



AIMSWORX
PAIN-FREE FITNESS

Certified Nutrition Coach

Carb Cycling Weight Loss Strategy

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DAILY MACRONUTRIENT BREAKDOWN

2x Low Carb Day = 0.6 - 0.7x bodyweight (Example 200 lbs = 120-140 grams)

1x Normal Carb Day = 1.0 - 1.25x bodyweight (Example 200 lbs = 200-250 grams)

For Normal Carb Days - Double the serving size listed on Examples Routines

REPEAT. 2 Low carb Days (Monday & Tuesday); 1 Normal Carb Day (Wednesday);
2 low carb (Thursday & Friday); 1 Normal Carb (Saturday or Sunday)

Protein = 1.0 - 1.25 x bodyweight - (Example 200 lbs = 200-250 grams per day)

Healthy Fats = 0.4 x bodyweight - (Example 200 lbs = 80 grams per day)

Nutrition Healthy Habit Rules:

- 1.) PREFERRED Use milk alternatives (Oat, Almond, Flax), Minimal dairy, and Minimal Sugar.
- 2.) WATER: 16- 20 oz of water upon waking up, then Green Drink 30 min later. 120+ Oz of water/day.
- 3.) Greens Drink 45- 60 minutes before Breakfast - RECOMMENDED Amazing Greens: Greens Blend
- 4.) **1 meal LIGHT/MINIMAL Carbs: Breakfast or Dinner, depends when you work out. Eat carbs before or after you work out. Always Eat a meal or have a shake after your workout.**
- 5.) On low carb days for breakfast a great option is Protein Powder with Dairy Free Yogurt or High Protein Low Sugar Greek yogurt + chia seeds and blueberries or fruit of choice.
- 6.) Use Protein shakes to keep metabolism going, satisfy hunger, and decrease stress to help with fat loss. GET at least 1.0+ grams of Protein every day regardless of whether you workout or not.



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MACRONUTRIENT OPTIONS/GROCERY LIST

Protein: 6 Oz Chicken Breast (50 g), 6 Oz of ground turkey (50 g), 8 Oz Steak/Lean Beef (50 g), 8 oz Salmon (50 g), 8 oz Cod (40 g), 8 oz Mahi Mahi (40 g), 4 Eggs (24 g), 3 strips Bacon (12 g), 6 oz Chicken Sausage (50 g); 6 oz of Turkey (50 g),

Carbs: 1 cup Brown/White Rice (50 g); Flour Tortillas (50 g); 1 cup Oatmeal (50 g); 1 Baked Potato (50 g); 1 Sweet Potato (50 g); Dave's Killer Bread or Fresh Sourdough Bread(20 g each), 1 Cup Quinoa (50 g); 1 Cup Chickpeas (40 g) 1 cup Black Beans (50 g); 1 cup Pumpkin Seeds (35 g Carb, 12 g Fat, 12 g Protein)

Vegetables (Carbs): Cucumbers, Leafy Green Lettuce, Bell Peppers, Asparagus, Edamame Beans, Snap Peas, Carrots, Broccoli, asparagus, Onions, Cauliflower and all variations, Celery, Carrots, spaghetti squash, Zucchini, (whatever else you like to include)

Fruits (Carbs) 1 cup of Blueberries (20 g), Handful of Strawberries (10 g), Large Apple (35+ g), Large Banana (30+ g); 1 Mango (50 g); 1 cup of Pineapple (22 g), 1 cup of Blackberries/Raspberries (20 g)

Healthy Fats: ½ cup of Cashews - (30 g); Avocado 20 g of Fat; 2 tbsp PB2 Peanut Butter (15 g), 1 tbsp Olive Oil (14 g), 1 tbsp Coconut Oil (14 g); ½ cup Almonds (25 g); ½ cup Walnuts (30 g); ½ cup Pistachios (30 g) ; 2 tbsp Chia seeds (10 g), 2 tbsp Flax Seeds (10 g), 2 tbsp Hemp Seeds (10 g)



EXAMPLE DAILY ROUTINE (Morning Workout Time)

6:00 AM - DRINK MICROGREENS 30-45 MINUTES BEFORE SNACK

6:30 AM - Pre Workout Snack if Needed (Fruit 25 g of carbs; or Protein Bar 25 g of protein & carbs)

7:00 AM - WORKOUT

8:30 AM - Meal 1 (Breakfast): **40-60 grams of protein, 50 grams of Carbs, 10-15 g of Fat**

- 3 eggs + cottage cheese, 1 cup of veggies, 2 slices of bacon, 2 pieces of Sourdough Toast (40 g of protein, 50 g carbs, 15 g of fat)
- 1 cup of Greek yogurt, Chia Seeds, Fruit and granola; Plus 25 g Protein Shake (50 g of Protein, 50 g carbs, 10 g fat)
- Smoothie 2 Scoop of protein, Hemp/Flax Seeds, Banana + Berries, PB2 or Peanut BUTter (60 grams of protein, 50 g carb, 10 g fat)

11:30 AM - Snack: Fill in Fat Needs or Carb Needs

- ½ cup of Cashews or Walnuts or Pistachios, (30 g of Fat)
- 1 cup of Fruit or Large Apple (20-30 g of Carbs)
- Salad with Cucumbers, Veggies, Olives, ½ cup Pumpkin Seeds, ¼ cup Nuts (20-30 g of Carbs, 30 g of Fats)

1:30 PM - Meal 2 (Lunch): **40-60 grams of protein, 25-50 grams of Carbs, 20-30 g of Fat, 1 cup veggies**

- ½ cup rice, ½ avocado 6 oz chicken breast (25 g of Carbs, 50 g of Protein, 15 g of fat)
- 1 Baked Potato, 8 oz steak, vegetables (50 g of Carbs, 50 g of Protein, 30 g of fat)
- 1 cup veggies, 8 oz Salmon, Salad (30-40 g Carb, 45 g of Protein, 30 g of fat)
- ½ cup of beans, small flour tortilla, 6 oz Chicken/Steak (50 g of Carb, 40-50 g of Protein, 15-20 g of fat)
- ½ cup of rice, ½ cup Lettuce, Veggies, 8 oz Salmon or Tuna (50g of Carb, 45 g of Protein, 30 g of fat)
- 2 slices of bread, 8 oz Turkey + desired veggies (50 g of Carb, 50 g of Protein, 15 g of Fat)



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6:00 PM Meal 3 (Dinner): **50-60 grams of protein, 25-50 grams of Carbs, 1 cup Veggies, 20-30 g of Fat**

- ½ cup pasta, 3 x 3 Oz Ground Bison Meatball, Salad with ½ cup Pumpkin Seeds
(25 g of Carbs, 60 g of Protein, 20 g of fat)
- ½ Sweet Potato, ½ cup rice, 8 oz salmon, Veggies
(50 g of Carb, 50 g of Protein, 15 g of Fat)
- ½ cup beans, 1 avocado, 8 oz Chicken or Ground Turkey, peppers, onions & taco mix
(25 g of Carbs, 60 g of protein, 10 g of fat)
- 6 oz Turkey/Beef/Chicken Burger w/ toppings and ½ bun (Lettuce for top bun)
(25 g of Carb, 50 g of protein, 15 g of fat)
- 1 cup rice, 7 oz chopped Chicken, Beef, or Fish, Coconut Aminos, peppers, asparagus, mushrooms + Peanut Sauce
(50 g of Carb, 60 g of Protein, 15 g of fat)

10:00 PM - Bedtime Protein Shake: **25-50 grams of protein**

- Almond Milk, 1-2 scoops Allmax Hexapro/Just Ingredients Protein



EXAMPLE DAILY ROUTINE (Lunch Workout Time)

6:30 AM - DRINK MICROGREENS 45-60 MINUTES BEFORE BREAKFAST

7:30 AM - Meal 1 (Breakfast): **40-60 grams of protein, 15-25 grams of Carbs, 10-15 g of Fat**

- 3 eggs + cottage cheese, 1 cup of veggies, 2 slices of bacon, Sourdough Toast (40 g of protein, 40 g carbs, 15 g of fat)
- 1 cup of Greek yogurt, Chia Seeds, Fruit; Plus 25 g Protein Shake (50 g of Protein, 20 g carbs, 10 g fat)
- Smoothie 2 Scoops of protein, Hemp/Flax Seeds, Banana, plus PB2 or Peanut BUTter (60 grams of protein, 40 g carb, 10 g fat)

12:00 PM - WORKOUT

1:30 PM - Meal 2 (Lunch): **40-60 grams of protein, 25-50 grams of Carbs, 20-30 g of Fat, 1 cup veggies**

- ½ cup rice, ½ avocado 6 oz chicken breast (25 g of Carbs, 50 g of Protein, 15 g of fat)
- 1 Baked Potato, 8 oz steak, vegetables (50 g of Carbs, 50 g of Protein, 30 g of fat)
- 1 cup veggies, 8 oz Salmon, Salad (30-40 g Carb, 45 g of Protein, 30 g of fat)
- ½ cup of beans, small flour tortilla, 6 oz Chicken/Steak (50 g of Carb, 50 g of Protein, 15-20 g of fat)
- ½ cup of rice, ½ cup Lettuce, Veggies, 8 oz Salmon or Tuna (50g of Carb, 45 g of Protein, 30 g of fat)
- 2 slices of bread, 8 oz Turkey + desired veggies (50 g of Carb, 50 g of Protein, 15 g of Fat)

4:00 PM - Snack: Fill in Fat Needs or Carb Needs

- ½ cup of Cashews or Walnuts or Pistachios, (30 g of Fat)
- 1 cup of Fruit or Large Apple (20-30 g of Carbs)
- Salad with Cucumbers, Veggies, Olives, ½ cup Pumpkin Seeds, ¼ cup Nuts (20-30 g of Carbs, 30 g of Fats)



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6:30 PM Meal 3 (Dinner): **50-60 grams of protein, 50 grams of Carbs, 1 cup Veggies, 20-30 g of Fat**

- 1 cup pasta, 4 x 2 Oz Ground Bison Meatball, Salad with ½ cup Pumpkin Seeds
(50 g of Carbs, 60 g of Protein, 30 g of fat)
- ½ Sweet Potato, ½ cup rice, 8 oz salmon, Veggies
(50 g of Carb, 50 g of Protein, 25 g of Fat)
- 1 cup beans, 1 avocado, 6 oz Chicken or Ground Turkey, peppers, onions & taco mix
(50 g of Carbs, 60 g of protein, 25 g of fat)
- 6 oz Turkey/Beef/Chicken Burger w/ toppings and bun
(50 g of Carb, 50 g of protein, 25 g of fat)
- ½ cup rice, 7 oz chopped Chicken, Beef, or Fish, Coconut Aminos, peppers, asparagus, mushrooms + Peanut Sauce
(50 g of Carb, 60 g of Protein, 20-30 g of fat)

10:00 PM - Bedtime Protein Shake: **25-50 grams of protein**

- Almond Milk, 1-2 scoops Allmax Hexapro/Just Ingredients Protein



EXAMPLE DAILY ROUTINE (Evening Workout Time)

6:30 AM - DRINK MICROGREENS 45-60 MINUTES BEFORE BREAKFAST

7:30 AM - Meal 1 (Breakfast): **40-60 grams of protein, 15-25 grams of Carbs, 10-15 g of Fat**

- 3 eggs + cottage cheese, 1 cup of veggies, 2 slices of bacon, Sourdough Toast (40 g of protein, 40 g carbs, 15 g of fat)
- 1 cup of Greek yogurt, Chia Seeds, Fruit; Plus 25 g Protein Shake (50 g of Protein, 20 g carbs, 10 g fat)
- Smoothie 2 Scoop of protein, Hemp/Flax Seeds, Banana, plus PB2 or Peanut BUTter (60 grams of protein, 40 g carb, 10 g fat)

12:00 PM - Meal 2 (Lunch): **40-60 grams of protein, 25-50 grams of Carbs, 20-30 g of Fat, 1 cup veggies**

- ½ cup rice, ½ avocado 6 oz chicken breast (25 g of Carbs, 50 g of Protein, 15 g of fat)
- 1 Baked Potato, 8 oz steak, vegetables (50 g of Carbs, 50 g of Protein, 30 g of fat)
- 1 cup veggies, 8 oz Salmon, Salad (30-40 g Carb, 45 g of Protein, 30 g of fat)
- ½ cup of beans, small flour tortilla, 6 oz Chicken/Steak (50 g of Carb, 50 g of Protein, 15-20 g of fat)
- ½ cup of rice, ½ cup Lettuce, Veggies, 8 oz Salmon or Tuna (50g of Carb, 45 g of Protein, 30 g of fat)
- 2 slices of bread, 8 oz Turkey + desired veggies (50 g of Carb, 50 g of Protein, 15 g of Fat)

3:30 PM - Snack: Fill in Fat Needs or Carb Needs

- ½ cup of Cashews or Walnuts or Pistachios, (30 g of Fat)
- 1 cup of Fruit or Large Apple (20-30 g of Carbs)
- Salad with Cucumbers, Veggies, Olives, ½ cup Pumpkin Seeds, ¼ cup Nuts (20-30 g of Carbs, 30 g of Fats)

5:00 PM - WORKOUT



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7:00 PM Meal 3 (Dinner): **50-60 grams of protein, 50 grams of Carbs, 1 cup Veggies, 20-30 g of Fat**

- 1 cup pasta, 4 x 2 Oz Ground Bison Meatball, Salad with ½ cup Pumpkin Seeds
(50 g of Carbs, 60 g of Protein, 30 g of fat)
- ½ Sweet Potato, ½ cup rice, 8 oz salmon, Veggies
(50 g of Carb, 50 g of Protein, 25 g of Fat)
- 1 cup beans, 1 avocado, 6 oz Chicken or Ground Turkey, peppers, onions & taco mix
(50 g of Carbs, 60 g of protein, 25 g of fat)
- 6 oz Turkey/Beef/Chicken Burger w/ toppings and bun
(50 g of Carb, 50 g of protein, 25 g of fat)
- ½ cup rice, 7 oz chopped Chicken, Beef, or Fish, Coconut Aminos, peppers, asparagus, mushrooms + Peanut Sauce
(50 g of Carb, 60 g of Protein, 20-30 g of fat)

10:30 PM - Bedtime Protein Shake: **25-50 grams of protein**

- Almond Milk, 1-2 scoops Allmax Hexapro/Just Ingredients Protein