

Your Carb Blueprint

****Objective:**** This challenge empowers you to experiment with carbs over a full day to discover what fuels you best—tailored to your energy needs, hunger levels, and goals.

Step 1: Carb Experiment Day

Pick one day to experiment with carbs and follow this structure:

- ****Breakfast:**** Choose a carb-heavy meal (e.g., oatmeal, whole-grain toast, or a banana).

- Write down how you feel 2 hours later.

Your Notes: _____

- ****Lunch:**** Go low-carb (e.g., protein + veggies, no starch).

- Write down how you feel 2 hours later.

Your Notes: _____

- ****Dinner:**** Choose a balanced meal (protein + veggies + a moderate portion of carbs, like quinoa or sweet potato).

- Reflect 2 hours later: How does this meal compare to breakfast or lunch?

Your Notes: _____

Step 2: Analyze Your Results

At the end of the day, reflect on these questions:

- Which meal left you feeling the most energized and satisfied?

Your Answer: _____

- Did low-carb work for you, or did it leave you craving snacks?

Your Answer: _____

- How did the type of carbs (complex vs. simple) affect your energy and hunger?

Your Answer: _____

Step 3: Create Your Personal Carb Blueprint

Based on your experiment, write down your personalized strategy for carbs:

Example prompts:

- - What kind of carbs work best for you?
- - When is the best time for you to eat carbs?
- - What's one swap you can make to improve your meals (e.g., white rice → quinoa)?

Your Carb Blueprint: _____

Step 4: Fun Bonus (Optional)

Try a ****“Carb-Free Challenge”**** for one snack or meal this week.

- - Skip carbs and focus on protein, veggies, and fats instead.
- Reflect: Did you miss the carbs, or did you feel steady without them?

Your Notes: _____

