

## Macronutrient Matching

### Carbohydrate

Banana  
Rice  
Bread  
Milk  
Spinach  
Oatmeal  
Jam

### Protein

Beans  
Chicken  
Cheese  
Cottage Cheese  
Tofu  
Pork  
Egg

### Fat

Salmon  
Flax Seeds  
Hemp Seeds  
Walnuts  
Almonds  
Avocado  
Peanut Butter

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