

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High/Low Carb intake	Low	High	Med	Low	High	Med	Low
Workout	Rest day	Yes - High intensity	Yes, High intensity	No, rest or light activity	Yes - High intensity	Yes - mod to high intensity	No - rest or light activity
Carbs -g	75g (15%)	225g (45%)	150g (30%)	75g (15%)	225g (30%)	150g (30%)	75g (15%)
Fat -g	120g	55g	90g	120g	55g	90g	120g
Protein -g	150g	150g	150g	150g	150g	150g	150g

Carb Cycling Cc Guru The Ultimate Guide To

RD Boyd



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