



**Macros
for Common
“Carnivore” Foods**

Primal Edge Health

Macro Chart

Use this quick reference guide to learn macros of common carnivore ingredients.

Animal Protein per 4 ounces/113 grams

Protein is measured by 4 ounces/113 grams which can easily scale up to 8-12 ounces/226-339 grams or down to 1-2 ounces/28-56 grams depending on your preference.

	Protein	Fat	Total Carb	Fiber	Net Carb
Anchovies (1 ounce/25 grams)	3	4	0	0	0
Beef chuck (pot roast)	25	5	0	0	0
Beef, ground 85%	20	16	0	0	0
Beef, heart	20	4	0	0	0
Beef, liver	24	4	4	0	4
Beef , porterhouse steak	24	20	0	0	0
Beef, ribeye steak	22	20	0	0	0
Beef, steak, top sirloin, ¼" fat	37	12	0	0	0
Beef, skirt steak	22	14	0	0	0
Beef, boneless stew meat	20	12	0	0	0
Bison, ground	24	12	0	0	0
Chicken, breast	20	3	0	0	0
Chicken, drumstick (boneless)	22	8	0	0	0
Chicken, liver	20	4	0	0	0
Chicken, rotisserie	22	12	0	0	0

Chicken, thigh	20	8	0	0	0
Chicken, wing	12	8	0	0	0
Clams	12	4	0	0	0
Crab	20	2	0	0	0
Duck, whole	20	7	0	0	0
Eggs, chicken, average (per egg)	6	5	0	0	0
Goat	24	4	0	0	0
Lamb	24	6	0	0	0
Lobster, steamed or baked	24	1	0	0	0
Mackerel	22	10	0	0	0
Mussels	12	2	4	0	4
Octopus	16	1	2	0	2
Oysters, raw	22	12	4	0	4
Pork, bacon (1 slice approx 8 g)	3	3	0	0	0
Pork, chops, bone-in	28	16	0	0	0
Pork, ground	20	24	0	0	0
Pork, pulled	14	4	0	0	0
Pork, ribs	24	32	0	0	0
Pork, roast (boneless)	24	12	0	0	0
Pork, shoulder	20	20	0	0	0
Pork, tenderloin	24	6	0	0	0
Roe (1 tbsp)	3	1	0	0	0

Salmon	24	12	0	0	0
Sardines	28	12	0	0	0
Scallops	28	1	0	0	0
Shrimp	28	4	0	0	0
Squid	18	2	4	0	4
Swordfish	22	6	0	0	0
Tilapia	24	4	0	0	0
Trout	24	8	0	0	0
Tuna	28	2	0	0	0
Turkey, breast	32	4	0	0	0
Turkey, dark meat	24	6	0	0	0
Turkey, ground	26	14	0	0	0
Venison	24	4	0	0	0



Fats & Oils per 1 tablespoon

Fats are measured by the tablespoon, allowing you to easily adjust down to ½ tablespoon and 1 teaspoon (3 teaspoons = 1 tablespoon) or up to 2 tablespoons and ¼ cup (4 tablespoons = ¼ cup).

	Protein	Fat	Total Carb	Fiber	Net Carb
Butter	0	12	0	0	0
Duck fat	0	12	0	0	0
Ghee	0	12	0	0	0
Lard	0	14	0	0	0
Schmaltz, chicken fat	0	12	0	0	0
Suet (1 oz)	0	26	0	0	0
Tallow	0	14	0	0	0

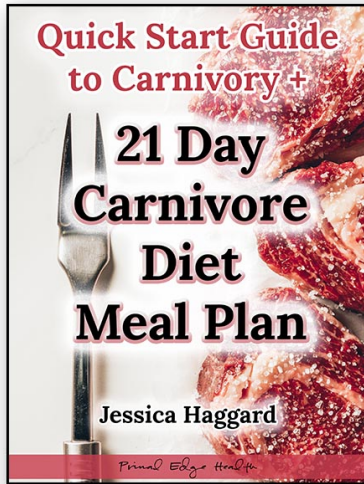


Dairy per 1 ounce/28 grams

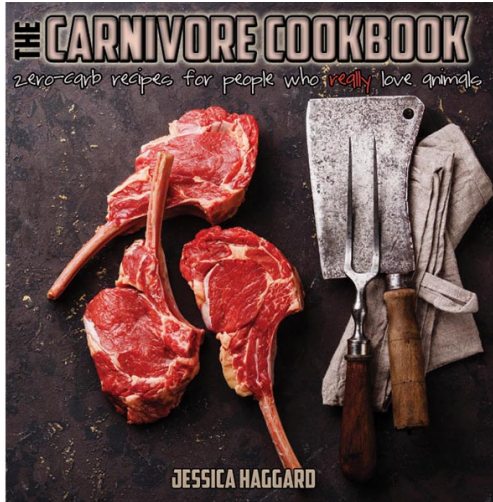
	Protein	Fat	Total Carb	Fiber	Net Carb
Blue cheese	6	8	1	0	1
Brie cheese	6	8	0	0	0
Cheddar cheese	7	9	0	0	0
Colby cheese	7	9	1	0	1
Cottage cheese 4%	4	1	1	0	1
Cream cheese	2	10	2	0	2
Cream, heavy (1 fl oz)	1	11	1	0	1
Feta	4	6	1	0	1
Milk, full-fat, whole (1 cup)	8	8	10	0	10
Monterey Jack cheese	7	9	1	0	1
Mozzarella cheese	6	6	0	0	0
Parmesan cheese	10	7	0	0	0
Sour cream	1	6	1	0	1
Swiss cheese	8	8	1	0	1
Yogurt, whole milk, Greek (1 cup)	20	8	7	0	7
Yogurt, whole milk, plain (1 cup)	8	8	10	0	10



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