

Carb Cycling Meal Plan

by Blog Chef

Day	Breakfast	Lunch	Dinner	Snacks
1	Spinach and mushroom omelette	Grilled chicken salad with avocado dressing	Baked lemon herb salmon with roasted vegetables	Cucumber slices with herbed cream cheese
2	Eggs and avocado	Greek chicken bowl	Garlic brown sugar flank steak with chimichurri	Protein powder and water
3	Coconut chia pudding	Zucchini noodle salad with grilled shrimp	Cauliflower fried rice with shrimp	Almond butter and celery sticks
4	Mushroom and spinach fritatta	Chickpea spinach sweet potato brown rice bowl	Sweet potato black bean vegan burrito	Protein powder in water, with a banana
5	Avocado toast	Shrimp and avocado salad	Vegetable stir fry with brown rice and tofu	Rice cakes Cereal
6	Green smoothie	Chicken caesar salad wrap	Baked lemon herb chicken thighs with roasted vegetables	Greek yogurt with berries
7	Oatmeal	Veggie rice bowl	Salmon wrap	Cereal Toast



Carb Cycling: Day 1 Breakfast

Spinach and mushroom omelette



Ingredients

On-hand:

- 3 eggs
- Salt and pepper to taste
- 1 teaspoon olive oil

To buy:

- 1 cup fresh spinach, chopped

Steps

1. In a bowl, beat the eggs and season with salt and pepper.
2. Heat olive oil in a non-stick pan over medium heat.
3. Add the spinach and mushrooms, and sauté until softened.
4. Pour the beaten eggs into the pan and cook until set. Flip the omelette if desired.



Carb Cycling: Day 1 Lunch

Grilled chicken salad with avocado dressing



Ingredients

On-hand:

- Salt and pepper to taste
- ½ teaspoon dried dill
- ½ teaspoon dried thyme

To buy:

- 4 oz. grilled chicken breast, sliced
- Mixed salad greens
- 1/4 cup cherry tomatoes, halved
- 1/4 cup cucumber, sliced
- 2 tablespoons red onion, thinly sliced
- 1 small avocado
- 2 tablespoons plain Greek yogurt
- 1 tablespoon fresh lemon juice
- 2 tablespoon fresh cilantro, chopped

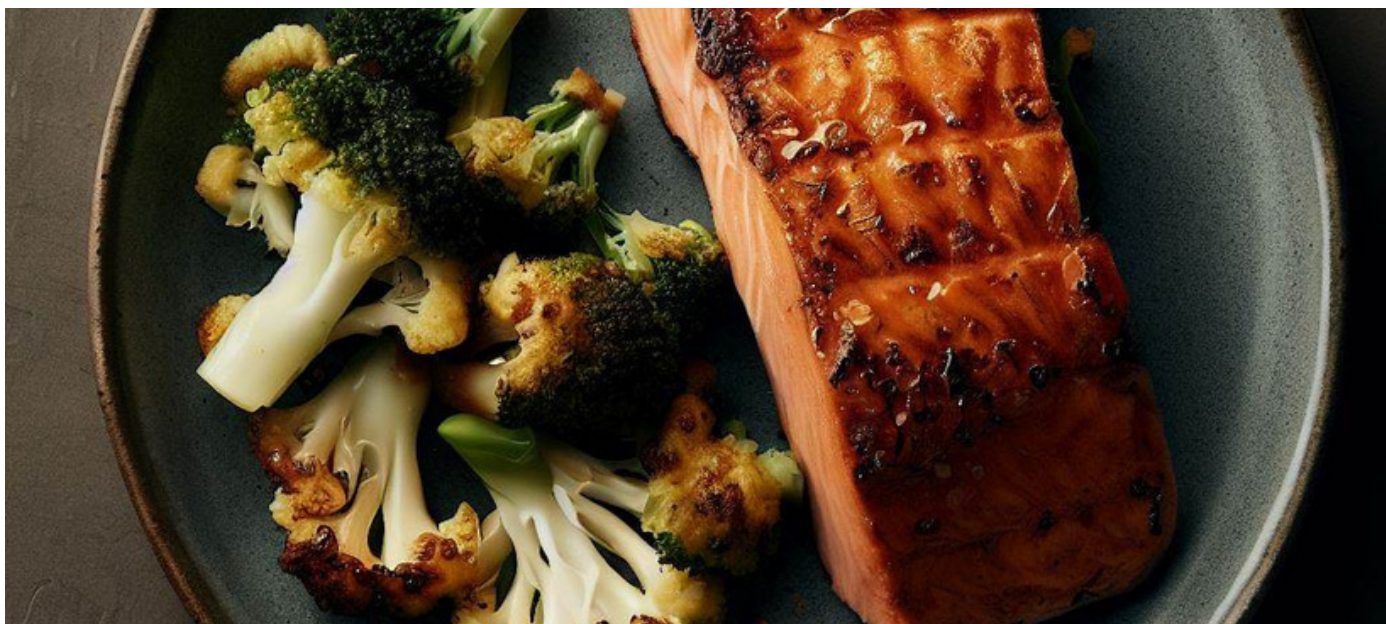
Steps

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Place the salmon fillet on the baking sheet and drizzle with lemon juice and olive oil. Sprinkle with dried dill, dried thyme, salt, and pepper.
3. In a separate bowl, toss the mixed vegetables with olive oil, garlic powder, paprika, salt, and pepper.
4. Spread the vegetables on the same baking sheet as the salmon.
5. Bake for 15-20 minutes or until the salmon is cooked through and the vegetables are tender.



Carb Cycling: Day 1 Dinner

Baked lemon herb salmon with roasted vegetables



Ingredients

On-hand:

- Salt and pepper to taste
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- ½ teaspoon paprika

To buy:

- 4 oz. salmon fillet
- 1 tablespoon fresh lemon juice
- ½ teaspoon dried dill
- ½ teaspoon dried thyme
- 1 cup mixed vegetables (such as broccoli, cauliflower, and bell peppers), cut into florets

Steps

1. In a large bowl, combine the salad greens, cherry tomatoes, cucumber, and red onion.
2. In a blender, blend the avocado, Greek yogurt, lemon juice, cilantro, salt, and pepper until smooth.
3. Toss the salad with the avocado dressing and top with grilled chicken slices.



Carb Cycling: Day 1 Snack

Cucumber slices with herbed cream cheese



Ingredients

On-hand:

- Salt and pepper to taste

To buy:

- 1 medium cucumber, sliced
- 2 tablespoons cream cheese
- 1 teaspoon fresh dill, chopped
- 1 teaspoon fresh parsley, chopped

Steps

1. In a small bowl, mix the cream cheese, dill, parsley, salt, and pepper until well combined.
2. Spread the herbed cream cheese on cucumber slices and enjoy.



Carb Cycling: Day 2 Breakfast

Eggs and avocado



Ingredients

On-hand:

- 3 eggs

To buy:

- 1/4 avocado, sliced

Steps

1. In a non-stick skillet, cook the 3 whole eggs to your desired preference.
2. Slice 1/4 avocado for topping.



Carb Cycling: Day 2 Lunch

Greek chicken bowl



Ingredients

On-hand:

- Olive oil for dressing

To buy:

- Chicken breast (4-6 ounces)
- 1 cup cooked quinoa
- ½ cup cherry tomatoes, halved
- ½ cucumber, diced
- ¼ cup crumbled feta cheese
- Lemon juice for dressing

Steps

1. Grill or broil the chicken breast until fully cooked.
2. In a bowl, combine the grilled chicken, cooked quinoa, cherry tomatoes, cucumber, and crumbled feta cheese.
3. Drizzle with lemon juice and olive oil for dressing.



Carb Cycling: Day 2 Dinner

Garlic brown sugar flank steak with chimichurri



Ingredients

On-hand:

- Salt and pepper to taste
- Brown sugar

To buy:

- Flank steak 4-6 ounces
- 2 cloves garlic, minced
- 1 tablespoon brown sugar
- Chimichurri sauce for serving (blend parsley, cilantro, garlic, olive oil, red wine vinegar, and red pepper flakes)

Steps

1. Preheat the grill or a non-stick skillet.
2. Season the flank steak with minced garlic, brown sugar, salt, and pepper.
3. Grill or cook the steak on the skillet to your desired doneness.
4. Let the steak rest for a few minutes before slicing.
5. Serve the sliced steak with chimichurri sauce.



Carb Cycling: Day 3 Breakfast

Coconut chia pudding



Ingredients

On-hand:

- 1 teaspoon vanilla extract

To buy:

- 3 tablespoons chia seeds
- 1 cup unsweetened coconut milk
- 1 tablespoon unsweetened shredded coconut
- ¼ cup fresh berries (e.g., raspberries, blueberries)

Steps

1. In a bowl, mix together chia seeds, coconut milk, and vanilla extract. Stir well to combine.
2. Cover the bowl and refrigerate overnight or for at least 4 hours.
3. Before serving, sprinkle with shredded coconut and top with fresh berries.



Carb Cycling: Day 3 Lunch

Zucchini noodle salad with grilled shrimp



Ingredients

On-hand:

- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste

To buy:

- 6 oz. grilled shrimp
- 2 medium zucchinis, spiralized into noodles
- ½ cup cherry tomatoes, halved
- ¼ cup red onion, sliced
- 2 tablespoons fresh basil, chopped
- 1 tablespoon lemon juice
- 1 clove garlic, minced

Steps

1. In a large bowl, combine zucchini noodles, cherry tomatoes, red onion, and fresh basil.
2. In a small bowl, whisk together olive oil, lemon juice, garlic, salt, and pepper.
3. Drizzle the dressing over the zucchini noodle mixture and toss until well coated.
4. Top with grilled shrimp and serve.



Carb Cycling: Day 3 Dinner

Cauliflower fried rice with shrimp



Ingredients

On-hand:

- 1 tablespoon low-sodium soy sauce or tamari
- Salt and pepper to taste
- Optional: 1 beaten egg for scrambling

To buy:

- 1 small head of cauliflower, grated or riced
- 4 oz shrimp, peeled and deveined
- ½ cup mixed vegetables (such as peas, carrots, and bell peppers)
- 2 cloves garlic, minced
- 1 tablespoon sesame oil
- 1 tablespoon chopped green onions

Steps

1. Heat sesame oil in a large skillet or wok over medium heat. Add minced garlic and sauté until fragrant.
2. Add the shrimp and cook until pink and cooked through. Remove the shrimp from the skillet and set aside.
3. In the same skillet, add the mixed vegetables and cook until slightly softened.
4. Push the vegetables to one side of the skillet and add the grated or riced cauliflower. Cook for a few minutes until the cauliflower is tender.
5. If desired, push the cauliflower and vegetables to one side and pour the beaten egg into the other side. Scramble the egg until cooked, then mix it with the cauliflower and vegetables.
6. Add the cooked shrimp back to the skillet. Stir in the soy sauce, chopped green onions, salt, and pepper. Cook for an additional 1-2 minutes.
7. Serve the cauliflower fried rice hot.



Carb Cycling: Day 3 Snack

Almond butter and celery sticks



Ingredients	Steps
<p>On-hand:</p> <p>To buy:</p> <ul style="list-style-type: none">• 2 tablespoons almond butter• 4 celery sticks	<ol style="list-style-type: none">1. Spread almond butter inside the celery sticks.2. Enjoy the crunchy and nutty snack.



Carb Cycling: Day 4 Breakfast

Mushroom and spinach frittata



Ingredients

On-hand:

- 4 large eggs
- 1 tablespoon olive oil
- Salt and pepper to taste

To buy:

- ½ cup sliced mushrooms
- 1 cup fresh spinach leaves
- 2 tablespoons diced onion
- 2 tablespoons grated Parmesan cheese

Steps

1. Preheat the oven to 350°F (175°C).
2. In a skillet, heat olive oil over medium heat. Sauté the mushrooms and onions until softened.
3. Add the spinach leaves to the skillet and cook until wilted.
4. In a bowl, whisk the eggs and season with salt and pepper. Stir in the Parmesan cheese.
5. Pour the egg mixture into the skillet with the mushrooms and spinach. Stir gently to combine.
6. Transfer the skillet to the preheated oven and bake for 15-20 minutes or until the frittata is set.
7. Slice into wedges and serve.



Carb Cycling: Day 4 Lunch

Chickpea spinach sweet potato brown rice bowl



Ingredients

On-hand:

To buy:

- ½ cup canned chickpeas
- 1 cup fresh spinach
- ½ cup sweet potato cubes, roasted
- ½ cup cooked brown rice
- Lemon tahini dressing for flavor

Steps

1. In a bowl, combine the cooked chickpeas, fresh spinach, roasted sweet potato cubes, and cooked brown rice.
2. Drizzle with lemon tahini dressing for flavor.



Carb Cycling: Day 4 Dinner

Sweet potato black bean veggie burritos



Ingredients

On-hand:

To buy:

- 1 large sweet potato, roasted and mashed
- ½ cup black beans
- ½ cup diced bell peppers
- 2 whole wheat tortillas
- Optional toppings: salsa, guacamole, or cilantro

Steps

1. Preheat the oven to 425°F or 218°C.
2. Roast the sweet potato for 45-60 minutes, turning halfway through. Once potato is tender, remove it from the oven and mash it.
3. Warm the black beans.
4. Fill two whole wheat tortillas with the mashed sweet potato, black beans, and diced bell peppers.
5. Add optional toppings such as salsa, guacamole, or cilantro.



Carb Cycling: Day 5 Breakfast

Avocado toast



Ingredients

On-hand:

- 2 slices of whole wheat bread

To buy:

- Avocado slices
- Tomato slices

Steps

1. Toast the bread slices.
2. Top each slice with avocado slices and sliced tomatoes.



Carb Cycling: Day 5 Lunch

Shrimp and avocado salad



Ingredients

On-hand:

- 1 tablespoon extra virgin olive oil
- Salt and pepper to taste

To buy:

- 6 oz cooked shrimp
- 1 cup cooked quinoa
- 1/2 medium avocado, diced
- ½ cup cherry tomatoes, halved
- 2 tablespoons red onion, chopped
- 2 tablespoons fresh cilantro, chopped
- Juice of 1 lime

Steps

1. In a large bowl, combine cooked shrimp, quinoa, diced avocado, cherry tomatoes, red onion, and cilantro.
2. In a small bowl, whisk together lime juice, olive oil, salt, and pepper.
3. Drizzle the dressing over the salad and toss gently to coat.
4. Adjust the seasoning if needed. Serve chilled.



Carb Cycling: Day 5 Dinner

Vegetable stir-fry with brown rice and tofu



Ingredients

On-hand:

- 2 tablespoons soy sauce

To buy:

- 1 cup cooked brown rice
- 1 cup mixed vegetables (such as broccoli, bell peppers, carrots)
- ½ cup tofu, diced
- 1 tablespoon sesame oil

Steps

1. In a pan, heat sesame oil over medium heat.
2. Add tofu and sauté until lightly browned.
3. Add mixed vegetables and stir-fry until tender.
4. Stir in cooked brown rice and soy sauce.
5. Cook for a few minutes until everything is well combined.



Carb Cycling: Day 6 Breakfast

Green smoothie



Ingredients

On-hand:

To buy:

- 1 cup unsweetened almond milk
- 1 cup fresh spinach leaves
- ½ medium avocado
- ½ cup cucumber, diced
- ½ cup frozen mango chunks
- 1 tablespoon chia seeds
- Optional: sweetener of your choice (e.g., stevia, honey)

Steps

1. In a blender, combine almond milk, spinach, avocado, cucumber, mango chunks, and chia seeds.
2. Blend until smooth and creamy.
3. Taste and add sweetener if desired.
4. Pour into a glass and enjoy the refreshing green smoothie.



Carb Cycling: Day 6 Lunch

Chicken caesar salad wrap



Ingredients	Steps
<p>On-hand:</p> <ul style="list-style-type: none">• Salt and pepper to taste <p>To buy:</p> <ul style="list-style-type: none">• 4 oz grilled chicken breast, sliced• 2 large romaine lettuce leaves• 2 tablespoons Caesar dressing (look for low-carb options)• 1 tablespoon grated Parmesan cheese	<ol style="list-style-type: none">1. Lay the romaine lettuce leaves flat.2. Arrange the sliced grilled chicken on the lettuce leaves.3. Drizzle Caesar dressing over the chicken.4. Sprinkle grated Parmesan cheese, salt, and pepper on top.5. Roll up the lettuce leaves, tucking in the sides to form a wrap. Secure with toothpicks, if needed.6. Serve the chicken Caesar salad wrap.



Carb Cycling: Day 6 Dinner

Baked lemon herb chicken thighs with roasted vegetables



Ingredients

On-hand:

- Salt and pepper to taste
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 tablespoon olive oil

To buy:

- 2 chicken thighs, bone-in and skin-on
- 1 tablespoon olive oil
- Juice of 1 lemon
- 2 cloves garlic, minced
- 1 medium zucchini, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 tablespoon grated Parmesan cheese
- Fresh parsley for garnish

Steps

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a small bowl, combine olive oil, lemon juice, minced garlic, dried thyme, dried rosemary, salt, and pepper.
3. Place the chicken thighs on the prepared baking sheet. Brush the lemon herb mixture over the chicken, ensuring it is evenly coated.
4. Arrange the sliced zucchini and bell peppers around the chicken on the baking sheet.
5. Sprinkle the vegetables with salt, pepper, and grated Parmesan cheese.
6. Bake in the preheated oven for 25-30 minutes or until the chicken is cooked through and the vegetables are tender.
7. Garnish with fresh parsley before serving.



Carb Cycling: Day 6 Snack

Greek yogurt with berries



Ingredients

On-hand:

To buy:

- ½ cup plain Greek yogurt
- ¼ cup fresh berries (e.g., strawberries, blueberries, raspberries)
- 1 tablespoon chopped nuts (e.g., almonds, walnuts)
- Optional: drizzle of sugar-free syrup

Steps

1. In a bowl, scoop the Greek yogurt.
2. Top with fresh berries and chopped nuts.
3. If desired, drizzle with a small amount of sugar-free syrup for added sweetness.
4. Mix the ingredients together and enjoy the creamy and fruity snack.



Carb Cycling: Day 7 Breakfast

Oatmeal



Ingredients

On-hand:

To buy:

- 1 cup rolled oats
- 1 cup milk (or plant-based milk for a vegan option)
- 1 tablespoon honey or maple syrup
- Toppings: sliced banana, berries, and chopped nuts

Steps

1. In a saucepan, combine the rolled oats and milk.
2. Cook over medium heat, stirring occasionally, until the oats are soft and creamy.
3. Sweeten with honey or maple syrup.
4. Top with sliced banana, berries, and chopped nuts.



Carb Cycling: Day 7 Lunch

Veggie rice bowl



Ingredients

On-hand:

To buy:

- 1 cup cooked brown rice
- 1 cup mixed vegetables (such as broccoli, bell peppers, carrots)
- ½ cup cooked chickpeas
- ¼ cup teriyaki sauce

Steps

1. In a bowl, combine the cooked brown rice, mixed vegetables, and cooked chickpeas.
2. Drizzle with teriyaki sauce and mix well.



Carb Cycling: Day 7 Dinner

Salmon wrap



Ingredients	Steps
<p>On-hand:</p> <ul style="list-style-type: none">• 1/2 teaspoon dried dill• Salt and pepper to taste <p>To buy:</p> <ul style="list-style-type: none">• Whole wheat tortilla• 4-6 oz. baked salmon• 1/2 cup mixed greens• 1 tablespoon Greek yogurt• 1 teaspoon lemon juice	<ol style="list-style-type: none">1. In a bowl, mix the lemon juice, Greek yogurt, and dried dill. Season with salt and pepper to taste.2. Lay the whole wheat tortilla flat. Drizzle the yogurt sauce down the middle.3. Top with salmon and mixed greens. Roll up and enjoy.



Carb Cycling Meal Plan: Grocery List

by Blog Chef

To Buy

- Protein powder
- Chicken breast (12 oz.)
- 2 chicken thighs (bone-in, skin-on)
- Salmon (8 oz.)
- Flank steak (8 oz.)
- Shrimp (16 oz.)
- Fresh berries of your choice (1/2 cup)
- 1 banana
- Fresh spinach (4 cups)
- Sliced mushrooms (1/2 cup)
- Mixed salad greens (1/2 cup)
- Romaine leaves
- 2 packages cherry tomatoes
- 3 cucumbers
- 1 red onion
- Your choice of veggies (3 1/2 cups) such as broccoli, cauliflower, bell pepper
- 2 red bell pepper
- 2 sweet potatoes
- 1 small head of cauliflower
- 3 zucchini
- 3 avocados
- 3 lemons
- 1 lime
- 1 bunch fresh cilantro
- 1 bunch fresh parsley
- 1 bunch celery
- 1 tomato
- Fresh dill
- Fresh basil
- 1 head garlic
- 1 bunch green onions
- 2 tablespoons Greek yogurt
- Feta cheese (1/4 cup)
- Parmesan cheese (2 tablespoons)
- 1 package firm tofu
- Quinoa

- Chia seeds (3 tablespoons)
- Unsweetened, shredded coconut (1 tablespoon)
- Chopped nuts (1 tablespoon)
- Brown rice
- Rolled oats (1 cup)
- Sesame oil
- Lemon tahini dressing
- Low-carb Caesar dressing
- Teriyaki sauce
- 1 can chickpeas (garbanzo beans)
- 1 can black beans
- Almond butter
- Almond milk
- Frozen mango chunks (1/2 cup)
- Whole wheat tortillas (3)

Pantry / on-hand items

- Eggs
- Extra virgin olive oil
- Soy sauce
- Salt
- Pepper
- Garlic powder
- Paprika
- Dried dill
- Dried thyme
- Brown sugar
- Red wine vinegar
- Red pepper flakes
- Vanilla extract
- Whole wheat bread
- Cereal
- Honey

