

# CARB-CYCLING MEAL PLAN

FROM: / / TO: / /

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Quinoa Porridge with Berries (70g carbohydrates)	Chicken Stir-Fry with Brown Rice (60g carbohydrates)	Greek Yogurt with Honey and Almonds (25g carbohydrates)	Baked Salmon with Quinoa and Steamed Vegetables (50g carbohydrates)
TUE	Whole Grain Toast with Avocado and Poached Eggs (40g carbohydrates)	Turkey and Cheese Sandwich with Whole Grain Bread (50g carbohydrates)	Apple with Almond Butter (30g carbohydrates)	Baked Cod with Baked Potato and Mixed Vegetables (50g carbohydrates)
WED	Scrambled Eggs with Avocado (10g carbohydrates)	Grilled Chicken Salad with Olive Oil Dressing (10g carbohydrates)	Celery Sticks with Peanut Butter (10g carbohydrates)	Grilled Steak with Asparagus and Mushrooms (10g carbohydrates)
THU	Oatmeal with Berries and Honey (70g carbohydrates)	Tofu Stir-Fry with Brown Rice (60g carbohydrates)	Greek Yogurt with Granola (25g carbohydrates)	Baked Chicken with Sweet Potato and Green Beans (50g carbohydrates)
FRI	Pancakes with Maple Syrup and Fresh Fruit (75g carbohydrates)	Quinoa Salad with Grilled Vegetables (80g carbohydrates)	Banana with Almond Butter (30g carbohydrates)	Grilled Shrimp with Couscous and Steamed Vegetables (50g carbohydrates)
SAT	Scrambled Eggs with Spinach and Feta (10g carbohydrates)	Grilled Salmon Salad with Lemon Vinaigrette (10g carbohydrates)	Celery Sticks with Hummus (10g carbohydrates)	Pork Chops with Cauliflower Mash and Green Beans (10g carbohydrates)
SUN	Greek Yogurt with Nuts and Seeds (10g carbohydrates)	Tuna Salad with Olive Oil Dressing (10g carbohydrates)	Cucumber Slices with Cream Cheese (10g carbohydrates)	Grilled Chicken with Zucchini Noodles and Pesto Sauce (10g carbohydrates)

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