



*The Beginners Guide
Carb Cycling For Fat Loss
Vol 1.0*

Jacob Hoyle
Certified Personal Trainer
Sports Nutritionist

First and foremost THANK YOU for purchasing the Beginners Guide : Carb Cycling For Fat Loss vol: 1.0

What you will learn with this blueprint:

- 1- How Carb Cycling can maximize fat loss
- 2- Specific methodology to implement carb cycling into your daily regiment
- 3- You will see an approved foods list
- 4- Supplementation suggestions
- 5- Example of A Carb Cycle layout and the portion control method to use with the approved foods list.

Lets begin by discussing what carb cycling IS and what it IS NOT . First, Carb Cycling *is A FAT LOSS & WEIGHT LOSS nutrition strategy*. Notice I didn't sat DIET, the word diet has way too many negative connotations and I personally believe that there is A specific psychology to be had when we begin any type of nutritional regiment. Most DIETS are unrealistic, restrictive, and ultimately lead to non-compliance. I say this from personal experience. As A physique athlete I was extremely burnt out on the restrictive diets that I had to follow to achieve the type of body I wanted, and though aesthetically pleasing to everyone around me I looked great, but the truth was I felt horrible! I had ZERO energy, I felt that I was hurting my metabolism and I was starting to experience major regressions in the gym with my strength as it seemed to be plummeting. The types of diets that I was following were not allowing me to get ALL the nutrients I needed to thrive for my health and performance. I knew that there had to be A better way to get optimal nutrition in that would allow me to maximize fat loss and stay lean and would also improve my strength and performance. I also wanted to create A plan that would allow me to have A healthier mental relationship with food and live LIFE again. I found that with Carb Cycling I can do just that, I can even factor in at least (2) treat meals A week and NOT FEEL GUILTY ABOUT IT. The best part is I have been able to help hundreds of others just like you by using this blueprint to change their relationship with food and become LEANER, STRONGGER and HAPPIER versions of themselves with their new results from Carb Cycling.

I can talk about the PROS all day about this program, but to gain your trust I also want to tell you the CONS which are minimal, HOWEVER, if you agree to buckle down, do the necessary work and put in the effort you will find that Carb Cycling may be the best thing to happen for your health and fitness goals. Here are (2) important components you are going to have to adopt for this to be successful

- 1- You MUST get comfortable with meal prepping and meal planning, the reason why this is so important has to do with nutrient timing. As you will see in the following context, Carb Cycling requires A timeline for you to consume certain nutrients on certain days and so for you to be successful in doing this it is great practice to have meals ready or at least an idea of what you will needs to line up for the days you are having heavier carbohydrates

- 2- You need to be prepared to adopt A nutritional intake that consists of 90% Whole Foods (the other 10%) will be what you can “splurge” on with your Carb Loading days (At least one of these days is when I and many of my clients have fit in “treat meals”) Again, the majority of your nutritional intake will come from the approved foods list I am listing in this blueprint.

How Carb Cycling can maximize fat loss:

“The Science” behind Carb cycling is this; By limiting your body's intake of starchy complex carbohydrates to certain days of the week you maximize your body's potential to metabolize fat! By reloading up on carbs on specific days you provide the body with the necessary glucose/ insulin and glucagon needed to help maintain muscle mass, transport proteins and amino acids to the cells of the muscles and recover from workouts efficiently. In other words, you will have Low Carb days (LC) and High Carb Days (Load) days.

Low carb days help to maximize fat loss. Loading days help to preserve your strength and muscle mass.

MON	TUES	WEDS	THURS	FRI	SAT	SUN
LC	LC	LC	CARB LOAD	LC	LC	CARB LOAD

For Carb cycling to be effective you will need to go without starchy carbohydrates for at LEAST 48 hours, In the diagram above you will see A 72-hour window, which is great, however if you are starting this plan as someone who has A heavy carb intake currently, you CAN start with at least the (48hr) window and implement carbs on every 3rd day. My suggestion is that if you are very carb sensitive OR have any type of dependency on insulin you need to 1-consult with your physician before trying carb cycling and 2- IF you have A clear bill of health but feel that you get “foggy” without carbs start with the 2-day (48hr) protocol

Goal = Follow this protocol for 8 WEEKS = 2 MONTHS! Paired with A routine exercise program, Use the accountability logs to chart your progress. Whether you are using the 48hr 2 day OR 72hr 3-day protocol for carb cycling, be sure to list each day as either LC (low carb) or LOAD meaning you did A carb-load on that day.

WEEK 1** Take A progress picture on Day 1, this is where you will begin

DAY	1	2	3	4	5	6	7
DATE							
WEIGHT							
LC/ LOAD							

WEEK 2

DAY	8	9	10	11	12	13	14
DATE							
WEIGHT							
LC/ LOAD							

WEEK 3

DAY	15	16	17	18	19	20	21
DATE							
WEIGHT							
LC/ LOAD							

WEEK 4 **HALFWAY THERE** Take A PROGRESS PIC on DAY 22

DAY	22	23	24	25	26	27	28
DATE							
WEIGHT							
LC/ LOAD							

WEEK 5

DAY	29	30	31	32	33	34	35
DATE							
WEIGHT							
LC/ LOAD							

WEEK 6

DAY	36	37	38	39	40	41	42
DATE							
WEIGHT							
LC/ LOAD							

WEEK 7

DAY	43	44	45	46	47	48	49
DATE							
WEIGHT							
LC/ LOAD							

WEEK 8 * TAKE A FINAL PROGRESS PICTURE ON DAY 56**

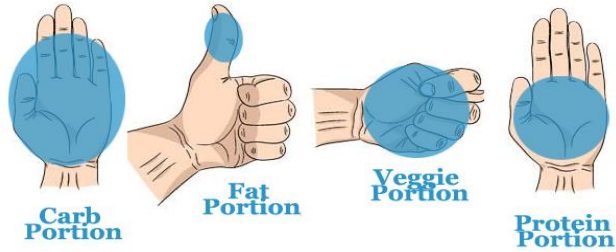
DAY	50	51	52	53	54	55	56
DATE							
WEIGHT							
LC/ LOAD							

APPROVED FOODS LIST

PROTEIN	CARBOHYDRATES	LOW GLYCEMIC CARBS	HEALTHY FATS
Poultry: Chicken Breast Turkey Breast Ground Chicken Ground Turkey Breast Canned Chicken Breast Beef: Sirloin Streak Strip Steak Fillets Lean Ground Beef (96/4 OR 97/3) Fish: Salmon Tuna (Albacore/White) StarKist Creation(pouch) Whiting Flounder Cod Shrimp Scallops Other: Eggs Egg-Whites Protein (Plan-Based powder OR Whey) Quest Bars	Complex Carbs: (First Choice on entrees) Brown Rice Oats Sweet Potatoes Ezekial Bread Whole Wheat Penne Red Potatoes Quinoa Bulgar 2nd Choice Carbs Jasmine Rice Black Beans Pinto Beans Lima-Beans FRUIT:: Apples Bananas Strawberries Bananas Tangerines Oranges	Veggies: Asparagus Artichokes Broccoli Brussel Sprouts Beets Cabbage Red Cabbage Cauliflower Riced Cauliflower Cucumber Carrots Garlic Kale Leeks Lettuce Mushrooms Peas Peppers Celery Salad Greens -Spinach -Romaine -Shredded Lettuce -Mixed Greens Zucchini Squash Yellow Squash	Nuts/Seeds Almonds Brazil Nuts Peanuts Cashews Walnuts Pistachios Pepitas Peacans Nut Butters Natural Almond Butter Natural Peanut Butter Oils: Olive Oil Avocado Oil Sesame Oil Coconut Oil MTC oil Other: Avocados GHEE (Clarified Butter)

- Reference this approved foods list when you see the layout of low carb and carb load days. You may interchange food items for items listed per macro-nutrient in this list. I also advise that you use the "Portion Control Model" to reference HOW much of each nutrient you will need

PORTION CONTROL MODEL FOR WEIGHT LOSS SUCCESS.



On LC (low carb days) main course meals will include (2) Veggie Portions + (1) Protein Portion

On CARB LOAD DAYS main course meals will include (1) Carb Portion + (1) Protein Portion

EXAMPLE CARB CYCLING MENU

SAVE THIS!!!!!!

LOW CARB DAYS	CARB LOADING DAYS
<p>Breakfast: Egg whites (men= 4-5, women =3) 1 whole egg 1 handful spinach ½ cup mushrooms ¼ cup shredded cheese 1tbsp Salsa</p> <p>Mid-Morning Snack 1 oz roasted almonds + (Women = palm sized deli turkey breast) (Men= palm sized deli turkey breast)</p> <p>Lunch: 1 approved foods list protein 2 approved foods list veggies</p> <p>Afternoon Snack : Whey Protein + 1 whole fruit from approved foods list</p> <p>Dinner : 1 approved foods list protein 2 approved foods list veggies</p>	<p>Breakfast: Cooked Rolled Oats with Protein Men = 1 cup Women = ½ cup Rolled oats with 1 chopped banana, 1 tbsp crushed walnuts + 1 scoop OR pre-made whey protein</p> <p>Mid-Morning Snack 1 whole fruit from approved foods list 1 tbsp almonds OR natural peanut butter/ almond butter</p> <p>Lunch: 1 approved foods list CARBOHYDRATE 1 approved foods list protein</p> <p>Afternoon Snack 1 handful raw veggies with 1-2 tbsp hummus</p> <p>Dinner : 1 approved foods list CARBOHYDRATE 1 approved foods list protein</p>

<p style="text-align: center;">LOW CARB LUNCH/ DINNER IDEAS</p>	<p style="text-align: center;">CARB LOAD LUNCH/DINNER IDEAS</p>
<p>Grilled Chicken Salad (palm sized chicken breast fillet, boneless/skinless. Season with lemon pepper seasoning and avocado oil. Grill until fully cooked. (2) handfuls salad greens (Romaine + Spinnach) 1 sliced bell pepper, ½ cup chopped purple onion, ¼ cup feta cheese, 1 handful pitted olives,. 2 tbsps Greek OR vinaigrette dressing such as BRAGGS</p> <p>Beef Kabobs (Palm sized portion of sirloin or strip steak) cut into cubes, 2 red bell peppers, 2 zuchinni squash, 1 cup portabella mushrooms, cut into even pieces Season beef and veggies with avocado oil , season beef and veggies with garlic powder, Himalayan sea salt, black pepper (1 tbsps ea) in A large mixing bowl. Place beef and veggies onto skewers (beef, peppers, squash, mushrooms) and repeat. Leave at least 1” on the skewer for safe handling. Grill until beef is fully cooked and peppers are charred</p> <p>FITVIEW style grilled salmon 1 salmon fillet (palm sized) , Marinade for 30 min with ½ jar of G-Hughes teriyaki marinade and 1 tbsps minced garlic. After marinated, pan sear for 3 minutes each side and then transfer to grill until salmon is fully cooked, Use the marinade to brush the salmon as it is grilled. Next, in the pan you used to sear the filled place on medium heat. Chop/ Rinse and Drop 1 handful asparagus spears, 1 handful broccoli , 1 cup Cauliflower Rice. Cook until cauliflower rice is brown. Lay veggies on the plate and add your salmon fillet ontop.</p> <p>Jakes (3-ingredient Tuna Salad) Canned Albacore Tuna, 1 tbsps PRIMAL mayo which is soy bean free, 1 tbsps mustard (optional) 2 handfuls spinnach or mixed greens, 1 tbsps almonds or crushed walnuts, 1 tbsps raisins. Mix tuna, mayo and mustard together*</p>	<p>Loaded Sweet Potato with BBQ and bacon simmered Ground Turkey Breast 1 balled up fist portion baked sweet potato ½ cup cheddar cheese, bake until potato is moist and can be pressed in with A fork. Add the cheese into the middle of the potato after you have cut it open. Place back into the oven for 3 min. While potato is cooking cook 1lb ground turkey breast in A stove top pan until browne, Add 2-3 strips of bacon until fully cooked and crispy . Crumble bacon over the turkey and BBQ mixture. Place 1 open palm sized portion over the baked sweet potato.</p> <p>Cilantro Lime Shrimp & Rice 1 handful unshelled and cleaned shrimp , or up to 1 cup. In a large mixing bowl add 1 tbsps avocado oil, 1 tbsps garlic powder, sea salt, black pepper, chili powder, 1 tsp cumin. Sear shrimp on A skillet or cast iron pan. Cook 1 cup jasmine rice , add ¼ cup chopped cilantro once rice is cooked and you have added the cilantro check shrimp. Once shrimp is fully cooked place on top of the cilantro infused rice and squeeze ½ lime over the shrimp and rice.</p> <p>Italian Ground Turkey with Penne Pasta: 1 cup penne noodles. 1lb ground turkey. Boil noodles in A medium pot, Fully cook tukey in a stovetop pan until browned, once browned add 1tbsps garlic powder, sea salt, black pepper, 2 tbsps Italian seasoning. Add 1 jar of Mezzetta low sodium marinara sauce . Let simmer x 10 min . 1 balled up fist portion of noodles (1 cup) 1 open palm sized portion of turkey and sauce. May add low fat mozerella cheese to top it off.</p> <p>Beef Quesadilla Ultra-Lean Ground Beef, Taco Seasoning, Mission Brand Tortilla , 1 cup Shredded cheese, Brown beef, add seasoning, Add cheese. Place between carb balanced tortillas and grill until cheese is melted.</p>

Additional tips on cooking methods

(Grilled, Baked, Pressure Cooked, Crock Pot, Air Fried)

Condiments/ Sauces/ Seasonings: ANY mrs dash low sodium seasonings, coconut oil, olive oil, avocado oil, ghee clarified butter, hot sauce, any lite salad dressing up to 2 tbsp, oil and vinegar-based dressings are ok as well as mustard and lite mayo, I prefer primal mayo as it is soy free. Sauces can be up to 2 tbsp servings.

Water Consumption: I advise all my personal training clients to aim to get in AT LEAST 8-12 cups of water daily. Another useful strategy is to aim to consume at least HALF of your body weight in fluid ounces daily. For example, if you weigh 200lbs. aim to consume AT LEAST 100 fl oz of water daily. Hydration really ultimately depends on every individual overall daily activity level. The guidelines I have mentioned are safe and recommended however, If you are taking any type of medical diuretic, I advise you to consul with your medical healthcare provider about specific hydration consumption

Supplementation Suggestions:

Whey Protein (There are hundreds of them) but I recommend getting A quality whey protein supplement especially if you are implementing carb cycling into your fitness regimen. Whey protein is very anabolic meaning it will aide in recovery from workouts and expedite MPS muscle protein synthesis, the process in which the body rebuilds and restores muscle fibers after workouts and from utilizing amino acids compounded in protein dense nutrients. Whey protein is A great way to ensure you are getting enough protein. (2) brands that I suggest are Premier Whey protein, they have readymade smoothies you can purchase in A multitude of flavors. I also like Dynamize as their proprietary blend is clean and pure.

Vitamin D3- Is a fat-soluble vitamin that is known for helping the body absorb and retain calcium and phosphorus, it plays A vital role in bone health

Zinc- Is important for many bodily functions as it contributes to complete immune function, protein synthesis, wound healing and growth and development

Magnesium – Helps to reduce oxidative stress in the body and protects vital organs such as the liver and kidneys (our bodies filtration system)

Vitamin C- (Ascorbic acid) Is A nutrient your body needs to form blood vessels, cartilage, muscle and collagen in bones and is vital to the body's healing process.

*Sometimes many of these vitamins and minerals can be found in A multivitamin. As A sports nutritionist I am required to advise you that specific dosage should be talked over with your doctor or health care physician, however the items listed are suggestions that can lead to greater vitality.