**The 8-Week Ultimate Transformation Challenge Game Plan**

**Week 5 and 6 Game Plan**

For the next two weeks, you will move to the phase 3.0 macro chart. You will no longer have any pre-workout carbs, but rather just post-workout carbs. Once again, please do not move to the next macro chart unless your coach feels it is necessary to do so.

**Week 5 Game Plan**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   | Sunday   |
| Phase 3.0   | Phase 3.0   | Phase 3.0   | Phase 3.0   | Phase 3.0   | Phase 3.0   | Phase 3.0   |

In week 5, we are reducing carbs to just after your workout. After a workout, your body is best primed to accept nutrients that are then utilized to feed your muscles, recover properly, and keep your body from storing fat. One major hormone that plays a factor in fat storage is insulin. By having carbs after a workout, it will keep your blood sugar levels at the appropriate levels and therefore, increase your insulin sensitivity. Through this, your body is able to burn fat instead of storing the fuel as fat. Carb timing is very important.

**CARB TIMING**

Try to eat your carbs within an hour after your workout. To maximize your body’s ability to utilize carbohydrates, I would not extend this too far past an hour. This also helps aid in recovery and repair following an intense workout.

On non-workout days, carbohydrates should be consumed at dinner time or the last meal of the day. This maximizes the window that insulin is low and maximizes fat burning.

\*If you have trouble sleeping at night, it is actually better to eat your carbs later in the day. There are many reasons for this, but either way it’s about finding what works for you. If you’re not sleeping, you’re not recovering.

**Week 6 Game Plan**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   | Sunday   |
| Phase 3.0 or 3.1  | Phase 3.0 or 3.1  | Phase 3.0 or 3.1 | Phase 3.0 or 3.1 | Phase 3.0 or 3.1   | Phase 3.0 or 3.1    | Phase 4.1   |

In week 6, you will follow phase 3.0 or 3.1 until Sunday. On Sunday, you will transition to the phase 4.1 macro chart. In this phase, you will not have any carbs for the day. This day will ramp up your fat burning capabilities by forcing your body tap into its own fat storage as the main energy source.