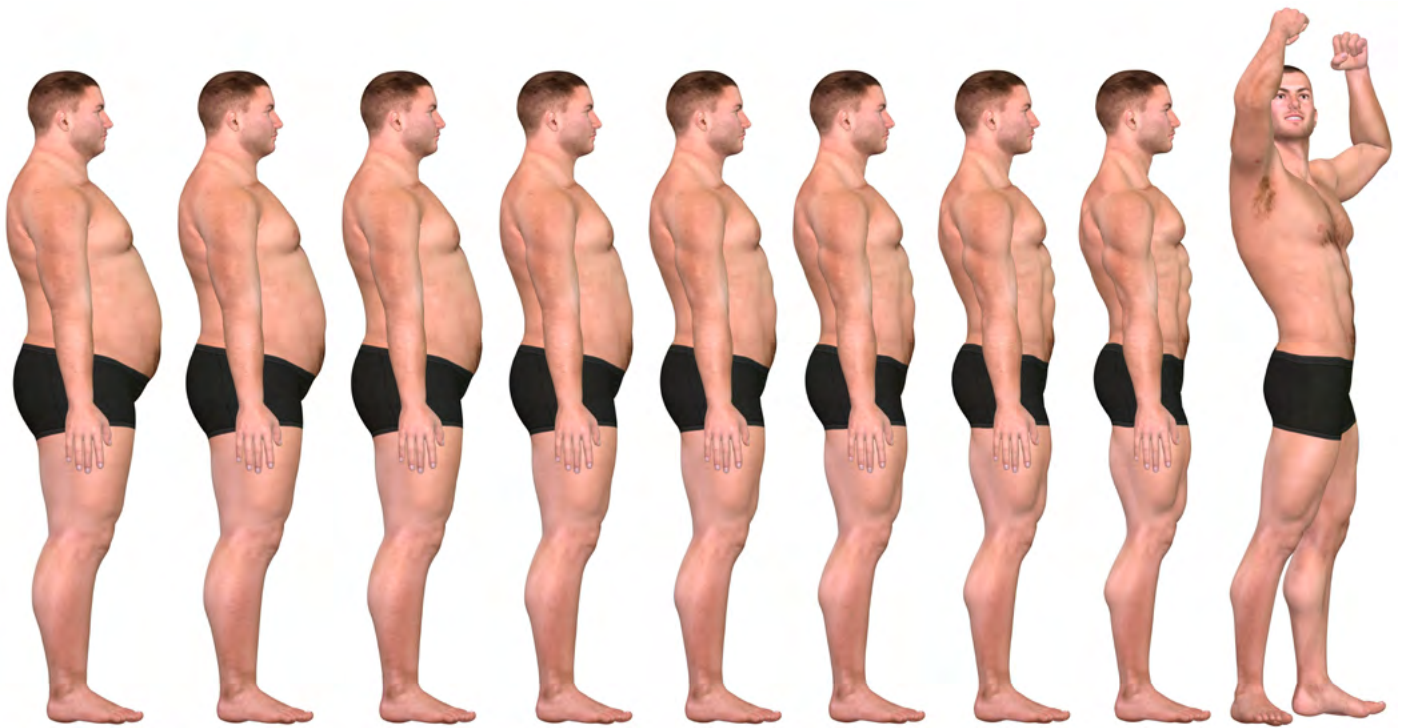


**DIET GUIDE PT. 2:**

**ADVANCED**

# CARB CYCLING



The term “carb cycling” refers to strategically altering your carb intake between low, medium and high days rather than sticking to a set intake each day. By following a low carb day, moderate carb day, high carb day cycle, you will be able to re-stimulate your metabolism-regulating hormones, kick your body into a fat burning state, restore depleted glycogen and have energy to burn for your work outs.

The 7 -day cycle of low, moderate, high, low, low, moderate, high carb days can be repeated throughout your diet period in 12 week increments. This is not a permanent dieting structure. You are to do cycles of this followed by cycles of IIFYM until you reach your goal body fat percentage then stick to a maintenance diet.

## How Many Carbs?

The best way to set your carb levels is to work out how many you’ll be taking in the highest carb day of the cycle. This should be calculated using the following formula;

Daily Carb Grams = (Total calories a day x percentage of carbs) divided by 4

High carbs requirement is usually ranges from 50%-60%.

You'll have to do some fine tuning with your number based on your daily activity level, how intensely you're working out, your age and gender. For most guys trying to lose a significant amount of weight, however, 50% is a sensible figure to work from. But be aware that on low carb days, your overall daily calories will drop and on high carb days, your overall calories will be higher. Just make sure you hit your weekly caloric goal to stay consistent with your fat loss.

Now that you've got your max level on the highest day of the cycle, you can work backwards to set your daily levels. Based on a 250 gram max, it will look like this . . .

**DAY 1: 0G | DAY 2: 125G | DAY 3: 250G | DAY 4: 0G | DAY 5: 0G | DAY 6: 125G | DAY 7: 250G**

As you can see from the above, the first, fourth and fifth days of the cycle are low carbs; Day 2 and 6 are moderate carbs, with high carbs falling on Day 3 and 7. You will be starting off with absolutely no carbs on the first day then increasing your carbs to half of your max carb level the next day, following it up with your carb max on the third day to complete the first 3-day period. On Day 4, you will cut carbs completely yet again, follow it up with another no carb on Day 5, increase to half your carb max on Day 6, and have your second high carb day to end your week. (This is not the "be all end all" carb cycling plan for everybody. See how your body responds and adjust your macros. This is just an example.)

Following the carb cycle as outlined will enable you to strip body fat while still having energy for intense training. After several weeks on this cycle, however, you'll hit a plateau where the fat burn stops. There are a few strategies you can use to kick-start your body back into calorie burning mode:

- Consume 3 or 4 days of clean high carbs in a row
- Have a cheat meal, or even a cheat day, to hot wire the metabolism
- Go low carb (30 to 50 grams/day) – but never go low carb for more than 3 days in a row!

# THE CLEAN CARB LIST



Your carb cycling plan will succeed or fail on the basis of the types of carbs you select to consume within your daily requirements. Focus on starchy, natural carbohydrate sources. Fibrous vegetable carb sources are not included in your carb count and can be eaten as much as you like. Eliminate bread from your diet when carb cycling. The following starchy carbs need to form the foundation of your carb cycling intake:

- Baked Potato
- Yam
- Sweet Potato
- Oats
- Beans
- Brown Rice
- Whole Wheat Bread

# YOUR TURN

## STEP ONE: YOUR BMR

Enter your numbers . . .

WOMEN: BMR:  $655 + (4.35 \times \text{WEIGHT IN POUNDS}) + (4.7 \times \text{HEIGHT IN INCHES}) - (4.7 \times \text{AGE IN YEARS})$

MEN: BMR:  $66 + (6.23 \times \text{WEIGHT IN POUNDS}) + (12.7 \times \text{HEIGHT IN INCHES}) - (6.8 \times \text{AGE IN YEARS})$

YOUR BMR = \_\_\_\_\_ CALORIES

## STEP TWO: YOUR TDEE

\_\_\_\_\_ (BMR) X 1.55 (ACTIVITY LEVEL)

YOUR TDEE = \_\_\_\_\_ CALORIES

## STEP THREE: YOUR NO CARB DAY MACROS

\_\_\_\_\_ (CALORIC GOAL) X 0.4 ÷ 4 = \_\_\_\_\_ GRAMS PROTEIN

\_\_\_\_\_ (CALORIC GOAL) X 0.45 ÷ 9 = \_\_\_\_\_ GRAMS FAT

0 GRAMS CARBS

## STEP FOUR: YOUR MODERATE CARB DAY MACROS

\_\_\_\_\_ (CALORIC GOAL) X 0.35 ÷ 4 = \_\_\_\_\_ GRAMS PROTEIN

\_\_\_\_\_ (CALORIC GOAL) X 0.35 ÷ 9 = \_\_\_\_\_ GRAMS FAT

.625 GRAMS PER POUND OF BODYWEIGHT

## STEP FIVE: YOUR HIGH CARB DAY MACROS

1.25 GRAMS PER POUND OF BODYWEIGHT

\_\_\_\_\_ (CALORIC GOAL) X 0.35 ÷ 4 = \_\_\_\_\_ GRAMS PROTEIN

\_\_\_\_\_ (CALORIC GOAL) X 0.25 ÷ 9 = \_\_\_\_\_ GRAMS FAT

**Congratulations.** You now know exactly how many macros you need to be eating every day for the next 90 days to get rid of that unwanted weight. All you need to do now is to follow the plan and you cannot fail!

Do your best to hit your target every day. In the grand scheme of things it won't be a catastrophe if you are out by 10% every now and again. Consistency, however, is the real secret here. So, stay locked in on your macros.

## COUNTING CALORIES & TRACKING MACROS

On this plan you will need to calculate how many calories and macros are in everything that goes into your belly.

That probably sounds like a hassle.

### Too bad!

If you have the passion for a fit physique, it won't be an issue. If you don't, what are you doing here?

Measuring your food will require the following items:

- A food diary, or my favorite macro tracking app (My FitnessPal)
- A set of food scales
- A set of measuring cups

# Become A Label Reader



Getting to grips with the nutritional information on the product label of the food you're eating is going to be essential for you. Let's break it down using an example so you can extract the information you need.

## Let's zoom in on the information we need to count our macros.



At the top of the label you are told the serving size, which is one egg or 50 grams. That serving is going to provide 70 calories. The total fats will be 4.5 grams. The total carbs will be less than 1 gram and the total protein will be 6 grams per serving.

If you are having one serving of this, you would either just crack one of the eggs, or measure out 50 grams onto a kitchen scale. Then you'd record your total calories and macros into your food diary.

## Using The Scale



You can pick up a good set of digital scales from Walmart or off Amazon for \$20. It will allow you to measure in either grams or ounces.

To measure a food item, set the scale to grams, then place your plate on the scale. Then zero the scale so that the weight of the plate is not added to the weight of the food. Now place your food on the plate. Keep adding food until you hit the serving weight on the food label.

Let's say that you are having a serving of oatmeal, which contains 27 grams of carbs in a 40 gram serving. However, you only want to be eating 20 grams of carbs



at this meal. You will need to work out what size serving will provide you with 20 grams of carbs. You can use a simple calculation to do this . . .

$$40 \text{ DIVIDED BY } 27 = 1.48$$

$$20 \times 1.48 = 29.6$$

**SO, TO GET YOUR 20 GRAMS OF CARBS, YOU WILL PUT  
29.6 GRAMS OF OATMEAL ON THE SCALE.**

## Professionally Built Meal Plans

Here, at the Vinsanity Shred, we have a team of amazing nutritionists and registered dietitians who are ready to write a meal plan completely customized to you and your needs.

If you're interested, click the link below and let us know if you want 4 weeks, 8 weeks, or 12 weeks of completely customized meal plans. You will then be emailed a questionnaire containing everything we need to know about you, you will fill it out, send it back and receive your customized meal plan within 48 hours.

If you have any questions or concerns about your plan, or just simply want more options, we offer 24/7 email support directly between our entire team and you!

## OUR CUSTOMIZED MEAL PLANS

If you're not sure what plan you should start, you can even email us and we can chat and figure out what your next best step should be.

**Email: [support@vinsanityshred.com](mailto:support@vinsanityshred.com)**

Before we get started, the best thing to compliment a customized meal plan, is a training plan that works hand in hand with it. Below, you will be given every tool you need to get shredded, but if you want a professional to take care of this for you and completely customize it to your body's needs, it's time to take us up on our badass customized training plans.