

CHEESE MACROS

SERVING SIZE: ¼ CUP

PROTEIN

FAT

NET CARBS



Cheddar

7g 9g 0g



Cottage

6g 2g 2g



Feta

5g 4g 1g



Goat

7g 8g 0g



Parmesan

9g 7g 1g



Mozzarella

7g 6g 1g



Pepper Jack

6g 8g 0g



Ricotta*

6g 7g 3g



Swiss

8g 9g 1g