

Carb-Cycling Meal Plan

Hello Boot Campers,

Here is a carb-cycling meal plan that we created for the program.

Included is a comprehensive list of macros to include into the eating plan, what to keep in check and what to avoid completely to get the ideal body composition.

Meal	Protein	Carbs	Fibrous Veggies	Fat
Breakfast	2 egg whites & 1 whole egg & 3 oz. ground turkey breast OR lean beef OR chopped ham - make as omelet	1/2 grapefruit OR 1/3 cup oatmeal (before cooking)	omelet-type veggies (green peppers, onion, etc.)	Fish oil
Mid-Morning	2 scoops of low-carb protein powder (as a shake or pudding)	BERRIES		2 tsps all-natural peanut butter
Lunch	5 oz chicken breast or turkey breast, OR 6oz. of tuna		1 cup green vegetables - broccoli, spinach, green beans, or asparagus	1 avocado (plus fat contained in meat)
Mid-Afternoon	6 oz can of Tuna or Chicken, OR 2 scoops low-carb protein powder (as a shake or pudding)		Celery or carrots	1-2 tsp flax seed oil (can skip this if having shake).
Supper	5 oz chicken breast OR turkey breast OR fish OR lean steak		2 cups Spinach leaves with salad-type veggies (broccoli, radishes, cucumbers, green onions, etc.)	1 TBS olive oil and vinegar dressing (plus fat in meat.)

Follow the low-carb plan above daily. On Wednesday and Saturday (or similarly spaced days), replace your last meal of the day with one of the following high-carb options below:

Meal	Protein	Carbs	Fibrous Veggies	Fat
Suggested High-Carb Meal 1		5 oz sweet potato & 1/3 cup oatmeal (before cooking) & 1 small banana	1 cup fibrous veggies (broccoli, spinach, green beans, asparagus)	CLA
Suggested High-Carb Meal 2		1/2 cup whole-wheat pasta OR 1/2 cup brown rice (before cooking) with 2 TBS marinara sauce, & 4 strawberries	1 cup fibrous veggies (broccoli, spinach, green beans, asparagus)	CLA
Suggested High-Carb Meal 3		Low-fat chili with beans (with or without meat)		CLA

Follow the same low-carb plan above daily. On Wednesday and Saturday (or similarly spaced days), change your daily meals to include more complex carbs throughout the day, like below, to allow for some variety on these days:

Meal	Protein	Carbs	Fibrous Veggies	Fat
Breakfast	2 egg whites & 1 whole egg & 6 oz skim milk	1/3 cup oatmeal (before cooking)		Fish oil
Mid-Morning	1/2 cup low-fat yogurt OR 8 oz Almond Milk. Add 1 scoop protein powder either.	BERRIES		1 tsp all-natural peanut butter
Lunch	3-4 oz chicken breast or turkey breast, OR 4-5 oz fish	4 oz sweet potato	1 cup green vegetables - broccoli, spinach, green beans, or asparagus	1 tsp flax seed oil (plus fat contained in meat.)

Mid-Afternoon	3-4 oz can of Tuna OR sardines	1 slice whole grain bread OR 1/2 cup pinto beans OR 1 medium apple		1 tsp flax seed
Supper	4 oz of chicken breast OR turkey breast OR fish OR lean steak	4 oz sweet potato OR 1/2 cup brown rice (before cooking)	1 cup green vegetables - broccoli, spinach, green beans, or asparagus	(fat contained in meat)

Now here is a comprehensive list of foods to eat most of the time, moderately and avoid altogether. Keep this list, and use it to govern your choice of foods moving forward.

HEALTHY FATS: 3-5 servings per day

EAT:

- Coconut oil
- Coconut meat
- Macadamia nut oil
- Avocados
- Olives
- Organic grass-fed butter
- Organic yogurt (full fat)
- Ghee
- Free-range eggs (with yolk)
- Grass-fed beef, bison or lamb
- Sardines, anchovies or haddock in water or olive oil
- Wild salmon, trout, tilapia or flounder
- Triglyceride- based fish oil
- Pure cod liver oil

MODERATE:

- Raw nuts (except peanuts)
- Raw seeds
- Almond butter
- Palm oil
- Cold- press flax oil
- Bacon

- Mayonnaise
- Organic peanut butter
- Coconut ice cream
- Dark chocolate

AVOID:

- Roasted nuts
- Roasted seeds
- Regular peanut butter
- Regular butter
- Non-organic meats
- Margarine
- "Spreadable" condiments
- Farmed fish
- Commercial salad dressings
- Safflower oil
- Sunflower oil
- Canola oil
- Cottonseed oil
- Commercial flax oil
- Soy ice cream
- Regular ice cream
- Milk chocolate

VEGETABLES: 3-5 servings per day

EAT:

- Sprouts
- Avocados
- Olives
- Asparagus
- Broccoli
- Cauliflower
- Cabbage
- Naturally fermented sauerkraut
- Swiss chard
- Mustard greens
- Nori (seaweed)
- Organic greens powder or capsule
- Bok choy

- Collards

MODERATE:

- Sweet potatoes
- Yams
- Plantains
- Potatoes
- Corn
- Peas
- Carrots
- Celery
- Cucumber
- Squash
- Zucchini
- Romaine lettuce
- Red lettuce
- Iceberg lettuce
- Fennel
- Radishes

AVOID:

- Canned vegetables
- Non organic, unrinsed vegetables

PROTEIN: 2-4 servings per day

EAT:

- Free-range eggs (with yolk)
- Grass-fed beef, bison or lamb
- Pasture-raised, organic pork
- Organic whey/ casein protein powder (look up <https://www.livingfuel.com/product/livingfuel-livingprotein/>)
- Organic rice/pea protein powder
- Sardines, anchovies or haddock in water or olive oil
- Wild salmon, trout, tilapia or flounder
- Organic hemp protein powder
- Organic yogurt (full fat)

MODERATE:

- Yogurt cheese
- Raw cheese from grass-fed cows
- Organic cottage cheese

- Naturally preserved or dried meats
- Miso, tempeh,, tamari or natto
- Egg protein powder
- Soaked or sprouted beans and legumes
- Raw seeds and nuts
- Raw nut butter

AVOID:

- Non organic dairy products
- Processed cheese
- Non organic, commercially processed meats
- Chemically preserved or dried meats
- Protein powders with artificial sweeteners
- Textured vegetable proteins
- Soy protein powders
- Tofu
- Roasted seeds and nuts
- Roasted nut butter
- Regular or canned beans and legumes

NON-VEGETABLE CARBOHYDRATES: 1-2 servings per day

EAT:

- Wild rice
- Brown or white rice
- Sprouted, organic quinoa, amaranth or millet
- Sprouted legumes (beans and lentils)
- Gluten-free oats
- Organic full-fat yogurt

MODERATE:

- Soaked legumes (beans and lentils)
- Raw seeds and nuts
- Soaked, organic quinoa, amaranth or millet
- Regular oats
- Fresh-milled kamut wheat
- Soaked and sprouted wheat products
- Non-GMO corn

AVOID:

- Canned legumes
- Regular wheat products
- GMO corn
- Roasted seeds and nuts
- Fava beans
- Soybeans
- Soy nuts
- Regular yogurt
- Cookies
- Biscotti
- Scones
- Crackers
- Bagels
- Bread
- Cereal

FRUIT: 1-2 servings per day

EAT:

- Apples
- Apricots
- Grapefruit
- Kiwi
- Peaches
- Pears
- Bananas
- Berries
- Cherries
- Cantaloupe
- Mangoes
- Nectarines
- Oranges
- Papayas
- Pineapple
- Plums
- Watermelon

MODERATE:

- Lemons
- Limes
- Grapes

- Strawberries
- Dates
- Figs
- Natural dried fruit
- Fruit juices

AVOID:

- Canned fruit
- Fruit in syrup
- Fruit candy
- Sugar coated dried fruit
- Packaged dried fruit

HERBS, SPICES & SWEETENERS: Use when needed

EAT:

- Cinnamon
- Cloves
- Allspice
- Stevia
- Xylitol
- Maltitol
- Turmeric (I eat a TON of this! PRO TIP)
- Curry
- Cumin
- Fennel
- Star Anise
- Garlic
- Ginger

MODERATE:

- Raw, pollinated honey
- Organic maple syrup
- Natural fruit sweeteners
- Molasses
- Truvia
- Regular table salt
- Red pepper
- Fermented soy sauce
- Apple cider vinegar

- Brewer's yeast

AVOID:

- Processed sugar
- Candy
- High fructose corn syrup
- Regular honey
- Agave syrup
- Aspartame
- Sucralose
- Acesulfame
- MSG