



Carbohydrate Cycling

IMPORTANT - PLEASE READ:

If your hunger, craving, and energy levels are doing well and have stabilized AND your weight loss rate is adequate if you are desiring weight loss, **maintain the diet plan you are currently on**. Do not make changes and do not move on to the Advanced Weight Loss Strategies below. Hold steady on your current diet to continue with your progress as you will have labs retested at the end of month 3 and we need to see how your body is responding on a biochemical level.

If you are desiring a higher weight loss rate, you will move on to Advanced weight loss strategies. Dr. Jared will confirm your correct journey.

*If you experience low energy in the morning on fasting or no carb days, you can use Branched Chain Amino Acids (BCAAs). Add one scoop to water and sip on it throughout the day. Our recommendation for most effective, best price and best tasting BCAA powder can [found and purchased here](#).

*You can have one cup of black coffee or tea on fasting or no carb days.

*Phosphatidyl Serine may be a supplement option for you if you have high cortisol levels. It can reduce cortisol produced in response to stress from exercising, enabling you to increase your exercise levels without increasing your stress response. This is very useful for those looking to increase their exercise level faster, without risk of overtraining or having their metabolism turn down from excess cortisol production. Our recommendation for a pure source of Phosphatidyl Serine can be [found and purchased here](#).

Carbohydrate Cycling

Carbohydrate cycling is done on a weekly schedule/rotation, to force the body to deplete energy reserves and use fat for fuel. The rotation also includes low and high carb days to prevent starvation mode. You may need to track your food more closely or measure food as you begin to be consistent with the new food plan.

*Important Consideration -

When carb cycling, your weight will fluctuate up and down during the week. Do not get discouraged! After a high carb day it may be slightly higher, and after a no carb day, it may be slightly lower. These fluctuations are normal and are the result of your body holding and shedding water. To look at your overall weight for the week (whether you have gained weight, lost weight, or remained the same) you need to look at the averages and trend. Looking at the averages and overall trend helps you eliminate some of the highs and lows of your weight over the course of the week and gives you a better indication of actual weight loss.

The recommended rotation schedule:

Monday: No Carb (Less than 40 grams of carbohydrates)
Tuesday: No Carb (Less than 40 grams of carbohydrates)
Wednesday: Low Carb (Approximately 75 grams of carbohydrates)
Thursday: Low Carb (Approximately 75 grams of carbohydrates)
Friday: Low Carb (Approximately 75 grams of carbohydrates)
Saturday: High Carb (Approximately 125 grams of carbohydrates)
Sunday: High Carb (Approximately 125 grams of carbohydrates)

Base diet servings size and food suggestions:

No Carb Days:

4-5 servings of protein
4-5 servings of green leafy veggies
Less than 40 grams of carbohydrates

Low Carb Days:

Approximately 3-4 servings of green leafy veggies
3-4 servings of lean protein
Approximately 75 grams of carbohydrates

High Carb Days:

Approximately 3-4 servings of green leafy veggies
3-4 servings of lean protein
Approximately 125 grams of carbohydrates

*Vegetarians - You may find No Carb days challenging due to your limitation on lean meats. In addition to using eggs (if acceptable) and protein powder, please use small controlled quantities of nuts (20 at a time maximum).

*Diabetics - It is important that you monitor your blood sugars and record them during this process so that your doctor may accurately assess your tolerance to this eating style.

Food suggestions:

Continue to stick with foods on your safe list from months 1 and 2. Avoid foods you are sensitive to. You may vary food choices to match your preference and need. Some suggestions:

Proteins	Chicken, turkey, ground turkey, all types of fish, steak, hamburger, shrimp, scallops, eggs
Carbs	Cherries, raspberries, prunes, apricots, apples, peaches, pears, plums, strawberries, oranges, blueberries, blackberries, sweet potato, squash
Veggies	Asparagus, bean sprouts, broccoli, brussel sprouts, cauliflower, celery, cucumber, eggplant, leeks, mushrooms, onion, pea pods, peppers, radishes, sugar snap peas, tomato, zucchini, cabbage, green salad
Liquids	Water, sparkling water, green/black tea, stevia sweetened, xylitol sweetened, erythritol sweetened, coffee (2 cups max)
Oils/Fats	Avocado, olive oil, coconut oil, avocado oil, sunflower seeds, nuts/seeds, Italian dressing, balsamic dressing, peanut butter, almond butter, cashew butter, sesame butter
Sweeteners	Stevia, xylitol, erythritol
Other	Paleo Protein, Dynamic Greens, Quest Bars, Chocolate Almond Paleo Bar, Chocolate Mint Fiber Bar, PaleoMeal, Ultimate Protein, UltraInflamX, BCAA's, Multi Powder
Spices	All herbs, spices (ie: Mrs. Dash)

Easy Measuring Tips

-4 oz of protein is roughly the size of the palm of your hand



-1/2 a cup is roughly a cupped hand



-1 cup is roughly the size of your fist



Choose a sample menu below to follow for ease, based on the closest match to your current caloric intake.

Carbohydrate Cycling Sample Meal Plans

1,000 calorie intake per day:

*Exercising for weight loss: on fasting days or no carb days, exercise as long as you are feeling up to it. The

Sample meal plans for 1000 calories per day; no carb, low carb, and high carb days. See food suggestions for swaps.

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
1000 calories NO CARB	- Scramble or Omelette - 2 large eggs with -1 cup broccoli	- 1/4 cup almonds (24 nuts)	- Salad - 3 ounces grilled chicken breast -2 cups leafy greens -1 TBSP balsamic vinegar	- Paleo Protein, 1 scoop mixed in water	-3 ounces grilled or baked salmon - 1 cup steamed asparagus
1000 calories LOW CARB	- Paleo Protein, 1 scoop mixed in -1 cup unsweetened almond milk -1/2 cup fresh raspberries	- 1 cup carrot sticks -2 TBSP hummus	- Salad - 2 cups leafy greens - 3 ounces lean beef taco meat - 1/2 cup cubed avocado -1/4 cup each black beans, corn	- 2 hard boiled eggs - 1 clementine	- 3 ounce pork chop baked -1 cup cauliflower roasted. -1 TBSP balsamic vinegar - 1/2 apple
1000 calories HIGH CARB	- Paleo Protein, 1 scoop blended with - 1 cup unsweetened almond milk -1 cup strawberries	1 medium banana	-3 ounce lean ground turkey burger. - wrapped with 2 leaves Boston lettuce - 12 cherry tomatoes	- 1/2 cup bean salsa - 1 cup sliced jicama for dipping	- 5 ounce lean beef steak -1/2 cup cooked brown rice - 1 cup Brussel's Sprouts roasted with 1 TBSP balsamic vinegar

earlier in the day, the better as it causes your body to use up its energy stores and encourages your body to use fat for energy.

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Carbohydrate Cycling Sample Meal Plans

1,200 calorie intake per day:

Sample meal plans for 1200 calories per day; no carb, low carb, and high carb days. See food suggestions for swaps.

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
1200 calories NO CARB	- Scramble or Omelette - 2 large eggs with -1 cup broccoli	- 1/4 cup almonds (24 nuts)	- Salad - 3 ounces grilled chicken breast -2 cups leafy greens -1 TBSP balsamic vinegar	- Paleo Protein, 1 scoop mixed in water	-3 ounces grilled or baked salmon - 1 cup steamed asparagus
1200 calories LOW CARB	- Paleo Protein, 1 scoop mixed in -1 cup unsweetened almond milk -1/2 cup fresh raspberries	- 1 cup carrot sticks -2 TBSP hummus	- Salad - 2 cups leafy greens - 3 ounces lean beef taco meat - 1/2 cup cubed avocado -1/4 cup each black beans, corn	- 2 hard boiled eggs - 1 clementine	- 3 ounce pork chop baked -1 cup cauliflower roasted. -1 TBSP balsamic vinegar - 1/2 apple
1200 calories HIGH CARB	- Paleo Protein, 1 scoop mixed in -1 cup unsweetened almond milk -1/2 cup fresh raspberries	1 medium banana	-3 ounce lean ground turkey burger. - wrapped with 2 leaves Boston lettuce - 12 cherry tomatoes	- 1/2 cup bean salsa - 1 cup sliced jicama for dipping	- 5 ounce lean beef steak -1/2 cup cooked brown rice - 1 cup Brussel's Sprouts roasted with 1 TBSP balsamic vinegar

It is important to be as consistent as possible when following the Intermittent Fasting or Carbohydrate Cycling diets.

Both are designed to methodically deplete your body's glucose energy storage. When this glucose energy storage is depleted and no additional glucose (carbohydrates, sugars) come into the body, it is forced to begin burning fat stores for energy. Cycling through these diets weekly will teach your body to become more efficient at burning fat stores for energy. As the body more efficiently learns to use its fat storage for energy, it can lead to increase in weight loss rates.

Carbohydrate Cycling Sample Meal Plans

1,400 calorie intake per day:

Sample meal plans for 1400 calories per day; no carb, low carb, and high carb days. See food suggestions for swaps.

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
1400 calories NO CARB	- Scramble or Omelette - 2 large eggs with -1 cup broccoli	- 1/4 cup almonds (24 nuts)	- Salad - 3 ounces grilled chicken breast -2 cups leafy greens -1 TBSP balsamic vinegar	- Paleo Protein, 1 scoop mixed in water	-3 ounces grilled or baked salmon - 1 cup steamed asparagus
1400 calories LOW CARB	- Paleo Protein, 1 scoop mixed in -1 cup unsweetened almond milk -1/2 cup fresh raspberries	- 1 cup carrot sticks -2 TBSP hummus	- Salad - 2 cups leafy greens - 3 ounces lean beef taco meat - 1/2 cup cubed avocado -1/4 cup each black beans, corn	- 2 hard boiled eggs - 1 clementine	- 3 ounce pork chop baked -1 cup cauliflower roasted. -1 TBSP balsamic vinegar - 1/2 apple
1400 calories HIGH CARB	- Paleo Protein, 1 scoop mixed in -1 cup unsweetened almond milk -1/2 cup fresh raspberries	1 medium banana	-3 ounce lean ground turkey burger. - wrapped with 2 leaves Boston lettuce - 12 cherry tomatoes	- 1/2 cup bean salsa - 1 cup sliced jicama for dipping	- 5 ounce lean beef steak -1/2 cup cooked brown rice - 1 cup Brussel's Sprouts roasted with 1 TBSP balsamic vinegar