



≡ *ON THE FLY*

Fast Forward To Fit Carb Cycling Cheat Sheet

1) HMF and cardio days = Low Carb

Eat mostly veggies and protein. Your carbs for the day should be no more than 1-2 palm sizes of non starchy fruit or whole grains.

2) MRT Upper Body, MRT Lower Body and Monday's short MRT Full Body days = Regular Carb.

Eat lots of protein and veggies and be mindful of carb intake. Allow for one small 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.

3) Friday's MRT Full Body = High Carb.

This should be your hardest workout of the week. Eat plenty of protein and veggies. You can have a starchy carb after your workout and 1-2 additional palm sizes of complex carbs the rest of the day.

4) Your non workout/recovery day should be filled with veggies and protein. Keep carbs to a minimum.

Remember, 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.

