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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 whites1- 2 whole Omega-3 Eggs ½ avocadoSautéed veggies | 1 fish oil 1 black seed oil1 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 fishLarge Salad  | 4-6 oz chicken or steak½ cup of fresh guac or avocado2 cups green veggies ⅛ c apple cider vinegar | 1 fish oil pill2000 mg Vitamin C  |
| snack  | Snack choiceLow fat listed below⅛ c apple cider vinegar  | Snack Low carb ⅛ c apple cider vinegar  |  |
| Dinner No later than 7;30 | 3-6 oz chicken, turkey or salmonVeggies 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 oil4 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