chicken thigh- 33g
- 6 oz pork tenderloin- 35g
- 3 oz ham- 15g
- 2 slices bacon- 5g
- 4 oz ahi tuna- 29g
- 6 oz flank steak- 36g

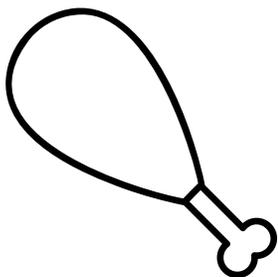
Vegetables

- 1 cup broccoli- 5g
- 1 cup sweet peas- 16g
- 2 cups raw spinach- 2g
- 2 cups raw kale- 6g
- 1 cup artichoke hearts- 4g
- 6 asparagus spears- 2g
- 1 cup mushrooms- 2g
- 1 russet potato- 2g

Grains, Nuts, Seeds

- 2 tbsp almond butter- 6g
- 1/4 cup almonds- 8g
- 2 tbsp sunflower seeds- 5g
- 2 tbsp chia seeds- 6g
- 2 tbsp hemp hearts- 10g
- 1 cup cooked quinoa- 8g
- 1/2 cup rolled oats- 6g
- 1 cup brown rice- 5g

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PROTEIN CHEAT SHEET

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Carbohydrate Cheat Sheet

Fruit

- 100g apple- 14g
- 100g banana- 23g
- 100g orange- 12g
- 1 cup green/red grapes- 16g
- 1 cup pineapple- 22g
- 1 cup mango- 25g
- 1 cup raspberries- 12g
- 1 cup blueberries- 21g

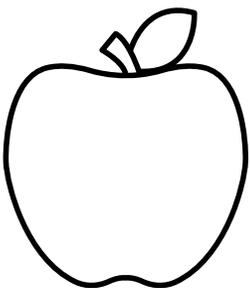
Vegetables

- 4 oz broccoli- 3g
- 4 oz carrots- 10g
- 4 oz celery- 4g
- 4 oz cauliflower- 6g
- 4 oz beets- 16g
- 4 oz bell peppers- 6g
- 4 oz sweet potato- 23g
- 1 cup corn- 32g

Grains & Legumes

- 1 cup quinoa- 48g
- 1/2 cup rolled oats- 26g
- 1 cup brown rice- 45g
- 1 cup lentils- 40g
- 1 cup black beans- 44g
- 1 cup chickpeas- 45g
- 1 cup kidney beans- 20g
- 1 cup pinto beans- 45g

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CARB CHEAT SHEET



Macro Cheat Sheet

You are unique - so are your specific macronutrient needs! In our program, you'll receive customized macronutrient targets to optimize results based on *your body, your goals, and your needs.*



Pair this signature macros method with our other cutting-edge program principles like carb cycling and intermittent fasting, and you're on your way to becoming more lean, fit, and healthy than you ever imagined.

Over 297,000 clients have transformed their health with the FASTER Way to Fat Loss. We invite you to experience these results for yourself in our next round starting SOON! Join us now using the button below!

[**JOIN TODAY**](#)