**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

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

High Carb

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