

Welcome To Carb Cycling

WHAT IS CARB CYCLING?

Carb cycling is a dietary approach in which you alternate your carbohydrate intake on a daily, weekly, or even monthly basis.

In the case of this guide, we are going to cycle carbs on a "Weekly Basis".

Carb Cycling is commonly used to burn stored bodyfat, optimize hormone balance and production, improve physical performance, and to shake things up when trying to bust through a plateau, whether with weight loss and/or physical performance.

Carbohydrate intake, when carb cycling, can be extremely variable, and is something that can be tweaked, and adjusted.

So don't be afraid to experiment a little, but also remember that you need to stick with a specific regimen for some time (at least 4 weeks) to have a true idea of what's working, and what could be tweaked and adjusted.

A carb cycling schedule can be based on a variety of factors including: Body Composition Goals, Feast/Famine Diets, Time/Type/Intensity of Training, and Body Type.

Your Carb Cycling (Nutrition) regimen will be tailored to you based on your Gender, your Weight, and your Body Type.

DIETARY GUIDELINES & PRINCIPLES

Follow these overarching guidelines & principles when shopping and selecting foods.

1. Eat whole, unprocessed foods.
2. All meat and eggs should be from pasture raised (grass fed) animals.
3. Fish and shellfish should be wild caught, not farmed.
4. Consume full fat dairy products, from pasture raised (grass fed) cows. Buy "Raw Milk" cheeses.
5. Use unprocessed animal fats for cooking such as: Lard, Tallow, Egg Yolks, and Butter.
6. Use only virgin plant (not processed, expeller pressed) plant oils like olive oil, sesame oil, and avocado oil.
7. Eat fresh fruits and vegetables that are organic when possible.
8. All nuts, seeds, legumes, and grains should be organic and sprouted.
9. Include enzyme and probiotic rich fermented foods when possible and to your preferences such as: Kombucha, Kimchi, "Living" Sauerkraut, Kefir, and unprocessed, full fat Yogurt.
10. Drink filtered or natural spring water.
11. Use unrefined, trace mineral rich salt such as Pink Himalayan, Redmond, and Celtic Sea Salt.
12. Use natural, unprocessed sweeteners like raw honey and pure maple syrup.
13. When consuming alcohol, opt for "Old World Style" regional red wines from France, Italy, and Spain.

Welcome To Carb Cycling

TOTAL
TRANSFORMATION
CHALLENGE

RECOMMENDED SHOPPING LIST

Carbohydrates

Organic Vegetables
Organic Fruit
White Rice
Jasmine Rice

Steel Cut Oats
Sprouted Grain Bread
Sourdough Bread
Ezekiel Bread

Sweet Potatoes
Red Skin Potatoes
Yams
Purple Potatoes
Roots (Squash, Turnips,
Pumpkin, etc)

Protein

Wild Game Meat (Elk, Bison, Venison)
Cage Free, Organic Chicken'
Wild Caught Fish & Seafood
Eggs (Egg White is protein)

Grass Fed Beef & Steak
Uncured Bacon
Grass Fed, Uncured Sausage
Organ Meats

Tempeh**
Sprouted Black Beans**
**Vegan Options

Fats

Sprouted Almonds
Walnuts
Sprouted Green Pumpkin Seeds
Baruka's

Extra Virgin Avocado Oil
Extra Virgin Coconut Oil
Extra Virgin Olive Oil
Grass Fed Butter

Eggs (Egg Yolk)
Lard
Tallow
Uncured Bacon
Nut Butters (Springly)

Welcome To Carb Cycling

FINDING YOUR BODY GROUP

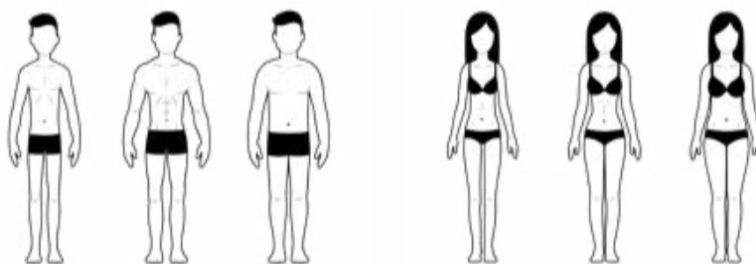
THERE ARE 8 DIFFERENT GROUPS FOR YOU TO CHOOSE FROM TO MATCH YOUR GENDER AND WEIGHT

- **M1:** Males who weigh up to 150 pounds
- **M2:** Males who weigh 150 to 225 pounds
- **M3:** Males who weigh 226 to 300 pounds
- **M4:** Males who weigh 300 or more pounds

- **F1:** Females who weigh up to 150 pounds
- **F2:** Females who weigh 150 to 225 pounds
- **F3:** Females who weigh 226 to 300 pounds
- **F4:** Females who weigh 300 or more pounds

ONCE YOU FIND YOUR GROUP, YOU WILL SELECT YOUR WEEKLY CARB CYCLING SCHEDULE BASED UPON YOUR BODY TYPE

- **Ectomorph:** Thin Build; Struggles to gain weight
- **Mesomorph:** Athletic Build; Gains muscle and burns fat with ease
- **Endomorph:** Thick Build; Gains muscle easy



These weekly schedules cycle high, medium, and low carb days depending on your body type to maximize weight loss.

You can substitute foods from the grocery list, but make sure you are swapping the same macro groups (Protein for Protein....etc)

Welcome To Carb Cycling

**TOTAL
TRANSFORMATION
CHALLENGE**

FINDING YOUR BODY GROUP

F1 GROUP: FEMALES UP TO 150 POUNDS

ECTOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
HIGH CARB DAY	LOW CARB DAY	MEDIUM CARB DAY	HIGH CARB DAY
FRIDAY	SATURDAY	SUNDAY	
LOW CARB DAY	LOW CARB DAY	HIGH CARB DAY	

MESOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MEDIUM CARB DAY	LOW CARB DAY	HIGH CARB DAY	LOW CARB DAY
FRIDAY	SATURDAY	SUNDAY	
MEDIUM CARB DAY	LOW CARB DAY	HIGH CARB DAY	

ENDOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LOW CARB DAY	LOW CARB DAY	HIGH CARB DAY	LOW CARB DAY
FRIDAY	SATURDAY	SUNDAY	
LOW CARB DAY	LOW CARB DAY	MED CARB DAY	

F3 GROUP: FEMALES WHO WEIGH 225 TO 300

ECTOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
HIGH CARB DAY	LOW CARB DAY	MEDIUM CARB DAY	HIGH CARB DAY
FRIDAY	SATURDAY	SUNDAY	
LOW CARB DAY	LOW CARB DAY	HIGH CARB DAY	

MESOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MEDIUM CARB DAY	LOW CARB DAY	HIGH CARB DAY	LOW CARB DAY
FRIDAY	SATURDAY	SUNDAY	
MEDIUM CARB DAY	LOW CARB DAY	HIGH CARB DAY	

ENDOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LOW CARB DAY	LOW CARB DAY	HIGH CARB DAY	LOW CARB DAY
FRIDAY	SATURDAY	SUNDAY	
LOW CARB DAY	LOW CARB DAY	MED CARB DAY	

F2 GROUP: FEMALES WHO WEIGH 150 TO 225

ECTOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
HIGH CARB DAY	LOW CARB DAY	MEDIUM CARB DAY	HIGH CARB DAY
FRIDAY	SATURDAY	SUNDAY	
LOW CARB DAY	LOW CARB DAY	HIGH CARB DAY	

MESOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MEDIUM CARB DAY	LOW CARB DAY	HIGH CARB DAY	LOW CARB DAY
FRIDAY	SATURDAY	SUNDAY	
MEDIUM CARB DAY	LOW CARB DAY	HIGH CARB DAY	

ENDOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LOW CARB DAY	LOW CARB DAY	HIGH CARB DAY	LOW CARB DAY
FRIDAY	SATURDAY	SUNDAY	
LOW CARB DAY	LOW CARB DAY	MED CARB DAY	

F4 GROUP: FEMALES WHO WEIGH 300+

ECTOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
HIGH CARB DAY	LOW CARB DAY	MEDIUM CARB DAY	HIGH CARB DAY
FRIDAY	SATURDAY	SUNDAY	
LOW CARB DAY	LOW CARB DAY	HIGH CARB DAY	

MESOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MEDIUM CARB DAY	LOW CARB DAY	HIGH CARB DAY	LOW CARB DAY
FRIDAY	SATURDAY	SUNDAY	
MEDIUM CARB DAY	LOW CARB DAY	HIGH CARB DAY	

ENDOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LOW CARB DAY	LOW CARB DAY	HIGH CARB DAY	LOW CARB DAY
FRIDAY	SATURDAY	SUNDAY	
LOW CARB DAY	LOW CARB DAY	MED CARB DAY	

Welcome To Carb Cycling

TOTAL
TRANSFORMATION
CHALLENGE

FINDING YOUR BODY GROUP

M1 GROUP: MALES UP TO 150 POUNDS

ECTOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
HIGH CARB DAY	LOW CARB DAY	MEDIUM CARB DAY	HIGH CARB DAY
FRIDAY	SATURDAY	SUNDAY	
LOW CARB DAY	LOW CARB DAY	HIGH CARB DAY	

MESOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MEDIUM CARB DAY	LOW CARB DAY	HIGH CARB DAY	LOW CARB DAY
FRIDAY	SATURDAY	SUNDAY	
MEDIUM CARB DAY	LOW CARB DAY	HIGH CARB DAY	

ENDOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LOW CARB DAY	LOW CARB DAY	HIGH CARB DAY	LOW CARB DAY
FRIDAY	SATURDAY	SUNDAY	
LOW CARB DAY	LOW CARB DAY	MEDIUM CARB DAY	

M3 GROUP: MALES WHO WEIGH 225 TO 300

ECTOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
HIGH CARB DAY	LOW CARB DAY	MEDIUM CARB DAY	HIGH CARB DAY
FRIDAY	SATURDAY	SUNDAY	
LOW CARB DAY	LOW CARB DAY	HIGH CARB DAY	

MESOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MEDIUM CARB DAY	LOW CARB DAY	HIGH CARB DAY	LOW CARB DAY
FRIDAY	SATURDAY	SUNDAY	
MEDIUM CARB DAY	LOW CARB DAY	HIGH CARB DAY	

ENDOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LOW CARB DAY	LOW CARB DAY	HIGH CARB DAY	LOW CARB DAY
FRIDAY	SATURDAY	SUNDAY	
LOW CARB DAY	LOW CARB DAY	MED CARB DAY	

M2 GROUP: MALES WHO WEIGH 150 TO 225

ECTOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
HIGH CARB DAY	LOW CARB DAY	MEDIUM CARB DAY	HIGH CARB DAY
FRIDAY	SATURDAY	SUNDAY	
LOW CARB DAY	LOW CARB DAY	HIGH CARB DAY	

MESOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MEDIUM CARB DAY	LOW CARB DAY	HIGH CARB DAY	LOW CARB DAY
FRIDAY	SATURDAY	SUNDAY	
MEDIUM CARB DAY	LOW CARB DAY	HIGH CARB DAY	

ENDOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LOW CARB DAY	LOW CARB DAY	HIGH CARB DAY	LOW CARB DAY
FRIDAY	SATURDAY	SUNDAY	
LOW CARB DAY	LOW CARB DAY	MED CARB DAY	

M4 GROUP: MALES WHO WEIGH 300+

ECTOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
HIGH CARB DAY	LOW CARB DAY	MEDIUM CARB DAY	HIGH CARB DAY
FRIDAY	SATURDAY	SUNDAY	
LOW CARB DAY	LOW CARB DAY	HIGH CARB DAY	

MESOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MEDIUM CARB DAY	LOW CARB DAY	HIGH CARB DAY	LOW CARB DAY
FRIDAY	SATURDAY	SUNDAY	
MEDIUM CARB DAY	LOW CARB DAY	HIGH CARB DAY	

ENDOMORPH WEEKLY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LOW CARB DAY	LOW CARB DAY	HIGH CARB DAY	LOW CARB DAY
FRIDAY	SATURDAY	SUNDAY	
LOW CARB DAY	LOW CARB DAY	MED CARB DAY	

Welcome To Carb Cycling

WHAT IF MESS UP A MEAL, MISS A DAY, OR GO IN THE WRONG ORDER?

Mistakes happen.

Maybe you have your days mixed up, have a momentary lapse of judgment (eating something you shouldn't), or life happens, and your entire day/schedule is thrown off. DON'T STRESS. Just pick right back up where you left off, whether that's the next meal, or the next day, and simply keep moving forward.

When you drop the ball at your job, mess something up, or forget to do something, you don't give up altogether do you?

No.

Because you care enough about your job that you want to perform well, (and you probably want to continue to earn your income) that you brush yourself off, regardless of circumstance, and just keep moving forward.

The same should hold true for your approach to your nutrition. If you eat something that you shouldn't, have an off day, or get thrown off the wagon altogether, don't throw in the towel. Rather, pick yourself up, get right back on track, and salvage the rest of the day and week.

FINAL NOTES

So now that you have a better understanding of what carb cycling is, you've got your weekly carb cycling schedule put together based on your weight and body type, your grocery shopping list is ready to go, or in the works, now it's time to put the finishing pieces on your nutrition program.

Carb Cycling isn't about counting calories, however, you should have an idea of what your calorie goals should be for the day.

Carb Cycling isn't necessarily about counting exact macros, however, you should have an understanding of the types and amounts of specific macros you are consuming. Especially carbohydrates.

So let's gain a better understanding of our 3 different macronutrients and the calories they contain.

1g of Carbohydrates = 4 calories | 1g of Protein = 4 calories | 1g of Fat = 9 calories

If someone aimed to consume 2,000 calories in a day, and had a goal macronutrient breakdown as follows:

45% Protein | 35% Carbs | 20% Fat

Would break down as follows:

45% of 2,000 calories = 900 calories / 4 calories per gram protein = 225g Protein

35% of 2,000 calories = 700 calories / 4 calories per gram carbs = 175g Carbs

20% of 2,000 calories = 400 calories / 9 calories per gram fat = 44g Fat

Okay, so now you have all of the math on macros and how they break down. Here are some general rules to determine your ideal daily calorie and carbohydrate intake:

Welcome To Carb Cycling

TOTAL
TRANSFORMATION
CHALLENGE

General Rules

The more active you are, and the more muscle you have, should aim for the higher end in your group's recommended calorie range.

Men typically burn more calories (thus needing more) than women.

Aim for 1g of Protein per 1lb of bodyweight daily.

On your "Low Carb" Days, aim for 10% of your total calories coming from carbs.

On your "Moderate Carb" Days, aim for 25% of your total calories coming from carbs.

On your "High Carb" Days, aim for 40% of your total calories coming from carbs.

Calorie Needs by Group

Groups F1 & M1: Daily calorie intake should be between 1,200-2,000 calories.

Groups F2 & M2: Daily calorie intake should be between 1,600-2,400 calories

Groups F3 & M3: Daily calorie intake should be between 1,800-2,800 calories

Groups F4 & M4: Daily calorie intake should be between 1,800-3,000 calories

REMEMBER

This is not an exact science. The key is to keep learning.

Learning how your body and mind respond, learning how to dial in your carb intake, and learning how to dial in your calorie intake based on body type, weight, and level of activity.