

Dietary Guide for Low Carbohydrates / High Protein Cycle

Dietary Guidelines

Drink 1 Gallon of water per day. Pure Water, no flavoring of any kind.

Eat every 2 to 3 hours. NO MEAL SKIPPING.

Measure all servings.

No substituting on your own. Look at substitutions page for substitutions.

Take all vitamins and supplements

Salads: Eat as much as you want. Salads are only leafy green lettuce. No carrots, tomatoes, cucumbers, croutons, etc. Only 2 tablespoons per day of dressing, regardless of salad size.

Sugars: No refined sugars of any kind.

Eggs: To be boiled only (Not pan cooked. No oil or spray of any kind.)

Meats: Grilled or Baked.

Vegetables: Steamed or Raw.

Seasonings: Mrs. Dash Seasonings is great for added flavoring. NO SALT!

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Substitutions

Meats

- 4 oz of Skinless, Boneless Chicken Breast
- 4 oz of Turkey Breast
- 3 oz of Elk Meat
- 4 oz of Tilapia Fish
- 4 oz of Tuna
- 3 oz of 10% Lean Beef Only

Carbohydrates

- 1/2 Baked Potato
- 1/2 Yam
- 1 Medium Pancake
- 2 Waffles (small)
- 1/2 Cup Oatmeal
- 1/4 Cup Malt o Meal
- 3/4 Cup Grape Nuts Cereal

Breads

- 2 Slices of Bread
- 1 Large Flour Tortilla
- 1 Pita Pocket
- 1/2 Cup Steamed Brown Rice
- 1/2 Cup Cooked Spaghetti (1 TBSP Marinara Sauce with no meat)

Salads

Iceberg Lettuce	Eat as much as you want
Romaine Lettuce	Eat as much as you want
Celery	1/4 Cup
Spinach	2 Cups
Cabbage	2 Cups

Vegetables

(Served Raw or Steamed)

Mixing the vegetables is ok, but your total must be within the serving size.

I.e. Broccoli, Green Beans, and Squash = 1 Cup Total

Green Beans	1 Cup
Broccoli	1 Cup
Radish	4 Pieces
Squash (Italian)	1 Cup
Green Beans	1 Cup
Chili Peppers	1 Cup
Bell Peppers	1 Cup
Asparagus	6 Stems
Artichoke	1/2 Cup

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Monday / Tuesday / Thursday / Friday

Breakfast

- 3 Boiled Eggs
 - 2 Egg Whites
 - 1 Whole Egg
- 1 Medium Apple

Morning Snack

- 1 Whey Protein Shake (made with Water)
- 1 Tsp Flax Seed Oil (if not already in protein powder)

Lunch

- 4 Oz Boneless, Skinless Chicken
- 1 Cup Green Beans
- Large Leafy Salad
- 1 Tbsp Dressing of Choice (Watch Sugars!)

Afternoon Snack

- 1 Whey Protein Shake (made with Water)
- 1 Tsp Flax Seed Oil (if not already in protein powder)
- ½ Cup Strawberries or 1 Medium Orange

Dinner

- 4 Oz Boneless, Skinless Chicken
- 1 Cup Broccoli (Steamed)
- Large Leafy Salad
- 1 Tbsp Dressing of Choice (Watch Sugars!)

Post Workout Snack

- 1 Whey Protein Shake (made with Water)
- 1 Tsp Flax Seed Oil (if not already in protein powder)
- ½ Cup Strawberries or ½ Cup Mixed Berries

Daily

- 1 Gallon of Pure Water (no flavorings)
- 1 L-Glutamine Tablet, 1000mg – Taken 3 times daily
- 1 Multi Vitamin
- 1 Potassium Tablet, 100mg – Taken 2 times daily

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Wednesday & Saturday

Breakfast

- 2 Boiled Eggs
 - 2 Egg Whites
- 1 Baked Potato (Can be shredded like hash browns) OR 1 Medium Pancake with 1 TBSP Sugar Free Syrup

Morning Snack

- 1 Whey Protein Shake (made with Water)
- 1 Tsp Flax Seed Oil (if not already in protein powder)
- 1 TBSP Cream of Rice
- ½ Banana

Lunch

- 4 Oz Boneless, Skinless Chicken
- 2 Slices of Bread (Make a Sandwich OR Tortilla Wrap)
- ½ Cup Broccoli
- 1 Medium Apple or Medium Orange

Afternoon Snack

- 1 Whey Protein Shake (made with Water)
- 1 Tsp Flax Seed Oil (if not already in protein powder)
- 1 TBSP Cream of Rice
- ½ Banana

Dinner

- ½ Cup Cantaloupe (Eat BEFORE meal)
- 4 Oz Boneless, Skinless Chicken
- 1 Medium Baked Potato, No Butter
- Large Leafy Salad
- 1 Tbsp Dressing of Choice (Watch Sugars!)

Post Workout Snack

- 1 Whey Protein Shake (made with Water)
- 1 Tsp Flax Seed Oil (if not already in protein powder)
- ½ Cup Strawberries or ½ Cup Mixed Berries

Daily

- 1 Gallon of Pure Water (no flavorings)
- 1 L-Glutamine Tablet, 1000mg – Taken 3 times daily
- 1 Multi Vitamin
- 1 Potassium Tablet, 100mg – Taken 2 times daily

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Sunday

Breakfast

- 4 Eggs
 - 3 Egg Whites
 - 1 Whole Egg

Morning Snack

- 1 Whey Protein Shake (made with Water)
- 1 Tsp Flax Seed Oil (if not already in protein powder)

Lunch

- Free

Afternoon Snack

- Free

Dinner

- Free

Evening Snack – Optional: If you have overeaten earlier in the day you may omit this portion.

- 1 Whey Protein Shake (made with Water)

Daily

- 1 Gallon of Pure Water (no flavorings)
- 1 L-Glutamine Tablet, 1000mg – Taken 3 times daily
- 1 Multi Vitamin
- 1 Potassium Tablet, 100mg – Taken 2 times daily