



Carb Cycling Cheat Sheet

Sample Schedule*

MONDAY

Low-carb

TUESDAY

Med-carb

WEDNESDAY

High-carb

THURSDAY

Low-carb-carb

FRIDAY

Med-carb

SATURDAY

High-carb

SUNDAY

Low or High
(Depending on goals)

LOW-CARB DAY

Sample macros*

10-20% carbs

30-40% protein

40-50% fat

Prioritize

Non-starchy veggies

Protein

Fatty fish

Whole-fat dairy

Healthy fats such as avocado,
nuts & seeds

Be careful about

Fruit

Sugary sauces

Sweetened drinks

Starchy veggies

Easy low-carb meals & snacks

Eggs

Nuts & Nut butters

Cheese

Canned fish

Cottage cheese

Greek yogurt

Protein powder

Salads with lean protein

Instead of grains, eat...

Zoodles

Riced cauliflower

Spaghetti squash

Lettuce wraps

Low-Carb Spices & Sauces

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Salt & pepper

Lemon & lime

Cumin, thyme, oregano

Garlic or garlic powder

Onion or onion powder

Basil, Mint, Parsley, Rosemary

Chili powder

Hot sauces!

Sesame oil

MEDIUM-CARB DAY

Sample macros*

20-35% carbs

30-40% protein

30-40% fat

Prioritize

Balanced meals

Lean protein

Be careful about

Going overboard with
fats OR carbs

Easy "balanced" meals

One-pot meals

(Sausage, pasta & veggies)

Taco salad with rice

Wraps

Sandwiches

Soups

smoothies

HIGH-CARB DAY

Sample macros*

35-45% carbs

20-30% protein

20-30% fat

Prioritize

Fruits

Grains

Lean protein

Be careful about

Fatty proteins

Whole-fat dairy

Large servings of nuts

Nut butters

Easy high-carb meals & snacks

Pasta

Lean protein with rice

Lean protein with sweet
or regular potato

Pizza

Cereal with milk

Oatmeal

Sandwiches and wraps

Fruit

Rice cakes

Popcorn

Make Sunday a**High-Carb Day IF*:**

You're trying to add muscle

You've reached your goal weight and
are "maintaining"