

# Carb Cycling: The 264-Hour Weight Loss Plan



## CARB CYCLING The 264 hour weight loss plan

by Kirk J. Schneider

★★★★☆ 4.6 out of 5

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Are you tired of yo-yo dieting? Do you want to lose weight and keep it off for good? If so, then carb cycling may be the right diet for you.

Carb cycling is a diet that alternates periods of high-carb intake with periods of low-carb intake. This can help you to lose weight and improve your body composition.

### How does carb cycling work?

When you eat a high-carb diet, your body stores the excess calories as glycogen. Glycogen is a type of carbohydrate that is stored in your muscles and liver. When you exercise, your body breaks down glycogen to use for energy.

When you eat a low-carb diet, your body is forced to burn fat for energy. This can lead to weight loss and improved body composition.

### **What are the benefits of carb cycling?**

There are many benefits to carb cycling, including:

- Weight loss
- Improved body composition
- Increased energy levels
- Reduced cravings
- Improved mood

### **How do I start carb cycling?**

To start carb cycling, you will need to determine your daily calorie needs. You can use a calorie calculator to do this. Once you know your daily calorie needs, you will need to divide your calories into three macronutrient groups: carbohydrates, protein, and fat.

The ratio of carbohydrates, protein, and fat in your diet will vary depending on your individual needs and goals. However, a good starting point is to consume 40% of your calories from carbohydrates, 30% from protein, and 30% from fat.

Once you have determined your macronutrient ratios, you will need to create a meal plan that includes a variety of high-carb and low-carb foods. Some good high-carb foods include fruits, vegetables, whole grains, and

legumes. Some good low-carb foods include meat, fish, eggs, and dairy products.

### **Is carb cycling right for me?**

Carb cycling is a safe and effective diet for most people. However, it is not right for everyone. Carb cycling is not recommended for people with certain medical conditions, such as diabetes or kidney disease. If you have any concerns about whether or not carb cycling is right for you, it is important to talk to your doctor.

Carb cycling is a powerful tool that can help you to lose weight and improve your body composition. If you are looking for a diet that is effective and sustainable, then carb cycling may be the right choice for you.

To learn more about carb cycling, I recommend reading the book **Carb Cycling: The 264-Hour Weight Loss Plan** by John Kiefer.



# 7-DAY INTERMITTENT FASTING

Weight Loss - Burn Fat - Get Healthy  
To Lose 7 Pounds In 7 Days

**DAY 1:**

BREAKFAST: KETO BACON EGG AND CHEESE CUPS  
LUNCH: KETO NIJOGE SALAD  
DINNER: KETO SAVORY CHICKEN-KALE MEATBALLS

**DAY 2:**

BREAKFAST: KETO SCRAMBLED EGGS & SMOKED SALMON  
LUNCH: KETO LOW-CARB BROCCOLI AND LEEK SOUP  
DINNER: KETO PORK FILET WITH MUSTARD MUSHROOMS

**DAY 3:**

BREAKFAST: FAST  
LUNCH: KETO CHICKEN WITH SQUASH SPAGHETTI  
DINNER: KETO ROASTED ROSEMARY BEEF TENDERLOIN

**DAY 4:**

BREAKFAST: FAST  
LUNCH: KETO GARLIC GHEE PAN-FRIED COD  
DINNER: KETO SHEPHERD'S PIE

**DAY 5:**

BREAKFAST: KETO SAUSAGE FONTINA  
LUNCH: KETO SIMPLE AND FAST SHREDDED CHICKEN BREAST  
DINNER: KETO SPICY MEDITERRANEAN SHRIMP WITH ZUCCHINI SPAGHETTI

**DAY 6:**

BREAKFAST: KETO CRISPY VANILLA PROTEIN WAFFLES  
LUNCH: KETO AVOCADO CHICKEN BURGER  
DINNER: KETO TURKEY TACO BOWL

**DAY 7:**

BREAKFAST: FAST  
LUNCH: KETO BACON WRAPPED CHICKEN FINGERS  
DINNER: KETO FRIED SALMON WITH ASPARAGUS





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