



FIERCE BABES

Empowering Single Women

#CARB CYCLING

Don't be afraid to eat carbs. Carbs are not the enemy.

The easy go to method for ladies to lose weight fast is to cut out the carbs in their diet.

Yes, if you cut carbs out completely you will initially lose weight on the scales but in terms of long term results that you can maintain this is not the way to go. When you do this your results will be short lived.

When you just cut out carbs you will eventually hit a plateau with your progress and this could also lead to burnout.

Our body needs carbs to help build muscle mass by assisting the absorption of protein. Remember the more muscle mass you have in your body the higher your metabolism will become and the more fat you will burn.

Carbohydrates are also essential for brain function. You may have noticed how fuzzy your brain can feel when you go really low in carbohydrates.

So the key is to definitely eat carbs, eating the right type for your body, eating them at the right time and choosing to eat the healthy type.

#TYPE OF CARBS

If you want to know some examples of healthy carbs refer back to the Nutrition Protocol 2.0 section in the column named starchy carbs.

#CARB TIMING

Carb cycling is about eating more starchy carbs on the days that you exercise and reducing your carbs to a moderate or low level on the days that you don't exercise.

Keeping your body guessing by having different amounts of carbs from day to day.

The days that you go low carb you still eat lots of fibrous carbs and increase your good fats (refer to the Nutrition Protocol 2.0)

Before and after exercising is also the perfect times to eat carbohydrates because it gives your body fuel as well as helping your body recover after the workout.

It is also best to have your starchy carbs in the first three meals and snacks of the day and letting them taper off in the afternoon and dinner time.

Starchy carbs are energy so eat them when you need the energy which is before and after your workouts and throughout the day. Not at night time just before you go to bed.