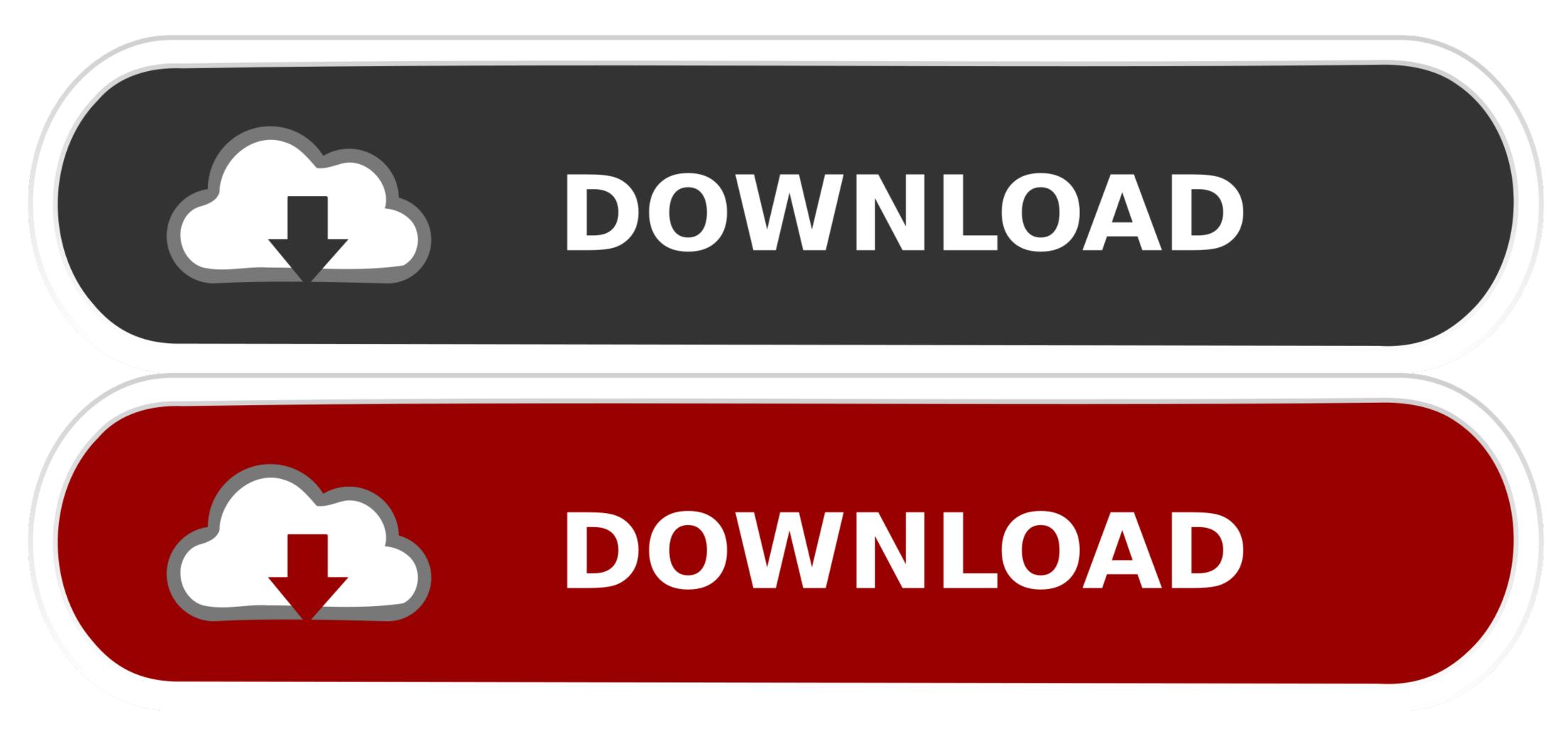


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Different Forms of Carb Cycling		
Example 1 - fixed calories	Example 2 - fixed calories	Example 3 - calorie cycling
<b>Training Days:</b>	<b>2 Days Low Carb:</b>	<b>Training Days (14 kcal per lb)</b>
1g of protein per lb of BW	~0.5g of carbs per lb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

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