

# #sayswho

*Weeks 3-4*

Carb Cycle and Workout  
Adjustments

# The Program

As you see we've increased carbs early in the day Mon-Thurs, but have cut them out throughout the day, and Fri-Sat they increase throughout the day.

## **WORKOUTS:**

Add 5 mins of interval workouts at the beginning and end of your workout: 90 secs high intensity/60 secs recover - repeat 2 times= 5 mins

ADD 1 set to all of your current workout circuits as well as 3 repetitions to each exercise listed.

## **MEAL ADJUSTMENTS/CARB CYCLING**

### **MON-THURS** *Low carb*

Follow the portions that you've been following according to your current weight, and make the following adjustments based on the portions you've been currently eating.

**Meal 1:** Organic protein source (ADD 2 OUNCES to what you've currently been having)

Fruit (ADD 1/4 cup to what you've currently been having)

Carb (ADD 1/4 cup to what you've currently been having)

### **Meal 2:**

SAME AS WHAT YOU HAVE CURRENTLY

**Meal 3:** Organic protein source (ADD 2 OUNCES to what you've currently been having)

Veggie of your choice (ADD AS MANY GREENS AS YOU'D LIKE) fat (stays the same)

# The Program

**Meal 4:** 1 cup veggie (ADD AS MANY GREENS AS YOU'D LIKE)  
Fat (stays the same)

**Meal 5:** Organic protein source (ADD 2 OUNCES to what you've currently been having)

Veggies (ADD AS MANY GREENS AS YOU'D LIKE)

**\*\*\*PLEASE ADD EITHER 1/4 CUP OF FRUIT OR CARB WITHIN 20-30 MINS BEFORE YOU BEGIN YOUR WORKOUT**

## **FRI- SAT- Higher carbs**

Follow the portions that you've been following according to your current weight, and make the following adjustments based on the portions you've been currently eating.

**Meal 1:** Organic protein source (ADD 2 OUNCES to what you've currently been having)

Fruit (same as mon-thurs)

Carb (same as Mon-Thurs)

**Meal 2:** 2 tbsp fat ¼ cup carb (ADD another 1/4 cup at this meal)

**Meal 3:** 4 oz of an organic protein source (ADD 2 OUNCES)

1 cup veggie of your choice (ADD AS MANY GREENS AS YOU'D LIKE)

2 tbsp fat

ADD BACK IN YOUR CARB PORTION FROM WEEK 1&2

**Meal 4:** 1 cup veggie (ADD AS MANY GREENS AS YOU'D LIKE)

1 tbsp fat

**Meal 5:** 4 oz of an organic protein source (ADD 2 OUNCES)

2 cups veggies (ADD AS MANY GREENS AS YOU'D LIKE)

*“If it doesn't challenge you, It  
doesn't change you.”*

- Unknown



# Books by Jenny Bishop



amazon

#sayswho Meal Plan Book (For Anyone)

Macro based meal planning made  
SIMPLE For vegetarians