

Best Carbs for Carb Cycling



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When designing a carb cycling meal plan, it's not just about paying attention to *how many* carbs you're eating, the *types* of carbs you're eating is important too. If you use your high-carb days as an excuse to eat pizza and ice cream, there's a slim chance you'll reach your health goals.

That's why it's best to choose nutrient-dense, slow-digesting carbohydrates instead. Examples of healthy carbohydrates for your high-carb days include:

- Sweet potatoes
- Sprouted quinoa
- Sprouted brown rice
- Beans
- Lentils
- Butternut squash
- Beets
- Pumpkin
- Bananas
- Apples

These foods aren't just high in carbohydrates, they also provide important vitamins, minerals and antioxidants as well as a good amount of fiber. Because they're fiber-rich, they'll move through your digestive system slowly and keep your blood sugar and insulin levels stable even on your high-carb days.