

THE
DAILY *Kelsey*

THE NUTRITION PLAN



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Book Two: The Nutrition Plan

Welcome to The Plan!

This book is your quick start guide and plan so you can begin implementing mindfulness with nutrition so you can create your ecosystem with the principles and techniques you learned in Book One: The Method!

This book dives into one flexible strategy that you can use as a gentle framework to learn how different foods fuel your body and also work toward your aesthetic goals.

There's nothing wrong with wanting to adjust how your body looks, but it's important to have a healthy, confident mindset about the process.

This is why the methodology we covered in Book One about creating a great relationship with food is so important.

This Nutrition Plan dives into some of the x's and o's of learning how foods fuel your body to help you learn how to make mindful food choices.

It's time for you to SEE and FEEL your results from LIVING these principles!

Once you've completed book two, you'll feel informed and empowered to be mindful in your nutrition choices and continue to create a great relationship with food through this methodology.

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The Flexible Mindfulness Strategy

As I mentioned, this Nutrition Plan dives into some of the x's and o's of learning how foods fuel your body.

The strategy is called Flexible Carb Cycling.

Flexible Carb Cycling is a method to help you learn how certain foods fuel your body and help you work towards your results in the process.

Flexible Carb Cycling helps you learn “what to eat” to be healthy, feel energized, and reach your goals. You will not need to count calories or macros.

You will not need to cut out major food groups. This is a flexible approach that will allow you to never diet again, yet you will feel better and get incredible, lasting results.

So, what is Carb Cycling? Carb Cycling is when you alternate between eating times of higher amounts of carbs and days of eating lower amounts of carbs. It's really that simple! The gentle and flexible approach allows you to have sustained energy, burn fat, and build muscle.

There are a few different cycles you can follow depending on your goals, so this method will help you reach your goal and learn how to be fueled well in the process.

After a short period of time, you will have a deep understanding for how to gently adjust your nutrition in what to eat to keep moving forward and keep your results.

With this method, eating will feel like second nature (instead of second guessing).

I have helped thousands of people get fit and healthy using this mindfulness method as a gentle segue into eating intuitively to really be informed about food without feeling overwhelmed or stressed.

My clients have experienced not only incredible physical results, but also incredible mental and emotional breakthroughs. Food doesn't have to be confusing, frustrating or scary. Eating well can be freeing and balanced.

This process is how you can experience that. Now, it's your turn.

The Details

Flexible Carb Cycling Schedule

In this section we will explain Flexible Carb Cycling and go over how to choose the carb cycle that will best align with your goals. Remember, Flexible Carb Cycling is when you alternate between eating days of higher amounts of carbs and days of eating lower amounts of carbs. It's really that simple! Let's break it down:

PROTEIN

Allows you to build and maintain lean muscle, which in turn helps you to burn more fat. Protein also helps you feel more full for longer, giving you long lasting energy.

CARBS

Carbs come in the form of simple and complex. Simple Carbs are the not-so healthy carbs and include foods like sugar, cookies, candy, and most other processed foods. Complex carbs on the other hand, are your healthy carbs. Foods like vegetables, fruit, sweet potatoes, potatoes, rice, beans, oats, and more fall into this category.

As you might have already guess, focusing on getting more Complex Carbs is the best way to go and yields much better results. Not only that, high quality complex carbs help keep your energy levels and metabolism high.

FATS

Healthy fats play an important role in allowing your body to function at its best. That's why it's important to include healthy fats such as avocado, nuts, seeds, coconut oil, grass fed butter, yogurt, and more into your meals.

SOURCES FOR ENERGY

When you carb cycle, what you are really doing is allowing your body to optimize how it burns calories and fat. Your body has two main sources that it uses for energy.

Carbs - Your body burns something called glycogen as its go-to source for energy. Glycogen comes from carbohydrates. That's why it's so important to have carbs, because it brings your body energy in the quickest and the most efficient way.

Fat - When your body doesn't have glycogen readily available, it will then burn fat as a secondary energy source.

Carb Cycling Process

When you carb cycle, you alternate between certain times of having lower amounts of carbs and days of higher amounts of carbs. When you alternate times and cycle your carbs, it allows your body to burn more fat on your lower carb days and then refuel with your body's favorite type of energy source (glycogen) on your higher carb days. This then allows your body to stay energized and optimize to burn the most fat.

The key with Flexible Carb Cycling is to focus mostly on whole, unprocessed, one-ingredient foods. We outline the list of foods in the "What to Eat" and "How to Eat" sections.

There are a few different carb cycling schedules that you can follow depending on your goals. The main cycles are 3-1-2-1, 2-1, 1-1 cycle. There is also an option for a "micro" form of carb cycling called Carb Backloading. The goal is to utilize these flexible carb cycling schedules to help you reach your goal in a flexible way and use them to learn how different foods fuel your body.

After some time and practice, the ultimate goal is to utilize the knowledge you've learned through the Flexible Carb Cycling to understand more about the types of foods that help you feel fueled well and perform well. This will then bring you into the long term lifestyle approach of Intuitive Eating because you can simply adjust the foods you eat in a flexible way based on how you are feeling and what sounds good to you!

Now, let's go over how to choose the right cycle for you to start with for your body and your goals.

Determining Your Carb Cycling Schedule

3-1-2-1: Choose this cycle if you have about 20 pounds or more to lose and more specifically, if your main focus is weight loss.

2-1: Choose this cycle if you have about 10-20 pounds to lose and more specifically, your main focus is fat loss and leaning out.

1-1: Choose this cycle if you have about 10 or less pounds to lose and your main focus is leaning out and building lean muscle.

Carb Backloading: This is a second option to choose if you have 10 or less pounds to lose and your main focus is leaning out and building muscle.

This cycle is more of a “micro” carb cycle where instead of having full days focused on lower and higher carb intake, you will focus on eating lower carb meals earlier in the day, and enjoy your carbs in the evening and/or post workout.

This cycle can be a great choice if you are looking to build lean muscle, drop a little body fat, and maintain your current physique in a flexible way.

Intuitive Eating: This is the overall lifestyle approach that you can work towards as a goal. The different carb cycle options are methods to help you learn how different foods fuel your body, while you are working towards your goals so that you can eventually move into this phase. Eating intuitively allows you to keep your results while completely listening to and honoring your body in the most flexible lifestyle approach.

Over time, you will know how your body feels, performs, and responds to the different foods to be able to have eating flexibly and mindfully become intuitive.

HOW TO BE FLEXIBLE

For your plan, you can choose one of the flexible carb cycles for your first 21-days to guide your choices consistently. You should also make sure that you include all foods that you love periodically, which is where flex meals come into play!

It's really important to internalize that even within these gentle frameworks, it's important to have a mindset of flexibility. The most important thing is consistency over time.

The point is not to “perfectly carb cycle.” The point is to use that strategy to understand that different foods contain different nutrients that fuel your body... You guessed it - differently.

Bringing it back to the methodology, all foods are morally equal. Foods are not good or bad, clean or dirty. Foods do however fuel your body in different ways and that’s why these strategies can be helpful to have you feel informed without needing to cut out foods or count everything you put into your mouth.

So, how to be flexible? Here’s a place you can start.

Plan one flex day per week or 2-3 flex meals per week. On your flex day or meal, eat whatever types of foods you want!

I use the word “flex” rather than “cheat” because “cheat” has a negative connotation with eating foods you love that happen to be outside of the regular days in the meal plan. You aren’t “cheating” when you eat these foods. You are sticking to the overall outline, with planned times for being more flexible with your eating.

These may seemingly be semantics, however, this simple change in language makes a difference in the overall mentality and relationship with food. This is the real difference between a “diet” and a lifestyle!

On your flex day/meal, eat whatever types of foods you want! The only thing we suggest is to be mindful of how much you eat. You don’t need to count calories, but just eat normal amounts of food.

For example, eat a few slices of pizza until you feel satisfied, but avoid eating an entire deep dish pizza to yourself, just BECAUSE it is your flex day/meal. Simply eat normal amounts of food and you’ll be good.

A helpful strategy is to pair your flex day with one of your high carb days during your week. In the next section, we will go over how to use your Flexible Carb Cycle.

How To Implement The Plan

You will follow the same cycle schedule for the entire 30-days. Remember the cycle you follow depends on your goals so be sure to choose the right cycle for you and stick with that.

3-2-1 CYCLE

On this cycle, you will have three lower carb days, followed by one higher carb day, then two lower carb days, followed by one higher carb day and repeated in that fashion.

LOW
CARB
DAY

LOW
CARB
DAY

LOW
CARB
DAY

HIGH
CARB
DAY

LOW
CARB
DAY

LOW
CARB
DAY

FLEX
DAY

2-1 CYCLE

On this cycle, you will have two lower carb days followed by one higher carb day and repeated in that fashion. *Note: if you follow this cycle, it won't fit perfectly into a week's schedule and that is okay, you can feel free to alter if needed.

LOW
CARB
DAY

LOW
CARB
DAY

HIGH
CARB
DAY

LOW
CARB
DAY

LOW
CARB
DAY

FLEX
DAY

LOW
CARB
DAY

1-1 CYCLE

On this cycle, you will alternate between one lower carb day, followed by one higher carb day and repeated in that fashion.

LOW
CARB
DAY

HIGH
CARB
DAY

LOW
CARB
DAY

HIGH
CARB
DAY

LOW
CARB
DAY

FLEX
DAY

LOW
CARB
DAY

Carb Backloading: This is a second option to choose if you have 10 or less pounds to lose and your main focus is leaning out and building muscle.

This cycle is more of a “micro” carb cycle where instead of having full days focused on lower and higher carb intake, you will focus on eating lower carb meals earlier in the day, and enjoy your carbs in the evening and/or post workout.

This cycle can be a great choice if you are looking to build lean muscle, drop a little body fat, and maintain your current physique in a flexible way.

Intuitive Eating: This is the overall lifestyle approach that you can work towards as a goal. The different carb cycle options are methods to help you learn how different foods fuel your body, while you are working towards your goals so that you can eventually move into this phase. Eating intuitively allows you to keep your results while completely listening to and honoring your body in the most flexible lifestyle approach.

With this approach, you simply focus on eating nutrient dense foods frequently and also still include all the foods you love periodically. You focus on listening to hunger and honoring fullness cues.

Over time, you will know how your body feels, performs, and responds to the different foods to be able to have eating flexibly and mindfully become intuitive.

How To Implement the Plan

You can choose one of the three above flexible Carb Cycles or you can choose Carb Backloading or complete Intuitive Eating to guide your first 21-days!

All of these are great options, it just depends on what you feel will allow you to stay the most consistent. Focus on staying consistent with the approach that you choose for 21-days, and then you can evaluate where you are at to make adjustments from there.

Later in the guide, I outline how to evaluate your progress and how you are feeling on-going as well as how to make gentle adjustments along the way.

These are lifestyle strategies, so you could do any of these forever if they work for you, but you can always adjust along the way based on how you are feeling, performing, and the results that you get.

It's often helpful for people just getting started to have a specific timeframe to focus on, which is why I want you to stay focused on all of these strategies for 21-days.

If you feel great and are seeing results, keep going! If you feel you need to make some adjustments, these guides will continue to help you learn how to evaluate that and feel informed on the best adjustments to make!

What To Eat

Here, I outline the types of foods to eat, with the focus being on one ingredient, whole food. If you are ever in doubt with what foods you should be eating, just go for one ingredient, whole foods.

Typically, foods with one-ingredient are the best choices as they are unprocessed or minimally processed, and don't include any preservatives, artificial ingredients, additives or fillers that can inhibit your results.

The foods listed below are the ones I recommend eating most. You can pick your favorite foods from the list to ensure that you eat the foods you really enjoy! This will make your nutrition plan sustainable as you continue to get results.

You will be focusing on protein, veggies, fruits, healthy fats, and one-ingredient carbohydrate sources. These foods will help you in countless ways including long term health, faster fat loss, boosted metabolism, recovery from your workouts, and more. This should be the foundation that your nutrition is based around. Now, we will go over the foods we recommend eating most!

PROTEIN

The Best Times to Eat Protein

You should include protein with every meal that you eat, including snacks. It is always best to start each day with a high protein meal so be sure that your first meal of the day contains a lot of good protein.

Great Sources of Protein

Here are some great choices for protein sources:

Chicken - A high quality, lean source of protein. Chicken is one of the best sources of protein when trying to burn fat and lose weight.

Beef - This is a great option, especially if you can find grass fed. Grass fed meats have good sources of healthy fats and are very high in protein. We recommend getting 85/15 or higher cuts if you are getting ground beef.

Fish - Another great lean protein source that has healthy fats to improve your fat burning. Try to find fish that is caught in the wild. Stick with wild caught fish instead of farm raised.

Game – This includes bison, lamb, elk, boar, venison, and more. If you have access to wild game, add it to your diet!

Eggs - Eggs are our go-to first meal of the day as they are a great source of protein and healthy fat.

HEALTHY FATS

The Best Times to Eat Healthy Fats

It is best to have the majority of your fats on lower carb days. When your body doesn't have as many carbs, it will then burn fat as energy, so you will need to eat more fats on your lower carb days for good energy.

Try adding in a healthy fat source to each meal that you eat, but have slightly larger fat servings on lower carb days. Having fat in your meal can mean cooking with a healthy fat or adding a healthy fat (like avocado) to your meals.

Great Sources of Healthy Fats

Here are some great choices for fat sources:

Unrefined, Extra Virgin Coconut Oil - One of the best fat sources around, very high in antioxidants and has been shown to help you lose weight faster and easier!

Grass-Fed Butter - Make sure you use butter that comes from Grass-fed cows. Grass-fed butter is high in CLA, omega-3 fatty acids, and vitamin K2. The benefits of grass-fed butter are amazing!

Olive Oil - Perfect for adding to your salads or mixing in with your carbs. Look for olive oil that comes from ONE region. For example, California Olive is some of the best around. (We recommend using olive oil as a topping to dishes, not for cooking!)

Almond Butter/Peanut Butter - Nut butters are one of our favorite fat sources. High in healthy fats and an added protein boost!

Nuts (almonds, cashews, macadamias) - Perfect on the go snack. Having a handful throughout your day is a great way to satisfy your cravings and it gives you a good dose of healthy fats.

Avocado - Delicious and a good source in fiber, Vitamin K, Vitamin B6, Vitamin E, and

Vitamin C. All around power food!

3 Ways to Add Healthy Fats to Your Meals

Cook your meals in Coconut Oil or Grass Fed Butter. Add some avocado or a handful of nuts to your meal. Mix olive oil and balsamic vinegar together for your salad dressings.

CARBOHYDRATES

The Best Times to Eat Carbs

It is best to have the majority of your carbs on higher carb days. Remember, your lower carb days deplete your muscle's glycogen store which in turn allows your body to use fat as its main fuel source and prepare for your higher carb days.

It is on these days that you can refuel your muscles with carbs to help maintain and build lean muscle and tone. Carbs are an important component to this process as you progress towards your goals.

Great Sources of Carbohydrates

Here are some great choices for carb sources:

Sweet Potatoes - The sweet potato (and yam) is one of the best carbs you can eat because they are low on the glycemic index and help maintain healthy blood sugar levels. Packed with tons of vitamins, antioxidants, anti-inflammatory nutrients, will satisfy your hunger and keep you energized.

Potatoes - Another powerhouse carb. Packed with vitamins and nutrients to allow your body to burn fat and recover faster.

Rice (White or Brown) - Rice is a carb that gets a very bad rep, but is one that is easy to digest, and has high level of vitamins and minerals. It's also a good source of fiber, Vitamin K, Vitamin B6, Vitamin E, and Vitamin C. All around power food!

Quinoa - Naturally gluten free, quinoa is not only high in carbs, it also has a good amount of protein along with other essential amino acids.

Steel Cut Oats - Low on the glycemic index, steel cut oats help keep you satisfied for longer while preventing dips in blood sugar.

Black beans - Rich in fiber and low on the glycemic index which means it has very little

effect on your blood sugar levels.

FRUIT

The Best Times to Eat Fruit

Fruit is packed with vitamins and also has some carbs. It is fine to have 1-2 servings of fruit everyday, but if you want to enjoy larger amounts of fruit, keep it to your higher carb days. Fruit is a great post-workout food.

- Strawberries
 - Raspberries
 - Blueberries
 - Blackberries
 - Pears
 - Peaches
 - Pineapple
 - Grapefruit
 - Apples
 - Bananas
 - Papaya
 - Cantaloupe
- *Feel free to include any other fruit you like!

VEGETABLES

The Best Times to Eat Veggies

Veggies are also packed with vitamins and minerals. Veggies are great to have every day! Eat veggies when you are hungry and until you are satisfied. You will be eating more veggies on lower carb days. Great Sources of Veggies:

- Spinach
- Kale
- Broccoli
- Asparagus
- Brussels
- Sprouts
- Peppers
- Onions
- Mushrooms

Cauliflower

Cabbage

Bok Choy

Carrots

*Feel free to include any other veggie you like!

Don't really like veggies or unsure if you are getting enough? It is also smart to take a daily greens supplement. This is simply to make sure that you are getting all of your vitamins, minerals, and nutrients for the day.

Drinking some extra greens can be seen as insurance to supplement the other foods you're eating.

We recommend as a tasty, vitamin-rich source!

Spices + Sauces

Eating healthy food doesn't mean it has to lack flavor! A simple guideline when it comes to picking spices and sauces is to continue the "one-ingredient food" mindset.

Look for one ingredient spices like salt, pepper, paprika, oregano, basil, dill, etc. as opposed to mixed spices that contain artificial ingredients. Spice blends that don't include artificial ingredients or added sugar are fine to use. Fresh or dried herbs are also great options. Sauces like salsa are great any time. Similar to with spices and food in general, find sauces that are natural, whole food ingredients without artificial ingredients, preservatives, or added sugars.

Other great options for sauces are things like balsamic vinegar and olive oil and lemon or lime juice.

Drinks

Hydration will be very important to your overall health and results. Drink a glass of water in the morning when you wake up, and then drink water throughout the day as you are thirsty. If you usually forget to drink water, bring a water bottle with you and set a goal for how many you want to drink throughout the day!

Beyond water, some great options for drinks are: sparkling water, coffee (a splash of cream is fine!) and tea. Try to keep alcoholic drinks in moderation on flex days.

Lower Carb Day

LOWER CARB DAY

On your lower carb days, your meals should be focused on eating protein, veggies and healthy fats. Try to keep most carbs to your higher carb days but, feel free to add in a sweet potato, rice or a piece of fruit to either your post workout meal or to your dinner if you had a tough workout that day, especially if you are on the 1-1 or 2-1 cycle.

PROTEIN

Chicken
Turkey
Beef
Bison
Lamb
Fish (Tuna, Salmon, Tilapia, Halibut, etc.)
Pork
Wild Game
Eggs or Egg Whites
Protein Shake
Greek Yogurt
Cottage Cheese

FATS

Avocado
Cheese
Nuts or seeds (almonds, cashews, etc.)
Nut butter (peanut butter, almond butter, etc.)
Olive Oil
Coconut Oil
Grass-fed Butter

VEGGIES

Spinach
Broccoli
Kale
Asparagus Brussels Sprouts Peppers
Onions
Cauliflower
Cucumber
Zucchini
Your choice!

CARBS

If you had a tough workout, add a carb source to your post-workout meal or dinner for that day, especially if you are on a 1-1 or 2-1 cycle.

Sweet Potato
Rice (white or brown) Potato
Beans
Fruit
Quinoa
Hummus
Oatmeal

Higher Carb Day

On your higher carb days, your first meal of the day should be focused on eating protein and veggies. For your remaining meals, add in a carb source with your meal. Try to keep most fats to lower carb day, but it's fine to add very small amounts to your meals (for example, a small sprinkle of cheese). Feel free to cook your food in enough butter or coconut oil coat the pan.

PROTEIN

Chicken
Turkey
Beef
Bison
Lamb
Fish (Tuna, Salmon, Tilapia, Halibut, etc.)
Pork
Wild Game
Eggs or Egg Whites
Protein Shake
Greek Yogurt
Cottage Cheese

FATS

Keep the majority of fats on your lower carb days but having small amounts on higher carb days is fine!

Avocado
Cheese
Nuts or seeds (almonds, cashews, etc.)
Nut butter (peanut butter, almond butter, etc.)
Olive Oil
Coconut Oil
Grass-fed Butter

VEGGIES

Spinach
Broccoli
Kale
Asparagus Brussels Sprouts Peppers
Onions
Cauliflower
Cucumber
Zucchini
Your choice!

CARBS

Sweet Potato
Rice (white or brown) Potato
Beans
Fruit
Quinoa
Hummus
Oatmeal

Carb Backloading

If you do Carb Backloading as your cycle, your first couple of meals of the day should be focused on eating protein, veggies, and healthy fats.

For your remaining meal(s), add in a carb source with your meal. Try to keep most fats to your earlier meals, but it's fine to have some in the evening meals too (for example, a sprinkle of cheese).

"But I've heard you're not supposed to eat carbs at night?" A lot of a people ask this question. The most important piece of nutrition advice is to be flexible and learn what works for your body.

However, carb backloading can be really effective for some because the pattern works with your hormones like insulin and cortisol to optimize the nutrients.

Insulin is a hormone that is released from the pancreas into the bloodstream to help control the amount of glucose (sugar) is in the blood.

If you are sensitive to insulin, it means your body responds normally to insulin and absorbs the glucose in the blood to be used.

If you are resistant to insulin, it means your body doesn't respond normally to insulin. It means your body is resisting the hormone insulin. It can lead to high blood sugar because glucose can't enter the cells easily so it gets built up in the blood.

Insulin sensitivity is highest during the day, but also cortisol, the stress hormone, is highest in the morning when you wake up and lowest in the evening.

The high cortisol during the morning counteracts with the insulin sensitivity in the morning, making it easier to store fat from carbs earlier in the day. You are more insulin sensitive during the day, so you will get glycogen to your muscles.

All that is to say, carbs in the evening aren't bad, especially if you're trying to build muscle and maintain your current physique. The key is focusing on quality, nutrient dense carbs for the majority of your meals.

Carb Backloading can be a helpful method for learning to listen to your body if you feel like

carbs are helpful for you to have every day. Some people find that having carbs in the evening help them sleep better. In addition, if you train hard, you may need more carbs regularly.

This is an excellent, lifestyle option that you can utilize to be both mindful and intuitive about your food choice. It allows you to be mindful by understanding how hormones interact with food in your body, but also allows you to be incredibly flexible.

PROTEIN

- Chicken
- Turkey
- Beef
- Bison
- Lamb
- Fish (Tuna, Salmon, Tilapia, Halibut, etc.)
- Pork
- Wild Game
- Eggs or Egg Whites
- Protein Shake
- Greek Yogurt
- Cottage Cheese

FATS

- Keep the majority of fats on your lower carb days but having small amounts on higher carb days is fine!
- Avocado
 - Cheese
 - Nuts or seeds (almonds, cashews, etc.)
 - Nut butter (peanut butter, almond butter, etc.)
 - Olive Oil
 - Coconut Oil
 - Grass-fed Butter

VEGGIES

- Spinach
- Broccoli
- Kale
- Asparagus Brussels Sprouts Peppers
- Onions
- Cauliflower
- Cucumber
- Zucchini
- Your choice!

CARBS

- Keep the majority of carbs on your later meals.
- Sweet Potato
 - Rice (white or brown) Potato
 - Beans
 - Fruit
 - Quinoa
 - Hummus
 - Oatmeal

Intuitive Eating

When you practice the methods from Book One and pair it with the flexible strategies from this book, you create your balanced lifestyle.

When you go through the process of learning how different foods fuel your body through the different flexible carb cycles, you will begin to understand how your body feels, performs, and responds to the different combinations of foods.

This process is really important when you are learning to eat intuitively. After some time, you will become more comfortable with choosing foods to help you feel great, perform well, and maintain your flexible lifestyle.

With Intuitive Eating, the foundations of healthy nutrition remain the same. Whole, unprocessed foods will be the most nutrient dense options for the majority of meals.

As you move from the different flexible carb cycles into Intuitive Eating, you will have a strong foundation for understanding how foods affect you, and you will be able to eat intuitively and adjust on-the-go.

This is the beauty of this process! You have the understanding of foods, and now can simply adjust foods according to your activity level, how you are feeling, and what you feel like eating!

If you feel great on a particular carb cycle, you can keep using that as your general framework for eating, but feel the freedom to adjust foods as needed.

Being able to listen to and honor your body's hunger and fullness cues, choose nutrient dense foods often, as well all foods periodically, and live without rigid food rules will be key to your long term health and success.

Some days, you may feel like you need more carbs if you're low in energy or are going to be super active. Some days, you may feel your body needs more of a focus on veggies, let's say after a pizza night with friends!

This is eating intuitively.

Like mentioned in Book One: The Method, with Intuitive Eating, the foundations of healthy nutrition remain the same in focusing on whole, unprocessed foods most of the time. Just like in all of the carb cycle outlines, this list of foods is a starting place and examples of nutrient dense foods to include often, but is not an exhaustive list.

PROTEIN

Chicken
Turkey
Beef
Bison
Lamb
Fish (Tuna, Salmon, Tilapia, Halibut, etc.)
Pork
Wild Game
Eggs or Egg Whites
Protein Shake
Greek Yogurt
Cottage Cheese

FATS

Keep the majority of fats on your lower carb days but having small amounts on higher carb days is fine!

Avocado
Cheese
Nuts or seeds (almonds, cashews, etc.)
Nut butter (peanut butter, almond butter, etc.)
Olive Oil
Coconut Oil
Grass-fed Butter

VEGGIES

Spinach
Broccoli
Kale
Asparagus Brussels Sprouts Peppers
Onions
Cauliflower
Cucumber
Zucchini
Your choice!

CARBS

Sweet Potato
Rice (white or brown) Potato
Beans
Fruit
Quinoa
Hummus
Oatmeal

Simple Meal Builder

Here is a simple way you can start structuring your meals. This is a starting point to use as a general guideline!

If you are in a 3-1, 2-1, 1-1 cycle you should follow the information below:

LOW CARB DAY

1 CHOOSE 1 PROTEIN

2 CHOOSE 1+ VEGGIES

3 CHOOSE 1 HEALTHY FAT

HAD A TOUGH WORKOUT?

Add in a carb source to your post-workout meal!

WHAT ABOUT SNACKS?

Stick to mostly protein, veggie and healthy fats! Check the Meal Examples or tons of snack ideas!

HIGH CARB DAY

1 CHOOSE 1 PROTEIN

2 CHOOSE 1+ VEGGIES

3 CHOOSE 1 CARB

ADDING A LITTLE FAT?

It's totally fine on higher carb days! Using butter or oil to coat the pan or a little sprinkle of cheese or avocado is fine. This is a lifestyle approach!

WHAT ABOUT SNACKS?

Stick to mostly protein, veggie and healthy carbs! Check the Meal Examples or tons of snack ideas!

Serving Sizes

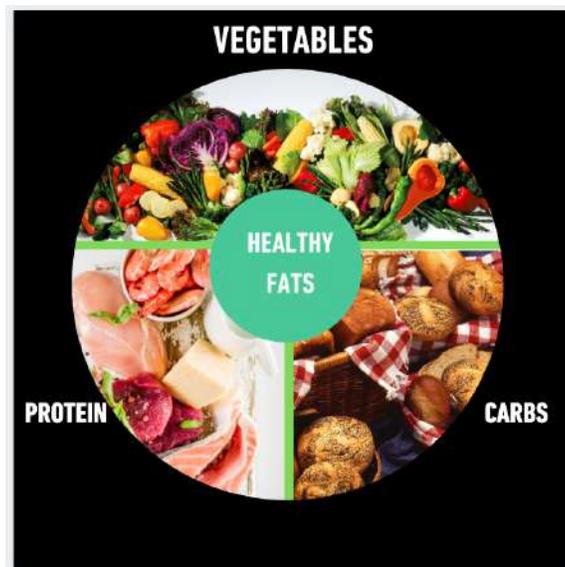
Everyone is different. Everyone lives different lives. Some are more active than others. Some have higher stress levels. Some people are taller, some are shorter. EVERYONE IS DIFFERENT! Because of this, there is no one “right or wrong” portion size that everyone should follow.

The most important aspect of this is learning how to honor hunger and respect fullness cues. If you eat a meal and you’re still hungry, THEN EAT MORE! Hunger means your metabolism is working and you need to listen to that!

Here is a very simple guideline to help you balance your plate when choosing foods. This is not a “prescribed” amount of food. On the contrary! This is not the amount of food you should take, but rather a simple visual to help ensure you’re getting a balance of nutrients.

If you’re still hungry and you’re not sure what to get, eating more protein and veggies is always a great place to start. That being said, you want to make sure you’re eating a variety of foods.

Here is a visual that can help you create a balanced plate. On lower carb days, make sure you are getting in those fats and on higher carb day, make sure you prioritize those carbs!



Again, this is a starting point to visualize how you can balance the nutrients you are eating. The most important thing is eat when you are hungry and until you are satisfied. At the end of your meal, you don’t want to still feel hungry and you don’t want to feel overly full.

You should feel at a comfortable level of satiety.

This takes practice to learn, but it's worth it! You will be informed with the foods you are eating and intuitive in listening to your body's needs!

Workouts + Nutrition

We want to be sure that you are fueling yourself well for your workouts, so always listen to your body and its hunger cues, eat when you are hungry and until you are satisfied. If you find yourself feeling satisfied, that's a great time to stop eating. On the other hand, if you find yourself feeling extra hungry, feel free to add in some more healthy food.

Now, let's talk about how to make your carb cycle flexible based on your activity level and goals:

On your higher carb days you will be getting plenty of carbohydrates to fuel your workouts well.

On your lower carb days, your meals should be mostly focused on eating protein, veggies and healthy fats. That being said, there are some simple ways to learn how to listen to your body so that you can stay energized, be fueled properly, build lean muscle, get your fasted results, and make this a simple lifestyle.

Here is what recommend for lower carb days:

When you are in the Flexible Carb Cycling phase, try to keep most carbs to your higher carb days but, you should feel free to add in a sweet potato, rice or a piece of fruit to either your post workout meal or to your dinner if you had a tough workout that day, especially if you are on the 1-1 or 2-1 cycle.

This will help give you a quick energy boost and help learn how to fuel your body based on activity level, energy level and goals.

Adjusting foods according to how you are feeling, especially on days that you train is an excellent way to start paying attention to what your body is telling you.

The carb cycle outlines are a general framework to begin with, but as you continue to practice these strategies and move into full Intuitive Eating, you will have much more clarity about when to add in more carbs based on how your body is feeling.

For those who are doing Carb Backloading or fully doing Intuitive Eating, simply focus on the whole, nutrient dense foods most of the time and add in more carbs a) around your workouts b) when you feel you're needing some extra energy!

Again, the key is to listen to your body, but adding in more carbs to your meals on workout days will help replenish your muscles to build and recover and give you the energy you need to perform well.

Remember, carbs are the body's favorite and most readily available source of energy, so it's important to include carbs regularly.

If you aren't currently working out at all, still include carbs into your meals regularly. As we mentioned in the last section, if you are trying to lose weight, you can focus on eating mostly protein, veggies, and healthy fats for some of your meals and then include some carbs into your meals every few days.

Typically, including carbs to meals every other day to every three days works well for people, but figure out what feels best for you and how you feel most energized.

Tips if You're Feeling Low in Energy

- Consume enough food overall to fuel your body well and keep energy levels high. Remember to listen to your body's natural hunger cues and to eat when you are hungry and until you feel satisfied.
- Drink plenty of water throughout the day.
- Bump up the fats on low carb day. You will get most of your energy from fats on lower carb days, so if you feel lower energy on those days, it is a sign that you may need to consume more of those healthy fats.
- You will be eating plenty of great foods on both your lower and higher carb days and therefore you should have a lot of energy for your workouts. With that being said, if you have an extra tough workout that falls on a lower carb days, feel free to add in a sweet potato, rice or a piece of fruit post workout or to your dinner that day (especially if you are a 1-1 or 2-1 carb cycle) to help you recover well.

Make It A Lifestyle

Like we've gone over, the goal is to help you learn to eat intuitively through these methods.

As you work towards that, start with your first carb cycling schedule for 21- Days, then evaluate progress and adjust from there.

Here are a few scenarios that may apply to you, and how you can plan your next steps accordingly:

"I'm feeling good and seeing progress from the first 21-days, but still have a ways to go to reach my goal of losing fat." If you still have a ways to go, we suggest sticking with the 3-1-2-1 carb cycle until you feel like you have reached your desired goal. Some people love the 3-1-2-1 cycle and stick with it as a lifestyle. Figure out the best balance that will work for you in order to feel energized and still continue to see results.

"I'm feeling good and am super close to my goal. I have just a little bit more fat to lose in order to reach my goal." If you have just a little more fat to lose, we suggest following a 2-1 carb cycle. This means you will be having two lower carb days, followed by a higher carb day, and then repeat in that fashion.

"I'm feeling good and have reached my goal! I want to maintain where I am at and even gain some lean muscle." Congrats! You have reached your goal and want to maintain your weight and continue to get and stay lean. I suggest fully moving into Intuitive Eating. This means you'll have the same foundation of eating whole foods most of the time, but adjust the types of foods according to how your body is feeling and performing.

As you make progress and start to get the hang of how the foods fuel your body and what foods help you feel amazing, you can adjust your carb cycle and move towards eating completely intuitively.

There is nothing inherently "magical" about any of the carb cycle outlines. They are simply flexible structures to help you start moving towards your goal, while you are learning how to listen to and honor your body with your nutrition.

As you practice, you'll learn that perhaps on tough workout days, your body needs more protein and carbs. Some days, you'll feel more hungry than others, and that's ok too. It's all about practice and learning how to gently adjust what you are eating according to how your

body is feeling, performing and simply what you feel like eating!

Figure out the best balance that will work for you in order to feel energized and still continue to see results.

Putting It All Together

To get started, choose the flexible strategy that aligns with your goals.

Start thinking about the types of meals you can build utilizing all of the amazing foods and then, let's move on to Book Three!

In Book Three: The Practice we go over some things you can practice to have all of these methods and strategies work together as an ecosystem.

It all comes down to practice. We are all about practice and progress... NOT perfection. Book Three will continue to empower you with tools to eat delicious food, fuel your body well, get the results that you want, and honor your body in the process.



Stay In Touch!

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