



CARB CYCLE

PERSONALIZED COMPETITION-PREP PLAN

CARB CYCLE			
DAY 1	DAY 2	DAY 3	DAY 4
100g	200g	200g	400g

FAT CYCLE			
DAY 1	DAY 2	DAY 3	DAY 4
50g	25g	25g	No fats

CARDIO CYCLE			
DAY 1	DAY 2	DAY 3	DAY 4
45 minutes	30 minutes	30 minutes	No cardio

Cardio: walk on treadmill at incline 10, speed 3.5.

APPROVED FOOD LIST

CARBS	PROTEIN (300g PER DAY)	FATS	VEGETABLES
Oats	Egg whites	All-natural almonds / almond butter	Asparagus, broccoli, cauliflower
Red potatoes	White fish	Avocado	Zucchini / squash
Jasmine rice	Chicken breast	Coconut oil	Onions, mushrooms, peppers
Sweet potatoes	Lean ground turkey	Olive oil	Spinach, lettuce / salads
Plain rice cakes			Cucumbers
Brown rice			Green beans

- Do not cross-count macros.
- Carbs in vegetables do not count toward the total carb count for the day.
- Break meals into five smaller meals per day rather than three large meals; the body benefits from smaller portions throughout the day.
- Limit artificial sweeteners, including Splenda, diet drinks and condiments.
- No dairy, sugar, fruit or ketchup. Be cautious with condiments and read labels carefully.
- No protein shakes, powders or bars; protein should come from whole-food sources.



CARB CYCLING FAQ & CONVERSION CHART

HOW TO FOLLOW THE FOUR-DAY CYCLE

This is a **cycle**, which means it repeats. Complete Days 1-4, then start back at Day 1. There are no off days. On Day 4, rest from cardio - not from the diet or weight training. If you miss a cardio session or your planned carbs, do not make them up the next day; simply continue with the cycle.

You may create your own meals using only the foods listed, unless you have been given a specific meal plan.

Cardio must stay aligned with the matching carb day. The plan is designed for the listed foods and schedule; do not substitute other foods unless your coach updates the plan.

MEASURING YOUR FOOD

Measure carbohydrates using the serving directions on the package, typically 1/2 cup or 1/4 cup. Pay close attention to whether the measurement is for cooked or dry food.

Proteins are measured after cooking. Most carbohydrates are measured before cooking, except potatoes, which are measured in ounces after baking.

IMPORTANT: The gram amounts below refer to grams of carbohydrates - not the scale weight of the food.

CARBOHYDRATE	MEASUREMENT	CARBS
Jasmine rice	1/4 cup uncooked	36g
Brown rice	1/2 cup cooked	25g
Oatmeal	1/2 cup dry	25g
Red potatoes	4 oz. cooked	25g
Rice cakes	3 cakes (most are 7-8g each)	24g
Cream of rice	1/4 cup dry	36g

If you are uncertain about another carbohydrate or measurement, visit CalorieKing.com and search for the food item.