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Different Forms of Carb Cycling		
Example 1 - fixed calories	Example 2 - fixed calories	Example 3 - calorie cycling
Training Days: 1g of protein per lb of BW 10% calories from fat Rest of calories from carbs	2 Days Low Carb: ~0.5g of carbs per lb of BW ~1.5g of protein per lb of BW Rest of calories from fat	Training Days (14 kcal per lb) 1g of protein per lb of BW 50g of fat Rest of calories from carbs
Rest Days: 1g of protein per lb of BW 100g of carbs Rest of calories from fat	1 Day High Carb: ~2.5g of carbs per lb of BW ~1g of protein per lb of BW Rest of calories from fat	Rest Days (10 kcal per lb) 1g of protein per lb of BW 100g of carbs Rest of calories from fat

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