

7-Day Carb Cycling Plan for Women

Day 1: High-Carb Day

Breakfast: Oatmeal topped with berries and a side of Greek yogurt

Snack: Apple slices with almond butter

Lunch: Grilled chicken breast with quinoa and roasted vegetables

Snack: Protein smoothie with banana, spinach, and almond milk

Dinner: Baked salmon with sweet potato and steamed broccoli

Snack: Greek yogurt with a handful of mixed nuts

Day 2: Low-Carb Day

Breakfast: Scrambled eggs with spinach and avocado

Snack: Celery sticks with hummus

Lunch: Grilled shrimp salad with mixed greens, cucumbers, and cherry tomatoes

Snack: Cottage cheese with sliced cucumbers

Dinner: Grilled chicken with roasted Brussels sprouts and cauliflower rice

Snack: Sugar-free gelatin or a small serving of berries

Day 3: Moderate Carb Day

Breakfast: Protein pancakes with a side of Greek yogurt and berries

Snack: Protein bar or a handful of almonds

Lunch: Turkey lettuce wraps with avocado and salsa

Snack: Carrot sticks with guacamole

Dinner: Baked cod with quinoa and roasted asparagus

Snack: Rice cakes with almond butter

Day 4: Low-Carb Day

Note: Follow the same meal plan as Day 2

Day 5: High-Carb Day

Note: Follow the same meal plan as Day 1

Day 6: Moderate Carb Day

Note: Follow the same meal plan as Day 3

Day 7: Low-Carb Day

Note: Follow the same meal plan as Day 2

Adjust portion sizes and specific food choices based on your caloric needs and dietary preferences. Stay hydrated throughout the day and listen to your body's hunger and fullness cues. If you're unsure, talk with a registered dietitian or nutritionist to help tailor the plan to your personal goals.