**BENEFIT: SLOW DIGESTING CARBS RESULTS IN MODERATE INSULIN RISES WHICH OFFERS ANABOLIC OR BUILDING SUPPORT, WITHOUT REVERSING THE FAT BURING STATE INDUCED WITH CARDIO. SIMPLE CARBS (WHITE BREAD, JUICES, ETC. WILL SPIKE INSULIN LEVELS AND COMPROMISE FAT BURNING BY SUPPRESSING FAT-BURNING HORMONES AND ENZYMES)**

**GLYCEMIC INDEX**
- **HIGH = 70+**
- **MEDIUM = 50+**
- **LOW = BELOW 50**
- **AVOID VERY HIGH (80+)**

<table>
<thead>
<tr>
<th>WAKE UP</th>
<th>BREAKFAST</th>
<th>TRAINING</th>
<th>POST WORKOUT</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
<th>SNACK</th>
<th>BEDTIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>GLASS OF WATER WITH LEMON</td>
<td>LOW TO MEDIUM GLYCEMIC CARBS, WITH A PROTEIN (3:1)</td>
<td>1 - 1.5 HOURS DRINK H₂O : 500ML - 750ML</td>
<td>HIGH GLYCEMIC CARBS WITH PROTEIN (2:1) FIBER BASED PROTEIN: OATMEAL, OAT BRAN, ADD HONEY OR A FRUIT **</td>
<td>MEDIUM GLYCEMIC CARBS WITH PROTEIN AND FAT (2:1:1)</td>
<td>LOW GLYCEMIC CARBS WITH PROTEIN AND FAT (1:1:1)</td>
<td>MEDIUM TO LOW GLYCEMIC CARBS WITH PROTEIN AND FAT (1:1:1) - NO CARBS PAST 7PM</td>
<td>SLOW RELEASE PROTEIN</td>
<td></td>
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<tr>
<td>FISH OIL (1TBSP) CLA 5G</td>
<td>BCAA 7G PER L OF WATER</td>
<td>WHEY PROTEIN 25-35G CARBOHYDRATE DRINK 50-60G</td>
<td>FISH OIL</td>
<td>FISH OIL</td>
<td>PROTEIN (SLOW RELEASE PROTEIN BLEND) 30G</td>
<td>L-GLUTAMINE POWDER 10G WITH 250ML WATER</td>
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</tbody>
</table>

**CARB. DRINK**
- 1 TBSP. HONEY OR MAPLE SYRUP
- 1/4 TSP. SEA SALT
- 500 ML WATER