

PLANT-BASED MACRO

CHEATSHEET



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Welcome!

The gut microbiome is a complex and dynamic ecosystem of bacteria, fungi, and other microbial organisms that play an essential role in human health. Our bodies are home to trillions of these microorganisms that together make up the majority of our genetic material, far outnumbering the cells comprising our own body. The gut microbiome is responsible for a variety of vital bodily functions, such as aiding digestion, synthesizing vitamins and minerals, controlling inflammation, modulating the immune system, and influencing mood.

Recent research has shown that an imbalance in our gut microbiome is linked to a variety of health issues such as obesity, diabetes, allergies, depression, autoimmune disorders and more. It is therefore paramount to maintain a healthy and balanced microbiome in order to ensure optimal health. To do this, it is important to consume a diverse diet rich in fiber and plant-based foods as these promote microbial diversity and are essential for the growth of beneficial bacterial species.

This cheat sheet should make it easier to keep track of what you are eating, as well as help you plan meals that include all the essential vitamins and minerals your body needs. It also helps you understand which plant-based macro options are best for each meal.

This guide will help you choose foods that are higher in nutrients and lower in calories, such as fruits, vegetables, nuts, seeds, and legumes. It should also help you to plan meals that are balanced with all the essential macro nutrients, like carbohydrates, protein, and fats. Many of the plant-based options are much less expensive than traditional animal-based proteins like beef and chicken, making it easier for you to buy healthy options without breaking your budget.

Supriya Rao

FRUITS

FRUIT	CALORIES	FAT (GM)	CARBS (GM)	PROTEIN (GM)
Apple (1 large)	130	0.3	25	0.5
Banana (1 medium)	110	0.4	27	1.3
Orange (1 small)	45	0.1	11	0.9
Apricot (1 cup sliced)	80	0.6	18	2.3
Red Cherries (1 cup)	77	0.5	19	1.6
Strawberry (1 cup)	50	0.4	11	1.6
Blueberry (1 cup)	85	0.5	21	1.1
Raspberry (1 cup)	65	0.8	15	1.5
Peach (1 medium)	60	0.4	14	1.4
Cantaloupe (1 cup diced)	54	0.3	13	1.3
Watermelon (1 cup diced)	46	0.2	11.6	0.9
Honeydew (1 cup diced)	61	0.2	15	0.9
Grapes (1 cup)	62	0.3	16	0.6
Grapefruit (1/2 medium)	52	0.2	13	0.9
Pineapple (1 cup diced)	82	0.2	22	0.9
Pear (1 medium)	102	0.2	27	0.6
Tangerine (1 medium)	50	0.3	12	0.7



VEGETABLES

VEGETABLES	CALORIES	FAT (GM)	CARBS (GM)	PROTEIN (GM)
Asparagus (1 cup)	27	0.2	5	2.9
Carrots (1 medium)	25	0.1	6	0.6
Broccoli (148g)	50	0.5	10	4.2
Cauliflower (1 cup)	27	0.3	5	2.1
Brussels sprouts (1 cup)	38	0.3	8	3
Zucchini (1 medium)	33	0.6	6	2.4
Cucumber (100g)	15	0	2	0
Celery (100g)	16	0.1	1.2	0.3
Tomato (1 oz)	6	0.1	1.2	0.3
Bell Pepper (1 medium)	24	0.2	6	1
Spinach (100g)	23	0	1	2.9
Kale (1 cup)	33	0.6	6	2.9
Sweet Potato (1 cup)	114	0.1	27	2.1
White Potato (1 medium)	163	0.2	37	4.3
Corn (1 cup)	132	1.8	29	5



WHOLE GRAINS

WHOLE GRAINS	CALORIES	FAT (GM)	CARBS (GM)	PROTEIN (GM)
Brown rice (1 cup)	216	1.8	45	5
Quinoa (1 cup)	222	1.9	21.3	4.4
Barley (100 g)	354	2.3	73	12
Bulgur (1 cup dry)	479	1.9	106	17
Oats (100g raw)	389	6.9	66.3	10.6



BEANS & LEGUMES

BEANS AND LEGUMES	CALORIES	FAT (GM)	CARBS (GM)	PROTEIN (GM)
Black beans (1 cup)	227	0.9	40	15
White beans (1 cup)	255	0.7	14	6
Pinto beans (1 cup)	670	2.4	121	41
Lentils (100g)	116	0.4	20	9
Chickpeas (100g)	364	6	61	19
Soy beans (100g)	446	20	30	36
Peas (0.5 cup)	67	0.2	12.5	4.3
Peanuts (1 ounce)	161	14	2.6	7



NUTS & SEEDS

NUTS AND SEEDS	CALORIES	FAT (GM)	CARBS (GM)	PROTEIN (GM)
Almonds (1 ounce)	164	14.4	5.6	6
Walnuts (1 ounce)	185	18	3.9	4.3
Cashews (1 ounce)	157	12	9	5
Hazelnuts (1 ounce)	178	17	4.7	4.2
Pecans (1 ounce)	196	20	3.9	2.6
Chia seeds (1 ounce)	138	9	12	4.7
Hemp seeds (2 tbsp)	111	9.7	1.7	6.3
Flaxseeds (1 tbsp)	55	4.3	3	1.9
Sesame seeds (1 tbsp)	52	4.5	2.1	1.6



FATS, PROTEIN, & OTHER PLANT-BASED FOODS

PLANT-BASED FOODS	CALORIES	FAT (GM)	CARBS (GM)	PROTEIN (GM)
Avocado (1 cup)	234	21	12	2.9
Olive oil (1 tbsp)	119	14	0	0
Avocado oil (1 tbsp)	124	14	0	0
Black olives (100 g)	115	10.7	6.3	0.8
Tofu (0.5 cup)	94	6	2.3	10
Tempeh (1 cup)	320	18	16	31

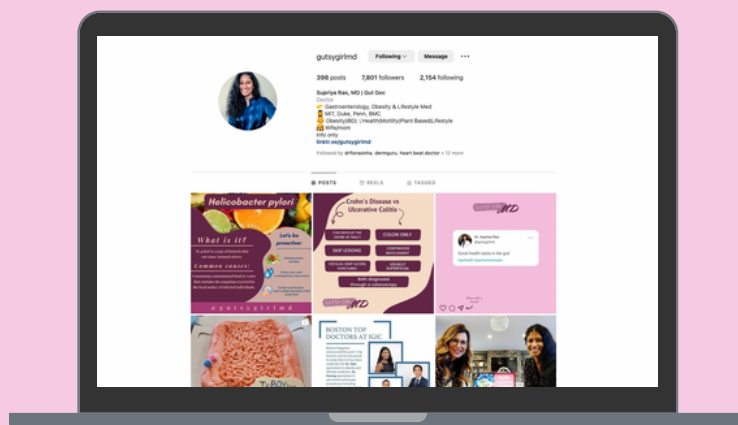


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NEXT STEPS?

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