

Weekly Carb Cycling Plan with Diet and Workouts

Day	Carb Intake	Workout Focus	Workout Type	Sample Meals
Monday	Low (50-100g)	Full-body (Lower Body Focus)	TUT: Squats, Lunges, Calf Raises	Eggs & avocado, grilled chicken & spinach, salmon & asparagus, cottage cheese & almonds, zucchini noodles with pesto & chicken
Tuesday	Moderate (150-200g)	Upper Body Strength	TUT: Bench Press, Rows, Shoulder Press	Oatmeal & berries, turkey & quinoa, fish & roasted vegetables, whole wheat wrap with lean beef & veggies, lentil soup with whole-grain bread
Wednesday	High (250-300g)	Core & Stabilization	TUT: Planks, Side Planks, Russian Twists	Whole grain toast & eggs, pasta & lean beef, rice & chicken stir-fry, banana smoothie with Greek yogurt, sweet potato & black bean bowl
Thursday	Low (50-100g)	HIIT (Bodyweight)	Burpees, Mountain Climbers, Jump Squats	Scrambled eggs & spinach, grilled salmon & avocado, beef & sautéed greens, tuna salad with olive oil dressing, roasted cauliflower & chicken
Friday	Moderate (150-200g)	Strength (Weighted HIIT)	Kettlebell Swings, Dumbbell Snatches, Push Press	Yogurt & nuts, chicken & brown rice, baked fish & sweet potatoes, chickpea salad with feta & olive oil, grilled turkey burger with whole-grain bun
Saturday	High (250-300g)	Cardio HIIT	Sprints, Cycling, Rowing	Whole grain pancakes, lean meat & potatoes, rice & beans with chicken, fruit & nut smoothie, quinoa bowl with vegetables & grilled tofu
Sunday	Low (50-100g)	Active Recovery (Yoga/Stretching)	Mobility Work, Light Walk	Omelet & avocado, grilled chicken & mixed greens, salmon & steamed broccoli, walnuts & Greek yogurt, cauliflower rice stir-fry with shrimp

Why This Plan Works:

Why It Works: Restrictive dieting disrupts the balance between leptin and ghrelin—two hormones that regulate hunger and metabolism. Low leptin levels signal your body to store fat, while high ghrelin levels increase hunger, leading to overeating and slower fat burning. Carb cycling rebalances these hormones, enhancing fat loss and metabolic rate.

- **Time Under Tension (TUT) Training** increases muscle growth and metabolic rate.
- **Carb Cycling** regulates leptin and ghrelin for optimal fat loss.
- **HIIT Workouts** maximize fat burning through post-exercise oxygen consumption (EPOC).

Tips for Success:

- Stay hydrated and track your progress.
- Adjust carb intake based on energy levels and performance.
- Ensure proper recovery with sleep and stretching.

Workout Definitions & How to Perform Them:

- **Time Under Tension (TUT) Exercises:** Slow-controlled movements to increase muscle activation.
 - **Squats:** Stand with feet shoulder-width apart, lower into a squat for 30 seconds, and rise for 30 seconds.
 - **Lunges:** Step forward, lower into a lunge slowly, hold for a few seconds, and return to standing.
 - **Calf Raises:** Stand on toes slowly, hold, then lower heels back down.
 - **Bench Press:** Lie on a bench, lower the barbell to chest slowly, then press back up.
 - **Rows:** Hold a barbell or dumbbells, pull towards chest slowly, then lower back down.
 - **Shoulder Press:** Hold dumbbells at shoulder height, press up slowly, then lower.
 - **Planks:** Hold a push-up position on forearms for a set time.
 - **Side Planks:** Hold a side position on one arm, keeping the body straight.
 - **Russian Twists:** Sit on the floor, twist torso side to side while holding a weight.
- **HIIT (High-Intensity Interval Training) Exercises:** Short bursts of intense activity with rest.
 - **Burpees:** Squat, jump to a push-up position, do a push-up, jump back, and stand.
 - **Mountain Climbers:** In a push-up position, alternate bringing knees towards chest.
 - **Jump Squats:** Squat down, then explode into a jump, landing softly.
 - **Kettlebell Swings:** Swing a kettlebell from between legs up to chest level using hips.
 - **Dumbbell Snatches:** Lift a dumbbell from the ground to overhead in one motion.
 - **Push Press:** Start with dumbbells at shoulders, push overhead explosively.
 - **Sprints:** Run at full speed for a short distance, then rest.
 - **Cycling:** Short bursts of high-speed cycling with intervals of rest.
 - **Rowing:** Row at maximum effort for short intervals with rest in between.
- **Active Recovery & Mobility:** Low-intensity exercises for flexibility and recovery.
 - **Yoga/Stretching:** Dynamic and static stretches to improve mobility and prevent injuries.
 - **Light Walk:** A relaxed-paced walk to aid recovery and circulation.

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