

CARB CYCLE

Guru Mann Fitness Inc.

FOR MEN

	CYCLE	CARB in Gram	PRO in Gram	FATS in Gram	TIPS
MON	Low	100-120g	200-220g	50-70g	-2 Servings of Salad -2 Serving of Fruits -4 liters of water
TUES	Low	100-120g	200-220g	50-70g	
WED	Low	100-120g	200-220g	50-70g	
THUR	High	300-400g	140-170g	30-40g	Post w/o Cardio
FRI	No	0g	220-240g	90-100g	-Morning Cardio & Abs -BCAA During Cardio -3-4 servings of salad -No Fruits -Don't count Veggies a carb source
SAT	No	0g	220-240g	90-100g	
SUN	High	300-400g	140-170g	30-40g	

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FOR WOMEN

	CYCLE	CARB in Gram	PRO in Gram	FATS in Gram	TIPS
MON	Low	80-90g	110-130g	45-60g	-2 Servings of Salad -2 Serving of Fruits -4 liters of water
TUES	Low	80-90g	110-130g	45-60g	
WED	Low	80-90g	110-130g	45-60g	
THUR	High	220-260g	80-100g	30-40g	Post w/o Cardio
FRI	No	0g	135-150g	70-90g	-Morning Cardio & Abs -BCAA During Cardio -3-4 servings of salad -No Fruits -Don't count Veggies a carb source
SAT	No	0g	135-150g	70-90g	
SUN	High	220-260g	80-100g	30-40g	

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