

Nutrition Focus: Carb Cycling



Please notice the plate designs vary depending on what type of carb/workout day it is. The harder the workout, the more complex carbs you can eat. We prefer you eat the increased carb meal after your workout to maximize the benefits. Stay away from white bread, white rice or anything processed. High carb does not mean donuts, pizza and beer all day. It means you can eat additional complex carbs, like whole grains, sweet potatoes and fruit on high carb days.

On Low Carb days your workouts will be low or no intensity . On these days, make sure you eat plenty of greens, protein and fats. Stay away from carbs, especially starchy carbs and increase your fats for energy. If you have an event, dinner or party to attend feel free to make that day your hard workout/high carb day. Everyone has to live a little! Remember, we are trying to create a sustainable lifestyle that allows for some wiggle room. Rigid rules are a recipe for failure.