Macro cheat sheet

Calories, protein, carbs, and fat. Match raw or cooked edible weight; exclude bones and shells. Food ounces are weight, not fluid ounces.

Poultry / Food	Portion	Calories	Protein	Carbs	Fat
Skinless chicken breast **COOKED** Roasted / meat only	4 oz	187.1 kcal	35.2 g	0 g	4 g
Turkey breast **COOKED** Roasted / meat only	4 oz	166.7 kcal	34.1 g	0 g	2.4 g
Ground turkey, 93% lean **COOKED** Pan-broiled crumbles	4 oz	241.5 kcal	30.7 g	0 g	13.2 g
Skinless chicken breast **RAW** Raw / boneless, skinless, meat only	4 oz	136.1 kcal	25.5 g	0 g	3 g
Skinless chicken thigh **COOKED** Roasted / meat only	4 oz	203 kcal	28.1 g	0 g	9.2 g
Skinless chicken thigh **RAW** Raw / edible portion	4 oz	137.2 kcal	22.3 g	0 g	4.7 g
Turkey breast **RAW** Raw / meat only	4 oz	129.3 kcal	26.8 g	0.2 g	1.7 g
Ground turkey, 93% lean **RAW** Raw / meat only	4 oz	170.1 kcal	21.2 g	0 g	9.5 g
Ground chicken **COOKED** Pan-browned crumbles	4 oz	214.3 kcal	26.4 g	0 g	12.4 g
Ground chicken **RAW** Raw / edible portion	4 oz	162.2 kcal	19.8 g	0 g	9.2 g

Meat / Food	Portion	Calories	Protein	Carbs	Fat
Ground beef, 90% lean **COOKED** Broiled patty	4 oz	246.1 kcal	29.6 g	0 g	13.4 g
Top sirloin steak **COOKED** Broiled / lean only, trimmed	4 oz	213.2 kcal	34.4 g	0 g	7.4 g
Pork loin, top loin roast **COOKED** Roasted / lean only	4 oz	196.2 kcal	30.8 g	0 g	7.1 g
Ground beef, 80% lean **COOKED** Broiled patty	4 oz	306.2 kcal	29.2 g	0 g	20.2 g
Ground beef, 80% lean **RAW** Raw / edible portion	4 oz	288 kcal	19.5 g	0 g	22.7 g
Ground beef, 85% lean **COOKED** Broiled patty	4 oz	283.5 kcal	29.4 g	0 g	17.5 g
Pork tenderloin **COOKED** Roasted / lean only	4 oz	162.2 kcal	29.7 g	0 g	4 g
Pork tenderloin **RAW** Raw / edible portion	4 oz	123.6 kcal	23.8 g	0 g	2.5 g
Ground pork **COOKED** Cooked	4 oz	336.8 kcal	29.1 g	0 g	23.6 g

Meat / Food	Portion	Calories	Protein	Carbs	Fat
Ground pork **RAW** Raw / edible portion	4 oz	298.2 kcal	19.1 g	0 g	24 g
Ground beef, 90% lean **RAW** Raw / edible portion	4 oz	199.6 kcal	22.7 g	0 g	11.3 g

Seafood / Food	Portion	Calories	Protein	Carbs	Fat
Wild coho salmon **COOKED** Cooked / moist heat	4 oz	208.7 kcal	31.1 g	0 g	8.5 g
Atlantic salmon, farmed **COOKED** Dry heat	4 oz	233.6 kcal	25.1 g	0 g	14 g
Atlantic salmon, farmed **RAW** Raw / edible portion	4 oz	235.9 kcal	23.2 g	0 g	15.2 g
Shrimp **COOKED** Cooked / edible portion	4 oz	112.3 kcal	27.2 g	0.2 g	0.3 g
Shrimp **RAW** Raw / edible portion	4 oz	96.4 kcal	22.8 g	0 g	0.6 g
Wild coho salmon **RAW** Raw / edible portion	4 oz	165.6 kcal	24.5 g	0 g	6.7 g

Eggs & dairy / Food	Portion	Calories	Protein	Carbs	Fat
Cottage cheese, 1% **READY** Ready to eat	4 oz	81.6 kcal	14.1 g	3.1 g	1.2 g
Plain low-fat yogurt **READY** Regular yogurt, not Greek	4 oz	71.4 kcal	6 g	8 g	1.8 g
Whole eggs, large **READY** Poached	2 large eggs	144 kcal	12.5 g	0.7 g	9.5 g

Meal prep carbs / Food	Portion	Calories	Protein	Carbs	Fat
Sweet potato **COOKED** Baked / flesh only / no added salt	4 oz	102.1 kcal	2.3 g	23.5 g	0.2 g
Sweet potato **COOKED** Boiled / peeled	4 oz	86.2 kcal	1.6 g	20.1 g	0.2 g
Potato **COOKED** Baked / flesh and skin / no added salt	4 oz	105.5 kcal	2.8 g	24 g	0.1 g
Potato **COOKED** Boiled / peeled / no added salt	4 oz	97.5 kcal	1.9 g	22.7 g	0.1 g
White rice **COOKED** Cooked / long grain	4 oz	147.4 kcal	3.1 g	31.9 g	0.3 g
Brown rice **COOKED** Cooked / long grain	4 oz	139.5 kcal	3.1 g	29 g	1.1 g
Oats **READY** Dry / regular or quick / not fortified	1.5 oz	161.2 kcal	5.6 g	28.8 g	2.8 g

Fruit / Food	Portion	Calories	Protein	Carbs	Fat
Banana **READY** Raw / without peel	4 oz	100.9 kcal	1.2 g	25.9 g	0.4 g
Apple **READY** Raw / with skin / without core	4 oz	59 kcal	0.3 g	15.7 g	0.2 g
Blueberries **READY** Raw / edible portion	4 oz	64.6 kcal	0.8 g	16.4 g	0.4 g
Strawberries **READY** Raw / without stems	4 oz	36.3 kcal	0.8 g	8.7 g	0.3 g

Approximate values. Brands, cuts, and preparation vary; prefer your package label when available. Calories are source values and may differ from simple 4/4/9 math. Use the online calculator for custom portions.

Sources: USDA FoodData Central SR Legacy food records; USDA Protein, Carbohydrate, Total Fat, and Total Kcal household-measure references. Per-food source links are at spittfit.com/macro-cheat-sheet.