

CYCLE #1



**7 DAY
CARB DEPLETION DIET**

The 4 Cycle Solution

Week 1

7 Day Carb Depletion Diet Meal Plans

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4CS 7 Day Carb Depletion Meal Plans

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The 7-Day Carb Depletion Diet System and Set-Up

Below is an overview to understanding week one of cycle 1. The following pages will detail your nutrition plan day by day. Start your plan on MONDAY.

	MON	TUES	WED	THURS	FRI	SAT	SUN
7 Day Carb Depletion Cycle	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Type of Day	Deplete	Deplete	Deplete	Deplete	Deplete	Deplete	Strategic Re-feed (Cheat Meal)
Starch & Fruit amount	Zero	Zero	Zero	Zero	Zero	Zero	Last Meal Only
Total Impact Carb Count	Under 20 grams	Women: 50 grams Men: 75-100 grams					

The success of your entire plan is very much dependent upon the **first seven days**. It is very important that during this week you count ANY & ALL carbohydrates you take in.

Be anal and meticulous about this if you have to. It's only 7 days!

- Prepare your food ahead of time and use a cooler.
- Control the environments you spend your time in and try not to eat out.
- Hang out with people who will support your goals for this week.
- AVOID friends, family, and co-workers who will tempt you.

Remember, HALF of achieving ANY goal in life is knowing what you have to give up in order to get it.

Rules and Guidelines

Week 1: 7 Day Carb Depletion Cycle

1. BE EXACT — NO CHEATING THE FIRST SEVEN DAYS, YOUR SUCCESS DEPENDS ON IT.
2. Keep track of the foods and times you eat on your food logs inside your Success Tracker.
3. Eat every 3 to 4 hours up until 2 hours prior to bed. **Note:** Diabetics should eat upon rising and prior to bed.
4. Consume a minimum of 4 meals each day; 5 small meals preferred if exercising. (Limit to "fist-sized" portions for carbs and palm sized portions for proteins. Friendly fats should be about 1 tablespoon or the size of the end of your thumb. **Avoid eating out this week.**)
5. Carbohydrate intake must be *no more than* 20 grams of active or impact carbs per day. Carbs minus fiber equals active carbs.
6. Drink your minimum water amount per day. (Women 70 - 90 oz, Men 100 - 128 oz per day.)
7. If feeling weak or very fatigued, be sure to get enough fat in each meal and/or lower your exercise intensity.
8. NO starches, fruits or fruit juices. Absolutely NO wheat or whole grains.
9. Beware of hidden carbs and sugars inside sauces and toppings.
10. Be sure to have one serving of broccoli per day. If you absolutely can't tolerate broccoli, then use greens on the approved food substitutions list below.
11. No protein bars or fake, low carb foods during week one.
12. **No alcohol the first 7 days.** It will ruin the hormonal and metabolic effect you're trying to achieve during the advanced depletion cycle.
13. Don't force feed, eat too much, or stuff at any of your meals.
14. Monitor exercise intensity closely during this week. **This is assessed on a case by case basis.** You might not have any problems completing all the workouts inside the 7 Day Carb Depletion Exercise Guide.
BUT – you also might be totally worn out and low on energy.
If you don't have energy to exercise, listen to your body and rest. Just make sure you recognize the difference between being lazy and unmotivated vs. actual depletion fatigue.
15. Do everything in your power to perform some type of exercise an hour or two before your day 7 re-feed / cheat meal. This will setup your metabolic triggers for healthy glycogen replenishment while preventing ANY type of fat spillover on the very last day.

7 Day Advanced Depletion Diet-Meal Types

On your Deplete Day Nutrition Plan Templates below you'll see two different type of meals listed:

1. P + O (proteins + fats / oil)
2. P + V + O (proteins + vegetables + fats / oil)

Then you'll see your reward at the end of day 7 as a re-feed or a cheat meal:

1. P + S + FF (protein + starch + free food)

We recommend eating a high quality clean protein source with your favorite starch and a piece of dessert. But don't stuff or binge on this meal! It's specifically designed to reset your hormones and spike your metabolism for Cycle 2, but don't overdo it.

** Directions and guidelines for each individual day of the plan are provided below each individual meal plan chart below.

**If you feel it's necessary to count calories or you're concerned with portion control, refer to your Quickstart Guide. It breaks down calorie counting, grams, and portion sizes.

Advanced Depletion Food Requirements

Protein Requirements & Serving Sizes:

1. Consume Protein at each meal 4 times minimum per day, 5 meals ideal if exercising.
2. Consume the amount of protein listed in your authorized food list below. An estimate is OK, but weighing your food AFTER it's cooked is best during the first week.
3. Cottage Cheese may only be consumed once per day. Remember to try and use organic or raw full fat versions if possible.
4. If consuming a [protein shake](#), use a shake with low or no sugar and make sure impact carbs are under 5 grams per scoop (Total carbs minus fiber = impact carbs). Adjust serving for no more than 20 – 30 grams of protein for women and 30 – 40 grams for men. See supplement guide.
5. Monitor egg yolk intake. Normally yolks are fine (if they're cage free or farm fresh), but we're strategically limiting calorie dense foods in week one, so that's why you should be cautious of too many yolks.
6. Make sure and count carbohydrates in all cottage cheese, cheeses, and protein powders.

Type (P) = Proteins for 7 Day Depletion Cycle

- Eggs and egg whites
 - Men: 1 whole with 4 – 5 whites
 - Women: 1 whole with 2 – 3 whites
- Cottage cheese (try to use full fat organic and count carbs)
 - Men: 1 cup
 - Women: ½ cup
- Lean beef (try to use grass fed)
 - Men: 5 – 6 ounces
 - Women: 3 – 4 ounces
- Turkey breast
 - Men: 6 – 8 ounces
 - Women: 4 – 5 ounces
- Chicken breast
 - Men: 6 – 8 ounces
 - Women: 4 – 5 ounces
- [Low carb protein powder](#) (make sure you use a low temperature processed brand)
 - Men: 1½ - 2 scoops (30 – 40 grams)
 - Women: 1 – 1½ scoops (20 to 30 grams)
- Fresh wild caught fish: Salmon, Trout, Tuna, Cod
 - Men: 6 – 8 ounces
 - Women: 3 – 4 ounces

Vegetable Requirements & Serving Sizes:

1. Consume ONLY the following vegetables below for the 7 day carb depletion. The carbohydrate amounts per cup are listed next to each.
2. Serving size (men and women) = 1 cup on all veggies for first 7 days (raw, steamed or minimally cooked)
3. You can have vegetables at any meal as long as you don't go over 20 grams of non-fibrous carbs for that day.

Type (V) = Vegetables for 7 Day Depletion Cycle (*Make sure you count carb grams next to each veggie)

- Asparagus = 2
 - Broccoli = 4
 - Cucumber = 0
 - Lettuce = 0
 - Cabbage = 1
 - Cauliflower = 3
 - Spinach = 1
 - Radishes = 0
 - Celery = 0
 - Mushrooms = 1
 - Green beans = 7
 - Peppers = 3
 - Arugula = 1
 - Tomatoes = 5
-
- No Squash (spaghetti squash is acceptable, but make sure to count carb grams)
 - No Zucchini
 - No Peas, Corn, or Carrots

***Note:** Some low carb greens like Kale and Collard Greens are acceptable, but they're not listed because they have a little higher carb count, so try to stick to the list above and make sure you count any and all carb grams of other veggies you eat.

Fat or Oil Requirements & Substitutions:

1. Consume ONLY one serving of Fat at each meal.
2. Serving size (men and women) = 1 tablespoon. Cheese = a sprinkle. Yolks = 1 or 2 max. Krill or fish oil = 2 to 3 grams (1,000 mg = 1 gram)
3. Monitor your portion sizes carefully with fats. It's very easy to overdo it and add in an additional 300 to 400 calories of fats if you're not careful.

Type (O) = Fats or Oil for 7 Day Depletion Cycle

- Flaxseed oil
- [Krill oil](#) or organic fish oil
- Olive oil
- Mayo (use small amounts and avoid canola or vegetable oils)
- Small amounts of full fat cheese
- Grass fed or organic butter
- Coconut oil
- Egg Yolks (cage free or farm fresh)
- Heavy Cream

***Forbidden Fats for 7 Day Carb Depletion:** NO seeds, nuts, nut butters, or avocado during this cycle. Although these are healthy foods, they contain too many hidden calories and are the most abused 7 Day Depletion foods; therefore they must be forbidden for the first seven days. Sorry. :-)

Other Nutrition Guidelines for 7 Day Depletion Cycle

Condiments:

You may use condiments, but remember to watch hidden sugars and check carb count. Great examples are mustard, salsa, and sugar free hot sauces.

Coffee Intake:

What about coffee? I get this question ALL the time.

The good news about coffee: In moderation it can help enhance the process of liberating fatty acids for fat loss. It's also been shown to increase the absorption of post

workout carbohydrate intake, which won't apply for this week but it's good for you to know for future cycles.

The bad news about coffee: Most people abuse coffee by drinking way too much or adding creamers and sweeteners that are unhealthy and promote fat storage. Any type of excess caffeine intake can wreak havoc on the adrenal glands and create a very acidic environment inside the body. This can definitely affect your fat-loss goals negatively if not monitored properly.

Coffee Guidelines: Feel free to have a cup or two per day, but try to avoid artificial sweeteners and creamers that have sugar and preservatives. I recommend using black coffee with a little bit of stevia. You can also add a little organic heavy cream, almond or coconut milk. *Just don't overdo it.*

Vegan and Vegetarian Stuff:

Many times it can be very tough for a vegetarian or vegan to follow a fat loss plan because their choices are so limited on protein compared to us carnivores.

However, if you are comfortable with choosing healthy substitutions to replace animal proteins then you can easily follow the food guidelines inside this book.

Just be aware of hidden carbs or sugars.

Here are a few options that might work: Protein Powder: Pea or Rice, Tempeh, Texturized vegetable protein, Non GMO Soy foods, Veggie burgers, Tofu (watch for hidden fat content).

Unfortunately beans contain too many carbs and therefore need to be omitted from the first 7 day cycle.

I'm also a huge fan of using "raw" (when it makes sense) but it usually tastes like cardboard and it's typically very expensive. However, I recently discovered a stellar source of Raw Foods and Protein Powders that taste delicious, but aren't going to break the bank.

==> [Vegetarian and Vegan friendly Raw Protein Powder and Raw Greens](#)

7 Day Carb Depletion Diet Daily Meal Plans



4 Cycle Solution® Meal Planner

7 DAY CARB DEPLETION CYCLE • WEEK 1

Day 1 Monday - Deplete

MEAL	TYPE	WOMEN	MEN
1	P/O	1 whole egg with 2 - 3 whites scrambled; topped with 2 oz lean ground beef & sprinkle of cheese	1 whole egg with 4 - 5 whites scrambled; topped with 2 oz lean ground beef & sprinkle of cheese
2	P/O	½ cup cottage cheese (full fat brand so carbs are reduced)	30 - 40 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream
3	P/V/O	3 - 4 oz chicken Caesar salad or chicken on large lettuce & cucumber salad, with 1 tbsp of extra virgin olive oil & vinegar (watch carb count)	6 - 8 oz chicken Caesar salad or chicken on large lettuce & cucumber salad, with 1 tbsp of extra virgin olive oil & vinegar (watch carb count)
4	P/O	20 - 25 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream	30 - 40 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream
5	P/V/O	4 - 6 oz fresh fish 1 cup of broccoli Lettuce & cucumber salad with 1 tbsp of extra virgin olive oil & vinegar or full fat dressing (watch carb count)	6 - 8 oz fresh fish 1 cup of broccoli Lettuce & cucumber salad with 1 tbsp of extra virgin olive oil & vinegar or full fat dressing (watch carb count)
6	P/O	1 whole egg with 2 - 3 whites scrambled with sprinkle of cheese	1 whole egg with 4 - 5 whites scrambled with sprinkle of cheese
Type Key: P = Protein V = Vegetables O = Fat			

DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 6 meals. If you only consume 4 meals you may skip meals 2 or 4 and meal 6, for a total of 4 meals that day. If you only consume 5 meals then you may skip meal 2 or 4 or 6 for a total of 5 meals.
2. Consume 5 grams of [krill oil](#) or organic fish oil daily. 1,000 mg = 1 gram. Take 2 – 3 gel caps with a few of your meals. (It doesn't matter which meals) Just make sure you get extra omega 3s. Wild caught salmon also counts as one serving of fish oil.
3. Add a small lettuce and cucumber salad with vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily.

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7 DAY CARB DEPLETION CYCLE • WEEK 1

Day 2 Tuesday - Deplete

MEAL	TYPE	WOMEN	MEN
1	P/V/O	1 whole egg with 2-3 whites with spinach made as an omelet topped with sprinkle of cheese	1 whole egg with 4-5 whites with spinach made as an omelet topped with sprinkle of cheese
2	P/O	3 oz turkey roll up with cheese	30 - 40 gram Protein Shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream
3	P/V/O	3 - 4 oz chicken Caesar salad or chicken on large lettuce & cucumber salad, with 1 tbsp of extra virgin olive oil & vinegar (watch carb count)	6 - 8 oz chicken Caesar salad or chicken on large lettuce & cucumber salad, with 1 tbsp of extra virgin olive oil & vinegar (watch carb count)
4	P/O	20 - 25 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream	30 - 40 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream
5	P/V/O	4 oz steak 1 cup of broccoli Lettuce & cucumber salad with 1 tbsp of extra virgin olive oil & vinegar or full fat dressing (watch carb count)	6-8 oz steak 1 cup of broccoli Lettuce & cucumber salad with 1 tbsp of extra virgin olive oil & vinegar or full fat dressing (watch carb count)
6	P/O	1 whole egg with 2 - 3 whites scrambled, sprinkle of cheese	1 whole egg with 4 - 5 whites scrambled, sprinkle of cheese
Type Key: P = Protein V = Vegetables O = Fat			

DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 6 meals. If you only consume 4 meals you may skip meals 2 or 4 and meal 6, for a total of 4 meals that day. If you only consume 5 meals then you may skip meal 2 or 4 or 6 for a total of 5 meals.
2. Consume 5 grams of [krill oil](#) or organic fish oil daily. 1,000 mg = 1 gram. Take 2 – 3 gel caps with a few of your meals. Doesn't matter which meals. Just make sure you get extra omega 3s. Wild caught salmon also counts as one serving of fish oil.
3. Add a small lettuce and cucumber salad with vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily.

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7 DAY CARB DEPLETION CYCLE • WEEK 1

Day 3 Wednesday - Deplete

MEAL	TYPE	WOMEN	MEN
1	P/O	1 whole egg with 2 - 3 whites scrambled; topped with 2 oz lean ground beef & sprinkle of cheese	1 whole egg with 4 - 5 whites scrambled; topped with 2 oz lean ground beef & sprinkle of cheese
2	P/O	20 - 25 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream	30 - 40 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream
3	P/V/O	3 - 4 oz lean ground beef mixed with taco seasoning with cheese on lettuce (Taco salad without the shell)	6 oz lean ground beef mixed with taco seasoning with cheese on lettuce (Taco salad without the shell)
4	P/O	20 - 25 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream	30 - 40 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream
5	P/V/O	4 - 6 oz grilled Cajun chicken (grill with cayenne pepper) 1 cup of broccoli Lettuce & cucumber salad with 1 tbsp of extra virgin olive oil & vinegar or full fat dressing (watch carb count)	6 - 8 oz grilled Cajun chicken (grill with cayenne pepper) 1 cup of broccoli Lettuce & cucumber salad with 1 tbsp of extra virgin olive oil & vinegar or full fat dressing (watch carb count)
6	P/O	½ cup cottage cheese (full fat brand so carbs are reduced)	1 cup cottage cheese (full fat brand so carbs are reduced)
Type Key: P = Protein V = Vegetables O = Fat			

DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 6 meals. If you only consume 4 meals you may skip meals 2 or 4 and meal 6, for a total of 4 meals that day. If you only consume 5 meals then you may skip meal 2 or 4 or 6 for a total of 5 meals.
2. Consume 5 grams of [krill oil](#) or organic fish oil daily. 1,000 mg = 1 gram. Take 2 – 3 gel caps with a few of your meals. Doesn't matter which meals. Just make sure you get extra omega 3s. Wild caught salmon also counts as one serving of fish oil.
3. Add a small lettuce and cucumber salad with vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily.

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7 DAY CARB DEPLETION CYCLE • WEEK 1

Day 4 Thursday - Deplete

MEAL	TYPE	WOMEN	MEN
1	P/V/O	1 whole egg with 2 - 3 whites and ½ cup spinach scrambled; topped with 1-1/2 oz. lean ground beef & sprinkle of cheese	1 whole egg with 4 - 5 whites and 1 cup spinach scrambled; topped with 3 oz. lean ground beef & sprinkle of cheese
2	P/O	½ cup cottage cheese (full fat brand so carbs are reduced)	30 - 40 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream
3	P/V/O	3 - 4 oz chicken Caesar salad or chicken on large lettuce & cucumber salad, with 1 tbsp of extra virgin olive oil & vinegar (watch carb count)	6 - 8 oz chicken Caesar salad or chicken on large lettuce & cucumber salad, with 1 tbsp of extra virgin olive oil & vinegar (watch carb count)
4	P/O	20 - 25 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream	30 - 40 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream
5	P/V/O	4 - 6 oz fresh fish 1 cup of broccoli Lettuce & cucumber salad with 1 tbsp of extra virgin olive oil & vinegar or full fat dressing (watch carb count)	6 - 8 oz fresh fish 1 cup of broccoli Lettuce & cucumber salad with 1 tbsp of extra virgin olive oil & vinegar or full fat dressing (watch carb count)
6	P/O	1 whole egg with 2 - 3 whites scrambled, sprinkle of cheese	1 whole egg with 4 - 5 whites scrambled, sprinkle of cheese
Type Key: P = Protein V = Vegetables O = Fat			

DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 6 meals. If you only consume 4 meals you may skip meals 2 or 4 and meal 6, for a total of 4 meals that day. If you only consume 5 meals then you may skip meal 2 or 4 or 6 for a total of 5 meals.
2. Consume 5 grams of [krill oil](#) or organic fish oil daily. 1,000 mg = 1 gram. Take 2 – 3 gel caps with a few of your meals. Doesn't matter which meals. Just make sure you get extra omega 3s. Wild caught salmon also counts as one serving of fish oil.
3. Add a small lettuce and cucumber salad with vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily.

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7 DAY CARB DEPLETION CYCLE • WEEK 1

Day 5 Friday - Deplete

MEAL	TYPE	WOMEN	MEN
1	P/O	1 whole egg with 2 - 3 whites scrambled; topped with 1-1/2 oz. lean ground beef & sprinkle of cheese	1 whole egg with 4 - 5 whites scrambled; topped with 3 oz. lean ground beef & sprinkle of cheese
2	P/O	½ cup cottage cheese (full fat brand so carbs are reduced)	30 - 40 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) for 1 tbsp heavy cream
3	P/V/O	3 - 4 oz chicken Caesar salad or chicken on large lettuce & cucumber salad, with 1 tbsp of extra virgin olive oil & vinegar (watch carb count)	6 - 8 oz chicken Caesar salad or chicken on large lettuce & cucumber salad, with 1 tbsp of extra virgin olive oil & vinegar (watch carb count)
4	P/O	20 - 25 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream	30 - 40 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream
5	P/V/O	4 - 6 oz fresh fish 1 cup of broccoli Lettuce & cucumber salad with 1 tbsp of extra virgin olive oil & vinegar or full fat dressing (watch carb count)	6 - 8 oz fresh fish 1 cup of broccoli Lettuce & cucumber salad with 1 tbsp of extra virgin olive oil & vinegar or full fat dressing (watch carb count)
6	P/O	1 whole egg with 2 - 3 whites scrambled, sprinkle of cheese	1 whole egg with 4 - 5 whites scrambled, sprinkle of cheese
Type Key: P = Protein V = Vegetables O = Fat			

DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 6 meals. If you only consume 4 meals you may skip meals 2 or 4 and meal 6, for a total of 4 meals that day. If you only consume 5 meals then you may skip meal 2 or 4 or 6 for a total of 5 meals.
2. Consume 5 grams of [krill oil](#) or organic fish oil daily. 1,000 mg = 1 gram. Take 2 – 3 gel caps with a few of your meals. It doesn't matter which meals. Just make sure you get extra omega 3s. Wild caught salmon also counts as one serving of fish oil.
3. Add a small lettuce and cucumber salad with vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily.

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7 DAY CARB DEPLETION CYCLE • WEEK 1

Day 6 Saturday - Deplete

MEAL	TYPE	WOMEN	MEN
1	P/V/O	1 whole egg with 2 - 3 whites scrambled; topped with 1-1/2 oz. lean ground beef & sprinkle of cheese	1 whole egg with 4 - 5 whites scrambled; topped with 3 oz. lean ground beef & sprinkle of cheese
2	P/O	½ cup cottage cheese (full fat brand so carbs are reduced)	30 - 40 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) for 1 tbsp heavy cream
3	P/V/O	3 - 4 oz chicken Caesar salad or chicken on large lettuce & cucumber salad, with 1 tbsp of extra virgin olive oil & vinegar (watch carb count)	6 - 8 oz chicken Caesar salad or chicken on large lettuce & cucumber salad, with 1 tbsp of extra virgin olive oil & vinegar (watch carb count)
4	P/O	20 - 25 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream	30 - 40 gram protein shake (requirements on <i>Substitute</i> type list) 1 tbsp of flax oil (preferred) or 1 tbsp heavy cream
5	P/V/O	4 - 6 oz fresh fish 1 cup of broccoli Lettuce & cucumber salad with 1 tbsp of extra virgin olive oil & vinegar or full fat dressing (watch carb count)	6 - 8 oz fresh fish 1 cup of broccoli Lettuce & cucumber salad with 1 tbsp of extra virgin olive oil & vinegar or full fat dressing (watch carb count)
6	P/O	3 oz turkey roll up with cheese	4 oz turkey roll up with cheese
Type Key: P = Protein V = Vegetables O = Fat			

DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 6 meals. If you only consume 4 meals you may skip meals 2 or 4 and meal 6, for a total of 4 meals that day. If you only consume 5 meals then you may skip meal 2 or 4 or 6 for a total of 5 meals.
2. Consume 5 grams of [krill oil](#) or organic fish oil daily. 1,000 mg = 1 gram. Take 2 – 3 gel caps with a few of your meals. (It doesn't matter which meals) Just make sure you get extra omega 3s. Wild caught salmon also counts as one serving of fish oil.
3. Add a small lettuce and cucumber salad with vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily.

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7 DAY CARB DEPLETION CYCLE • WEEK 1

Day 7 Sunday – Strategic Re-feed

MEAL	TYPE	WOMEN	MEN
1	P/O	1 whole egg with 2 - 3 whites scrambled; topped with 1-1/2 oz lean ground beef & sprinkle of cheese (Egg cheese burger from recipe booklet)	1 whole egg with 4 - 5 whites scrambled; topped with 3 oz lean ground beef & sprinkle of cheese (Egg cheese burger from recipe booklet)
2	P/O	½ cup cottage cheese (full fat brand so carbs are reduced) with lettuce & cucumber salad, with 1 tbsp of extra virgin olive oil & vinegar (watch carb count)	1 cup cottage cheese (full fat brand so carbs are reduced) with lettuce & cucumber salad, with 1 tbsp of extra virgin olive oil & vinegar (watch carb count)
3	P/V	3 oz. lean burger patty, ½ cup of your favorite green veggie (limit fats)	5 oz lean burger patty, 1 cup of your favorite green veggies (limit fats)
4	P/V	3 – 4 oz of white fish or cod, ½ cup broccoli or green beans (limit fats)	4 – 6 oz of white fish or cod, 1 cup broccoli or green beans (limit fats)
* 5	P/S/FF	Favorite Food and favorite dessert. Use protein and starchy cheat food with small piece of dessert (Don't binge or stuff)	Favorite Food and favorite dessert. Use protein and starchy cheat food with small piece of dessert (Don't binge or stuff)
Type Key: P = Protein V = Vegetables O = Fat FF = Free Food			

DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 5 meals. Make sure you leave room for your re-feed, but do NOT binge or stuff. **Do not skip your re-feed.** It's necessary to spark your metabolism and reset fat burning hormones for the second cycle.
2. Do your best to consume LOW fats in your last 3 meals on this day. This will maximize insulin sensitivity and set up your metabolic triggers properly for the strategic re-feed.
3. Perform a 30 to 45 minute upper-lower body circuit training workout or a longer 30 to 45 minute cardio/HIIT session 1 to 2 hours before your Re-feed (carb load). This workout will help partition the extra carbs into muscle tissue to maximize glycogen replenishment while minimizing any fat spillover.

Warning: Your energy levels will probably be horrible during your workout before your re-feed / cheat meal. You'll probably have a really hard time getting a pump. My recommendation is to focus on the reward coming after the workout and push through. This will require some mental discipline; so make sure you focus on positive thoughts to help release more endorphins.