



30 macro friendly recipes

This round-up contains thirty (30!) recipes that are macro balanced and “macro manipulatable”, meaning you can increase or decrease ingredients to hit your macro targets without compromising the dish. Save for some pantry staples such as seasonings, garnishes, and cooking oils, each recipe contains a maximum of 5 ingredients. We think simple is better and easier when it comes to tracking.

All recipes are made with whole foods with a focus on low inflammatory ingredients. You will not find refined grains, inflammatory oils, refined sugar and artificial sweeteners in this round-up.



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cajun cabbage skillet

SERVINGS: 2 **CALORIES:** 469 calories **PROTEIN:** 23g **FAT:** 34g **CARBS:** 22g



recipe from *The Food Network*

macro adjustments

- +/- protein** adjust chicken sausage quantity
- +/- fat** adjust avocado oil, butter
- +/- carbs** adjust apple quantity

***NOTE:** for this recipe nutrition facts are based on using avocado rather than canola oil, Aidells andouille chicken sausages, a McIntosh apple

tex mex chicken and zucchini

SERVINGS: 6 **CALORIES:** 463 calories **PROTEIN:** 40g **FAT:** 10g **CARBS:** 57g



recipe from *I Food Real*

macro adjustments

- +/- protein** adjust chicken breast quantity
- +/- fat** adjust avocado oil, cheese
- +/- carbs** adjust corn, black beans

***NOTE:** for this recipe nutrition facts are based on using avocado oil, frozen corn, Colby Jack cheese

sausage and vegetable skillet dinner

SERVINGS: 4 **CALORIES:** 334 calories **PROTEIN:** 21g **FAT:** 10g **CARBS:** 44g



recipe from *Taste of Home*

macro adjustments

- +/- protein** adjust sausage quantity, opting for turkey sausage
- +/- fat** adjust olive oil, choosing pork sausage
- +/- carbs** adjust potato quantity

***NOTE:** for this recipe nutrition facts are based on using 1 package of Biliski's Mild Italian Chicken Sausage (5 links total, 12oz)

breaded paleo chicken cutlets

SERVINGS: 6 **CALORIES:** 334 calories **PROTEIN:** 29g **FAT:** 21g **CARBS:** 7g



recipe from Paleo Running Mama

macro adjustments

- +/- protein** adjust chicken quantity
- +/- fat** adjust amount of coconut oil or ghee used for frying, cooking in an air fryer for lowest fat option
- +/- carbs** serve with baked potatoes, rice, quinoa, couscous, or lentils

baked chicken thighs with buttery buffalo sauce

SERVINGS: 4 **CALORIES:** 506 calories **PROTEIN:** 39g **FAT:** 33g **CARBS:** 1g



recipe from Healthy Living How To

macro adjustments

- +/- protein** adjust chicken thigh quantity
- +/- fat** adjust butter in sauce, removing chicken thigh skin, chicken breasts
- +/- carbs** serve with baked potato, rice, quinoa, or fruit

one pot paleo mexican chicken stir fry

SERVINGS: 2 **CALORIES:** 218 calories **PROTEIN:** 26g **FAT:** 6g **CARBS:** 12g



recipe from Sweet C's Designs

macro adjustments

- +/- protein** adjust amount chicken breast quantity, topping with plain Greek yogurt
- +/- fat** adjust olive oil, adding healthy fats like cheese, avocado, olives, full fat plain Greek yogurt
- +/- carbs** adjust non-starchy vegetable quantity or serving on gluten-free tortillas or over rice

***NOTE:** for this recipe nutrition facts are based on using 8 oz boneless skinless chicken breasts, raw and 240 g bell pepper, raw

balsamic chicken and veggie skillet

SERVINGS: 4 **CALORIES:** 228 calories **PROTEIN:** 32g **FAT:** 5g **CARBS:** 16g



recipe from *Eating The Gains*

macro adjustments

- +/- protein** adjust chicken breast quantity
- +/- fat** adjust oil and dressing quantity
- +/- carbs** adjust non-starchy vegetables, serving with a carbohydrate-rich side such as rice, quinoa, gluten-free noodles

***NOTE:** for this recipe nutrition facts are based on 1 serving of the Chicken and Veggie Skillet and 1 serving of the Creamy Balsamic Dressing. These nutrition facts are based on any weights that are given for recipe ingredients.

easy paleo greek chicken skillet

SERVINGS: 3 **CALORIES:** 350 calories **PROTEIN:** 35g **FAT:** 38g **CARBS:** 18g



recipe from *Physical Kitchness*

macro adjustments

- +/- protein** adjust chicken breast quantity
- +/- fat** adjust black olives, feta cheese
- +/- carbs** serve with gluten free starchy carbohydrate such as potatoes, quinoa, or rice

***NOTE:** for this recipe nutrition facts are based on using 24 oz chicken breast, 6 oz black olives, 50 g artichoke hearts, and ¾ cup crumbled feta cheese. All other ingredients as listed.

slow cooker chicken chile verde

SERVINGS: 4 **CALORIES:** 286 calories **PROTEIN:** 46g **FAT:** 8g **CARBS:** 5g



recipe from *The Real Food Dietitians*

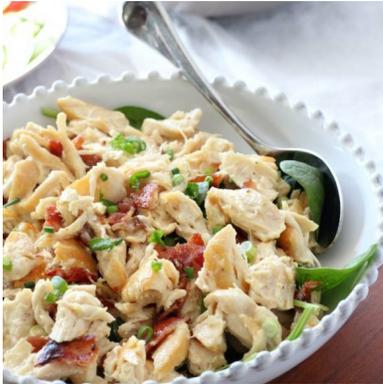
macro adjustments

- +/- protein** adjust chicken quantity
- +/- fat** use chicken thighs over breasts, adding avocado
- +/- carbs** serve with gluten free carbohydrate such as rice or a gluten free tortilla

***NOTE:** for this recipe 1-12 oz Trader Joe's Salsa Verde was used, 1-4 oz Fire Roasted Green Ortega Chiles was used, and the avocado and cauliflower rice/lettuce were omitted.

bacon scallion chicken salad

SERVINGS: 4 **CALORIES:** 372 calories **PROTEIN:** 26g **FAT:** 30g **CARBS:** 0g



recipe from Paleo Running Momma

macro adjustments

- +/- protein** adjust chicken quantity
- +/- fat** adjust bacon, mayo, swap some Greek yogurt for mayo
- +/- carbs** serve with gluten free crackers, on toast, on gluten free tortilla, mix in baked red potatoes

***NOTE:** recipe made with Primal Kitchen Mayo

ground turkey enchilada stir-fry

SERVINGS: 4 **CALORIES:** 387 calories **PROTEIN:** 33g **FAT:** 10g **CARBS:** 37g



recipe from *The Food Network*

macro adjustments

- +/- protein** adjust ground turkey quantity
- +/- fat** adjust olive oil, choosing a higher/lower percent ground turkey, beef or chicken
- +/- carbs** adjust butternut squash

***NOTE:** for this recipe nutrition facts are based on using 93% lean ground turkey

one pot sausage and cabbage

SERVINGS: 4 **CALORIES:** 407 calories **PROTEIN:** 25g **FAT:** 23g **CARBS:** 18g



recipe from *Brave For Paleo*

macro adjustments

- +/- protein** adjust turkey sausage quantity
- +/- fat** adjust olive oil, opting for a leaner sausage cut
- +/- carbs** adjust non-starchy vegetables, substitute rice for cauliflower

***NOTE:** for this recipe nutrition facts are based on using 1.25 lbs turkey sausage

easy paleo turkey meatballs

SERVINGS: 4 **CALORIES:** 387 calories **PROTEIN:** 33g **FAT:** 10g **CARBS:** 37g



recipe from *Paleo Running Mama*

macro adjustments

- +/- protein** adjust turkey breast quantity
- +/- fat** adjust cooking oil, choosing a higher/lower percent ground turkey, beef or chicken
- +/- carbs** serve with gluten free carbohydrate foods such as zoodles (zucchini noodles), rice, quinoa, gluten free pasta

***NOTE:** for this recipe nutrition facts are based on using butter rather than olive oil and 3 tbsp cornstarch

keto beef & broccoli

SERVINGS: 4 **CALORIES:** 361 calories **PROTEIN:** 27g **FAT:** 23g **CARBS:** 11g



recipe from Delish

macro adjustments

- +/- protein** adjust beef quantity
- +/- fat** adjust avocado and/or sesame oil
- +/- carbs** serve over rice, quinoa, couscous

***NOTE:** for this recipe nutrition facts are based on using coconut aminos rather than soy sauce

juicy grilled cheeseburgers

SERVINGS: 4 **CALORIES:** 392 calories **PROTEIN:** 30g **FAT:** 14g **CARBS:** 33g



recipe from The Food Network

macro adjustments

- +/- protein** adjust beef quantity
- +/- fat** adjust cheese, choosing higher/lower percent ground beef
- +/- carbs** by using a different type of "bun" or no bun at all

***NOTE:** for this recipe nutrition facts are based on using 2 second spray EVOO nonstick cooking spray, 4 Dave's Killer Bread English Muffins, 90% lean ground beef, and 2 ounces reduced fat shredded Sargento cheddar cheese

korean ground beef

SERVINGS: 4 **CALORIES:** 313 calories **PROTEIN:** 28g **FAT:** 12g **CARBS:** 29g



recipe from I Food Real

macro adjustments

- +/- protein** adjust ground beef quantity
- +/- fat** adjust coconut oil, choosing higher/lower percent ground beef
- +/- carbs** adjust maple syrup

***NOTE:** for this recipe nutrition facts are based on using 93% lean ground beef, coconut oil, 5 tbsp Braggs liquid aminos rather than soy sauce, and maple syrup

beef and butternut squash stew

SERVINGS: 4 **CALORIES:** 269 calories **PROTEIN:** 24g **FAT:** 9g **CARBS:** 26g



recipe from Noshtastic

macro adjustments

- +/- protein** adjust chuck roast quantity
- +/- fat** adjust olive oil, or choosing higher/lower percent beef cut
- +/- carbs** adjust butternut squash, swapping squash for sweet potatoes

***NOTE:** for this recipe nutrition facts are based on using 3 tbsp olive oil, 2lb beef (chuck, mock tender steak, lean only, raw), Emerils' organic beef stock

stuffed bell peppers

SERVINGS: 6 **CALORIES:** 315 calories **PROTEIN:** 25g **FAT:** 10g **CARBS:** 30g



recipe from The Stay At Home Chef

macro adjustments

- +/- protein** adjust ground beef, using ground turkey
- +/- fat** adjust cheese, choosing higher/lower percent ground beef or turkey
- +/- carbs** adjust corn and/or rice

***NOTE:** for this recipe nutrition facts are based on using 1 lb of 96% lean ground beef, 1 medium white onion, 1 cup cooked jasmine rice, and Sargento shredded pepper jack cheese

instant pot or crock pot beef stew

SERVINGS: 6 **CALORIES:** 404 calories **PROTEIN:** 44g **FAT:** 10g **CARBS:** 25g



recipe from Gimme Some Oven

macro adjustments

- +/- protein** adjust chuck roast quantity
- +/- fat** adjust butter and/or choosing a leaner beef cut
- +/- carbs** adjust Yukon gold potato quantity

***NOTE:** for this recipe nutrition facts are based on using butter rather than olive oil and 3 tbsp cornstarch

beef taco casserole

SERVINGS: 6 **CALORIES:** 383 calories **PROTEIN:** 21g **FAT:** 20g **CARBS:** 37g



recipe from Eat The Gains

macro adjustments

- +/- protein** adjust ground beef quantity, using ground turkey or chicken
- +/- fat** adjust mayo, choosing a higher/lower percent ground beef, turkey or chicken
- +/- carbs** adjust sweet potato quantity

***NOTE:** for this recipe nutrition facts are based on the grams provided per recipe ingredient, 96% lean ground beef, Primal Kitchen Mayo, and 300 grams of Cece's Sweet Potato Spirals. None of the optional toppings are included in the nutrition facts.

sweet potato, kale, and shrimp skillet

SERVINGS: 2 **CALORIES:** 422 calories **PROTEIN:** 33g **FAT:** 16g **CARBS:** 44g



recipe from Primavera Kitchen

macro adjustments

- +/- protein adjust shrimp quantity
- +/- fat adjust ghee quantity
- +/- carbs adjust sweet potato

easy shrimp stir fry

SERVINGS: 2 **CALORIES:** 263 calories **PROTEIN:** 26g **FAT:** 10g **CARBS:** 44g



recipe from The Better Blondie

macro adjustments

- +/- protein adjust shrimp quantity
- +/- fat adjust avocado oil, sesame oil, and/or sesame seeds
- +/- carbs adjust non-starchy vegetables, serving over rice

easy paleo salmon cakes

SERVINGS: 5 cakes **CALORIES:** 131 calories **PROTEIN:** 14g **FAT:** 6g **CARBS:** 5g



recipe from Cotter Crunch

macro adjustments

- +/- protein adjust salmon quantity
- +/- fat adjust butter for frying, eliminating an egg yolk
- +/- carbs adjust pumpkin, serve with a carbohydrate-rich side such as baked potato, cooked rice/quinoa/couscous, or lentils

***NOTE:** for this recipe nutrition facts are based on using wild caught canned salmon, plain canned pumpkin, 4 tbsp coconut flour, and butter for pan

sweet potato sausage hash

SERVINGS: 6 **CALORIES:** 323 calories **PROTEIN:** 15g **FAT:** 15g **CARBS:** 30g



recipe from Eat The Gains

macro adjustments

- +/- protein** adjust ground pork quantity, add egg whites
- +/- fat** adjust oil in cooking, choose a higher/lower percent ground pork, topping with avocado and/or whole eggs
- +/- carbs** adjust apple and/or sweet potato

***NOTE:** for this recipe nutrition facts are based on using 70% lean ground pork, the grams provided per recipe ingredient, and 2 tsp avocado oil in case needed. These nutrition facts do not account for any of the additional optional toppings.

easy sweet and sour pork chops

SERVINGS: 4 **CALORIES:** 300 calories **PROTEIN:** 23g **FAT:** 18g **CARBS:** 11g



recipe from The Iron You

macro adjustments

- +/- protein** adjust pork quantity
- +/- fat** adjust butter quantity
- +/- carbs** adjust glaze quantity, serve with carbohydrate-rich side dish such as baked potatoes, rice, quinoa, couscous, or lentils

omelet-stuffed peppers

SERVINGS: 4 **CALORIES:** 308 calories **PROTEIN:** 22g **FAT:** 23g **CARBS:** 5g



recipe from Delish

macro adjustments

- +/- protein** adjust number of eggs, bacon
- +/- fat** adjust bacon, choose a leaner protein such as diced ham, Canadian bacon, turkey bacon
- +/- carbs** by serving with gluten-free toast, oatmeal, fruit

***NOTE:** for this recipe nutrition facts are based on using 2 medium bell peppers (238 g total), Sargento cheese, unsweetened almond milk, and Hormel Natural bacon

egg salad

SERVINGS: 8 **CALORIES:** 351 calories **PROTEIN:** 17g **FAT:** 30g **CARBS:** 8g



recipe from The Movement Menu

macro adjustments

- +/- protein** adjust the amount of eggs, substituting egg whites for whole eggs, swap plain Greek yogurt for some mayo
- +/- fat** adjust mayo and/or egg yolk used,; choosing use a leaner proteintype of bacon such as turkey bacon
- +/- carbs** serve on gluten free bread, rice cakes, or with crackers

***NOTE:** for this recipe nutrition facts are based on using Primal Kitchen Avocado Mayo, Hormel Natural Choice Original Thick Cut Uncured bacon

farro salad with tomatoes and herbs

SERVINGS: 6 **CALORIES:** 272 calories **PROTEIN:** 6g **FAT:** 11g **CARBS:** 39g



recipe from *The Food Network*

macro adjustments

- +/- protein** add your favorite cooked animal protein such as meat, fish or poultry, plant based protein sources such as tofu or seitan
- +/- fat** adjust olive oil quantity
- +/- carbs** adjust farro quantity

***NOTE:** for this recipe nutrition facts are based on using 1 1/2 cups Bob's Red Mill Farro

easy beanless chili

SERVINGS: 4 **CALORIES:** 282 calories **PROTEIN:** 36g **FAT:** 14g **CARBS:** 11g



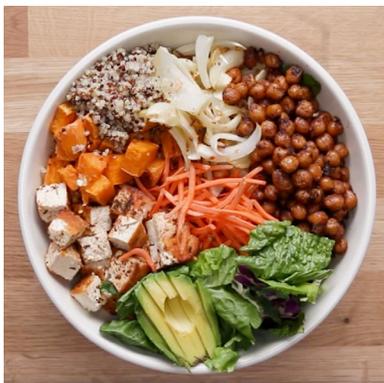
recipe from *Healthy Living How To*

macro adjustments

- +/- protein** add cooked animal protein such as meat, fish, or poultry, topping with plain Greek yogurt
- +/- fat** adjust the type of animal or plant-based protein
- +/- carbs** add beans, serve with crackers

protein packed buddha bowl

SERVINGS: 2 **CALORIES:** 363 calories **PROTEIN:** 13g **FAT:** 20g **CARBS:** 35g



recipe from *Tasty*

macro adjustments

- +/- protein** adjust tofu, add cooked animal protein such as meat, fish, or poultry
- +/- fat** adjust oil and avocado
- +/- carbs** adjust sweet potato and chickpeas