

VSHRED

CARB CYCLING MADE EASY



WHAT IS CARB CYCLING?

Carb cycling is a nutritional strategy that involves alternating your carbohydrate intake on different days. Rather than consuming the same amount of carbs daily, you cycle through periods of higher and lower carb consumption to achieve specific fitness goals. This approach leverages the impact of carbohydrates on your body's energy levels and metabolism to optimize performance, fat loss, and muscle preservation.

UNDERSTANDING THE BASICS:

At its core, carb cycling is rooted in adjusting your carbohydrate intake to match your body's varying energy demands. By aligning your carb consumption with your activity level, you can maximize your body's efficiency in using carbohydrates as fuel. This strategy taps into the concept that not all days require the same amount of energy, and tailoring your carb intake accordingly can lead to better outcomes.

HOW CARB CYCLING WORKS:

Carb cycling typically involves alternating between three types of days: high-carb, low-carb, and moderate-carb days. High-carb days provide an influx of carbohydrates to refuel glycogen stores and support intense workouts. Low-carb days promote fat utilization as the primary energy source, which can aid in fat loss. Moderate carb days strike a balance between energy and fat utilization, creating a sustainable approach for overall wellness.

By understanding the principles of carb cycling, you can harness its potential to optimize your nutrition and achieve your fitness objectives.



THE BENEFITS OF CARB CYCLING

Carb cycling offers a range of advantages that cater to various fitness goals and overall well-being. By strategically adjusting your carbohydrate intake, you can experience the following benefits:

FAT LOSS AND MUSCLE PRESERVATION:

Carb cycling can be a potent tool for those seeking to shed excess body fat while preserving lean muscle mass. On low-carb days, your body taps into stored fat for energy, promoting fat loss. Meanwhile, on high-carb days, you provide the energy necessary for effective workouts that aid in muscle retention.

IMPROVED ENERGY AND PERFORMANCE:

Carbohydrates are the body's primary source of energy, especially during high-intensity activities. With carb cycling, you ensure your body has ample glycogen stores on high-carb days, boosting your energy levels for intense workouts and optimal performance.

ENHANCED METABOLIC FLEXIBILITY:

Carb cycling encourages your body to switch between utilizing carbohydrates and fats for energy, enhancing its metabolic flexibility. This adaptability not only supports fat loss but also contributes to overall metabolic efficiency.

By embracing carb cycling, you unlock these benefits that can make a substantial difference in your fitness journey. Whether you're aiming for fat loss, improved performance, or metabolic flexibility, carb cycling offers a versatile approach to achieving your goals.

GETTING STARTED WITH CARB CYCLING

How To Calculate Your Ideal Macronutrient Ratio:

FOR WOMEN:

STEP ONE: YOUR BMR

Calculate your numbers:

IMPERIAL

BMR: $655 + (4.35 \times \text{WEIGHT IN POUNDS}) + (4.7 \times \text{HEIGHT IN INCHES}) - (4.7 \times \text{AGE IN YEARS})$

METRIC

BMR: $655 + (9.563 \times \text{WEIGHT IN KG}) + (1.850 \times \text{HEIGHT IN CM}) - (4.676 \times \text{AGE IN YEARS})$

STEP TWO: YOUR TDEE

_____ (BMR) X 1.75 (ACTIVITY LEVEL) YOUR TDEE = _____ CALORIES

STEP THREE: YOUR NO CARB DAY MACROS

0 GRAMS CARBS

_____ (CALORIC GOAL) X 0.4 ÷ 4 = _____ GRAMS PROTEIN

_____ (CALORIC GOAL) X 0.45 ÷ 9 = _____ GRAMS FAT

STEP FOUR: YOUR MODERATE CARB DAY MACROS

.625 GRAMS PER POUND OF BODYWEIGHT

_____ (CALORIC GOAL) X 0.35 ÷ 4 = _____ GRAMS PROTEIN

_____ (CALORIC GOAL) X 0.35 ÷ 9 = _____ GRAMS FAT

STEP FIVE: YOUR HIGH CARB DAY MACROS

1.25 GRAMS PER POUND OF BODYWEIGHT

_____ (CALORIC GOAL) X 0.35 ÷ 4 = _____ GRAMS PROTEIN

_____ (CALORIC GOAL) X 0.25 ÷ 9 = _____ GRAMS FAT

GETTING STARTED WITH CARB CYCLING

How To Calculate Your Ideal Macronutrient Ratio:

FOR MEN:

STEP ONE: YOUR BMR

Calculate your numbers:

IMPERIAL

BMR: $66 + (6.23 \times \text{WEIGHT IN POUNDS}) + (12.7 \times \text{HEIGHT IN INCHES}) - (6.8 \times \text{AGE IN YEARS})$

METRIC

BMR: $88.362 + (13.397 \times \text{WEIGHT IN KG}) + (4.799 \times \text{HEIGHT IN CM}) - (5.677 \times \text{AGE IN YEARS})$

STEP TWO: YOUR TDEE

_____ (BMR) X 1.75 (ACTIVITY LEVEL) YOUR TDEE = _____ CALORIES

STEP THREE: YOUR NO CARB DAY MACROS

0 GRAMS CARBS

_____ (CALORIC GOAL) X 0.4 ÷ 4 = _____ GRAMS PROTEIN

_____ (CALORIC GOAL) X 0.45 ÷ 9 = _____ GRAMS FAT

STEP FOUR: YOUR MODERATE CARB DAY MACROS

.625 GRAMS PER POUND OF BODYWEIGHT

_____ (CALORIC GOAL) X 0.35 ÷ 4 = _____ GRAMS PROTEIN

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STEP FIVE: YOUR HIGH CARB DAY MACROS

1.25 GRAMS PER POUND OF BODYWEIGHT

_____ (CALORIC GOAL) X 0.35 ÷ 4 = _____ GRAMS PROTEIN

_____ (CALORIC GOAL) X 0.25 ÷ 9 = _____ GRAMS FAT

CARB CYCLING SAMPLE SCHEDULE & PERCENTAGES

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 = 10 - 20% Carb

Med Carb Day = 20 - 35% Carb

High Carb Day = 35 - 50% Carb

CARB CYCLING SAMPLE MEAL PLAN**Day 1: Low Carb Day**

Breakfast: Scrambled eggs with spinach and avocado

Snack: Cottage cheese with sliced cucumbers

Lunch: Tuna salad with mixed greens, olive oil, and lemon

Snack: Celery sticks with hummus

Dinner: Baked salmon, roasted asparagus, and a side salad

Day 2: Moderate Carb Day

Breakfast: Whole grain toast with scrambled eggs and tomato slices

Snack: Apple slices with almond butter

Lunch: Quinoa bowl with black beans, grilled veggies, and salsa

Snack: Carrot sticks with guacamole

Dinner: Stir-fried tofu, broccoli, and bell peppers with brown rice

Day 3: High Carb Day

Breakfast: Oatmeal with berries and a scoop of protein powder

Snack: Greek yogurt with honey and almonds

Lunch: Grilled chicken salad with quinoa, mixed vegetables, and vinaigrette

Snack: Rice cakes with peanut butter

Dinner: Brown rice, lean steak, and steamed broccoli

Remember that this is just a sample schedule and should be adjusted to fit your preferences, dietary needs, and activity levels.

CARB CYCLING AND EXERCISE

Pairing carb cycling with strategic exercise planning can amplify your results and overall fitness performance. Here's how to synchronize your workouts with your carb intake:

ALIGNING WORKOUTS WITH CARB INTAKE:

Coordinate your workout intensity with your carb cycling phases. On high-carb days, when your glycogen stores are replenished, engage in demanding workouts that require ample energy. These can include strength training sessions, HIIT workouts, or endurance activities. On low-carb days, opt for less intense exercises like yoga, walking, or light cardio.

FUELING PERFORMANCE AND RECOVERY:

Carbohydrates are a primary energy source for your muscles during workouts. On high-carb days, ensure you consume a sufficient amount of complex carbohydrates before your workout to enhance performance. After your workout, replenish glycogen stores with a post-workout meal that includes carbs and protein, aiding in recovery and muscle repair.

Remember that every individual's body responds differently to carb cycling and exercise. Listen to your body, monitor your energy levels, and make adjustments as needed to optimize your workouts and recovery within the context of your carb cycling plan.

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!