

LOWW

CARB

## Carb-Cycling Meal Plan

Meal	Protein	Carbs	Fibrous Veggies	Fat
Breakfast	2 egg whites & 1 whole egg & 3 oz. ground turkey breast OR lean beef OR chopped ham - make as omelet	1/2 grapefruit OR 1/3 cup oatmeal (before cooking)	omelet-type veggies (green peppers, onion, etc.)	Fish oil
Mid-Morning	2 scoops of low-carb protein powder (as a shake or pudding)	BERRIES		2 tsps all-natural peanut butter
Lunch	5 oz chicken breast or turkey breast, OR 6oz. of tuna		1 cup green vegetables - broccoli, spinach, green beans, or asparagus	1 avocado (plus fat contained in meat)
Mid-Afternoon	6 oz can of Tuna or Chicken, OR 2 scoops low-carb protein powder (as a shake or pudding)		Celery or carrots	1-2 tsp flax seed oil (can skip this if having shake).
Supper	5 oz chicken breast OR turkey breast OR fish OR lean steak		2 cups Spinach leaves with salad-type veggies (broccoli, radishes, cucumbers, green onions, etc.)	1 TBS olive oil and vinegar dressing (plus fat in meat.)

Follow the low-carb plan above daily. On Wednesday and Saturday (or similarly spaced days), replace your last meal of the day with one of the following high-carb options below:

<b>Meal</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fibrous Veggies</b>	<b>Fat</b>
Suggested High-Carb Meal 1		5 oz sweet potato & 1/3 cup oatmeal (before cooking) & 1 small banana	1 cup fibrous veggies (broccoli, spinach, green beans, asparagus)	CLA
Suggested High-Carb Meal 2		1/2 cup whole-wheat pasta OR 1/2 cup brown rice (before cooking) with 2 TBS marinara sauce, & 4 strawberries	1 cup fibrous veggies (broccoli, spinach, green beans, asparagus)	CLA
Suggested High-Carb Meal 3		Low-fat chili with beans (with or without meat)		CLA

Follow the same low-carb plan above daily. On Wednesday and Saturday (or similarly spaced days), change your daily meals to include more complex carbs throughout the day, like below, to allow for some variety on these days:

<b>Meal</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fibrous Veggies</b>	<b>Fat</b>
Breakfast	2 egg whites & 1 whole egg & 6 oz skim milk	1/3 cup oatmeal (before cooking)		Fish oil
Mid-Morning	1/2 cup low-fat yogurt OR 8 oz Almond Milk. Add 1 scoop protein powder either.	BERRIES		1 tsp all-natural peanut butter
Lunch	3-4 oz chicken breast or turkey breast, OR 4-5 oz fish	4 oz sweet potato	1 cup green vegetables - broccoli, spinach, green beans, or asparagus	1 tsp flax seed oil (plus fat contained in meat.)

Mid-Afternoon	3-4 oz can of Tuna OR sardines	1 slice whole grain bread OR 1/2 cup pinto beans OR 1 medium apple		1 tsp flax seed
Supper	4 oz of chicken breast OR turkey breast OR fish OR lean steak	4 oz sweet potato OR 1/2 cup brown rice (before cooking)	1 cup green vegetables - broccoli, spinach, green beans, or asparagus	(fat contained in meat)

Now here is a comprehensive list of foods to eat most of the time, moderately and avoid altogether. Keep this list, and use it to govern your choice of foods moving forward.

**HEALTHY FATS: 3-5 servings per day**

**EAT:**

- Coconut oil
- Coconut meat
- Macadamia nut oil
- Avocados
- Olives
- Organic grass-fed butter
- Organic yogurt (full fat)
- Ghee
- Free-range eggs (with yolk)
- Grass-fed beef, bison or lamb
- Sardines, anchovies or haddock in water or olive oil
- Wild salmon, trout, tilapia or flounder
- Triglyceride- based fish oil
- Pure cod liver oil

**MODERATE:**

- Raw nuts (except peanuts)
- Raw seeds
- Almond butter
- Palm oil
- Cold- press flax oil
- Bacon

- Mayonnaise
- Organic peanut butter
- Coconut ice cream
- Dark chocolate

**AVOID:**

- Roasted nuts
- Roasted seeds
- Regular peanut butter
- Regular butter
- Non-organic meats
- Margarine
- "Spreadable" condiments
- Farmed fish
- Commercial salad dressings
- Safflower oil
- Sunflower oil
- Canola oil
- Cottonseed oil
- Commercial flax oil
- Soy ice cream
- Regular ice cream
- Milk chocolate

**VEGETABLES: 3-5 servings per day**

**EAT:**

- Sprouts
- Avocados
- Olives
- Asparagus
- Broccoli
- Cauliflower
- Cabbage
- Naturally fermented sauerkraut
- Swiss chard
- Mustard greens
- Nori (seaweed)
- Organic greens powder or capsule
- Bok choy

- Collards

**MODERATE:**

- Sweet potatoes
- Yams
- Plantains
- Potatoes
- Corn
- Peas
- Carrots
- Celery
- Cucumber
- Squash
- Zucchini
- Romaine lettuce
- Red lettuce
- Iceberg lettuce
- Fennel
- Radishes

**AVOID:**

- Canned vegetables
- Non organic, unrinsed vegetables

**PROTEIN: 2-4 servings per day**

**EAT:**

- Free-range eggs (with yolk)
- Grass-fed beef, bison or lamb
- Pasture-raised, organic pork
- Organic whey/ casein protein powder
- Organic rice/pea protein powder
- Sardines, anchovies or haddock in water or olive oil
- Wild salmon, trout, tilapia or flounder
- Organic hemp protein powder
- Organic yogurt (full fat)

**MODERATE:**

- Yogurt cheese
- Raw cheese from grass-fed cows
- Organic cottage cheese

- Naturally preserved or dried meats
- Miso, tempeh,, tamari or natto
- Egg protein powder
- Soaked or sprouted beans and legumes
- Raw seeds and nuts
- Raw nut butter

**AVOID:**

- Non organic dairy products
- Processed cheese
- Non organic, commercially processed meats
- Chemically preserved or dried meats
- Protein powders with artificial sweeteners
- Textured vegetable proteins
- Soy protein powders
- Tofu
- Roasted seeds and nuts
- Roasted nut butter
- Regular or canned beans and legumes

**NON-VEGETABLE CARBOHYDRATES: 1-2 servings per day**

**EAT:**

- Wild rice
- Brown or white rice
- Sprouted, organic quinoa, amaranth or millet
- Sprouted legumes (beans and lentils)
- Gluten-free oats
- Organic full-fat yogurt

**MODERATE:**

- Soaked legumes (beans and lentils)
- Raw seeds and nuts
- Soaked, organic quinoa, amaranth or millet
- Regular oats
- Fresh-milled kamut wheat
- Soaked and sprouted wheat products
- Non-GMO corn