

NUTRITION PLAN

DAY 1 - DAY 30 COMPLEX CARB CYCLE

DAY 1

TWO carbs
(first & 2nd
meal)

DAY 2

ONE Carb

DAY 3

ONE Carb

DAY 4

NO CARBS

DAY 5

NO CARBS

DAY 6

TWO carbs
(first & 2nd
meal)

DAY 7

TWO carbs
(first & 2nd
meal)

DAY 8

NO CARBS

DAY 9

NO CARBS

DAY 10

ONE - TWO
CARBS

DAY 11

ONE - TWO
CARBS

DAY 12

NO CARBS

DAY 13

TWO CARBS

DAY 14

TWO CARBS
(first & 2nd
meal)

DAY 15

ONE CARB

DAY 16

NO CARBS

DAY 17

NO CARBS

DAY 18

TWO CARBS

DAY 19

NO CARBS

DAY 20

TWO CARBS
(first & 2nd
meal)

DAY 21

TWO CARBS
(first & 2nd
meal)

DAY 22

NO CARBS

DAY 23

ONE CARB

DAY 24

ONE-TWO
CARB

DAY 25

ONE-TWO
CARB

DAY 26

NO CARBS

DAY 27

TWO CARBS
(first & 2nd
meal)

DAY 28

NO CARBS

DAY 29

ONE-TWO
CARB

DAY 30

NO CARBS

MEAL EXAMPLES

NO CARB DAY

- 1) 1 CUP LIQUID EGG WHITES SCRAMBLED WITH SPINACH + CUP OF FRESH FRUIT
- 2) 1 SCOOP OF ISO 100 PROTEIN SHAKE
- 3) 6OZ. SALMON + 1 CUP GREEN BEANS
- 4) 1 CUP OF 0% FAT FREE GREEK YOGURT + SLICED ALMONDS
- 5) 6-8OZ OF GROUND TURKEY + GRILLED ASPARAGUS + MIXED GREEN SALAD
- 6) PROTEIN SHAKE

ONE CARB DAY

- 1) 1 CUP LIQUID EGG WHITES SCRAMBLED WITH SPINACH + 1 CUP OATS + CUP OF BLUEBERRIES
 - 2) 1 SCOOP OF ISO 100 PROTEIN SHAKE
 - 3) 6 OZ OF TILAPIA + 1 CUP GREEN BEANS
 - 4) 1 SCOOP OF ISO 100 PROTEIN SHAKE
 - 5) 6OZ CHICKEN BREAST+ ANY VEGETABLE OF YOUR CHOICE
- *SNACK - GREEK YOGURT+SLICED ALMONDS

TWO CARBS DAY

- 1) 1 CUP OF CREAM OF WHEAT +1 CUP OF FRESH FRUIT + 1 SCOOP ISO 100 PROTEIN SHAKE
- 2) 6 OZ GRILLED SALMON + 1 CUP BROCCOLI +1 CUP OF QUINOA
- 3) 1 CUP OF 0% FAT FREE GREEK YOGURT
- 4) 6 -8OZ GROUND TURKEY + GREEN BEANS
- 5) 1 SCOOP OF ISO 100 PROTEIN SHAKE
- 6) 6 OZ SIRLOIN STEAK + MIXED GREENS SALAD W/ VINARGARETTE DRESSING

*VEGAN OPTIONS

YES, MOST VEGAN DISHES HAVE CARBS ATTACHED TO THEM. LIKE BEANS!
BUT ACT AS IF THEY'RE REGULAR PROTEIN SOURCES SUCH AS STEAK OR SALMON & JUST EAT AS MUCH TO GET THE FULL 25-35G PROTEIN PER MEAL AS SUGGESTED EARLIER

COOKING TIPS

Eating the same foods can get monotonous and boring so here are a few tips to make it less boring and more interesting. Go to your local supermarket and in the spices and herbs section buy all the varieties you can find. Make sure they are just crushed or mixed herbs and spices (no sugar added etc.) You can even buy brands like 'Flavor God' online. Use those herbs and spices when cooking, for example add some paprika and chili flakes to your oven baked sweet potatoes.

Change sources of protein and veggies weekly. If you have chicken and fish everyday change it to beef and ground turkey for another week. Same goes for vegetables. There are literally 100's of various veggies to choose from so why eat the same?

For complex carbs, there are many options as well, i.e. rice, couscous, quinoa, oatmeal, etc. with many different varieties of spice mixes, just make sure sugar isn't included or corn syrup! You can use unsweetened almond milk instead of water for mixing if you choose.

Try baking your chicken in a bowl with chopped tomatoes and adding spices like cumin, basil, and chili to it. Roast your veggies (asparagus, carrots, bell peppers etc) on the grill, lightly baste them with butter/olive oil. Bake your dark poultry meats (legs and thighs) by marinating your meats (steak) overnight as this means the flavor will be even more intense.

You can also chop up your marinated meats and store for later use in a freezer bag. Make your own frozen meals. Double your recipes and freeze half of them for use at a later time. Freeze the foods in microwave-safe containers.

MEAL PREP

FAST AND EASY OPTIONS:

1. Frozen Veggies – you can buy almost all veg frozen and put in freezer just as good as fresh and is cheaper/lasts longer.
2. Carton of egg whites which can be bought at grocery store or online in bulk.
3. Frozen berries – cheaper than fresh berries i (sugar-free)
4. Nut Butter – cashews, almonds, peanut. (Nuts'n'more or Meridian are good brands)
5. Food Dr or Dr. Zaks: Bread – high in fiber and protein, low in carbs/- calories

ORGANIZATION TOOLS:

1. Food containers (BPA free ideal) – buy at least 6 Tupperware- the more the better.
2. Protein shakers – for mixing your protein powder. You can blend shakes or get the blender ball type shakers.
3. Zip lock bags or plastic wrap for freezing foods, steaming bags, baking bags.
4. Get a pillbox for your vitamins and supplements.

FINAL PREP TIPS

PLAN YOUR WEEK AHEAD OF TIME.

Write down a weekly schedule of what you are planning to eat on what days.

BE ORGANIZED AND MEAL PREP FOODS.

Make sure at the beginning of the week you have adequate clean containers, protein shakers etc. Always have a shaker with you in case of emergency and keep protein in it, simply add water when you require a meal. Check which meats need to be defrosted each night and pull out of freezer.

Buy some ground greens such as wheatgrass, spirulina etc. to add to your protein shake for extra fiber and nutrients.

Pre-prepare as many items as you can, at the beginning of the week I like to pre-chop and wash vegetables such as celery, carrot, capsicum, snow peas, they can be left in the fridge and thrown into meals easily. Pre-cook lean meats and eye/weight out your portions into containers for later.