



McCOY
FITNESS & HEALTH

12-Week Best Shape of Your Life Challenge

PHASE Three: Support Package for Week 8

Carbs—the good, the bad and the ugly!
~ Carb cycling for real weight loss and training success!



www.advancedbestshapechallenge.com

© Copyright
All rights reserved 2010

Carbs, Carb Cycling and YOU!

An effective, easy eating method that gives RESULTS!

Nothing inflicts more fear than the thought of eating carbs. But over the years, carbs have been given a bad rap.

Here's the deal: carbs are our feel good food. AND they fill in when we're feeling sad / mad / regretful / angry...you name it. So it's not *carbs* that are at fault here...it's actually *us*! *Stinkin' thinkin'*, I call it!



IF we can STOP and pause for a moment...before we jam that donut into our mouth, we will get a clue as to why we are wanting to do so. Sure, carbs taste good, sure they give us energy, but really, there's usually more to it than that (if you've got extra weight to lose, it's usually built on carbs!). What are they taking the place of...self soothing? Are you using them for a reward after a long day? Are you feeling unloved / taken advantage of / or some other issue?

So there is much work to be done on the carb rollercoaster, and most of it is internal. But we can also look at the physical aspects of carbs, and learn to maneuver around them as well, and learn to use them to help us build a great physique, and help us to lose the fat.

Us physique gals look at carbs as a *macro nutrient* (versus calories...your language is NO LONGER 'calories', it's 'macro nutrients'). And if you start to see your food in terms of their macronutrient value, the calories usually take care of themselves. Really!

Carb Cycling: there are lots of ways of manipulating carbs – tapering, zig zagging, pyramid-ing—but one of the best and easiest to apply is **carb cycling**. This means you eat a certain number of carb grams for a certain number of days (usually lower), then for 1-2 days, you eat more carbs (you could call this a Flex meal, or some call it a Cheat meal. More on that later), then you slip back down again to lower carb eating for another few days.

So you have to know approximately how many carbs you are eating *in grams* (remember, NOT calories, because it won't work that way), and it's likely between 80-150 grams for most women (lower and higher than these amounts is usually for competitors in pre contest training, which is a different ball of wax). Don't know? Dig out your food journals, write down a days worth of eating, and add up the carbs! And if you did your homework from weeks ago, you'll know how many carbs you need to eat to lose fat, right? (We're at 40% for our percentage of carbs in our daily caloric intake, as a general starting place).

How Carb Cycling Works: A Day in Perspective

OK, so in earlier weeks, we looked at calorie counting. Then later, we actually taught you how to do some calculating using a variety of methods. You know your GOAL WEIGHT by now and how many calories you need to eat to get there. (Don't worry if you haven't hammered this in exactly...it takes time, and generalities are good enough.)

You are understanding the 30/40/30 ratios of protein, carbs and fats, and you're applying them. You know approximately how many calories you were eating, and how many you should be eating to lose the fat and help build muscle. Don't worry if you haven't hammered this in...it takes time.



Carb Cycling helps to ensure we don't continually hit a weight plateau (where it won't come off any more), and that we have enough energy to train, so we can add that shape to our bodies.! **It can** keep your metabolism revved while you diet for fat loss. In time and with repetition, you will get to know what works for you body-wise and lifestyle wise. There is no perfect way, only the perfect way FOR YOU! This is all about you coming to learn about your body, remember? You're as individual as anyone else!

The Carb Cycling (also called Zig Zag by some): It goes like this, let's use a week cycle. *Please PAY ATTENTION to this, it's very important.*

WHAT I DO: For me, I do 3-4 low carb days (low carb for me is 80-100 grams, that's where I can feel a wee bit hungry, and 'light' in the body, and any more of a cut, and I would lose energy. So that's my bare minimum. It's different for everyone, so find your place. I find if I do it any longer, I get squirrely!)

Then, on the 4th or 5th day, I eat higher carbs at ONE meal (I'm not a fan of higher carb DAYS because it can lead to a mini purging all day long for me, and so this over compensation I do wipes out any gains I have made). The ONE MEAL of carb-heavy works best for me, I look forward to it all week, and this FLEX meal fills me up and allows my body to continue to lose fat AND feel full most of the time. And it gives my SPIRIT a break too!

The low carb days will naturally translate into lower calorie days too, but the magic is NOT in lower calorie necessarily, rather, it's in lower CARBS. (But with lowering your carbs, the calories take care of themselves!)

Protein amounts shouldn't vary that much. You should be eating anywhere from 100-150 grams of protein (400-600 calories) a day. Fat is around 30-60 grams a day (270-540 calories), and we can manipulate fat a bit to help with fat loss, but really, **the CUPLRIT and the RESULTS are in Carb Cycling.**

Some pointers to remember:

- **No starchies in last meal:** On my lower carb days, I tend to keep the starchies out of my last meal (so protein plus fibrous like broccoli or salad). This keeps me lean and lighter through the week. On my high carb days (I always 'check in'. I can feel when I need to do a higher carb day), I add them into my dinner, so I'll go for a burger with all the fixings (and the bunk, wine, dessert), then back on track the next day with lower carbs.

- **Fuel up 6-12 hours before a heavy Training Days:** I always ensure I have enough carbs to fuel my training, so I have 1 or 2 meals before I lift (you simply CANNOT lift or perform if you don't have the carbs in your system, and a shake won't be enough, IF you've been low carb for a day or more. And I can't do a good leg or back workout (my BIG ones) IF I haven't had starchies the night before. So I ensure I'm fueled up many hours before with starchies. Your body can't absorb carbs quickly, it takes many hours for the glycogen to fill up in your blood, organs and muscles.



Find YOUR Formula with Trial and Error! It's impossible to tell you the specific, desirable formula for YOU because people and their needs vary so much, and the best way to know is to get started, keep track and learn your individual body's needs. But on average, women should consume 60-100 grams of carbs on low days and 150-200 grams on high days (make this your cheat day!) (For me, personally, I find 60-80 grams on low days works best, and high days are 120-150, because I've done this before and I know what works for me. I'm only 5'2" and 118 pounds so if I do over 150 grams of carbs, I blow up like a Christmas turkey! **Physique Athlete...know thyself!**

Example: woman who eats on average 1600 calories (that's me!)

3 days low carbs (app 1400 calories)

Protein 40% = 560 calories = 140 grams

Carbs 30% = 420 calories = 105 grams

Fats 30% = 420 calories = 47 grams

1 day with higher carbs (1800-1900 calories)

Protein 30% = 540 calories = 135 grams

Carbs 50% = 900 calories = 225 grams

Fats 20% = 360 calories = 40 grams

I intuitively know what 20 grams of carbs looks like, so everything for me is based on a 20 gram serving of carbs (1/3 cup dry oatmeal, 1/2 cup rice, 3 ounces potato). So it's pretty easy for me now. And on my higher carb days, I don't sit and weigh everything, I just make sure I ENJOY that burger AND bun, or a FULL baked potato with all the fixings (yes, you can up the fat too! I LOVE that part).

What does 25 grams of carbs look like?

The following table (right) is a list of foods that equal 25 grams. So on low carb days, I'm allowed 3-4 total servings, on my high carb day, I prefer ONE FLEX MEAL as opposed to eating more at every meal, but that's me! So I load up to 120-150 grams of carbs! Yum! That usually means a full meal PLUS dessert PLUS wine! I like it that way!



Learn your carbs, but more importantly, learn how YOUR individual body does on carbs...It's not just about cutting carbs down (or out, like some gals do! Yikes! It NEVER works!). In fact, too low for too long and you WILL sacrifice muscle (your body will literally cannibalize itself!), AND you will lower your metabolism!

It'll take some time, because carbs alter our physique (and weight loss like nothing else!) But doing the math, and continually assessing our body, training and energy levels is worth it!

When you get control of your carbs, you control your body and *life*!

2 perogies
one small banana
one small pear
one large orange
1/3 cup, + two tablespoons oatmeal
six oz. orange juice
8 oz. apple juice
one small apple
half small cantaloupe
one cup applesauce (unsweetened)
1/4 cup apple butter
4 oz. potato (pre cooked)
half cup mashed potatoes
3 oz. yam, pre cooked
3/4 cup corn
3/4 cup rice (cooked)
one cup peas
one oz. pasta (dry weight)
half english muffin
one oz hot cereal (dry weight)
two slices whole grain bread
two slices calorie reduced bread
half fat free bran muffin
half bagel (check labels...they're all different!)

“Take twice as long to eat half as much”

- Anonymous



“Gluttony is an emotional escape, a sure sign that something is eating us.”

- Peter De Vries



Me and fellow lifter Jacqueline Lewis competing at the Westerns. I was 35, she was 32...late-comers to the sport, but nevertheless, we did well.



www.advancedbestshapechallenge.com

© Copyright
All rights reserved 2010