

CARB CYCLING GUIDE

STEP 1: UNDERSTAND CARB CYCLING

What is Carb Cycling?

Carb cycling is a technique where you vary your carbohydrate intake on different days to break through diet or fitness plateaus. It helps change your body's expectations and can enhance fat burning and improve insulin sensitivity.

STEP 2: DETERMINE IF YOU ARE READY

When to Start?

If you're comfortable with counting macros. Start Simple: If not, begin with calorie counting and transition to carb cycling when you're ready.

STEP 3: LEARN ABOUT MACROS

What are macros?

- Protein: 1g = 4 calories
- Carbs: 1g = 4 calories
- Fat: 1g = 9 calories

Macros are essential nutrients in grams that provide energy (calories) your body needs.

STEP 4: CALCULATE YOUR MACROS

Using the V Shred App:

1. Download the V Shred app:
 - Google Play
 - Apple Store
2. Open the app, click "macros" at the bottom beside your account.
3. Toggle off the balanced diet option if you are carb cycling.



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STEP 5: IMPLEMENT CARB CYCLING

Recommended Pattern:

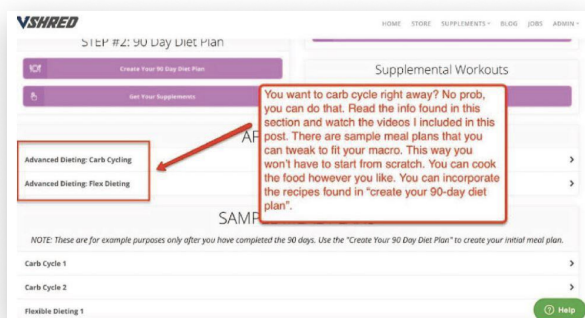
- Day 1: Low carb
- Day 2: Moderate carb
- Day 3: High carb
- Day 4: Low carb
- Day 5: Low carb
- Day 6: Moderate carb
- Day 7: High carb

Adjust the pattern to fit your schedule. Ensure you have three low-carb days, two high carb days, and two moderate-carb days each week. Avoid more than three consecutive low-carb days.

STEP 6: PLAN YOUR MEALS

Finding Foods:

1. Open your 90-day program and go to “After 90 days” > “Advanced Carb Cycling” for detailed info.
 - Use the screenshot below to assist

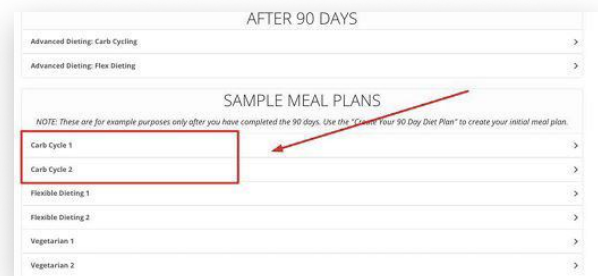


2. Visit step 2 of your 90-day meal plan to choose foods and recipes fitting your macro goals.

3. Use food tracking apps like MyFitnessPal or FatSecret to track your macros and calories.

Sample Meal Plan:

Check the sample meal plan provided in step 2 of your program. Adjust the portions and food choices to meet your specific macro goals.



STEP 7. FOLLOW & ADJUST

Duration:

- You can carb cycle for 90 days or as long as needed.
- Recalculate your calorie/macro goals every 4-6 weeks or after losing 10 lbs.
- After reaching your goal, switch to a balanced or flexible diet for maintenance.

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STEP 8: LOW CARB DAYS

Low-Carb Day Guidelines:

- Aim for 0-50g of carbs.
- Focus on high-protein and high-fat foods like meat, green veggies, and nuts.

STEP 9: STAY CONSISTENT

Staying On Track:

- Try to stay within 10-15 grams of your macro goals.
- If you're slightly under, it's okay, but avoid consistently going over.

Counting Net Carbs:

Calculate net carbs by subtracting fiber content from total carbs on food labels.

STEP 10: MAINTENANCE

Transition to Maintenance:

- Once your goal is achieved, switch to a balanced or flexible diet (IIFYM), where macro goals stay consistent throughout the week.

By following these steps, you can effectively incorporate carb cycling into your fitness journey with V Shred, optimizing your results and maintaining your progress.

LEARN MORE IN A MASTERCLASS

Still have questions?

[Click here to learn more about our Masterclasses](#)

