

Tips for Carb Cycling



- 1) Make sure you understand the difference between good/complex carbs and bad/simple carbs.
- 2) Carbs are your friend...they give you energy and energy is good. The key is timing your carb intake so the gained energy will be used. If you consume carbs and don't do anything that requires energy, your body will convert the carbs into fat and stored fat is not the goal.
- 3) MRT upper and lower body workout days eat lots of veggies and protein and be mindful of carb intake. Allow for one serving of a starchy carb (sweet potato, brown rice, whole grain crackers or bread, banana or apple) ideally after your workout. Stick to non starchy carbs the rest of the day.
- 4) MRT full body days allow for 2-3 palm sizes of complex carbs for the day in addition to lots of protein and veggies. This is the day you can have a starchy carb after your workout and 1-2 additional palm sizes of complex carbs the rest of the day.
- 5) HMF, cardio and yoga days eat mostly veggies and protein. Your carbs for the day should be no more than 1-2 palm sizes of non-starchy fruit, veggies or whole grains.
- 6) Your non workout/recovery day should be filled with veggies and protein. Keep carbs to a minimum.