



Carb Cycling MEAL GUIDE

Lose Inches, Build Muscle, Tone and Define



What is Carb Cycling?

Carb cycling involves going back and forth between high carb days and low-carb days.

You will have a higher carb intake day when you plan on exercising hard (lower body days). On those days, your body needs more fuel, so you incorporate more carbs. On lower body days and rest days you will consume a low carb diet.

Why do we limit Carbs ?

When you eat food that has carbohydrates and your blood sugar goes up, your pancreas makes more of a hormone called insulin that takes glucose into cells. There, the glucose is either converted into energy, stored for later, or turned into fat.

As cells take in blood sugar, your pancreas signals the cells to release stored glucose, called glucagon. This back-and-forth makes sure your body has the right amount of sugar.

But when you eat a carb-heavy diet, your body can make too much insulin. That can lead to weight gain and a higher chance of things like type 2 diabetes and heart disease.

Taking short breaks to cycle carbs can give your body a chance to burn fat instead of carbs and muscle tissues. But it's important to remember that if you aren't doing plenty of exercise or intense training while carb cycling, high-carb days might make you gain weight.

Disclaimer

We are not nutritionist or doctors and this information is not meant to be given as medical advice. This guide provides you with my success strategies and resources and I encourage you to do further research to see if they'll work for you too. Before starting any diet or exercise, you should consult with your physician to rule out any health issues that could arise.

This guide is not intended to be a substitute for professional medical advice. Users should seek their own professional counsel for any medical condition or before starting or altering any exercise or diet plan. It is your responsibility to know your health and nutritional needs.

You should independently calculate nutritional information on your own and not rely on my data only. This guide is not intended to cure, prevent, diagnose or treat any disease. I am not liable for adverse reactions or any outcome resulting from the use of this guide.

Results are not guaranteed. The opinions expressed by me in this guide are published for informational purposes only.

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MACROS

MACROS: Macros, short for macronutrients, are the fat, protein, and carbs that make up food and help you create energy. You can find them listed on nutrition labels. When you count macros and adjust their ratios, you can use them to achieve health goals like losing weight. When you count macros and adjust their ratios, you can use them to achieve health goals like losing weight, maintaining your current weight, or achieving weight gain.

In order to effectively calculate your macros you will need to track your food by making a record of everything you eat and drink. This may sound time consuming and tedious, but it will help you lose weight. Tracking your food consumption is beneficial because you are able to monitor your macros, track your progress, and it allows you to make adjustments as needed. I used the My Fitness Pal App to track my food. My Fitness Pal is an app that you can download on your phone. It is cheap and easy to use.

To lose weight you will need to be in a calorie deficit. To maintain your current weight you will need to find your maintenance calorie amount, and to achieve weight gain you will need to be in a caloric surplus.

MEAL PLAN

Next you will find an easy-to-follow meal plan. Adjust the measurements/amount listed to fit your macros. If you choose not to count macros I have laid out the exact measurements for each meal option for a great calorie deficit plan but you will need to change according to your goals. You will be eating 3 meals and 2 snacks per day!

How to Calculate Net Carbs

$$\text{TOTAL CARBS} - \text{FIBER} - \text{SUGAR ALCOHOL} = \text{NET CARBS}$$

Nutrition Facts

Serving Size 1 bar (39g)
Servings Per Container 12

Amount Per Serving	
Calories 80	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 30mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Sugars 2g	
Sugar Alcohol 3g	

TOTAL CARBS = 9 GRAMS

MINUS

DIETARY FIBER = 2 GRAMS

SUGAR ALCOHOL = 3 GRAMS

EQUALS

NET CARBS = 4 GRAMS

Shopping List

Review full meal plan before shopping, so you can account for any substitutions you decide to make based on allergies or preference

Dairy & Eggs

Unsweetened Almond Milk (Can use Vanilla)
Low Fat String Cheese
Eggs
Egg Whites.
Greek Yogurt (Plain)

Condiments (optional)

Mustard and Sugar Free Ketchup
Greek Yogurt Salad Dressing
Himalayan Pink Salt
Sugar Free Maple Syrup.
Red Chilli Pepper Flakes

Meat

Chicken Breast, Ground Chicken, Ground Turkey
Deli Meat – Turkey preferred
Tuna – Can or Pouch, Flavored or Unflavored
Turkey Bacon
Cod and/or Tilapia Optional: Shrimp

Other

Protein Bar (I use Fit Crunch Bars but any low carb bar will do). Available at Amazon & Walmart
Oatmeal
Protein – Whey Isolate (I use Optimum Nutrition Vanilla) Available at Amazon, Walmart, or Costco
Rice Cakes – Plain
All Natural Almond Butter or Peanut Butter
Rice – Jasmine, Brown and/or Whole Grain
Bread – Ezekial Bread (found in the freezer section)
Low Carb Tortillas or Wraps (I use Mission Carb Balance)
Stevia (Sweetener) or Any No Calorie Sweetener of your choice
Kodiak Pancake Mix
Chia Seed
Rao's Marinara Sauce Optional: Low Carb Pasta

Optional Additional Snacks:

- Breyers Carb Smart Fudge Bars
- Russell Stover Sugar Free Candy
- Sunflower Seeds (Plain or Flavored)
- Green Olives
- Pickles
- Quest Protein Chips (Any Flavor)

Produce (Frozen or Fresh)

Broccoli	Berry Medley (Frozen Bag)	Romaine Lettuce
Green Beans	Zucchini (Green or Yellow)	Spinach Spring Mix
Asparagus	Strawberries	Avocados
Optional Produce: Onion, Green Onion, Brussel Sprouts, Sweet Potatoes		

Meal 1 - Lower Body Meal

Breakfast	Snack	Lunch	Snack	Dinner
Protein Oatmeal <ul style="list-style-type: none"> • ½ cup of oatmeal • ½ cup of unsweetened almond milk • 1 scoop of protein powder <p>Mix all ingredients together and cook oatmeal according to instructions on label.</p> <p>*can top with 0-calorie sweetener for flavor</p>	<ul style="list-style-type: none"> • 1 Rice Cake (lightly salted flavor) • 1 tbsp of all natural almond butter 	<ul style="list-style-type: none"> • 6oz of cubed Chicken Breast (or lean meat of choice from shopping list) • ½ cup of jasmine rice (can substitute for sweet potatoes or whole grain rice) • 1 cup of store fried green beans (or veggie of choice from shopping list) 	Berry Smoothie <ul style="list-style-type: none"> • 1 cup of fresh or frozen berries • 1 scoop of protein • 1 cup of unsweetened almond milk • ½ cup of egg white <p>Blend in blender with ice.</p>	<ul style="list-style-type: none"> • 6oz of chicken breast (or lean meat of choice from shopping list) • 1 1/2 cups of broccoli (or veggie of choice from shopping list)

Meal 2 - Upper Body, Full Body or Rest Day Meal

Breakfast	Snack	Lunch	Snack	Dinner
Egg Scramble <ul style="list-style-type: none"> • 1 cup egg whites • 1 cup of spinach (measure uncooked) • 2 slices of turkey bacon <p>Chop cooked bacon and sprinkle over eggs or have on the side. Cook spinach in the eggs and scramble all together.</p>	<ul style="list-style-type: none"> • 1 Bag of Quest Protein Chips • 4-6 Cold Ham or Turkey Slices • 1 String Cheese (non-fat or light preferred) 	Tuna Salad <ul style="list-style-type: none"> • 1 pack or can of Tuna (Tuna Creations Flavored Tuna is great tasting Tuna) • 1 cup of spring mix • 2 Boiled Eggs <p>Top spring mix with tuna, top with mustard, or dressing, add pepper, and boiled eggs on top. Low fat mayo ok to add to tuna.</p>	<ul style="list-style-type: none"> • 2 Boiled Eggs • 1 string cheese (non-fat or light preferred) • 4-5 Cold Turkey slices 	<ul style="list-style-type: none"> • 7oz of Cod or Tilapia (or lean meat of choice from shopping list) • 5-6 stalks of asparagus (or veggie of choice from shopping list)

Meal 3 - Lower Body Meal

Breakfast	Snack	Lunch	Snack	Dinner
Avocado Toast with scrambled egg whites <ul style="list-style-type: none"> • 2 slices of Ezekiel toast • ½ avocado -Top with dried red chili flakes and/or salt for taste. • 1 cup of egg whites (measured uncooked) Scramble (add seasoning of choice for flavor) 	Berry Smoothie <ul style="list-style-type: none"> • 1 cup of fresh or frozen berries • 1 scoop of protein • 1 cup of unsweetened almond milk • ½ cup of egg white 	<ul style="list-style-type: none"> • 6 oz of ground turkey (or lean meat of choice from shopping list) • ½ cup of jasmine rice (can substitute for sweet potatoes or whole grain rice) • 1 cup of asparagus (or veggie of choice from shopping list) 	<ul style="list-style-type: none"> • 1 Rice Cake (lightly salted flavor) • 1 tablespoon of all natural almond butter 	Stir Fry <ul style="list-style-type: none"> • 6oz ground turkey (or lean meat of choice from shopping list) • 1 cup zucchini (or veggie of choice from shopping list) • 1/2 cup of jasmine rice (can substitute for sweet potatoes or whole grain rice) <p>Brown turkey, stir fry zucchini in ½ tbsp. of grass fed butter. Add 1tbsp. of soy sauce. Serve over rice.</p>

Meal 4 - Upper Body, Full Body or Rest Day Meal

Breakfast	Snack	Lunch	Snack	Dinner
Egg Scramble <ul style="list-style-type: none"> • 1 cup egg whites • 1 cup of spinach (uncooked) • 2 slices of turkey bacon or crumble and top over eggs 	<ul style="list-style-type: none"> • 2 Boiled Eggs • 1 string cheese (non-fat or light preferred) • 4-5 Cold Turkey slices 	<ul style="list-style-type: none"> • 6oz of lean meat (Your Choice) (Choose from shopping list) • 1 cup of zucchini (or veggie of choice from shopping list) 	<ul style="list-style-type: none"> • 1 Bag of Quest Protein Chips • 4-6 Cold Ham or Turkey Slices • 1 String Cheese (non-fat or light preferred) 	Chicken Tacos <ul style="list-style-type: none"> • (2) Low Carb Tortillas (Corn or Flour) • 6oz ground chicken (or lean meat of choice from shopping list) • 1 tbsp. of salsa

Meal 5- Lower Body Meal

Breakfast	Snack	Lunch	Snack	Dinner
Breakfast Burrito <ul style="list-style-type: none"> • 1 Low carb tortilla • 2 slices of turkey bacon • 1 cup egg whites • 1 cup of spinach 	<ul style="list-style-type: none"> • 1 Protein Bar (Fit Crunch Bars sold on amazon are great tasting and lower carb) • 1 string cheese 	Salad <ul style="list-style-type: none"> • 1 cup of spinach or green mix (uncooked) • ½ Avocado • 6oz of lean meat (chicken ,turkey, or tuna) • 4tbsp Greek Yogurt Dressing 	<ul style="list-style-type: none"> • 1 cup frozen berries • 1/2 cup of Greek yogurt (sweeten with 0 calorie sweetener) 	Chicken Tacos <ul style="list-style-type: none"> • (2) Low Carb Tortillas (Corn or Flour) • 6oz ground chicken (can substitute ground chicken for chicken breast or shrimp) • 1 tbsp. of salsa

Meal 6 - Upper Body, Full Body or Rest Day Meal

Breakfast	Snack	Lunch	Snack	Dinner
Protein Coffee <ul style="list-style-type: none"> • 12 ounces coffee • 1 scoops of protein powder <p>Mix protein powder in shaker with 1/2 cup aloud milk and 1/2 cup egg whites. Mix and put into coffee. Serve over ice.</p>	<ul style="list-style-type: none"> • 1 Bag of Quest Protein Chips • 4-6 Cold Ham or Turkey Slices • 1 String Cheese (non-fat or light preferred) 	Tortilla Turkey Wrap <ul style="list-style-type: none"> • Low carb tortilla • 1 large leaf of romaine lettuce • 4-6 Cold Ham or Turkey Slices <p>Optional: Add pickles, and/or mustard for added flavor. Wrap all ingredients into the tortilla & enjoy. Low fat boy okay to use.</p>	<ul style="list-style-type: none"> • 2 Boiled Eggs • 1 string cheese (non-fat or light preferred) • 4-5 Cold Turkey slices 	Zagheti <ul style="list-style-type: none"> • 8oz ground turkey or chicken • 1/2 cup Rao's Marinara Sauce • 1 1/2 cups of Spiraled or cubed zucchini <p>Brown ground turkey or chicken, add marinara sauce, serve over zucchini noodles or cubed zucchini.</p>

Meal 7-Upper Body, Full Body or Rest Day Meal

Breakfast	Snack	Lunch	Snack	Dinner
Protein Pancakes <ul style="list-style-type: none">• 12 ounces coffee• 1 scoops of protein powder <p>Mix protein powder in shaker with 1/2 cup almond milk and 1/2 cup egg whites. Mix and put into coffee. Serve over ice.</p>	<ul style="list-style-type: none">• 1 Bag of Quest Protein Chips• 4-6 Cold Ham or Turkey Slices• 1 String Cheese (non-fat or light preferred)	Salad <ul style="list-style-type: none">• 1 cup of spinach or green mix (uncooked)• ½ Avocado• 6oz of lean meat (chicken ,turkey, or tuna)• 4tbsp Greek Yogurt Dressing	<ul style="list-style-type: none">• 2 Boiled Eggs• 1 string cheese (non-fat or light preferred)• 4-5 Cold Turkey slices	<ul style="list-style-type: none">• 6oz of chicken breast or lean mean of choice• 1 1/2 cups of broccoli (or veggie of choice from shopping list)

Meal Plan Notes & Important Info:

Repeat Meals after Day 7

Optional Seasonings: Himalayan Pink Salt, Garlic Powder, Onion Powder, Pepper, Hot Sauce

Oatmeal, Egg whites, and Veggies are measured uncooked

Consume a Protein shake within 30 minutes post workout. Mix with water or unsweetened almond milk. Protein should be low carb and whey isolate for fast absorption.

Can swap your meals but Meal 1, 3, and 5 are higher carb day meals and must be consumed only on lower body workout days. You will consume less carbs on upper body workout days. Your rest day you will need to eat a lower carb meal (Meal 2, 4, 6, or 7)

If you want to increase your success on this plan: no cheat meals, no alcohol

Other carb options/substitutions: whole grain rice, sweet potatoes, red potatoes.

Meal Ideas

Breakfast

Breakfast Burrito	1 low carb tortilla, 2 eggs, 2 strips of turkey bacon or 3 oz ground lean sausage, lean ground beef, or veggies of choice and salsa (350 to 400 calories)
Protein Shake	1 scoop of protein powder, 8oz unsweetened almond milk, 1/2 cup of berries, may add 1tbsp almond butter if desired (250-350 calories) Okay to use frozen fruits. Feel free to add any green veggie of choice but this is optional.
Overnight Oats	½ cup of rolled oats, ½ cup unsweetened almond milk, ½ scoop of protein powder (mix with almond milk before adding), 1tbsp almond butter, 1 tsp chia seeds (optional), 1 packet of Stevia (optional)...mix all ingredients in a small container or mason jar and leave in the fridge overnight. Eat in the morning with side of fruit such as ½ cup of strawberries or ½ cup blueberries (350-400 calories)
Eggs, Bacon, and Spinach Omlette or Scramble	2 or 3 eggs, 1 cup of spinach (measure uncooked), 2 slices of turkey bacon. Cook Bacon and add it to the Omlette or on top of your scrambled Eggs. Cook the spinach in the eggs. I like to season my eggs and spinach with salt, pepper, and garlic powder.
Almond Butter Toast with Fruit	2 slices Ezekial Bread, 1½ tbsp almond butter, 1 cup strawberries or blueberries (350-400 calories)
Toast, Eggs, and Avocado	2 slices Ezekial bread, 2 eggs, ½ avocado, Optional: Top with Nothing But the Bagel Seasoning or Salsa or Red Chili Pepper Flakes to preference (350-400 calories)
Protein Pancakes	Kodiak pancake mix ¾ cup, use unsweetened almond milk for the liquid of the mix, top with ½ cup berries and 2 tbsp almond butter (300-350 calories) Can use a small amount of honey or sugar free syrup instead of the almond butter (Optional)

Lunch

Lean Meat Veggie Bowl:	4oz. ground turkey or lean meat of choice, 1/3 cup of rice, with 1 cup total of sauteed onions, zucchini, and yellow squash (350-400 calories)
Southwest bowl:	4oz. Chicken breast, 1/3 cup of jasmine or brown rice, 1/4 cup of corn, 1/4 Cup black beans, lettuce, and tomato topped with salsa and lime (350-400 calories)
Pita pocket or Tortilla Wrap:	Tuna or shredded chicken breast combines with 2 tbsp mayo. Stuff into pita or wrap with low carb tortilla and add onion, lettuce, and tomato as you wish (300-350 calories)
Lean Meat Salad	4 oz. lean meat of choice, 1 cup of romaine or spring mix, add veggies of choice, top with low calorie/low fat salad dressing (300-350)
Chicken or Shrimp Tacos	4oz. Chicken or shrimp, 2 small taco shells, 1/2 avocado, lettuce, and salsa. (400-450 calories)
Bunless Burger	lean ground beef burger, vegan burger, turkey burger over a bed of lettuce and tomato. 3/4 cup of sweet potato fries bought or homemade (350-400 calories)
You Choose	<u>You choose: Protein, Veggie, & Carb:</u> - 4oz. protein (chicken breast, lean fish, lean beef, ground turkey, or ground chicken) - 1 cup of veggie (measure uncooked) - 1/2 cup any carb (quinoa, brown or jasmine rice, sweet potato, any potato, 2 small tortillas (350-500 calories depending on what you choose)

Dinner

Stir Fry	4 oz ground turkey (or lean meat of choice from shopping list) 1 cup zucchini (or veggie of choice from shopping list), 1/2 cup of jasmine rice (can substitute for sweet potatoes or brown rice) Brown turkey, stir fry zucchini in 1/2 tbsp. of olive oil. Serve over rice. (400-450)
Protein Pasta	3oz Barilla brand protein pasta, 1/2 cup Rao spaghetti sauce, 4oz lean ground beef/ground turkey. Add veggies such a spinach, zucchini, and mushrooms (425-475 calories)
Zoodle Bowl	1 cup zoodles, store bought or homemade, sauteed in pan until cooked. Can add sauteed mushrooms and tomato. Top with 4 oz of shrimp or salmon. Squeeze fresh lemon over top (350-400 calories)
Fish Tacos	4oz. shrimp, white fish, or salmon, 2 small tacos, 1/2 avocado, veggies of choice, and salsa. (400-450 calories) ***do not include avocado if you've already eaten 1/2 of an avocado earlier this day in one of your other meals, may sub fish for meat
Turkey Sausage, Pepper and Onion Skillet	4 oz turkey sausage links, cut into 1-inch slices 1 1/2 cups 2 medium red, yellow or orange bell peppers, cut into strips (about 2 cups) 2 Tsp finely chopped garlic 1/4 onion, 1 tsp Italian seasoning, 1/4 cup tomato sauce. Serve over 1/2 cup rice (400-450 Calories)
Fish Special	Cook 4 oz tilapia, cod, or wild salmon in grill pan and serve with unlimited zucchini, asparagus, or tomatoes cooked in low-sodium vegetable broth; drizzle with 1 TBSP olive oil and serve with 1/2 cup brown rice, plus salsa (optional). (350-400 Calories)
You Choose	<u>You choose: Protein, Veggie, & Carb:</u> - 4oz. protein (chicken breast, lean fish, lean beef, ground turkey, or ground chicken) -1 cup of veggie (measure uncooked) -1/2 cup carb (quinoa, brown or jasmine rice, sweet potato, or 2 small tortillas (350-500 calories depending on what you choose)

Low Carb Snack Options

You can substitute any of the snacks on the plan for one of these snacks but you will need to recalculate your macros. I wanted to provide you with this so that you have options for low carb snacks when you need something !

- Sun Flower Seeds (¼ cup) flavored or unflavored
- Quest Chips (1 bag)
- Breyers Carb Smart Fudge Bar (1 Bar) these are amazing and very low in fat and carbs. Only 3 Net Carbs per Bar
- Coke Zero (1 Can) Cherry or Regular
- Steamed Edamame (1-2 Cups) season with Pink Himalayan salt
- Iced Coffee with Protein shake (Add the protein drink to your iced coffee for a great low carb snack or refreshment) can use Premier Protein for this snack. Caramel flavor is my favorite!
- Protein Shake
- Low Carb Tortilla or Wrap
- String Cheese (1) Low Fat Preferred
- Tuna (1 Pack or Can) flavored or unflavored
- Turkey Deli Meat (4-5 slices) I like to roll up string cheese in the deli meat and add mustard for taste. Wrap with lettuce for a great tasting wrap.
- Pickles (1-2)
- Green Olives (8-10 small olives)
- Raspberries (1/2 cup) can add half a cup of Greek yogurt and sweeten with Stevia
- Greek Yogurt (1 cup) can sweeten with Stevia
- Russell Stover Sugar Free Candy (1-2 Pieces)