

Carb Cycling Diet - Evidence Sheet

This program was created with the following key considerations in mind:

Strategic Carb Periods

The plan provides carbohydrates around the intensity of training days. High-carb days help your body replenish its supply of muscle glycogen, which may improve [performance](#) and reduce [muscle breakdown](#). Moderate and low-carb days may improve [insulin sensitivity](#) and the body's ability to burn fat long-term. Strategic carb periods may also improve the function of the weight and appetite-regulating [hormones](#).

Protein Intake

Protein intake is usually similar daily, whereas fat intake varies based on carbohydrate intake. Sufficient daily protein intake helps promote [muscle growth](#). Protein is [distributed](#) between every meal and snack to help build [muscle strength and hypertrophy](#).

Electrolytes

Cutting back on carbohydrates for a few days can cause flu-like [side effects](#). This plan helps prevent these side effects by replenishing electrolytes such as sodium, magnesium, and potassium. Minerals like [zinc](#) and [selenium](#) are incorporated to support immune function.

Bone Building Nutrients

[Calcium](#), [magnesium](#), and [phosphorus](#) are minerals essential for building and maintaining healthy bones. These minerals are also commonly lacking in lower-carb diets, resulting in [nutrient deficiencies](#). This meal plan uses calcium-rich ingredients like Greek yogurt, almond milk, and salmon. Magnesium and phosphorus are incorporated from food sources like spinach, avocado, eggs, and chicken.