

# verywell fit 7-Day Carb-Cycling Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Three Eggs, Toast, and Grapefruit	Peanut Butter Banana Smoothie	Three Eggs, Tomato, Avocado, Grapefruit	Cottage Cheese Waffles and Blueberries	Scrambled Eggs and Oatmeal	Egg Breakfast Sandwich	Strawberry and Spinach Smoothie
Lunch	Crackers and Tuna Salad with Celery and Apple	Turkey Wrap	Greek Salad with Grilled Chicken	Lentil Soup and Sunflower Seeds	Chicken and Veggie Pita	Grilled Chicken and Chickpea Salad	Roast Beef and Sauerkraut Wrap
Snack	Cottage Cheese and a Peach	Hummus, Pita Chips, and Grapes	Edamame and Carrots	Two Hard-Boiled Eggs, Carrots, and Pretzels	Roasted Chickpeas, String Cheese, and Grapes	Cottage Cheese with Blackberries and Cashews	Greek Yogurt with Peach and Coconut Milk
Dinner	Grilled Chicken, Brown Rice, and Broccoli	Baked Fish, Potato, and Mixed Veggies	Baked Salmon, Sweet Potato, and Green Beans	Hamburger and Corn	Grilled Chicken with Pasta in Marinara and Broccoli	Turkey Tetrazzini	Grilled Cod and Mashed Cauliflower
Snack	Popcorn, Raisins, and Chocolate Chips	Greek Yogurt with Blueberries and Granola	Protein Powder Coffee and Banana	Greek Yogurt and Raspberries	Apple and Almond Butter	Protein Powder mixed with Milk	Guacamole with Red Pepper and Pita Chips

Verywell Fit's content is for informational and educational purposes only, and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You may wish to consult a health care provider before making any major changes to your diet or lifestyle