

## Nutrition Focus 4



- 1) Continue to eat the right amount of protein, veggies, smart carbs and good fats most of the time based on these [plate](#) and [portion](#) suggestions. The plate design will change next week as we start carb cycling.
- 2) Avoid excess sugar and processed foods.
- 3) Stay hydrated
- 4) Carb Cycling is a concept that has been in the fitness community for decades and boils down to balancing your energy inputs with your energy outputs. It's all about efficiency. Simply, eat good carbs on the days you plan on working out the hardest (think MRT) and eating less carbs on days you're not. The key to success with carb cycling is all in the planning. Things you can do this week to set yourself up for success with the next phase of the program is to understand the difference between good/complex carbs and bad/simple carbs.