



VSHRED

7 DAYS OF CARB CYCLING

27 RECIPES TO HELP YOU
CONTROL CARBS & CRAVINGS

INTRODUCTION

TRY CARB CYCLING FOR THE NEXT 7 DAYS AND SEE HOW GREAT YOU FEEL!

If you've heard us use terms like **metabolic confusion** and **carb cycling** and you've wanted to give it a try, but weren't quite sure what to expect - then this recipe guide is the perfect starting point for you!

We've put together some of our favorite carb cycling recipes to give you an idea of what a successful, fat-shedding, metabolism-boosting, carb cycling meal plan looks like.

In this recipe guide, you'll cycle through a typical carb cycling schedule: **low, moderate, and high carb days**.

Now keep in mind: **Everyone's calorie and macronutrient goals are going to be different**.

So when you're meal prepping and planning based on this guide, you'll want to adjust serving sizes so that the meals are fitting your daily needs. This may mean increasing a serving size for one meal, or decreasing for another.

And if you're not a master chef, don't stress. We've made it so that some of these meals and snacks can be repeated throughout the week. That way you can **cut down on prep time, and your grocery expenses**.

So grab your appetite, and your apron - and get ready to prime your body for rapid results, while **fueling up on amazing food!**

TABLE OF CONTENTS

Low Carb: Breakfast Frittata	3	Medium Carb: Greek Yogurt Parfait	33
Low Carb: Coffee Protein Smoothie	5	Medium Carb: Cottage Cheese And Berries	34
Low Carb: Almond Chicken Salad	6	Medium Carb: Sweet & Spicy Blackened Fish Tacos	35
Low Carb: Celery & Peanut Butter	7	Medium Carb: Chocolate Peppermint Smoothie	37
Low Carb: Almond Coconut-Crusted Chicken Breast	8	Medium Carb: Lettuce Wrapped Turkey Burgers	38
Low Carb: Roasted Veggies	10		
		High Carb: Hearty Breakfast Egg Sandwich	40
Medium Carb: Greek Yogurt Parfait	11	High Carb: Cool Greens Smoothie	41
Medium Carb: Golden No-Bake Bars	12	High Carb: Quick & Easy Tuna Salad	42
Medium Carb: Sweet & Spicy Blackened Fish Tacos	14	High Carb: Peanut Butter Energy Bites	43
Medium Carb: Chocolate Peppermint Smoothie	16	High Carb: Personal Flatbread Pizza	44
Medium Carb: One Pot Cheesy Taco Skillet	17		
		Low Carb: Breakfast Egg Muffins	45
High Carb: 10 Minute Veggie Omelet	19	Low Carb: Flourless Peanut Butter Cookie	47
High Carb: Cool Greens Smoothie	20	Low Carb: Buffalo Chicken Lettuce Wraps	49
High Carb: Cranberry Chicken Salad	21	Low Carb: Homemade No-Bake Protein Bars	51
High Carb: Peanut Butter Energy Bites	23	Low Carb: Zucchini Noodle Shrimp Scampi	52
High Carb: Beef & Broccoli With Brown Rice	24		
		Low Carb: Breakfast Frittata	26
		Low Carb: Coffee Protein Smoothie	28
		Low Carb: Almond Chicken Salad	29
		Low Carb: Celery & Peanut Butter	30
		Low Carb: Korean BBQ Keto Bowl	31

BREAKFAST FRITTATA

W/ ZUCCHINI, TOMATO, ONION, SPINACH, & BACON



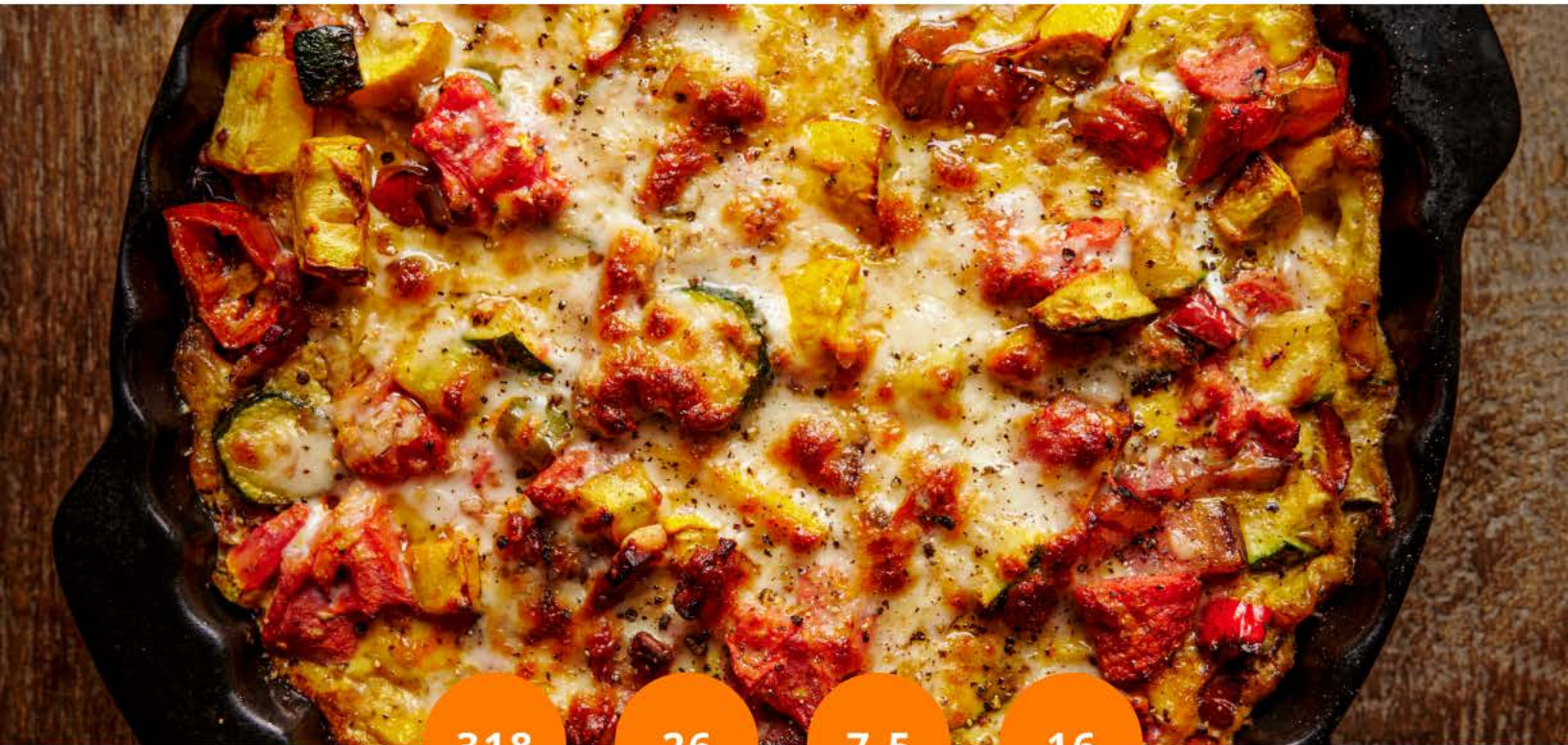
DAY 1: Low Carb Day



RECIPE MAKES: 4 Servings



SERVING SIZE: 1 equally divided portion



318

CALORIES

26

FAT

7.5

CARBS

16

PROTEIN

INGREDIENTS

4 tbsp extra virgin olive oil
1 small zucchini/summer squash
1 serving of sweet raw onions
3 plum tomatoes
3 slices organic hickory sunday bacon by Applegate
8 oz spinach
8 whole eggs

1/8 tsp sea salt fine crystals by Traders Joe's
1/8 tsp black pepper

INSTRUCTIONS

In a nonstick oven-safe sauté pan, place olive oil on medium heat. Add onion and cook until onions are transparent.

Add zucchini and cook for 1 - 2 minutes. Add tomatoes and cook until onions are golden brown. Season with sea salt & pepper.

Add spinach and cook until spinach is wilted (you can also use frozen spinach that has thawed and been drained).

Add bacon and parsley and cook for one minute more.

Remove from pan and set aside.

Preheat oven, set to broil, placing the top rack 3/4 of the way up to the broiling element.

Wipe the same pan with a paper towel and return heat to the pan.

Add olive oil, heat for 10 seconds, and add eggs (do NOT stir).

Lower heat. When the bottom of the egg is medium-firm, remove the pan from heat.

Scatter the cooked vegetables across the egg's entire surface and place the pan under the broil element. Some ovens broil with the door open, others shut. Follow your recommended settings.

Cook until the egg is set on top. It will rise, thicken & bubble. When the top is lightly golden, remove the pan from the oven with a potholder.

Let cook for 1 - 2 minutes longer out of the oven. Remove the frittata from the pan onto a flat dish with a spatula. Slice in 4 equal quarters.



318

CALORIES

26

FAT

7.5

CARBS

16

PROTEIN

SNACK

COFFEE PROTEIN SMOOTHIE



DAY 1: Low Carb Day



RECIPE MAKES: 1 Serving



SERVING SIZE: 1 Smoothie



150

CALORIES

3

FAT

4

CARBS

25

PROTEIN

INGREDIENTS

1 scoop chocolate protein powder
1 cup unsweetened almond milk
1 cup cold coffee

INSTRUCTIONS

Put all ingredients into a blender and blend until smooth.

Enjoy!

ALMOND CHICKEN SALAD

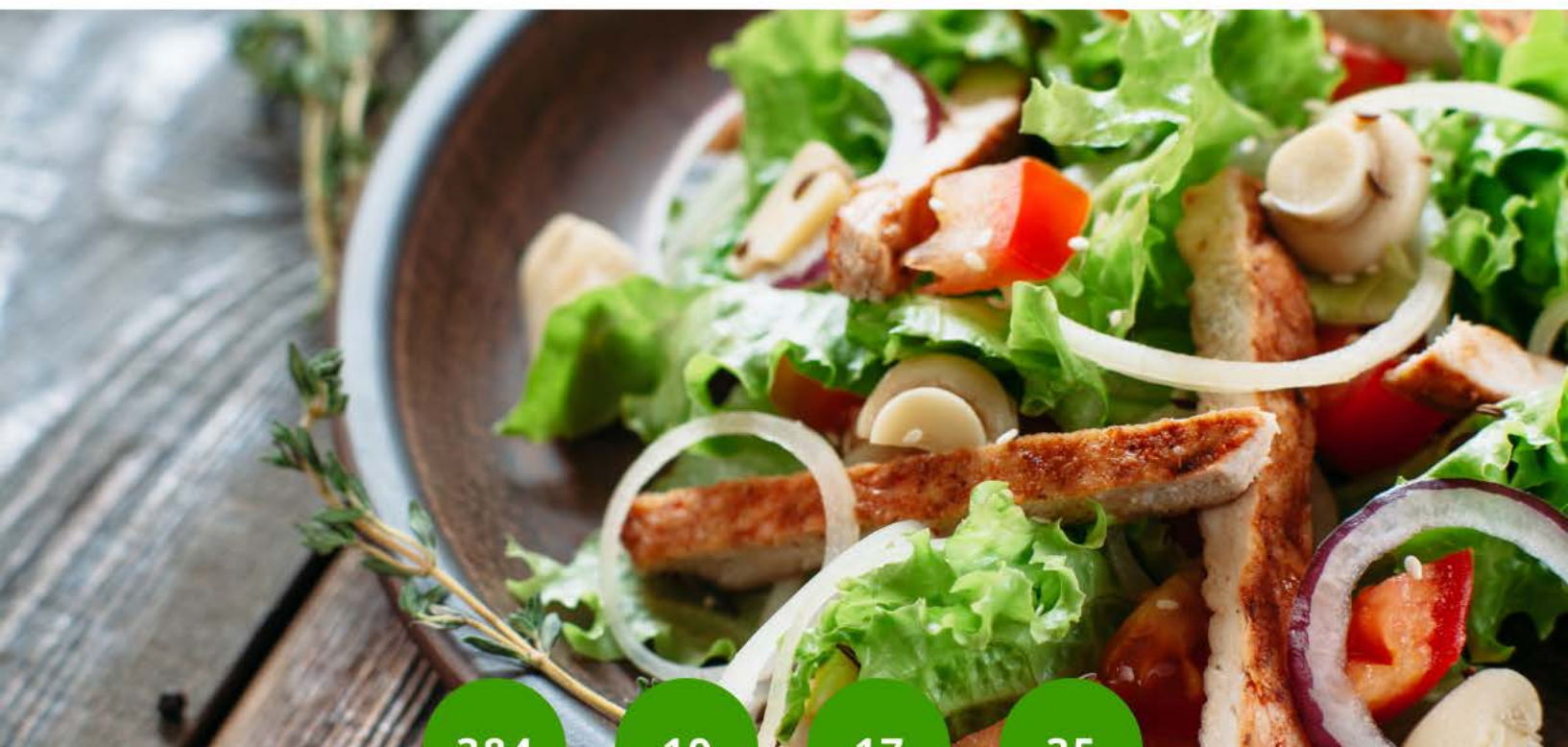
 **DAY 1:** Low Carb Day



RECIPE MAKES: 2 Servings



SERVING SIZE: Half a salad



384

CALORIES

19

FAT

17

CARBS

35

PROTEIN

INGREDIENTS

¼ cup green onions
 ½ large carrots
 ⅓ cup red pepper
 6 oz chicken breast (cooked)
 1 cup sugar snap peas
 2 oz slivered almonds
 1 tbsp white wine vinegar
 1 tbsp sesame oil
 1 ½ tsp mustard powder

INSTRUCTIONS

Slice green onions, shred carrots, thinly slice red peppers, and shred chicken. Place in a large bowl. Add in peas and almonds.

In a small bowl, whisk together vinegar, sesame oil, and dry mustard until smooth.

Drizzle over salad and gently toss. Add toppings and enjoy!

SNACK

CELERY & PEANUT BUTTER



DAY 1: Low Carb Day



RECIPE MAKES: 1 Serving



SERVING SIZE: 3 Celery Stalks



320

CALORIES

15

FAT

13

CARBS

9

PROTEIN

INGREDIENTS

2 tbsp peanut butter
3 large celery stalks

INSTRUCTIONS

Wash celery stalks and cut into 2 inch length.

Spread peanut butter on each spear.

Enjoy!

DINNER

ALMOND-COCONUT CRUSTED CHICKEN BREAST



DAY 1: Low Carb Day



RECIPE MAKES: 4 Servings



SERVING SIZE: 4oz Chicken Breast



285

CALORIES

15

FAT

2

CARBS

27

PROTEIN

INGREDIENTS

1/4 cup almond flour
1 1/2 oz coconut flakes, organic
1 egg
1 tbsp coconut oil (extra virgin, cold pressed)
16 oz boneless skinless chicken breast (uncooked)

INSTRUCTIONS

In a medium-sized bowl combine almond flour and shredded coconut.

In a separate medium-sized bowl, whisk the egg.

Heat coconut oil (or preferred oil/spray) over medium heat in a large saucepan.

Dip each chicken breast in egg mixture then almond meal/coconut mixture before placing in hot oil.

Cook in hot oil, turning each breast once, until chicken is cooked through (165 degrees F).



285

CALORIES

15

FAT

2

CARBS

27

PROTEIN

SIDE

ROASTED VEGGIES



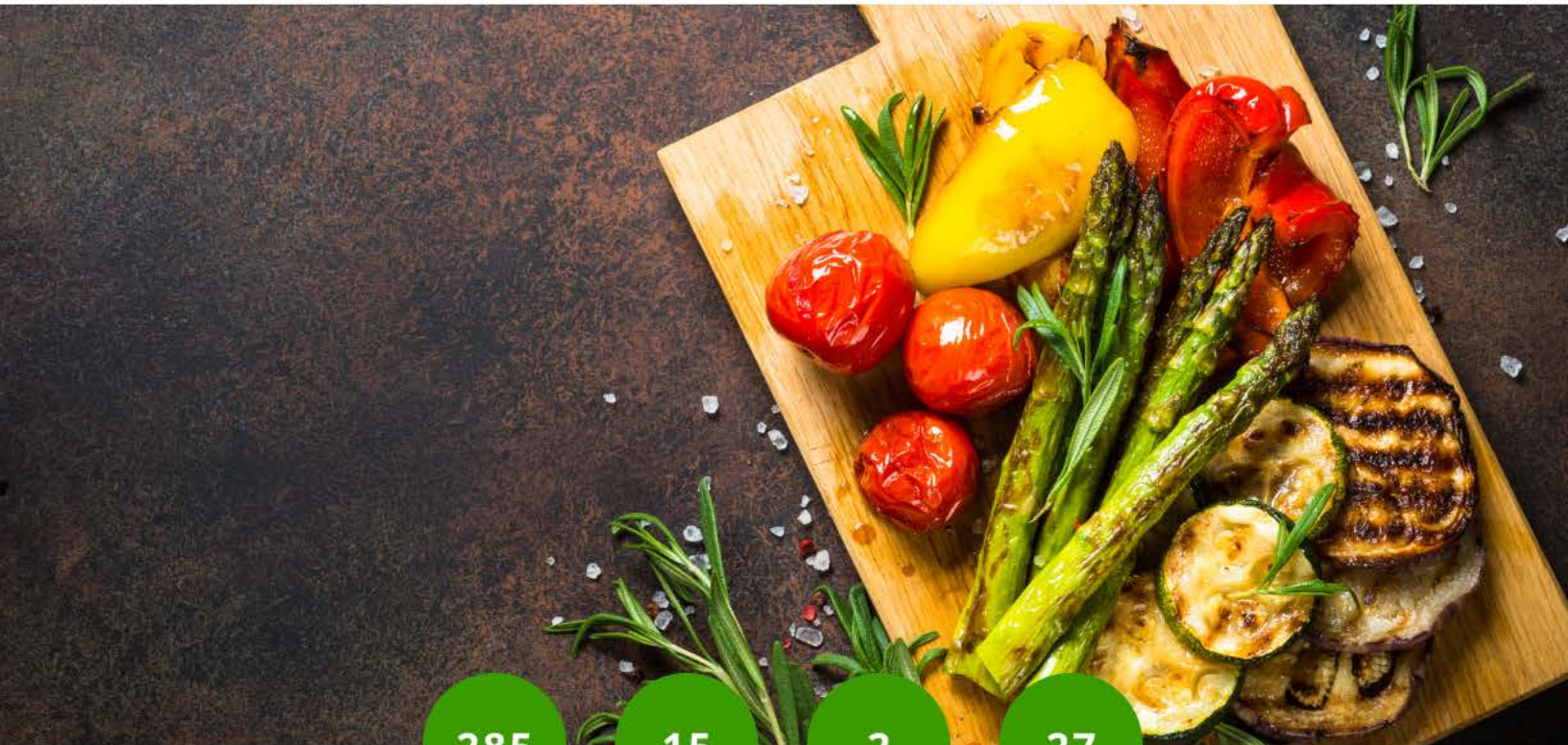
DAY 1: Low Carb Day



RECIPE MAKES: 3 Servings



SERVING SIZE: 1/3 of total veggies



285

CALORIES

15

FAT

2

CARBS

27

PROTEIN

INGREDIENTS

1 medium red bell pepper
1 medium yellow bell pepper
1 medium green bell pepper
1 medium orange bell pepper
1 cup asparagus
1 medium zucchini
Olive oil cooking spray

INSTRUCTIONS

Preheat oven to 425 F. Chop up veggies and spray with olive oil cooking spray.

Sprinkle desired seasonings on the veggies and place on a roasting pan.

Place in oven for approximately 30 minutes or until cooked through, tossing often.

GREEK YOGURT PARFAIT



DAY 2: Medium Carb Day



RECIPE MAKES: 1 Servings



SERVING SIZE: 1 Parfait



203

CALORIES

3

FAT

23

CARBS

20

PROTEIN

INGREDIENTS

½ cup frozen fruit, mixed berry blend
1 tbsp chia seeds
1 container (100 calories) of plain non-fat greek yogurt

INSTRUCTIONS

Layer Ingredients in the following order: 1/2 container greek yogurt, 1/2 tbsp chia seeds, and 1 tbsp frozen berries.

Repeat.

Store in fridge.

SNACK

GOLDEN NO-BAKE BARS



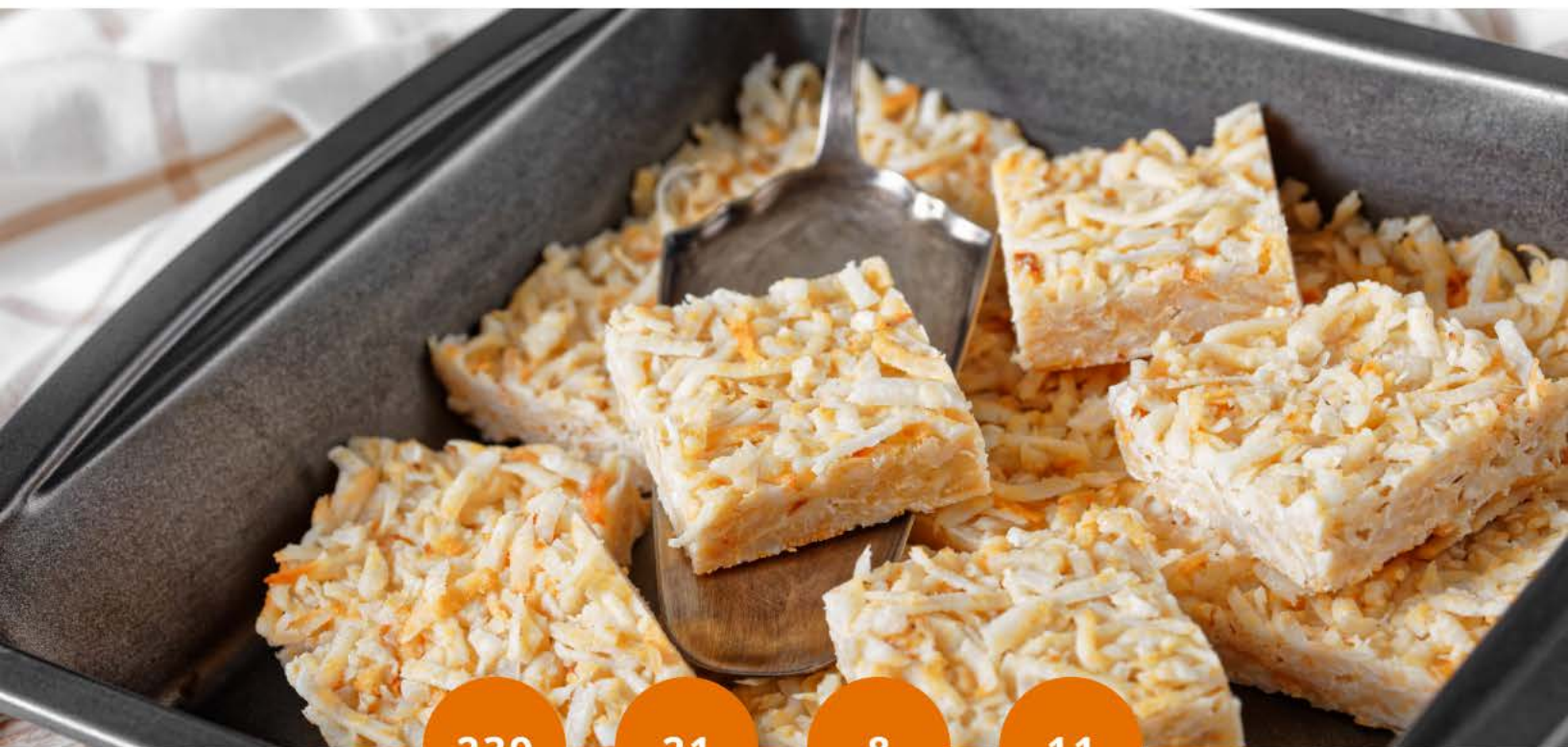
DAY 2: Medium Carb Day



RECIPE MAKES: 8 Servings



SERVING SIZE: 1 Bar



239

CALORIES

21

FAT

8

CARBS

11

PROTEIN

INGREDIENTS

1 cup of almond flour
¾ cp unsweetened coconut flakes
1 scoop Sculpt Nation Vanilla Protein Powder
2 tsp turmeric
1 tsp coconut oil
½ tsp maple syrup

INSTRUCTIONS

In a blender, add almond butter, 1/2 of the coconut flakes, coconut oil, maple syrup, protein powder, and turmeric.

Blend on high until evenly distributed.

**If the batter is too runny when blending, add more protein powder until the consistency is similar to raw dough.*

If the dough is too thick, add tiny splashes of unsweetened non-dairy milk until it reaches proper consistency.

Spread mix into a parchment covered pan, sprinkle the remainder of coconut flakes on top, and place in the refrigerator to harden (approx 60 min.)

Once set, slice into 8 equal bars.



239

CALORIES

21

FAT

8

CARBS

11

PROTEIN

SWEET & SPICY BLACKENED FISH TACOS

☀️ **DAY 2:** Medium Carb Day



RECIPE MAKES: 4 Servings



SERVING SIZE: 2 Tacos



392

CALORIES

10

FAT

42

CARBS

30

PROTEIN

INGREDIENTS (FISH)

- 1 pound fresh halibut
- 8 yellow corn tortillas (or another grain-free option)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp thyme
- 1 tsp cayenne pepper (optional if you don't like spicy)
- 1 tsp oregano
- 1 tsp salt
- 1 tsp ground black pepper
- 1 1/2 tbsp paprika (smoked)

INGREDIENTS (PINEAPPLE SALSA)

- 1 cup fresh pineapple (canned is okay as long as it's in water and not syrup)
- 1/2 cup diced red pepper
- 1/4 cup diced red onion
- 1/4 cup chopped cilantro
- 1/2 diced jalapeno
- 1/4 lime or lime juice
- 1/2 tsp kosher salt

INGREDIENTS (AVOCADO SAUCE)

1 avocado
1/3 cup natural probiotic rich yogurt*
1 cup cilantro
2 garlic cloves
1 jalapeno (1/2 for less spice)
1 tsp salt
1/4 lime or lime juice

**Not all yogurt is gut friendly. Make sure you are using plain yogurt with limited ingredients full of probiotics and no artificial sweeteners or flavoring if you are being cautious about gut health. Very few brands offer this profile.*

INSTRUCTIONS (FISH)

In a large bowl, mix all of the dry spices together.

Coat each piece of fish with the seasoning blend.

Heat a nonstick pan over medium heat.

Add oil and then the seasoned fish.

Cook approx 5-8 minutes (pending thickness of fish) turning 1/2 way.

Once the fish is cooked, take off the pan and break it up with a fork.

INSTRUCTIONS (SALSA)

In a medium bowl, mix pineapple, red pepper, jalapeños, and onion.

Add cilantro, salt & fresh lime juice.

Mix well.

INSTRUCTIONS (AVOCADO SAUCE)

Add cilantro, avocado, yogurt, garlic, jalapeno, lime juice & salt to the food processor.

Blend until smooth.

TORTILLAS

You can just warm your tortillas in the microwave; however, we suggest that you cook them directly over medium flame until it gets a few charred marks, in a skillet, oven, or even an airfryer if you have one - until slightly crispy.

Now you are ready to assemble! Place a serving of fish in the center of each tortilla.

Top with pineapple salsa and cilantro avocado sauce.

Serve immediately.



392

CALORIES

10

FAT

42

CARBS

30

PROTEIN

SNACK

CHOCOLATE PEPPERMINT SMOOTHIE



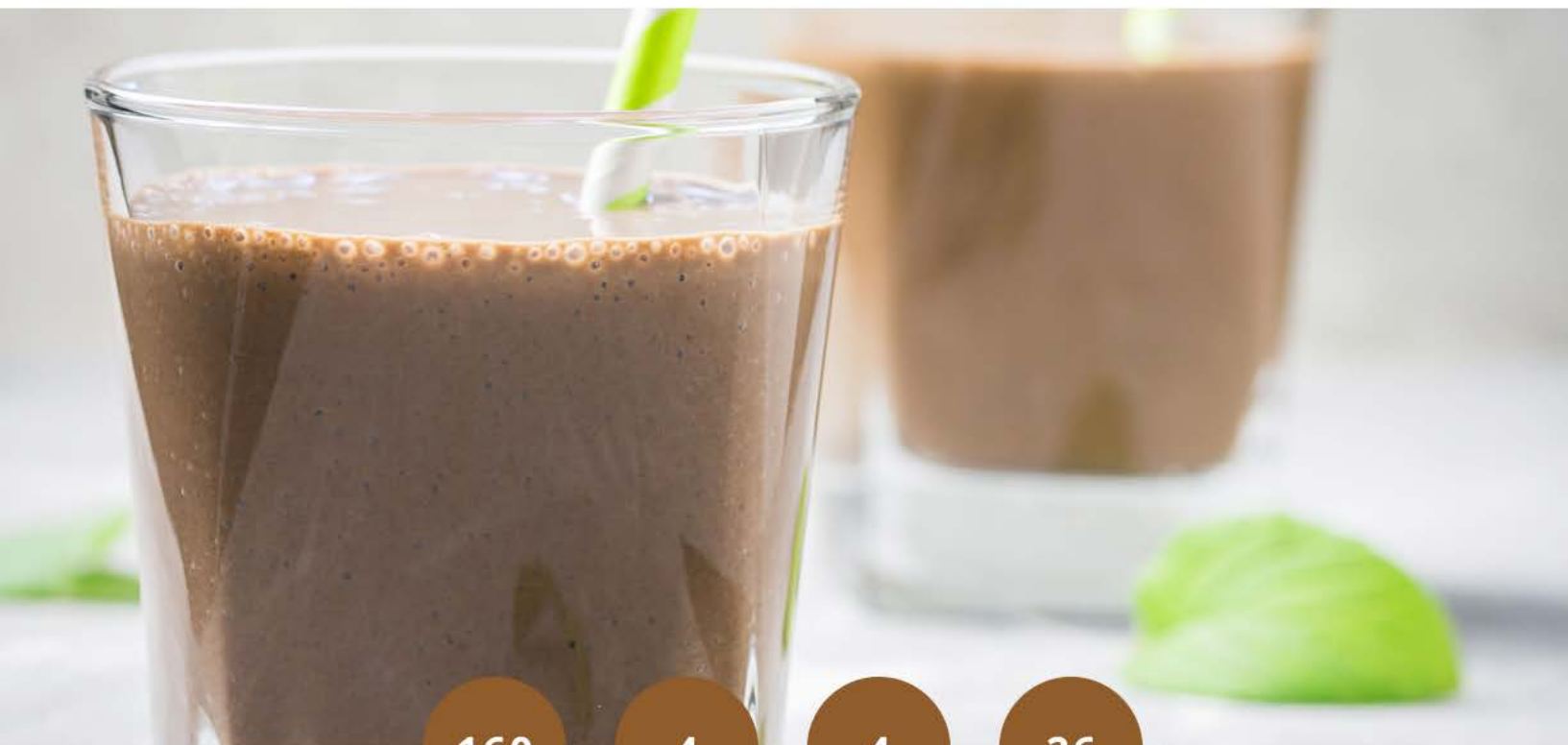
DAY 2: Medium Carb Day



RECIPE MAKES: 1 Servings



SERVING SIZE: 1 Smoothie



160

CALORIES

4

FAT

4

CARBS

26

PROTEIN

INGREDIENTS

8 oz unsweetened vanilla almond milk
1 scoop Chocolate SculptNation Protein Powder
1-2 drops peppermint extract
Ice

We recommend pairing this smoothie with 1 oz almonds or nut of your choice on the side

INSTRUCTIONS

Add all ingredients into a blender and blend until smooth.

Serve with whipped cream on top if desired!

DINNER

ONE POT CHEESY TACO SKILLET



DAY 2: Medium Carb Day



RECIPE MAKES: 6 Servings



SERVING SIZE: 1/6 of Skillet



212

CALORIES

9

FAT

9

CARBS

22

PROTEIN

INGREDIENTS

- 16 oz lean ground beef
- 1 whole yellow onion
- 2 medium green, red, or yellow bell peppers
- 1 cup organic canned diced tomatoes by muir glen
- 5 tsp taco seasoning mix 25% less sodium by old el paso
- 3 Cups baby spinach
- 1 cup Monterey jack cheese, shredded

INSTRUCTIONS

In a large pan, lightly brown ground beef and crumble well.

Drain excess fat.

Add onions and peppers, and cook until browned.

Add canned tomatoes, taco seasoning, and any water needed for taco seasoning to evenly coat the mixture (up to 1 tbsp- the liquid from the tomatoes will help).

Add greens and let fully wilt.

Mix well.

Cover with shredded cheese and let the cheese melt.

When cheese is melted, serve over a bed of lettuce.



212

CALORIES

9

FAT

9

CARBS

22

PROTEIN

10 MINUTE VEGGIE OMELET



DAY 3: High Carb Day



RECIPE MAKES: 1 Servings



SERVING SIZE: 1 Omelet



397

CALORIES

12

FAT

39

CARBS

33

PROTEIN

INGREDIENTS

¼ cup tomatoes
1 cup spinach
1 cup broccoli
½ cup egg (liquid egg whites)
1 oz hard goat cheese
2 slices sprouted 100 % whole grain bread
¼ tsp cayenne pepper

INSTRUCTIONS

Add all veggie and sauté for 4 minutes.

Add in egg whites over veggies and sprinkle with goat cheese. Flip after 3 to 4 minutes.

SNACK

COOL GREENS SMOOTHIE



DAY 3: High Carb Day



RECIPE MAKES: 1 Servings



SERVING SIZE: 1 Smoothie



312

CALORIES

12

FAT

19

CARBS

29

PROTEIN

INGREDIENTS

1 scoop vanilla protein powder (*try SculptNation vanilla!*)
1/4 avocado
1 tbsp flax seed
Juice from one lemon
1 cup spinach
1 small cucumber
1/4 cup coconut water
2 cups unsweetened almond milk
Optional: 1 scoop unflavored SculptNation Greens

INSTRUCTIONS

Place all ingredients in a blender and blend until smooth.

LUNCH

CRANBERRY CHICKEN SALAD



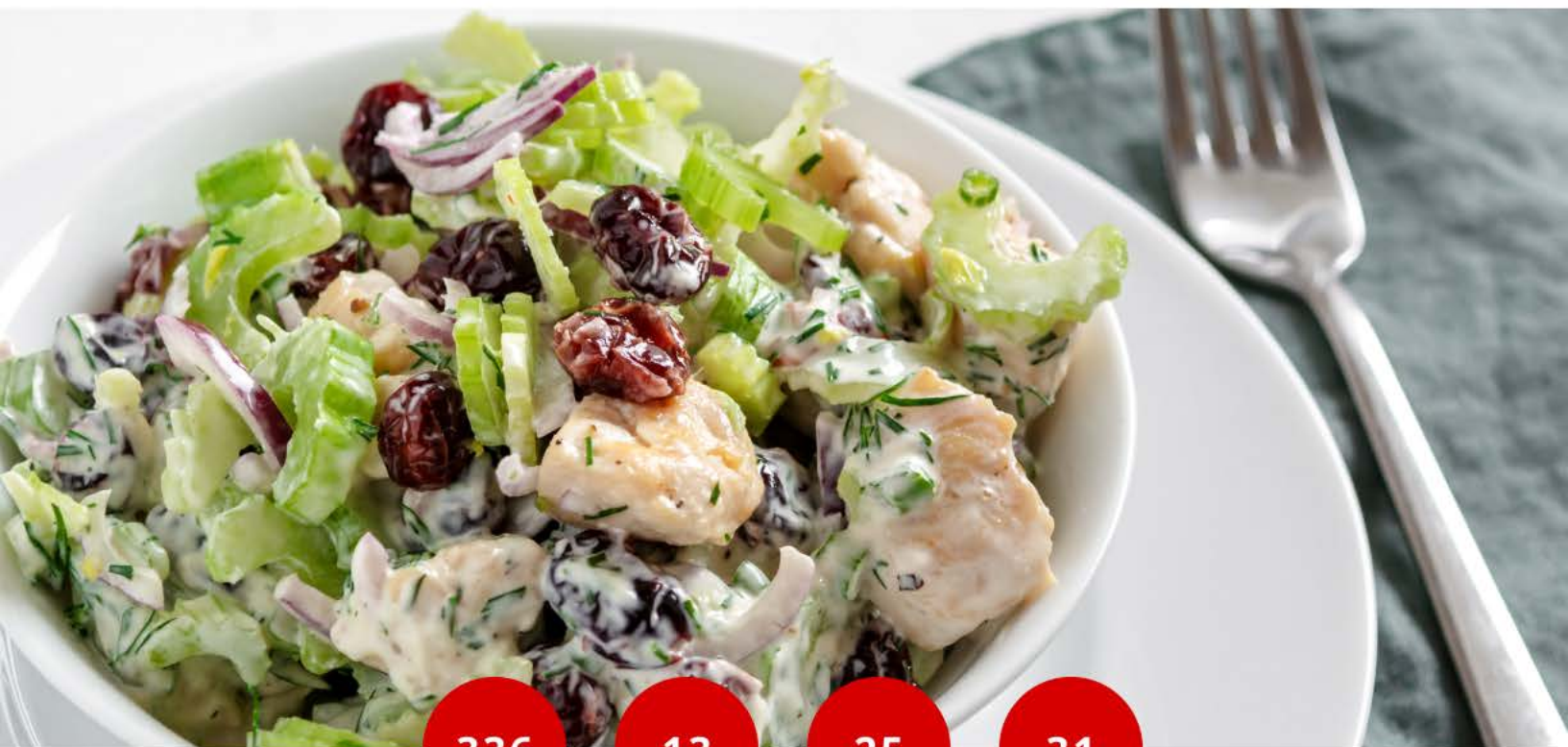
DAY 3: High Carb Day



RECIPE MAKES: 6 Servings



SERVING SIZE: 1/6 of total salad



336

CALORIES

13

FAT

25

CARBS

31

PROTEIN

INGREDIENTS

2 large stalks of celery
4 oz nonfat plain greek yogurt
2 tbsp lemon juice
3 oz slivered almonds
½ small onion
¾ cup raisins dried cranberries reduced sugar by
Ocean Spray
3 cups chicken, canned, no broth

INSTRUCTIONS

In a medium bowl, add chicken, greek yogurt and lemon mix well.

Then chop the onions, celery, and add shredded chicken to the mixture.

Add the last of the ingredients to the mix and combine well.

Refrigerate for at least 2 hours as salad is best served cold.



336

CALORIES

13

FAT

25

CARBS

31

PROTEIN

PEANUT BUTTER ENERGY BITES



DAY 3: High Carb Day



RECIPE MAKES: 12 Servings



SERVING SIZE: 1 "Bite" Ball



185

CALORIES

12

FAT

18

CARBS

6

PROTEIN

INGREDIENTS

2 tbsp honey
2/3 cup peanut butter, unsalted
1 cup raw oats
1/2 cup dark chocolate chips
1/2 cup ground flax seeds
1 scoop sculpt nation

INSTRUCTIONS

Combine all ingredients into a large bowl and blend with a spoon until thick and well-mixed.

Roll into golf-ball-sized balls and place them on a plate or in a storage container. Store in the fridge or freezer.

DINNER

BEEF & BROCCOLI WITH BROWN RICE

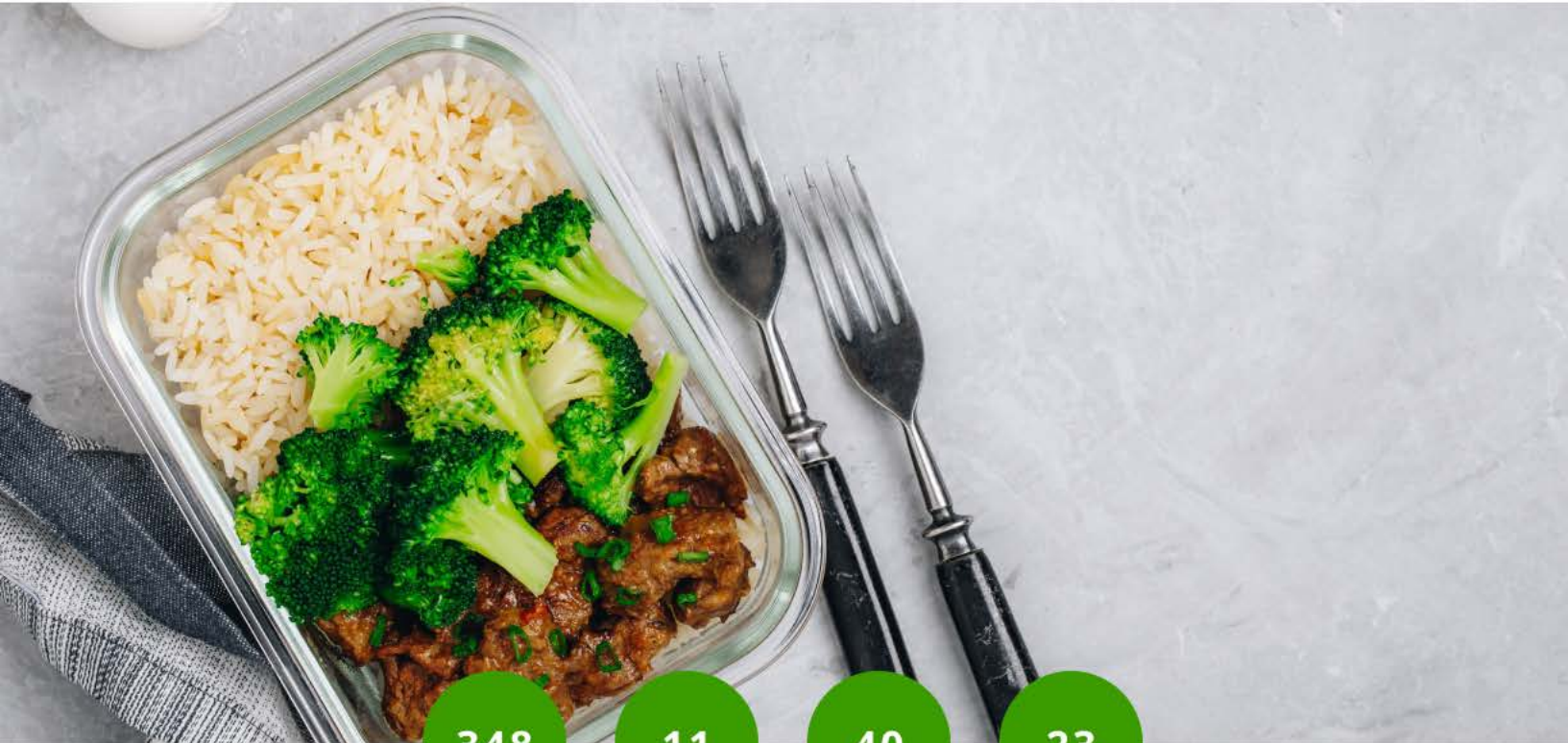
 **DAY 3:** High Carb Day



RECIPE MAKES: 1 Servings



SERVING SIZE: 1 Bowl



348

CALORIES

11

FAT

40

CARBS

23

PROTEIN

INGREDIENTS

¼ cup onion
3 oz. beef top sirloin, lean
1 cup beef broth, low sodium
1 cup broccoli
1 tsp cornstarch
1 tsp brown sugar
¼ tsp garlic powder
½ cup brown rice (cooked)

INSTRUCTIONS

Slice onions into thin strips and slice beef into thin, 1-inch pieces.

Coat skillet with cooking spray and heat over medium heat. Add beef and onion and cook until browned and cooked through. Remove onto a plate and keep warm.

Add broccoli to pan and simmer for 1 min. Add half of the broth, cover the pan, and simmer until broccoli is tender but not mushy about 2 min.

In a small bowl, mix cornstarch, brown sugar, and garlic powder with the remaining broth. Add to the pan and cook over medium heat until the mixture begins to thicken, stirring constantly.

Return the beef and onion mixture to the pan and heat through. Serve over cooked brown rice.



348

CALORIES

11

FAT

40

CARBS

23

PROTEIN

BREAKFAST FRITTATA

W/ ZUCCHINI, TOMATO, ONION, SPINACH, & BACON



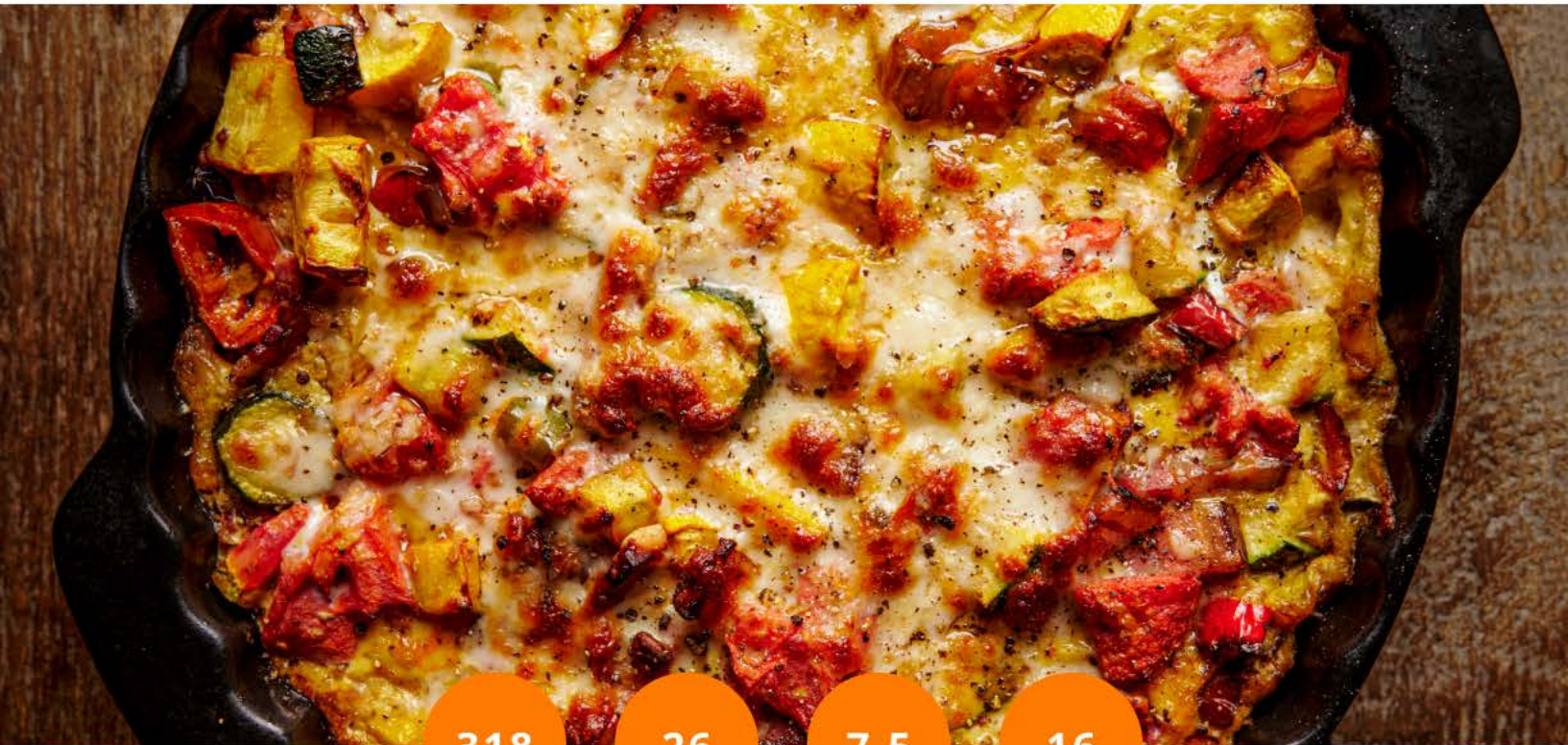
DAY 4: Low Carb Day



RECIPE MAKES: 4 Servings



SERVING SIZE: 1 equally divided portion



318

CALORIES

26

FAT

7.5

CARBS

16

PROTEIN

INGREDIENTS

4 tbsp extra virgin olive oil
1 small zucchini/summer squash
1 serving of sweet raw onions
3 plum tomatoes
3 slices organic hickory sunday bacon by Applegate
8 oz spinach
8 whole eggs

1/8 tsp sea salt fine crystals by Traders Joe's
1/8 tsp black pepper

INSTRUCTIONS

In a nonstick oven-safe sauté pan, place olive oil on medium heat. Add onion and cook until onions are transparent.

Add zucchini and cook for 1 - 2 minutes add tomatoes and cook until onions are golden brown. Season with sea salt & pepper.

Add spinach and cook until spinach is wilted (you can also use frozen spinach that has thawed and been drained).

Add bacon and parsley and cook one minute more.

Remove from pan and set aside.

Preheat oven, set to broil, placing the top rack 3/4 of the way up to the broiling element.

Wipe the same pan with a paper towel and return heat to the pan.

Add olive oil, heat for 10 seconds, and add eggs (do NOT stir).

Lower heat. When the bottom of the egg is medium-firm, remove the pan from heat.

Scatter the cooked vegetables across the egg's entire surface and place the pan under the broil element. Some ovens broil with the door open, others shut. Follow your recommended settings.

Cook until the egg is set on top. It will rise, thicken & bubble. When the top is lightly golden, remove the pan from the oven with a potholder.

Let cook for 1 - 2 minutes longer out of the oven. Remove the frittata from the pan onto a flat dish with a spatula. Slice in 4 equal quarters.



318

CALORIES

26

FAT

7.5

CARBS

16

PROTEIN

SNACK

COFFEE PROTEIN SMOOTHIE



DAY 4: Low Carb Day



RECIPE MAKES: 1 Serving



SERVING SIZE: 1 Smoothie



150

CALORIES

3

FAT

4

CARBS

25

PROTEIN

INGREDIENTS

1 scoop chocolate protein powder
1 cup unsweetened almond milk
1 cup cold coffee

INSTRUCTIONS

Put all ingredients into a blender and blend until smooth.

Enjoy!

ALMOND CHICKEN SALAD

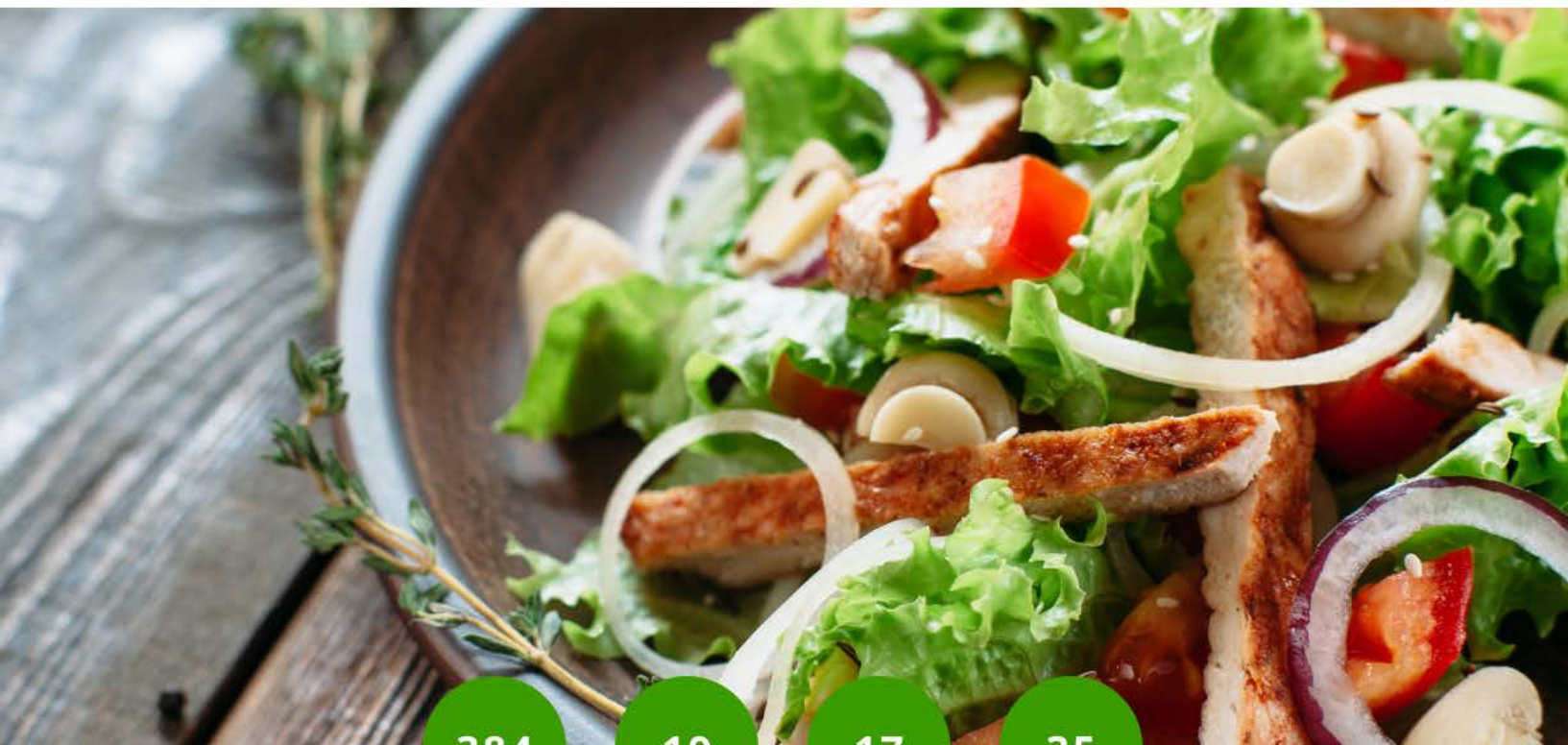
 **DAY 4:** Low Carb Day



RECIPE MAKES: 2 Servings



SERVING SIZE: Half a salad



384

CALORIES

19

FAT

17

CARBS

35

PROTEIN

INGREDIENTS

¼ cup green onions
 ½ large carrots
 ⅓ cup red pepper
 6 oz chicken breast (cooked)
 1 cup sugar snap peas
 2 oz slivered almonds
 1 tbsp white wine vinegar
 1 tbsp sesame oil
 1 ½ tsp mustard powder

INSTRUCTIONS

Slice green onions, shred carrots, thinly slice red peppers, and shred chicken. Place in a large bowl. Add in peas and almonds.

In a small bowl, whisk together vinegar, sesame oil, and dry mustard until smooth.

Drizzle over salad and gently toss. Add toppings and enjoy!

SNACK

CELERY & PEANUT BUTTER



DAY 4: Low Carb Day



RECIPE MAKES: 1 Serving



SERVING SIZE: 3 Celery Stalks



320

CALORIES

15

FAT

13

CARBS

9

PROTEIN

INGREDIENTS

2 tbsp peanut butter
3 large celery stalks

INSTRUCTIONS

Wash celery stalks and cut into 2 inch length.

Spread peanut butter on each spear.

Enjoy!

DINNER

KOREAN BBQ KETO BOWL



DAY 4: Low Carb Day



RECIPE MAKES: 4 Servings



SERVING SIZE: 4oz Chicken Breast



255

CALORIES

16

FAT

2

CARBS

24

PROTEIN

INGREDIENTS

2 tbsp sriracha, hot chili sauce
1/2 tbsp ginger, ground
1 clove garlic
2 tbsp coconut oil
16 oz skirt steak, lean
1 tbsp fresh cilantro leaves

INSTRUCTIONS

Mix sriracha, ginger, and garlic for the marinade in a gallon-sized sealable bag.

Place the sliced steak in the bag with the marinade and make sure the steak is well-coated.

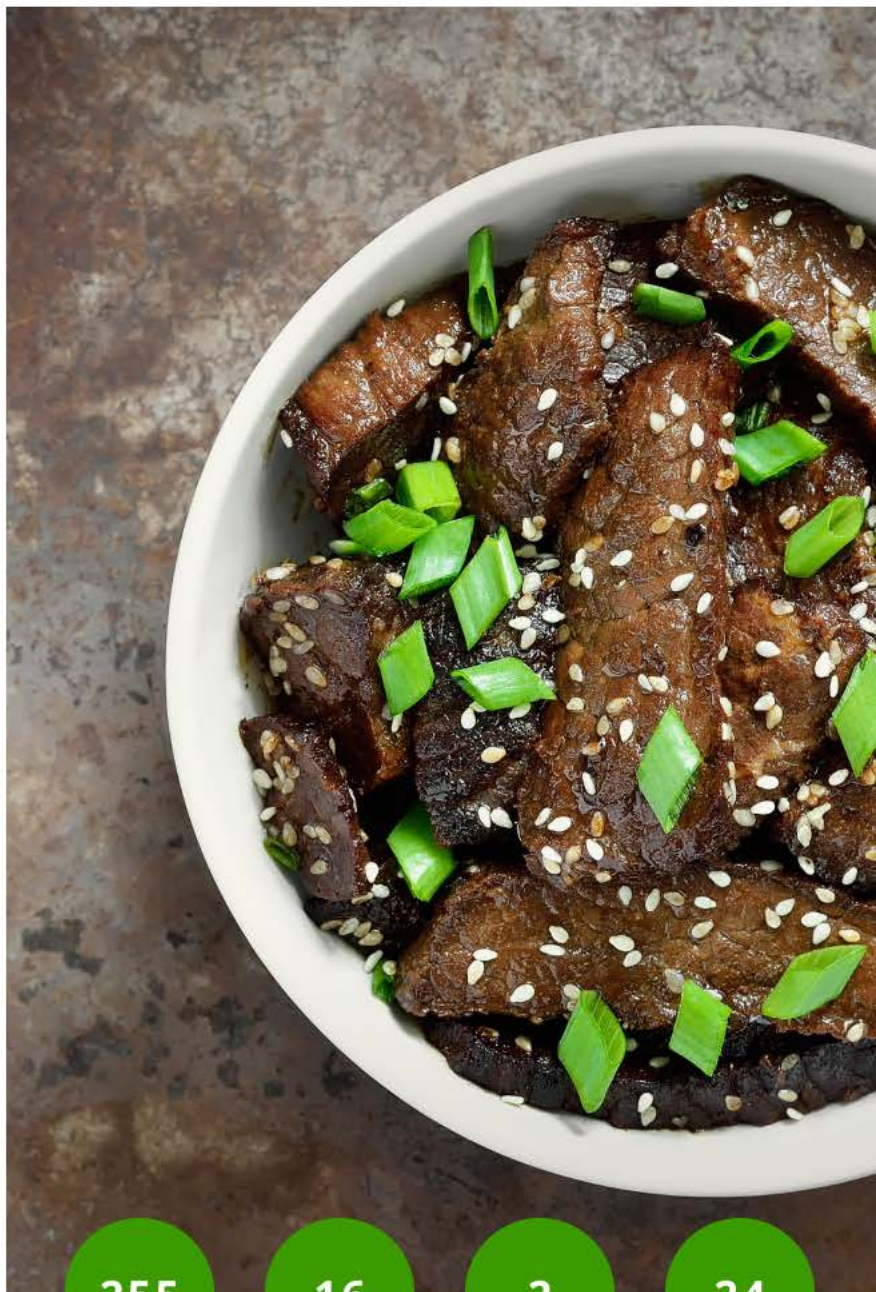
Marinate for a minimum of 1 hour; recommended to marinate overnight.

Heat 1 Tbsp of coconut oil in a large nonstick skillet. Add cauliflower. Cook cauliflower until tender.

Heat the remaining oil in a large cast iron skillet or grill pan on high heat until very hot.

Cut steak into strips. Add steak to hot oil and grill steak in batches, cooking until the desired doneness.

Place steak over prepared cauliflower; garnish with minced fresh cilantro and serve.



255

CALORIES

16

FAT

2

CARBS

24

PROTEIN

GREEK YOGURT PARFAIT



DAY 5: Medium Carb Day



RECIPE MAKES: 1 Servings



SERVING SIZE: 1 Parfait



203

CALORIES

3

FAT

23

CARBS

20

PROTEIN

INGREDIENTS

½ cup frozen fruit, mixed berry blend
1 tbsp chia seeds
1 container (100 calories) of plain non-fat greek yogurt

INSTRUCTIONS

Layer Ingredients in the following order: 1/2 container greek yogurt, 1/2 tbsp chia seeds, and 1 tbsp frozen berries.

Repeat.

Store in fridge.

COTTAGE CHEESE AND BERRIES

☀️ **DAY 5:** Medium Carb Day



RECIPE MAKES: 1 Servings



SERVING SIZE: 1 Parfait

**200**

CALORIES

5

FAT

15

CARBS

26

PROTEIN

INGREDIENTS

1 cup low-fat cottage cheese
1/4 cup of berries of choice
1 tsp of stevia

INSTRUCTIONS

Combine all ingredients in a bowl and enjoy!

SWEET & SPICY BLACKENED FISH TACOS

☀️ **DAY 5:** Medium Carb Day



RECIPE MAKES: 4 Servings



SERVING SIZE: 2 Tacos



392

CALORIES

10

FAT

42

CARBS

30

PROTEIN

INGREDIENTS (FISH)

- 1 pound fresh halibut
- 8 yellow corn tortillas (or another grain-free option)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp thyme
- 1 tsp cayenne pepper (optional if you don't like spicy)
- 1 tsp oregano
- 1 tsp salt
- 1 tsp ground black pepper
- 1 1/2 tbsp paprika (smoked)

INGREDIENTS (PINEAPPLE SALSA)

- 1 cup fresh pineapple (canned is okay as long as it's in water and not syrup)
- 1/2 cup diced red pepper
- 1/4 cup diced red onion
- 1/4 cup chopped cilantro
- 1/2 diced jalapeno
- 1/4 lime or lime juice
- 1/2 tsp kosher salt

INGREDIENTS (AVOCADO SAUCE)

1 avocado
1/3 cup natural probiotic rich yogurt*
1 cup cilantro
2 garlic cloves
1 jalapeno (1/2 for less spice)
1 tsp salt
1/4 lime or lime juice

**Not all yogurt is gut friendly. Make sure you are using plain yogurt with limited ingredients full of probiotics and no artificial sweeteners or flavoring if you are being cautious about gut health. Very few brands offer this profile.*

INSTRUCTIONS (FISH)

In a large bowl, mix all of the dry spices together.

Coat each piece of fish with the seasoning blend.

Heat a nonstick pan over medium heat.

Add oil and then the seasoned fish.

Cook approx 5-8 minutes (pending thickness of fish) turning 1/2 way.

Once the fish is cooked, take off the pan and break it up with a fork.

INSTRUCTIONS (SALSA)

In a medium bowl, mix pineapple, red pepper, jalapeños, and onion.

Add cilantro, salt & fresh lime juice.

Mix well.

INSTRUCTIONS (AVOCADO SAUCE)

Add cilantro, avocado, yogurt, garlic, jalapeno, lime juice & salt to the food processor.

Blend until smooth.

TORTILLAS

You can just warm your tortillas in the microwave; however, we suggest that you cook them directly over medium flame until it gets a few charred marks, in a skillet, oven, or even an airfryer if you have one - until slightly crispy.

Now you are ready to assemble! Place a serving of fish in the center of each tortilla.

Top with pineapple salsa and cilantro avocado sauce.

Serve immediately.



392

CALORIES

10

FAT

42

CARBS

30

PROTEIN

SNACK

CHOCOLATE PEPPERMINT SMOOTHIE



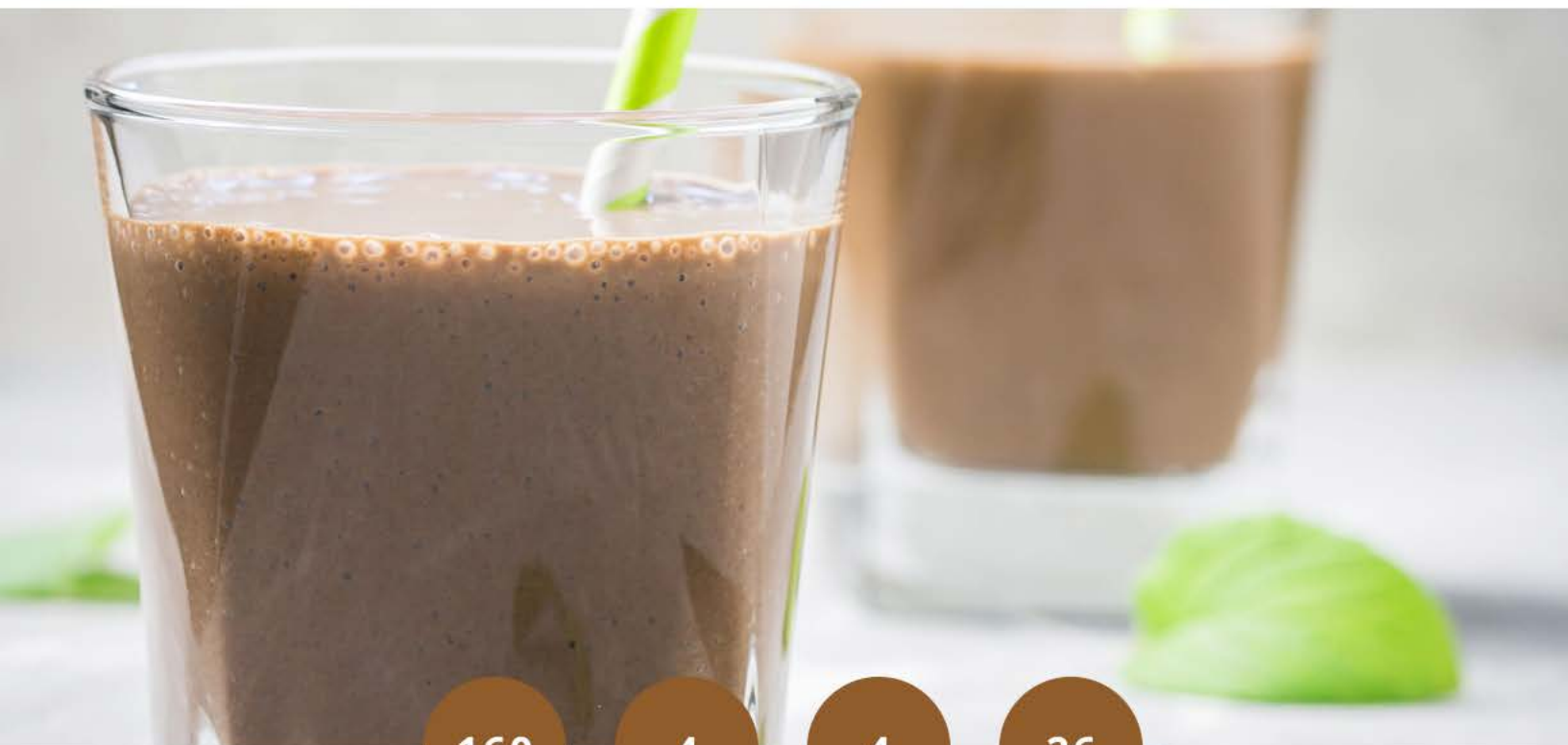
DAY 5: Medium Carb Day



RECIPE MAKES: 1 Servings



SERVING SIZE: 1 Smoothie



160

CALORIES

4

FAT

4

CARBS

26

PROTEIN

INGREDIENTS

8 oz unsweetened vanilla almond milk
1 scoop Chocolate SculptNation Protein Powder
1-2 drops peppermint extract
Ice

We recommend pairing this smoothie with 1 oz almonds or nut of your choice on the side

INSTRUCTIONS

Add all ingredients into a blender and blend until smooth.

Serve with whipped cream on top if desired!

DINNER

LETTUCE WRAPPED TURKEY BURGERS

W/ GARLIC CAULIFLOWER MASHED POTATOES



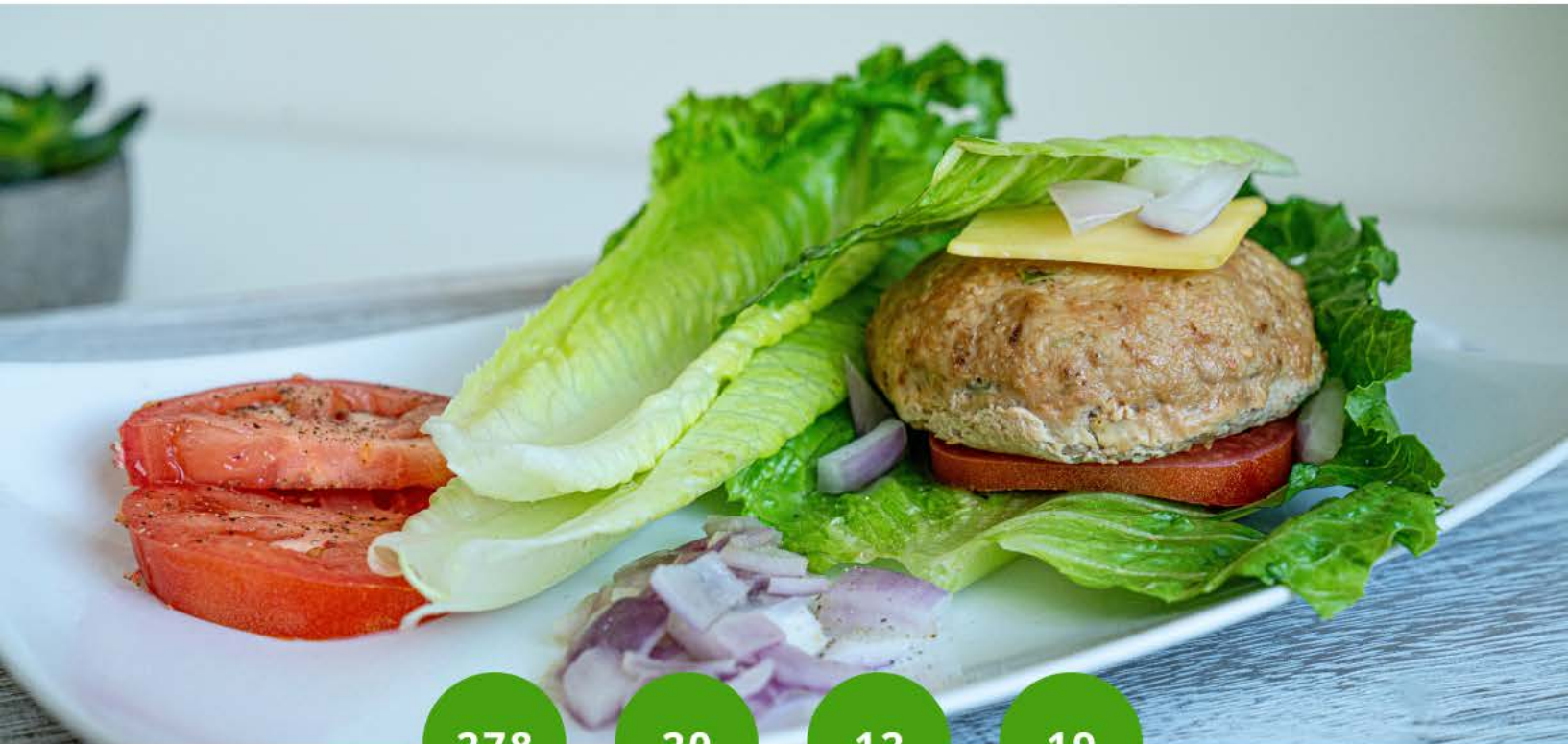
DAY 5: Medium Carb Day



RECIPE MAKES: 4 Servings



SERVING SIZE: 1 Burger + 1/4 Mashed Potatoes



278

CALORIES

20

FAT

12

CARBS

19

PROTEIN

INGREDIENTS (TURKEY BURGERS)

½ cup onion
1 clove garlic
½ cup fresh cilantro leaves
12 oz ground turkey, 85% lean 15% fat (measured raw)
8 outer leaves green leaf lettuce

INGREDIENTS (CAULIFLOWER)

1 medium head cauliflower
5 cloves garlic
2 tbsp ghee, clarified butter
¼ tsp ground nutmeg
Dash of black pepper

INSTRUCTIONS (TURKEY BURGERS)

Heat the grill, or turn the broiler on low.

Mince onions, garlic, and cilantro and combine with ground turkey. Mix well. Divide the turkey mixture into 4 patties.

Grill or broil until cooked through and juices run clear.

Add salt and pepper to taste, and wrap each patty in two lettuce leaves. Serve alongside the vegetables of your choice!

INSTRUCTIONS (CAULIFLOWER)

Start by filling a large (6-quart) pot with an inch or two of water. Put the pot on a burner set on high, dump in a steamer insert, and put on the lid.

While the water heats up, wash and trim a large head of cauliflower & cut up the florets and stem.

Slice & peel 5 cloves of garlic.

Once the water is boiling, throw in the stems, half of the florets, and all of the garlic. Salt everything.

Then, toss in the rest of the cauliflower, replace the lid, and steam everything until soft (about 10 min).

Once the florets are done, dump everything into a colander and let it drain.

Transfer everything into a food processor and add some freshly cracked black pepper, ground nutmeg, and the ghee.

Final step: Process everything until smooth & enjoy!



278

CALORIES

20

FAT

7125

CARBS

19

PROTEIN

HEARTY BREAKFAST EGG SANDWICH



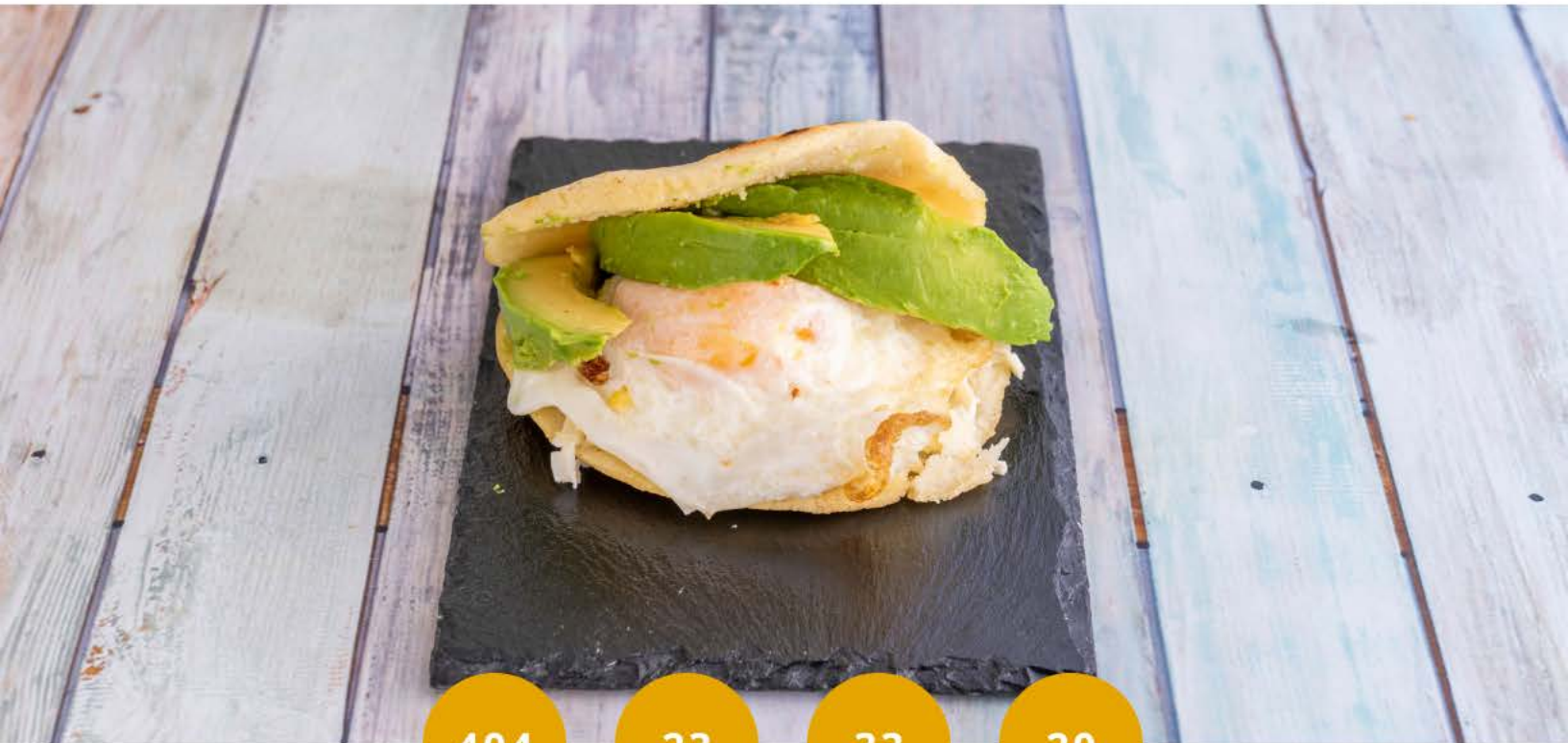
DAY 6: High Carb Day



RECIPE MAKES: 1 Servings



SERVING SIZE: 1 Sandwich



404

CALORIES

23

FAT

33

CARBS

20

PROTEIN

INGREDIENTS

- 1 large egg
- 1 whole wheat english muffin
- ¼ avocado
- 1 slice of cheddar cheese
- 2 thin slices of tomatoes

INSTRUCTIONS

Scramble egg in a small skillet coated with cooking spray. Toast english muffin.

Mash avocado onto the toasted muffin.

To assemble, place the cooked egg on the english muffin. Top with cheese and tomato slices and cover with the other half of the english muffin.

COOL GREENS SMOOTHIE



DAY 6: High Carb Day



RECIPE MAKES: 1 Servings



SERVING SIZE: 1 Smoothie



312

CALORIES

12

FAT

19

CARBS

29

PROTEIN

INGREDIENTS

1 scoop vanilla protein powder (*try SculptNation vanilla!*)
1/4 avocado
1 tbsp flax seed
Juice from one lemon
1 cup spinach
1 small cucumber
1/4 cup coconut water
2 cups unsweetened almond milk
Optional: 1 scoop unflavored SculptNation Greens

INSTRUCTIONS

Place all ingredients in a blender and blend until smooth.

QUICK & EASY TUNA SALAD



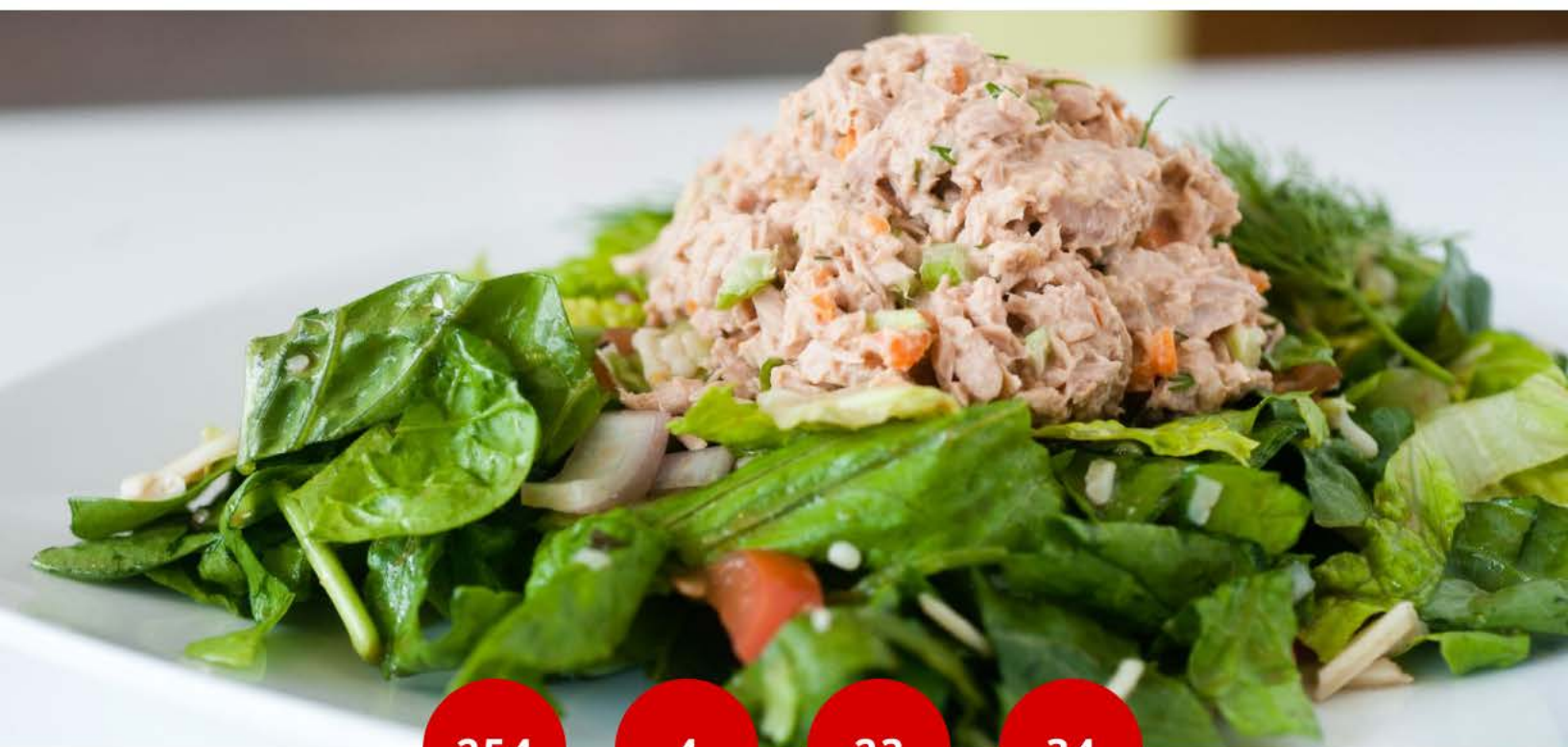
DAY 6: High Carb Day



RECIPE MAKES: 1 Servings



SERVING SIZE: Full salad



254

CALORIES

4

FAT

23

CARBS

34

PROTEIN

INGREDIENTS

6 oz. canned albacore tuna
1/3 cup diced green onion
1 celery stalk, chopped
2 tbsp pickle relish
3 tbsp Greek yogurt
2 tsp Dijon mustard
1/2 tsp chili flakes
Juice from half a lemon
Sea salt & pepper to taste
Cilantro, garnish

INSTRUCTIONS

Drain excess water from canned tuna.

Combine all of the ingredients in a bowl and mash and mix with a fork.

Season to taste with sea salt & pepper.

Enjoy it on top of a salad or in a wrap.

PEANUT BUTTER ENERGY BITES

**DAY 6:** High Carb Day**RECIPE MAKES:** 12 Servings**SERVING SIZE:** 1 "Bite" Ball**185**

CALORIES

12

FAT

18

CARBS

6

PROTEIN

INGREDIENTS

2 tbsp honey
2/3 cup peanut butter, unsalted
1 cup raw oats
1/2 cup dark chocolate chips
1/2 cup ground flax seeds
1 scoop sculpt nation

INSTRUCTIONS

Combine all ingredients into a large bowl and blend with a spoon until thick and well-mixed.

Roll into golf-ball-sized balls and place them on a plate or in a storage container. Store in the fridge or freezer.

PERSONAL FLATBREAD PIZZA

☀️ **DAY 6:** High Carb Day



RECIPE MAKES: 2 Servings



SERVING SIZE: 1 Pizza



361

CALORIES

18

FAT

31

CARBS

31

PROTEIN

INGREDIENTS

2 multigrain flatbreads (100 calories each)
1 cup shredded mozzarella cheese
30 slices turkey pepperoni
1 cup pizza sauce
100 gm chopped green bell peppers
3 tbsp chopped onion
½ cup chopped mushrooms

INSTRUCTIONS

Preheat oven to 350 degrees F. Add pizza sauce and toppings to the pizza.

Bake in the oven until the cheese is melted and the edges are crisp about 8-10 minutes.

BREAKFAST

BREAKFAST EGG MUFFINS



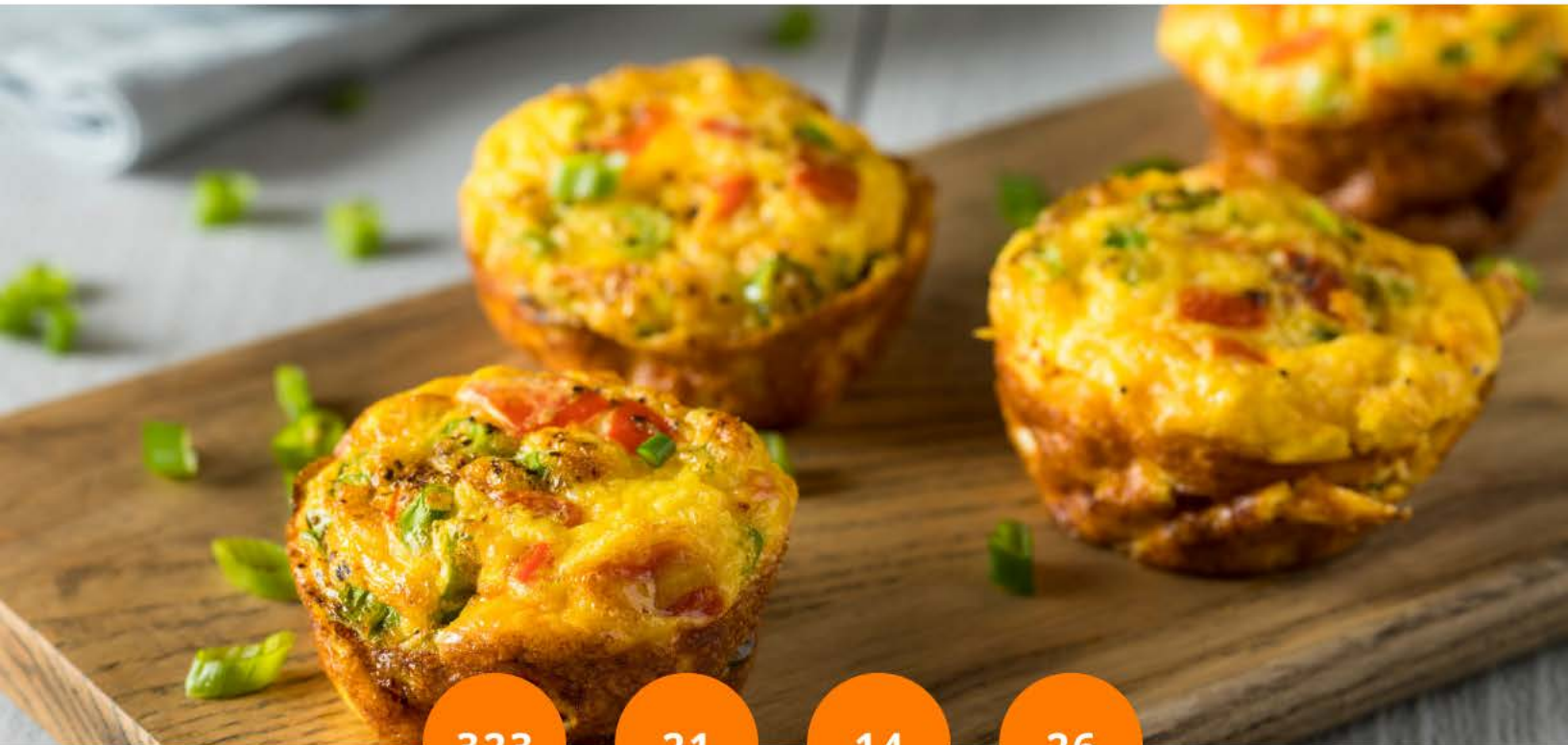
DAY 7: Low Carb Day



RECIPE MAKES: 3 Servings



SERVING SIZE: 3 Muffins



323

CALORIES

21

FAT

14

CARBS

26

PROTEIN

INGREDIENTS

1 tbsp olive oil
1 medium onion
1 large green pepper
1 large red pepper
12 eggs
¼ tsp salt
½ tsp black pepper

INSTRUCTIONS

Preheat oven to 350 F (175 c).

Sauté onions in olive oil over medium-high heat for 2-3 minutes. Add peppers and continue cooking for another 2-3 minutes.

While peppers are cooking, whisk eggs in a large bowl.

Once peppers/onions are cooked, remove from heat and let cool for a few minutes. Dump in the egg mixture and stir well, sprinkling in the salt and pepper.

Coat a large muffin pan with olive oil spray or coconut oil. Using a 1/4 cup (60mL) measuring cup, fill each muffin cup.

Cook in the oven for 10-15 minutes. Remove once the tops get high, fluffy, and golden brown. Pop them out with a butter knife or thin spatula.



323

CALORIES

21

FAT

14

CARBS

26

PROTEIN

SNACK

FLOURLESS PEANUT BUTTER COOKIE



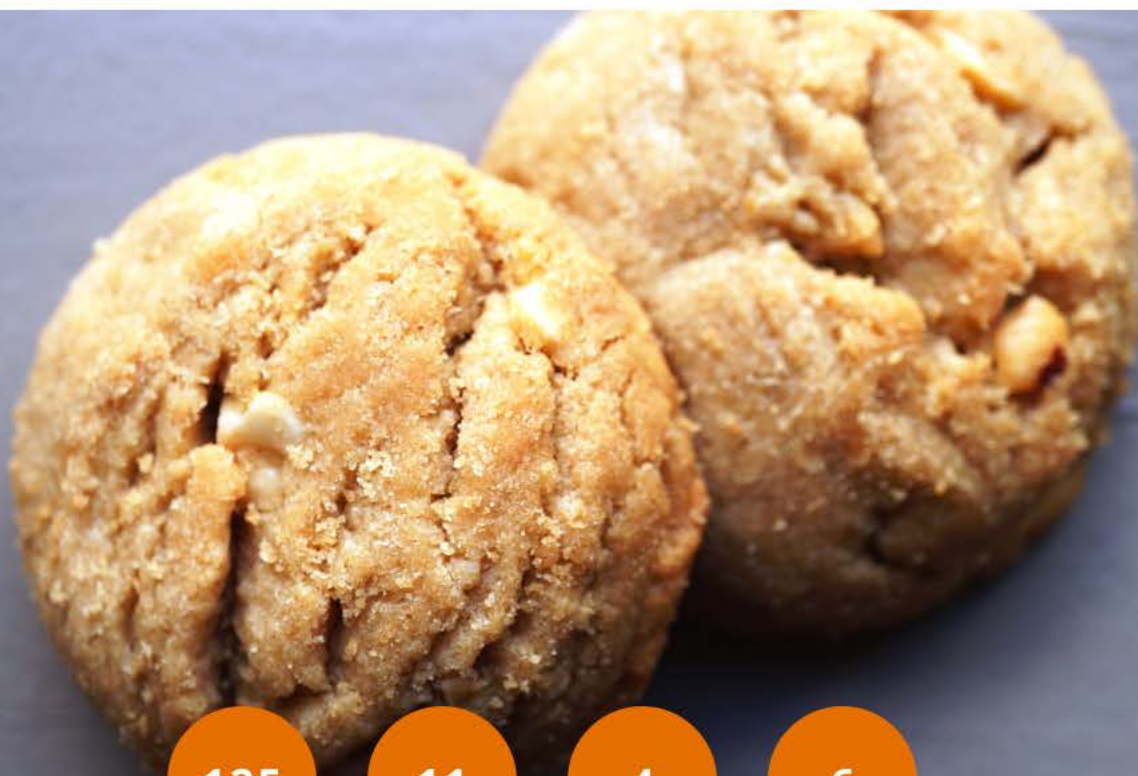
DAY 7: Low Carb Day



RECIPE MAKES: 12 Servings



SERVING SIZE: 1 Cookie



125

CALORIES

11

FAT

4

CARBS

6

PROTEIN

INGREDIENTS

1 egg
1 cup peanut butter
1/2 tsp baking soda
1/2 tsp pure vanilla extract

INSTRUCTIONS

Preheat oven to 350F (180°C) and line a cookie tray with baking paper. Set aside.

Add all of the ingredients for the peanut butter cookies into a mixing bowl and mix until a smooth dough forms.

Measure out 2 tbsp. of the dough and roll it between your palms to make round balls and place them on your cookie tray.

Continue until all the dough has been used. Use a fork to press the cookies down and bake for 12 - 15 minutes depending on your oven.

Once they have cooked, remove them from the oven and allow them to cool for 25 minutes on the cookie tray. Don't touch them yet! Once they have cooled on the cookie tray, transfer the peanut butter cookies to a cooling rack and allow them to cool for a further 15 minutes.



125

CALORIES

11

FAT

4

CARBS

6

PROTEIN

BUFFALO CHICKEN LETTUCE WRAPS



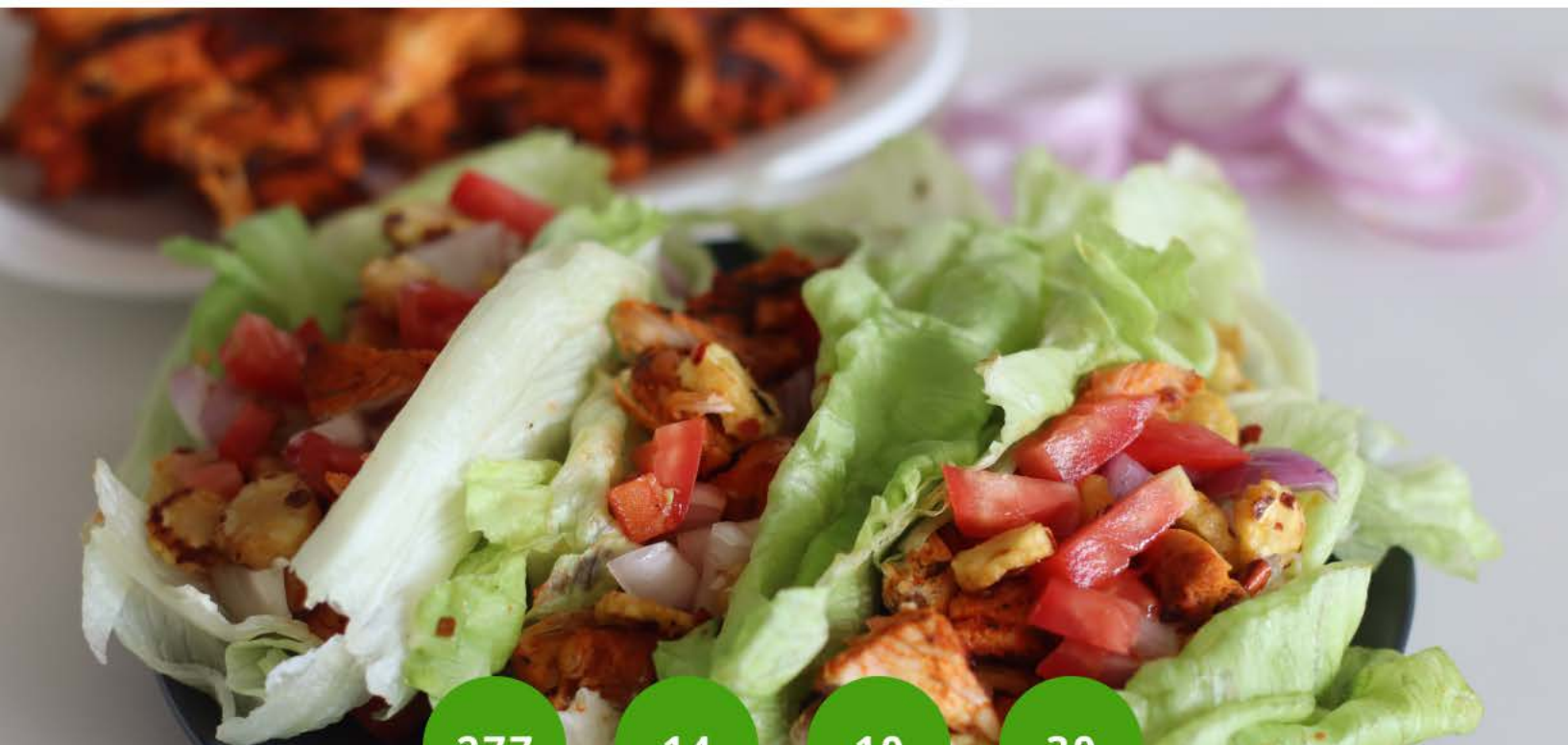
DAY 7: Low Carb Day



RECIPE MAKES: 4 Servings



SERVING SIZE: 1/4 Total Chicken



277

CALORIES

14

FAT

10

CARBS

30

PROTEIN

INGREDIENTS

2 tbsp unsalted butter
1/3 cup Frank's red hot wings sauce
1 tbsp honey
4 large lettuce leaves
2 large celery stalks
2 tbsp blue cheese crumbles
4 tbsp ranch yogurt dressing
4 tsp chives
16 oz boneless skinless chicken breast

INSTRUCTIONS

Preheat the oven to 350 F. Bake chicken at 350 F for 20 minutes until cooked through.

In a large skillet over medium-high heat, melt the butter. Add the hot sauce and honey and stir to combine.

When chicken is cooked, shred or cut into chunks, whatever your preference is.

Add the chicken and cook stirring occasionally until warmed throughout and coated in sauce, about 2 minutes. Season with salt and pepper.

Arrange the lettuce on a serving platter. Spoon the chicken mixture into the lettuce leaves and top with the celery and blue cheese.

Drizzle the lettuce cups with the ranch dressing.

Garnish with chives and serve.



277

CALORIES

14

FAT

10

CARBS

30

PROTEIN

HOMEMADE NO-BAKE PROTEIN BARS

☀️ **DAY 7:** Low Carb Day



RECIPE MAKES: 10 Bars



SERVING SIZE: 1 Bar



248

CALORIES

10

FAT

14

CARBS

23

PROTEIN

INGREDIENTS

8 scoops whey protein powder
1 cup quick oats
½ cup peanut butter
½ cup dry cocoa powder, unsweetened
3 tbsp honey
½ cup vanilla almond milk, unsweetened

INSTRUCTIONS

Mix oatmeal, protein, cocoa, peanut butter, milk, and honey in a bowl until well-mixed and smooth.

Form mixture into 10 bars.

Store in the fridge or freezer.

D I N N E R

ZUCCHINI NOODLE SHRIMP SCAMPI



DAY 7: Low Carb Day



RECIPE MAKES: 2 Servings



SERVING SIZE: 1/2 Total



426

CALORIES

28

FAT

9

CARBS

33

PROTEIN

INGREDIENTS

2 medium zucchini/summer squash
2 tbsp olive oil
1 garlic clove
1 tsp crushed red pepper flakes
16 oz shrimp
1 tbsp white wine
1 tbsp lemon juice
2 tbsp unsalted butter
2 tsp parsley

INSTRUCTIONS

Cut zucchini into noodles, using a mandolin or a spiralizer. Set aside.

Place a large sauté pan over medium heat. Add the olive oil and heat.

Mince garlic and add to hot oil, along with crushed red pepper flakes, stirring constantly.

Add the shrimp to the pan, stirring as needed, until they are cooked through.

Use a slotted spoon to remove the shrimp from the pan. Set aside.

Leave the remaining liquid in the pan. Increase heat to medium-high. Add in white wine, lemon juice, and butter.

Cook until the sauce has reduced and thickened slightly. Add the zucchini noodles and cook for 2 minutes, or until tender.

Toss in prepared shrimp and garnish with minced fresh parsley.



426

CALORIES

28

FAT

9

CARBS

33

PROTEIN



"DONE FOR YOU" MEAL PLANNING THE EASY WAY!

Want to save time and have carb cycling completely figured out FOR you? THOUSANDS of our customers have made the choice to work one on one with our trainers so they can SAVE time and energy to get a CUSTOM meal plan and workout plan created JUST FOR THEM.

When you sign up to work with our team, your trainer will take ALL the guesswork out of your meal plan. That means THEY'LL be the ones doing all the work! They'll tell you....

- **Exactly how many carbs, protein, and fats you should be eating each day**
- **Your overall daily calorie goal**
- **Which meals fit into your low, moderate, and high carb days**
- **And make adjustments to your plan as requested, AND as needed!**

That way.. all you have to do is focus on following your plan, and celebrating your progress along the way.

Our coaching spots fill up FAST, and we only open a few spots each month for this special 1:1 program. Ready to have your custom plan created just for you?

Learn more here! >> <https://go.vshred.team/vs-quiz-htc-direct>

