

Carb Cycling: 7-Day Meal Plan & 5 Key Benefits

Carb Cycling is a powerful nutrition strategy that alternates between high, moderate, and low-carb days to match your activity level. This PDF provides a 7-day meal plan, 5 key benefits, and 5 easy recipes with nutrition values to help you get started.

7-Day Carb Cycling Meal Plan

Day	Carb Type	Meals Overview
Day 1 (Mon)	High	Oats & banana breakfast, rice bowl lunch, salmon + sweet potato dinner
Day 2 (Tue)	Low	Omelette breakfast, tuna salad lunch, cod + cauliflower mash dinner
Day 3 (Wed)	High	Toast & eggs, turkey wrap lunch, pasta bolognese dinner
Day 4 (Thu)	Low	Greek yogurt + seeds, chickpea salad, baked cod dinner
Day 5 (Fri)	High	Oat pancakes, rice bowl, steak + potato dinner
Day 6 (Sat)	Moderate	Smoothie bowl, quinoa salad, grilled chicken + pasta dinner
Day 7 (Sun)	Moderate	Eggs + toast, burrito bowl lunch, roast fish + potatoes

5 Carb Cycling Recipes with Nutrition Facts

Protein Oat Pancakes (High-Carb)

Calories: 310 | Carbs: 43g | Protein: 17g | Fat: 8g

Garlic Butter Salmon with Zucchini Noodles (Low-Carb)

Calories: 420 | Carbs: 6g | Protein: 32g | Fat: 29g

Quinoa Chicken Power Bowl (Moderate-Carb)

Calories: 520 | Carbs: 48g | Protein: 34g | Fat: 18g

Greek Yogurt & Berry Parfait (High-Carb)

Calories: 280 | Carbs: 41g | Protein: 15g | Fat: 6g

Avocado Egg Salad Lettuce Wraps (Low-Carb)

Calories: 210 | Carbs: 4g | Protein: 10g | Fat: 17g

5 Key Benefits of Carb Cycling

- Boosts training performance on heavy workout days
- Supports fat loss while still allowing carbs
- Helps preserve muscle mass
- Flexible and sustainable long-term
- Improves metabolic flexibility

Final Thoughts

Carb Cycling helps you fuel workouts, support fat loss, and build muscle without giving up carbs. Start with this 7-day plan, experiment with recipes, and adjust portions to fit your lifestyle. Consistency is the secret to results!

■ Download this guide, save it for meal prep, and share it with friends. ■ Subscribe to our newsletter for weekly nutrition tips & recipes.