

CARB CYCLE

MON	Tues	WED	THUR	FRI	SAT	SUN
Low	Low	Low	High	low	low	high
1800cal	1800cal	1800cal	3000cal	1800cal	1800cal	3000cal

CALORIES - 1937

PRO-185G CARB-117G FAT-81G

Low carb

	1scoop Whey	
MEAL 1	200ml Non fat Milk	Pro-30g Carb-10g Fat-15g
	25g Walnuts	
	½ cup Plain Curd	
	1scoop Whey	
	½ Apple	
MEAL2	1sp Flaxseed	Pro-30g Carb-15g Fat-15g
	1sp Raisins	
	5 Crushed Almonds	
	2g Cinnamon	
	40g Soy	
MEAL3	½ sp Coconut Oil	Pro-20g Carb-30g Fat-10g
	½ cup Non fat yogurt	
	1cup Veggies	
	100g Low Fat Paneer	
	OR	
MEAL4	5egg whites	Pro-22g Carb-10g Fat-15g
	32g. Kidney Beans	
	2sp Onion & Tomato 1sp Ketchup	
MEAL5	1cup Black or Yellow Lentil 2/3sp Coconut Oil 4oz (120g) Sweet Potato 2oz (50g) Broccoli	Pro-18g Carb-45g Fat-13g
	240ml water	
MEAL 6	1sp Casein Protein	Pro-30g Carb-7g Fat-13g
	20g Almonds	

High Carb