

Nutrition Focus: Carb Cycling 2



How many carbs should I eat at every meal?

Don't worry about counting grams of carbs. The beauty of our carb cycling plan is in its simplicity. Just remember the rules:

On High Carb days, eat starchy carbs and fruit along with your protein, veggies, and healthy fats. Sweet potatoes and bananas are examples of starchy carbs.

On Low Carb days, don't eat starchy carbs or fruit, but continue to eat protein, veggies, and healthy fats.