

## Sample Weekly Carb Cycling Meal Plan

	MON	TUE	WED	THU	FRI	SAT	SUN
B'FAST	<i>Start the day with a low-carb protein shake or eggs (don't add starches like toast, cereal etc) OR skip breakfast altogether (just be sure to consume your daily calories in your remaining meals).</i>						
LUNCH	Burrito with lots of meat and veggies	Salad with lots of meat and veggies	Sandwich with lots of meat and veggies	Salad with lots of meat and veggies	Burrito with lots of meat and veggies	Salad with lots of meat and veggies	Salad with lots of meat and veggies
DINNER	Fish cakes with jasmine rice and veggies	Shrimp salad with veggies	Grilled chicken with quinoa and veggies	Steak with veggies	Baked salmon with sweet potato and veggies	Shrimp salad with veggies	Steak with veggies
SNACKS	Bananas, baby carrots or oatmeal	A couple of handfuls of mixed nuts	Bananas, baby carrots or oatmeal	A couple of handfuls of mixed nuts	Bananas, baby carrots or oatmeal	A couple of handfuls of mixed nuts	A couple of handfuls of mixed nuts

**Pro Tip:** Notice how both the high-carb days and low-carb days are very similar (plenty of protein, veggies, and fat) with just one simple adjustment: wherever there was a starchy carbohydrate (grains or fruit), we simply added in vegetables instead to make it into a low-carb day.