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POWELL

CARB CYCLING 101

NUTRITION GUIDE & RECIPES



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Carb cycling is the foundation of what I do every day and with every client. I know through years of experience with many different clients that carb cycling works, so I'm going to introduce you to the basics and two different carb cycling plans—Easy and Classic. I'm stripping it down to the basics to get you started:

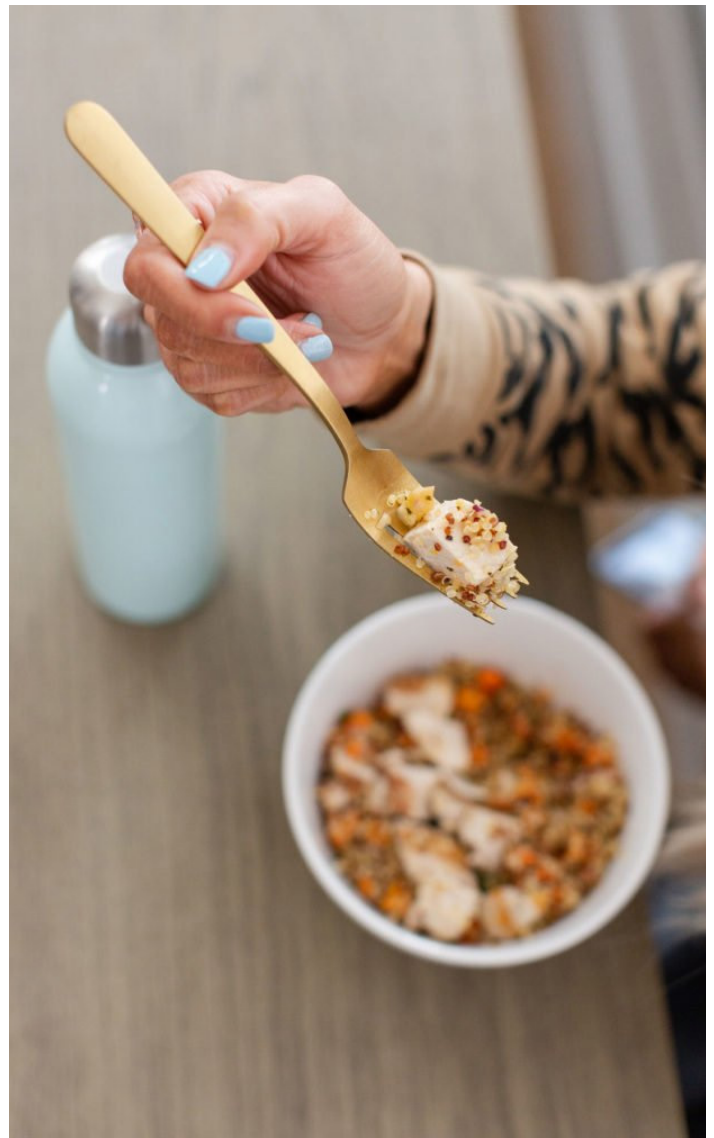
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WHAT IS CARB CYCLING + HOW DOES IT WORK?



Carb cycling is an eating plan with alternating high carb and low carb days. It's that simple. It also has built-in reward days or reward meals (depending on the plan you're following), so you can still eat your favorite foods on a regular basis. Sounds pretty much perfect, right? You can eat healthy foods, **enjoy foods you love, and still lose weight.**





While each plan has a different mix of high carb and low carb days, each day works basically the same:

- **Eat five meals**—no more, no less.
- **Eat breakfast within 60 minutes of waking** or whenever your feeding window opens if you're an intermittent faster.
- For **breakfast**, you'll eat **a portion of protein, carbs, and fat**.
- For your **next 3 meals** (snack, lunch, snack), **you'll eat either a low or high carb meal depending on which day you're on**. So, if you're on a low carb day, those three meals will be low carb. If you're on a high carb day, those three meals will be high carb.
- Your **last meal of the day** will **ALWAYS be a low carb meal**. Always.
- Choose approved foods.
- **Drink ½ your body weight in ounces of water every day**. So, if you weigh 150 lbs, you'll drink 75 ounces a day.

HOW DOES CARB CYCLING WORK?

Carb cycling is based on the right combination of proteins, carbs, and healthy fats. In order to lose weight, our bodies need the right combination. Here's why:

- **Protein** builds and maintains muscles and these muscles burn calories like an inferno. Protein also breaks down more slowly than carbs and fat, which burns even more calories and helps you feel fuller longer.
- **Carbs** are the preferred fuel source for your muscles and organs, and they come in healthy versions (vegetables, fruits, grains, and legumes), and not-so-healthy versions (cakes, cookies, soda, doughnuts, candy, and many processed foods). Healthy carbs are also crucial for burning calories, and since they break down more slowly than those not-so-healthy carbs, they keep your blood sugar and energy levels steady, and they also keep your calorie-burning furnace hot so it burns more calories!
- **Healthy fats** (unsaturated fats) eaten in moderation help the development and function of your eyes and brain and help prevent heart disease, stroke, depression, and arthritis. Healthy fats also help keep your energy levels steady and keep you from feeling hungry.

WHY DO WE ALTERNATE HIGH CARB + LOW CARB DAYS IN CARB CYCLING?

On high carb days you're stocking your calorie-burning furnace so that on low carb days your furnace burns fat, and lots of it! This pattern tricks your metabolism into burning a lot of calories, even on those low carb days. It's an amazing and well-proven process.



WHAT ARE THE BENEFITS OF CARB CYCLING?

Carb cycling has many benefits:

- It fits *any* lifestyle.
- You'll learn how to shed weight and body fat and how to make smart lifestyle choices for the rest of your life. This puts YOU in control.
- You'll feel better and have more energy.
- You'll eat the foods you love.
- You'll build lean, strong muscles.
- You'll be empowered physically, mentally, emotionally, and spiritually.

Ready to carb cycle? Let's get you started by introducing two of our simplest carb cycling plans: The Easy Cycle and the Classic Cycle. Choose which one will work best for you and let's get cycling!

CARB CYCLING

.....
EASY CYCLE

PG. 7



CARB CYCLING

.....
CLASSIC CYCLE

PG. 8



CARB CYCLING: THE EASY CYCLE



Do you have a hard time going without your favorite foods, but you still want to lose weight? Then the Easy Cycle is for you. In this cycle, you alternate low carb and high carb days, and on every single high carb day you can have a reward meal, as long as that meal isn't your dinner meal.

That's right, you can eat the foods you love—four days a week— and still reach your weight loss goals. And by favorite foods I mean pizza, ice cream, bacon, chocolate cake, cheesecake—they're all okay. The power of this cycle is that if you get those favorite food cravings on low carb days, you only have to wait until the next day to satisfy them. Anyone can do that! Success can be yours with this cycle.

How is this possible? First of all, you'll be following the low carb/high carb eating plan for your non-reward meals, and the success of this pattern has been proven many times over. And even though you'll be rewarding yourself, you'll be rewarding yourself less often. Let's say you usually eat seven servings of ice cream a week. With the Easy Cycle, you're already eliminating three bowls of ice cream a week, and that's a lot of calories! You're satisfying your cravings without depriving yourself, and losing weight.

Here's what an Easy Cycle week looks like:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Every breakfast—on both low and high carb days—will consist of a portion each of protein, carb, and fat. For the next three meals, you'll either have a high carb or low carb meal (depending on which day you're on), and then your last meal of the day will ALWAYS be a low carb meal. Follow the **portion size guide** (pg 9), and you're good to go!

And yes, you won't lose weight as quickly as you would in other cycles, but the important thing is that you will lose weight, and you'll also be forming healthy habits that will last a lifetime. And when you're ready, you can move onto another cycle if you want to. Or you can stay with the Easy Cycle throughout your weight loss journey. It's totally up to you!

CARB CYCLING: THE CLASSIC CYCLE



While the Easy Cycle is the easiest cycle, the Classic Cycle is the simplest carb cycle. It offers a quick and easy introduction to carb cycling and results in fast and steady weight loss.

Unlike the Easy Cycle, which has a reward meal incorporated into every high carb day, the Classic Cycle has an entire reward day every week. Imagine that—a whole day to satisfy those cravings for your favorite foods! And you'll still lose weight.

Here's what a Classic Cycle week looks like:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Every breakfast—on both low and high carb days—will consist of a portion each of protein, carb, and fat. For the next three meals of the day, eat either low or high carb meals (depending on which day you're on). Your last meal of every day will ALWAYS be a low carb meal. Follow the **portion size guide** (pg 9) to put all of your meals together.

With the Classic Cycle, besides losing weight at a quick and constant pace, you'll also be able to tune into what is happening in your body during this carb cycle process. You'll learn and actually feel how food affects your body, and while you may experience some brief periods of nausea, headaches, low energy, and other symptoms as you change the way you fuel your body, these will be temporary. In the end, you'll have a whole new appreciation for this marvelous body you have! And you can stick with the Classic Cycle throughout your weight loss journey or move onto another cycle. You are in control!

PORTION SIZE GUIDE



Confused about carbs and how they fit into carb cycling? Believe me, you're not alone! Many of my most frequently asked questions are about carbs. And yes, with all the talk of "carbs this" and "carbs that" in the media, it can get a bit confusing. It gets even more complicated when you think you need to keep track of grams of carbs per meal and per day and the "good" vs. the "bad."

It's time to rethink how you think about carbs, agreed?!

First, the basics: Carbs—and the roles they play in your diet—are actually pretty simple. If it comes from a plant, it's a carb, and carbs are the preferred fuel source for your muscles and organs. Breads, beans, potatoes, table sugar, fruits, and vegetables are all carbs.

There are two categories of carbs: simple and complex. The simple, not-so-healthy ones are found in foods such as cakes, cookies, some commercially made breads, and many processed foods. Fruits are also considered simple carbs because of the type of sugar they contain, but they're a healthy choice because they're loaded with vitamins, minerals, electrolytes, antioxidants, and some fiber. Your body breaks down simple, not-so-healthy carbs very quickly, which spikes your blood sugar levels and stimulates the release of insulin, resulting in a craving for more simple carbs. And that is soooo not good!

Complex, healthy carbs—like those found in legumes, root vegetables, whole-grains, cereals, breads, and pastas—are typically high in fiber, which slows food digestion and the release of sugars. This keeps your blood sugar and energy levels steady (and longer lasting), so your calorie-burning furnace stays hot and burns more calories! And that is awesome!

So how do carbs fit into our carb cycling program? It's actually pretty simple. No matter what carb cycle you choose, every breakfast of every day will contain a carb. Every breakfast, every day. Your carb can be a grain, a legume, a starchy or root veggie, or a fruit.











In the Easy and Classic cycles, on low carb days, your remaining four meals (spaced every three hours) consist of a portion each of protein, fat, and veggies (think fibrous green veggies, not the starchy, root kind), and on high carb days, your remaining four meals (spaced every three hours) are made up of a portion each of protein and complex carbs (grains, legumes, starchy or

root veggies, or fruits). And no matter which cycle you choose, if you're ever still hungry, you can always throw in a portion of veggies (again, the fibrous greens). Remember: With carb cycling, you can have non-root/non-starchy veggies with every single meal (starchy, root veggies, like potatoes, will fall into the carb category)! Pretty simple, right?

Here's what it looks like, including some handy portion size helps, for the Easy and Classic Cycles:

CARB CYCLING DAYS

EASY & CLASSIC CYCLES

		LOW CARB DAY	HIGH CARB DAY	
BREAKFAST <i>(within 60 minutes of waking)</i>		 PROTEIN + CARB + FAT	 PROTEIN + CARB	
MORNING SNACK		 PROTEIN + FAT	 PROTEIN + CARB	MEAL TIMING <i>Eat every 3 hours and include 2 handfuls of veggies with each meal.</i>
LUNCH		 PROTEIN + FAT	 PROTEIN + CARB	
AFTERNOON SNACK		 PROTEIN + FAT	 PROTEIN + CARB	
DINNER		 PROTEIN + FAT	 PROTEIN + CARB	
ESTIMATED CALORIE INTAKE GOALS:	WOMEN MEN	1,200 1,500	1,500 2,000	



SMART PROTEINS

Protein is essential for weight loss since it helps build muscle. The recommended serving size is a palm-size portion.



SMART CARBS

Carbohydrates are vital for energy production since all your cells are fueled by carbs. The recommended serving size is a fist-size portion.



SMART FATS

Smart fats help keep you feeling fuller longer and maintain healthy cholesterol levels already in the normal range. The recommended serving size is a thumb-size portion.



SMART VEGETABLES

Vegetables fortify your body with vitamins, minerals, and fiber. The recommended serving size is two fist-size portions.

RECIPES



For any of you who are vegetarian or vegan, you can enjoy these meals too—just sub your fave vegan/vegetarian protein source for the ones in the recipes and enjoy!



SCRAMBLED EGGS, CHEESE, AND AVOCADO

Ingredients:

- 5 large egg whites
- 1/2 cup shredded Colby Jack cheese
- 1/2 small avocado, diced

Directions:

1. Separate egg whites from yolk, whisk for 30-45 seconds. Spray a skillet with nonstick cooking spray. Scramble eggs until done to desire texture. Sprinkle cheese and avocado over the top of eggs and enjoy! Makes 1 serving

Nutrition Information: 303 cal; 18g fat; 8g carbs; 32g protein



GROUND TURKEY MARINARA

Ingredients:

- 3 ounces extra-lean ground turkey (meal prepped)
- 1/2 cup steamed broccoli
- 1/3 cup shredded Parmesan cheese
- 1/3 cup low-sugar marinara
- 1/4 tablespoon unsalted butter

Directions:

1. In a bowl, combine the steamed broccoli and butter, toss until well coated.
2. In the same bowl, add the rest of the ingredients, mix well, and enjoy! Makes 1 serving

Nutrition Information: 308 cal; 15g fat; 12g carbs; 31g protein



GREEN CHILI TURKEY AND CILANTRO RICE BOWL

Green Chili Turkey:

- 3 ounces extra lean ground turkey
- 1 red bell pepper, diced
- ¼ cup red onion, chopped
- 1 medium poblano pepper, roasted and diced
- 1 small green tomatillo or green tomato
- ¼ teaspoon ground cumin
- ¼ teaspoon smoked paprika
- ¼ teaspoon dried oregano
- Pinch of salt substitute
- Pinch of ground black pepper
- ¼ cup water
- Pinch of ground cayenne pepper
- 1 tablespoon cilantro, rinsed and chopped
- Juice of ½ lime

Heat skillet to medium high heat. Spray with cooking spray. Crumble turkey into the skillet and stir to break up into small pieces.

Add bell peppers, red onion, roasted poblano, green tomatillo, cumin, paprika, oregano, salt substitute, black pepper, water, and cayenne. Stir and cook until turkey is cooked through. Add cilantro and lime juice. Mix with green beans and serve over Cilantro Rice.

Cilantro Rice:

¼ cup cooked brown rice
1 tablespoon chopped cilantro
½ tablespoon lime juice
Pinch ground cumin
Pinch black pepper
Pinch salt substitute

Cook rice and toss with cilantro, lime juice, cumin, salt substitute, and black pepper.

Green Beans:

1 cup of green beans

Steam and toss with turkey mixture. Serve over cilantro rice.

Makes 1 serving

Nutrition information: 305 cal; 3g fat; 44g carbs; 27g protein



PUMPKIN PROTEIN PANCAKES WITH PUMPKIN SEED GRANOLA

Pumpkin Protein Pancakes

Makes 4 servings

Ingredients:

- 1/2 scoop vanilla protein powder (3/4 for men)
- 1/4 cup pumpkin puree
- 1 teaspoon coconut oil
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon baking powder
- 1 large egg white
- 1/4 cup steel-cut oats
- 1/3 cup water
- 1 teaspoon Truvia sweetener
- 1/4 cup sugar-free pancake syrup
- 1/2 tablespoon Pumpkin Seed Granola (*see recipe on page 15*)
- 1/2 banana sliced (men only)

Directions:

Add all the ingredients except syrup, granola, and banana (men only) to the blender and blend until smooth.

Heat a nonstick griddle or skillet coated with cooking spray over medium heat. Ladle about 1/4 cup of pancake batter per pancake onto griddle or skillet. Once pancake tops are covered with bubbles and edges look cooked, they are ready to flip. Cook both sides. Serve immediately. Top with syrup, granola, and banana (for men). Recipe makes 4 pancakes.

Pumpkin Seed Granola

Ingredients:

1 teaspoon extra virgin coconut oil
1/4 cup slivered almonds, raw and unsalted
1/4 cup raw, unsalted pumpkin seeds
1/2 teaspoon Truvia
1/2 teaspoon ground cinnamon or pumpkin pie spice
Pinch of ground nutmeg
Pinch of salt substitute



Directions:

Heat coconut oil in nonstick skillet over medium heat.
Toss the almonds and pumpkin seeds in coconut oil and stir to avoid burning.
Add Truvia, cinnamon, nutmeg, and salt substitute, mix.

Nutrition Information:

For one pancake with 1/2 tablespoon of granola:

Women: 310 cal; 11g fat; 34g carbs, 25g protein

Men: 400 cal; 12g fat, 48 gcarbs, 32g protein