

MACRO CHEAT SHEET

BEER AND WINE

BEER

		<u>CARBS ONLY</u>	<u>FATS ONLY</u>	<u>CARBS + FATS</u>
Micholob Ultra	95 cal	24C	11F	12C 5F
Budweiser	145 cal	36C	16F	18C 8F
Bud Light	110 cal	28C	12F	14C 6F
Blue Moon	168 cal	42C	19F	21C 9F
IPA	212 cal	53C	24F	27C 12F
Seltzer	100 cal	25C	11F	12C 6F

WINE

Merlot	117 cal	30C	13F	15C 6F
Pinot Grigio	112 cal	28C	12F	14C 6F
Pinot Noir	115 cal	29C	13F	14C 6F
Chardonnay	118 cal	30C	13F	15C 7F
Cab Sauvignon	113 cal	28C	13F	14C 6F
Reisling	120 cal	30C	13F	15C 7F
Rose	102 cal	26C	11F	13C 6F
Moscato	125 cal	31C	14F	16C 7F
Champagne	148 cal	37C	16F	18C 8F

>> Remember, you can use any combination of carbs and fats that best fits your needs! I've calculated a combination half carbs, half fats here but feel free to use your own combination!

MACRO CHEAT SHEET

SPIRITS & COCKTAIL

SPIRITS

		<u>CARBS ONLY</u>	<u>FATS ONLY</u>	<u>CARBS + FATS</u>
Vodka	97 cal	24C	11F	12C 5F
Tequila	96 cal	24C	11F	12C 5F
Rum	97 cal	24C	11F	12C 5F
Gin	110 cal	28C	12F	14C 6F
Bourbon	97 cal	24C	11F	12C 5F
Whiskey	105 cal	26C	12F	13C 6F

COCKTAILS

Margarita	274 cal	69C	30F	34C 15F
Skinny Margarita	114 cal	29C	13F	14C 6F
Moscow Mule	182 cal	46C	20F	23C 10F
Mimosa	100 cal	25C	11F	12C 6F
Martini	125 cal	31C	14F	16C 7F
Daiquiri	220 cal	55C	24F	27C 12F
Pina Colada	245 cal	61C	27F	31C 15F
Gin and Tonic	190 cal	48C	21F	24C 11F
Bloody Mary	140 cal	35C	16F	17C 8F

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