

Nutrition Focus



HOW CARB CYCLING WORKS

High Carb Days:

- stimulate an insulin response that shuttle nutrients in your muscle cells, causing them to grow
- replenish glycogen stores that fuel your muscles
- make you feel good and energized

Low Carb Days:

- promote fat loss by tricking your body into burning fat for fuel (instead of the sugar from the carbs it would normally get)
- keep your body more receptive to insulin, improving your body's muscle-building response

What if I get hungry on Low Carb days?

Occasionally, you may feel hungry on your Low Carb days. This is because you're avoiding starchy carbohydrates which fill you up fast and contain a lot of calories. Ride through the hunger by adding more protein and vegetables to your meal. There's no harm in eating an extra bun-less burger or more salad.

CHEAT TIP: REPLACE GRAINS WITH GREENS

Notice how both the High Carb days and Low Carb days are virtually the same (lots of protein, veggies, and fat) with just one simple replacement: we replaced grains and fruit with greens.

In other words, wherever there was a starchy carbohydrate (grains or fruit), we simply added in vegetables to take its place.