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| Carb Cycling Diet ( 5 days low) |

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| Meal | Wed/Sun  (low fat day) | Mon/Tu/Thu/Sat//Fri  (Low carb day) | Supplements |
| Breakfast | 4-6 egg whites  1 cup of oats/grits(measured cooked)  1 piece of fruit | 2 egg whites  1- 2 whole Omega-3 Eggs  ½ avocado  Sautéed veggies | 1 fish oil  1 black seed oil  1 coconut oil  1 multi-vitamin |
| snack | 1 green apple or 2 cups melons | 2-3 Hard boiled eggs |  |
| Lunch | 4-6 oz chicken/turkey/white fish  Large Salad | 4-6 oz chicken or steak  ½ cup of fresh guac or avocado  2 cups green veggies  ⅛ c apple cider vinegar | 1 fish oil pill  2000 mg Vitamin C |
| snack | Snack choiceLow fat listed below  ⅛ c apple cider vinegar | Snack Low carb  ⅛ c apple cider vinegar |  |
| Dinner  No later than 7;30 | 3-6 oz chicken, turkey or salmon  Veggies as desired  ⅛ cup red wine vinegar | 3-6 oz salmon,sirloin,pork, chicken  2 cups spinach or greens  ⅛ c red wine vinegar | 1 black seed oil  4 oz kombucha or 1 probiotic pill |
| (optional before bed if hungry) | 3 egg whites or 3 oz ground turkey | same | 2000 mg Vitamin C  1000 mg Magnesium |

Notes:

LOW FAT SNACK OPTIONS; 2-4 hard boiled egg whites with cucumber in vinegar, 20g protein shake with small apple, 3 tablespoons hummus with 15 NO MORE THAN 15 reduced fat triscuits

LOW CARB SNACK OPTIONS; 30 unsalted almonds, egg/tuna salad (use olive oil or coconut oil mayo), 3 Tablespoons Hummus with celery or broccoli, 2 Tablespoons guac w veggies, 3 oz cooked meat/jerky, 2 oz unsalted sunflower seeds