



CARB CYCLING

for

Weight Loss

CHECKLIST

Carb Cycling For Weight Loss

Checklist

Are you wondering whether carb cycling could be the key to weight loss? This checklist helps you to learn the basics of this dieting regime and to decide whether it's right for you.

What Is Carb Cycling?

Carb cycling is a way of eating which involves varying the amount of carbohydrates you eat each day. There are several versions of carb cycling. Some involve alternating days of low and high carb menus, while others cycle over several weeks. The idea is to plan high carb days to coincide with days when you work out. This will lead to the body learning how to adapt to burning fat as fuel instead of glucose. As a result, less fat will be stored in the body and weight loss will occur.

Who Could Benefit From Carb Cycling?

People who have found it difficult to break through a weight loss plateau can benefit from carb cycling. Also, bodybuilders and endurance athletes find that carb cycling can help improve their muscle growth and sporting performance.

What Foods Can You Eat On A Carb Cycling Diet Plan?

A successful carb cycling diet plan involves eating healthy foods on both high and low carb days. Your diet should focus on:

- healthy vegetables
- fruits
- wholegrains
- lean protein
- good fats.

On a high carb day you can add in a couple of portions of starchy vegetables, tubers or wholegrains.

What Are The other Benefits Of Carb Cycling?

Carb cycling offers many benefits other than weight loss. These include:

- Improved insulin sensitivity
- Lower cholesterol
- Better hormonal balance
- Improved metabolic health
- Improved sporting performance
- Better muscle growth
- Boosted recovery times after exercise

What Must You Bear In Mind When Carb Cycling?

Carb cycling may be effective, but it can be complex to follow. Here are some key things to bear in mind when embarking on this diet:

- Match your diet to your personal goals and individual makeup e.g. height, gender and bodyweight.
- Remember that food quality matters as much as quantity.
- You need to work out your calorie maintenance requirement so you can plan your macros effectively.

- Remember to keep your protein and fats intake constant even on low carb days.
- Remember you'll need to maintain a calorie deficit on your low carb days to lose weight effectively.

What Are The Different Types Of Carb Cycling?

There are several different types of carb cycling to suit the needs of different people. These include:

- Carb Cycling for weight loss
- Carb cycling for muscle building
- Carb cycling for weight maintenance
- The high/low program
- The high/low/medium program

How Do You Get Started With Carb Cycling?

It may seem complex to begin carb cycling, however here are some top tips:

- Don't forget to count your macros – you can't focus solely on carbs.
- Don't overindulge on your high carb days.

- Plan your refeeding days in advance.
- Plan your carb cycling regime around your own individual needs and workout requirements.
- Don't skip meals.
- Make your plate look full on low carb days by eating more leafy greens.
- Eat more wholegrains on high carb days so you feel satisfied and full.
- Don't worry about indulging on an occasional basis.
- Talk to a nutritionist to get a personalized eating plan.

Follow these steps and you'll find that carb cycling needn't be as complicated as it seems. It could be the regime you've been looking for to help you shed those unwanted pounds!