

# CARB CYCLING CHEAT SHEET

## SAMPLE SCHEDULE\*

**MONDAY**

Low-carb

**TUESDAY**

Med-carb

**WEDNESDAY**

High-carb

**THURSDAY**

Low-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

- 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"