

FITNESS FORTITUDE by Hillarie Scannelli

Certified in Personal Training & Nutrition

Three, Two, One . . . Blast-Off

Cycling Your Carbs to Decrease Bodyfat

Carbs, carbs, carbs . . . That is all you read about now a days. Carbohydrates are such a huge topic of conversation because dieticians and nutritionists have figured out they play an enormous role in our quest to become more fit.

Athletes and bodybuilders know how important carbs are to their daily routine because without them, they would not have the energy to perform on the field or lift heavy and hard at the gym. Sure, they need their protein to build muscle, but the carbs provide the fuel to make those workout sessions more productive. But for the average exercise enthusiast who makes it to the gym 3-5 times per week and tries to eat healthy, carbs are something many are afraid of . . . or should I say uncertain about how much they should have – if any at all.

Lowering our carbohydrate intake usually results in weight loss, but sometimes a lot of that is simply water weight. Think of this analogy . . . If you took a large loaf of bread and slowly poured a glass of water on top, the bread would slowly sop up the water – much like a sponge. And it might take a few days for that loaf of bread to completely dry out. Our bodies use carbohydrates to sop up water too – which is why you might weight 2-3 pounds more after having large portions of carbohydrates. But after a few days back on your lower-carbohydrate diet, you'll see those few pounds drop back off on the scale.

I actually have a few clients who find themselves “stuck” at a particular weight. They exercise regularly and insist on following a low-carb diet from Monday through Friday . . . and by Friday, they are liking the number they see on the scale. Because they are trying to enjoy their life, they understandably indulge in some added fats and carbohydrates on Saturday and Sunday – only to find themselves a few pounds heavier on Monday. This vicious cycle starts all over again – you are three pounds heavier on Monday morning, and you lose those few pounds by Friday. This process can be especially frustrating for clients who really want to drop bodyfat (real weight vs. water weight). And the worst part about this is that your body is really smart, so if you continue this type of yo-yo dieting from week to week, your body will start to figure it all out. It may start to store some of those extra carbs and fat – knowing you will be depriving it during the week. So although most of the added weight on Monday is due to water weight, some of it will actually be bodyfat.

If you are reading this and saying to yourself “Oh my gosh, this article was written about me” . . . then I have a recipe to fix your problem. The only thing I truly need from you is 14 days. Look on your calendar to make sure you don't have any parties or social functions that might weaken your ability to stay disciplined. Let's face it, if you can't make a commitment for 14 days, then you are really not committed to becoming more fit.

Over the next two weeks, you are going to be cycling your carbs. This means that your daily intake of “starchy” carbohydrates will be different every day, and this process will keep your body guessing. The end result will be a drop in bodyfat (not water). And when I say “starchy” I'm only talking about breads, cereals, pasta, rice, potatoes, refined sugars, etc. I do not mean you can't have the carbohydrates that are found in fruits, vegetables, protein bars and shakes. Your body utilizes these carbs pretty quickly with little effect on your insulin levels, and we need them to maintain overall health. I need you to be totally disciplined for 14 days because I want you to see how much tighter and leaner you can feel in a short period of time. I used this process when I was competing in fitness, and was able to drop 7% bodyfat in only 6 weeks!

Feel free to continue this carb-cycling process until you reach your goal weight. Then you can go back to a lighter style of eating from Monday through Friday – indulge a little on Saturday and Sunday, and you'll be able to maintain

your goal weight. Of course, this process works really well when incorporated with a regular exercise routine (at least 4-6 days per week).

This is the 3-2-1 method, and I will outline a sample below. I will highlight your **starch/ carbohydrates in bold** so you can see where you have them 3 times in a day – then 2 times in a day then once in a day . . . then the 4th day has NO STARCHY CARBS (just fibrous carbs from veggies and a serving of fruit) . . . then start over again going back to 3 starch/carbs per day – Day One. Of course, you can substitute the starch/carb for one that you enjoy – just as long as it is CLEAN and not processed – so no boxed cereals or crackers, etc.

SAMPLE DIET -- DAY ONE	
Breakfast:	5 scrambled egg whites with 1 serving of plain oatmeal (starch/carb) – made with ½ cup dry – made with 1cup of water – use natural Stevia to sweeten if necessary & cinnamon to add flavor + have ¼ cup of blueberries
Mid-morning:	Low-Carb Protein Shake: I recommend IsaPro Whey Protein powder – easy to make – just add 1 scoop to shaker cup with cold, bottled water. I love this product as there are no artificial colors, flavors or sweeteners. To purchase: https://hillariescannelli.isagenix.com/
Lunch:	½ - ¾ cup of brown rice (starch/carbs) with 4 oz. of grilled chicken breast + a salad with a Tablespoon of olive oil with sprinkle of vinegar
Mid-Afternoon:	1 Tablespoon of Natural Almond Butter on 1 slice of Ezekiel brand bread (starch/carb) --found in frozen section since there are no preservatives
Dinner:	6 oz. grilled or baked turkey, fish or chicken (marinades are fine – just NO SAUCES) 1 cup of steamed broccoli 6-8 asparagus spears (you sauté in frying pan with a teaspoon of olive oil and sprinkle with sea salt, pepper and garlic powder)

DAY TWO	
Breakfast:	5 scrambled egg whites with 1 serving of plain oatmeal (starch/carb) (½ cup dry – made with 1cup of water – use natural Stevia to sweeten if necessary & cinnamon to add flavor) + serving of ¼ cup of strawberries
Mid-morning:	Low-Carb Protein Shake -I recommend IsaPro Whey Protein powder – made with water
Lunch:	One medium-size sweet potato or baked potato (starch/carb) with 4 oz. of ground turkey breast – you can make it into a meatloaf to have for several servings for the week for either lunch or dinner. Just add 1 pound of ground turkey breast with 1 egg, chopped onions & mushrooms (optional), and sprinkle with salt, pepper, garlic powder or any of your other favorite spices.
Mid-Afternoon:	1 Hard-boiled Egg -- you can also have a cup of raw veggies if you are hungry – just no peas, carrots or corn due to their starch/sugar content.
Dinner:	6 oz. grilled or baked turkey, chicken or fish (marinades are fine – just NO SAUCES) Mixed green salad with Tbsp. of olive oil & sprinkle with vinegar 1 cup of steamed spinach

DAY THREE	
Breakfast:	5 scrambled egg whites with 1 serving of plain oatmeal (starch/carb) – made with ½ cup dry – made with 1cup of water – use natural Stevia to sweeten if necessary & cinnamon to add flavor + have ¼ cup of blackberries
Mid-morning:	Low-Carb Protein Shake -I recommend IsaPro Whey Protein powder – made with water
Lunch:	4-6 ounces of grilled chicken or fish (1 can of tuna is o.k. too – but use ¼ of a ripe avocado in place of mayo – feel free to add chopped onion & celery)
Mid-Afternoon:	Hard-Boiled Egg -- You can also have a cup of raw veggies if you are hungry – just no peas, carrots or corn due to their starch/sugar content.
Dinner:	6 oz. grilled or baked turkey, chicken or fish (marinades are fine – just NO SAUCES) Mixed green salad with Tbsp. of olive oil and sprinkle with vinegar 1-2 cups of steamed cauliflower & broccoli combo

DAY FOUR – Zero Starch/Carb Day	
Breakfast:	5 scrambled egg whites scrambled with broccoli & spinach (1-2 cups of veggies). Have ½ fresh avocado with this if you like (no fruit/sugars today)
Mid-morning:	Low-Carb Protein Shake -I recommend IsaPro Whey Protein powder – made with water
Lunch:	4 oz. of chicken breast (or a small can of tuna fish – rinse thoroughly then drain water and sprinkle with red wine or balsamic vinegar) served over a tossed salad (with lots of raw veggies) with Tbsp. of olive oil & sprinkle of vinegar
Mid-Afternoon:	1 Hard-Boiled Egg + ¼ of an avocado (optional – if not a fan of avocado, have 2 hard-boiled eggs instead of 1) – you can also have a cup of raw veggies if you are hungry – just no peas, carrots or corn due to their starch/sugar content.
Dinner:	6-8 oz. grilled or baked turkey, chicken or fish (marinades are fine – just NO SAUCES) Mixed green salad with Tablespoon of olive oil and sprinkle with vinegar. Grilled or steamed asparagus (8-10 stalks)

Now let me explain a few things outlined in the charts:

Now you are wondering . . . does it matter which meals you choose to have your starchy carbs? As long as they are not eaten after your mid-afternoon snack (after 3:00 p.m.), then you can use the 3-2-1strategy however you need to, in order to fit your schedule. So you will notice there is

NEVER a starch/carb at the dinner meal. Our bodies need time to burn off starches which after digestion, turn into sugars. So if we omit them at dinner, we will get results so much faster.

Now you need to look at the foods you like to eat and figure out how you would fit them it into this carb-cycling process. Try your best to adhere to this schedule.

Hungry in the afternoon or evening? **Raw veggies are FREE** . . .you can have them throughout the day whenever you are hungry on any of these sample days . . . **JUST OMIT PEAS, CARROTS AND CORN DUE TO THEIR STARCH/SUGAR CONTENT.**

For the egg whites . . . I use the liquid ones that come in the carton and a serving for breakfast is usually $\frac{3}{4}$ to 1 cup of liquid egg whites. Otherwise you are welcome to separate the whites from a whole egg.

And again, you can substitute your favorite carbs for the ones suggested – as long as they are CLEAN and unprocessed. If you would like to have a plain rice cake with a Tablespoon of Natural Almond Butter as a mid-afternoon snack instead of having it on the Ezekiel brand bread as outlined, feel free! A rice cake has no artificial ingredients and processing – like a processed cracker does. So you get the idea . . . but stick to the 3-2-1 Blast-Off Strategy to see how quickly you can trick your body into parting with stored bodyfat. Your body will have trouble guessing when the carbs are coming . . . The results will shock you!

Good luck! I am available for one-on-one nutrition appointments if you need to talk further about your specific goals. Call for an apt (Hillarie 908-403-7620).