

# NUTS & SEEDS MACROS

SERVING SIZE: ¼ CUP

PROTEIN

FAT

NET CARBS



Almonds

6g 14g 3g



Brazil

4g 19g 1g



Cashews

5g 12g 8g



Chia

4g 9g 1g



Flax

5g 12g 0.5g



Hazelnuts

4g 17g 2g



Macadamias

2g 21g 1.3g



Pecans

3g 20g 2g



Pistachios

6g 14g 5g



Pumpkin Seeds

8g 13g 2g



Hemp Seeds

6g 10g 1g



Walnuts

4g 18g 2g