



LEAN in 13

Carb Cycling Meal Blueprint









MEALS

BURN

REFUEL

TIPS

| | | | |
|-----------------------|---|---|--|
| Breakfast |  |  | <p>MEAL REPLACEMENT SHAKE: Add Water. Optional add-ins: ice, 1-2 tsp. of flax seed oil OR 1-2 tsp. nut butter, Splenda or Stevia.</p> <p>AVOID: fruit, milk, juice, yogurt.</p> |
| Snack |  |  | <p>Nuts: ¼ cup; Raw or dry roasted. Fruit on Refuel day: About 1 cup of any fruit</p> <p>AVOID eating nuts roasted in oil, “candied nuts”, or sugar/honey coated, etc.</p> |
| Lunch | Protein Veggie | Protein Starch | <p>Protein: About the size of a deck of cards if you are still very hungry, eat a few more bites until you “satisfied.”</p> <p>Red/Green/Yellow: see the “key” on back side.</p> |
| Snack |  |  | <p>MUSCLE GAIN: 1 serving plus water. Optional add-ins: Ice; if you did not add 1-2 tsp. nut butter or flax oil to your morning shake, you can add one of them here.</p> <p>AVOID: milk, juice, yogurt, or fruit (Exception: fruit on Refuel day)</p> |
| Dinner | Protein Veggie | Protein Starch | Same as lunch |
| Meal/Snack (optional) | Protein Veggie | Protein Starch | <p>Option: Some people may need to add another meal or small snack. Guideline: If you are VERY hungry 2 hrs after dinner, have a small snack. Go to bed slightly hungry. Waking up hungry? You’re burning fat!</p> |

Important: Eat ALL five meals/snacks (**AVOID** skipping any.) Space your meals/snacks at least 2.5 hours apart from each other, but avoid waiting longer than 4 hours without eating. When you wait longer than 4 hours, you won’t get all five meals/snacks in AND you decrease your results.