

We will be a pretty simple carb cycling program where we alternate the carb and fat consumed. Your protein intake will remain the same each day. In general, each week will look like this. So, two days a week, we will have protein and high carb, and on four days, we will have protein and high fat. The calories consumed each day are about the same. Your free day, is going to be a mix. Have a free meal of your choice with dessert or wine. Do not over eat or stuff yourself. If you are not hungry, or fill up quickly, just eat part of a meal.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Free Day	Protein, Fat	Protein, Fat	Protein, Carb	Protein, Fat	Protein, Fat	Protein, Carb
No Workout	Cardio 30-40 min	Workout	Workout	Cardio 30-40 min	Workout	Cardio 30-40 min

	Protein and Carb		Protein and fat
M1	2 eggs 1 cup of steel cut oats 1 cup stonyfield vanilla yogurt OR 1 cup of fruit coffee w 3tbs creamer (3 interna. Delight packets)	M1	2 eggs 1 cup tomato, bell pepper, onion, cilantro 1/4 cup of cheddar cheese 1 tbsp olive oil (cooking) coffee w 3tbs creamer (3 interna. Delight packets)
M2	4 oz chicken breast 1 cup Sautéed bellpeppers, onions, tomato 1 cup of rice OR 2 tortillas protein drink	M2	https://cafedelites.com/grilled-chilli-lime-chicken-fajita-salad/ 4 oz chicken Thigh 3 cups mixed greens, 1 cup bell pepper, onions, tomato, ½ avocado dressing: 1tbsp olive oil, lime juice and spices 1 tbs sour cream protein drink
M3	4 oz of fish 1 medium sweet potato 1 -2 cup of broccoli (green vegetable)**	M3	4oz of fish 1-2 cups of brussel sprouts (green vegetable) ** and 1tbs butter

**Have as much of these vegetables when you feel hungry or in place of other vegetables: artichokes, asparagus, green beans, bean sprouts, beets, broccoli, brussels sprouts, cabbage, cauliflower, celery, cucumber, eggplant, green onions, greens (variety), leeks, lettuce, mushrooms, okra, onions, peppers (all varieties), sauerkraut, spinach, peas, squash, swiss chard, tomatoes (all varieties), turnips, and zucchini.

Chicken breast, fish and some cuts of beef are really lean meats, so you will have these on your lowfat, high carb and protein days. Chicken thighs and other cuts of beef are fattier, so you will eat those on your high fat, low carb and protein days. If you prefer you the leaner cuts of meat, we can add fat in the form of oils, nut butters, and fatty vegetables like avocado. Have 1 gallon of water each day, this will help with digestion and hydration. Meal 2 was inspired by the fajita salad linked above. Use the recipe for the marinade for both your chicken breast and chicken thighs. I keep this marinade in my fridge and use it as a dressing for my salads; its so delicious! To make a creamier dressing, I just add sour cream. You can add this on the P and F day or keep the sour cream separate. All of these meals are designed to be filling but not heavy on calories, sweets, and processed foods. Your eggs can be scrambled and mixed with veggies, or you can boil them. Its your preference. Flavor your food with seasonings, not with sauces!