

HIIT BURN®



FAST
START
GUIDE



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WELCOME TO THE FAST START GUIDE!

**WELCOME TO THE FAST START GUIDE! THIS IS A QUICK OVERVIEW
OF HIITBURN CARB CYCLING. TO SEE ALL THE DETAILS, MAKE
SURE TO READ THROUGH THE ENTIRE MAIN MANUAL.**

**THIS GUIDE WILL GIVE YOU THE HIGH LEVEL BULLET POINTS FOR
HOW TO DO HIITBURN CARB CYCLING.**

LET'S GET TO IT!



HOW IT WORKS

The goal of this is to help you learn how to eat for your body and goals. This means that you will not only be able to get the results you want physically, but learn how to eat to feel energized, empowered, and confident, all while achieving your aesthetic goals. You will do all of this in a healthy, maintainable way so you can keep your results for life.

This is not a diet. Diets have a start and end date (usually leaving you feeling terrible and with feelings of failure. This is lifestyle nutrition that will allow you to get and stay fit and healthy for the long term. We will use a couple of methods to help you learn how to eat mindfully as a lifestyle.

Flexible Carb Cycling is a method we will use in this challenge and it will help you learn how certain foods fuel your body and help you work towards your results in the process. You will not need to count calories or macros. You will not need to cut out major food groups. This is a flexible approach that will allow you to never diet again, yet you will feel better and get incredible, lasting results.

So, what is Carb Cycling? Carb Cycling is when you alternate between eating days of higher amounts of carbs and days of eating lower amounts of carbs. It's really that simple! The gentle and flexible approach allows you to have sustained energy, burn fat, and build muscle. There are a few different cycles you can follow depending on your goals, so this method will help you reach your goal and learn how to be fueled well in the process.

After some time on this program, you will have made incredible progress and have a deep understanding for how to gently adjust your nutrition going forward to keep your results.

With these methods, eating will feel like second nature (instead of second guessing).

We have helped thousands of people get fit and healthy using these methods. Now, it's your turn.

DETERMINING YOUR CARB CYCLING SCHEDULE

3-1-2-1 CARB CYCLE	2-1 CARB CYCLE	1-1 CARB CYCLE	LIFESTYLE CYCLE
<p>Choose this cycle if you have a significant amount of fat you'd like to lose and your main focus is weight loss.</p> <p>On this cycle you will have three lower carb days, one higher carb day, two lower carb days, one higher carb day, and repeat in that fashion.</p>	<p>Choose this cycle if you have a moderate amount of fat you'd like to lose.</p> <p>On this cycle you will have two lower carb days, one higher carb day, and repeat in that fashion.</p>	<p>Choose this cycle if you have a little bit of fat you'd like to lose with the main focus being around toning up and building lean muscle.</p> <p>On this cycle you will alternate one lower carb day and one higher carb day and repeat in that fashion.</p>	<p>Choose this cycle if you want to focus on toning up and building lean muscle as physical goals. This is a great choice for those who just love carbs, feel better physically/emotionally when they eat them, and would like to mindfully include some every day.</p> <p>On this cycle you will prioritize eating carbs post workout and/or in your evening meal.</p>

ADDING A FLEX MEALS

We suggest including 2-3 flex meals per week. You could have all your flex meals in one day or you could sprinkle them throughout the week. There's not a right or wrong choice. Everyone is different, so choose the option that feels sustainable for you.

During flex meals, eat whatever types of foods you want! The only thing we suggest is to just be mindful of how much you eat. You don't need to count calories, but just eat your typical amounts of food during those meal times, eating when you are hungry and until you are satisfied.

A great option is to have your flex meals on your higher carb days instead of your lower carb days. If you happen to have a flex meal on a lower carb day, no worries! Enjoy it.

WHAT TO EAT

If you are ever in doubt with what foods you should be eating, just go for whole foods, AKA one-ingredient foods.

Some of the foods we most recommend include:

- **Protein:** Eggs, Chicken, Beef, Fish and Game.
- **Fats:** Nuts, Nut butter, Coconut Oil, Grass Fed Butter, Ghee and Avocado
- **Carbs:** Quinoa, Rice, Potatoes, Black Beans, Oats and Fruit
- **Vegetables:** Eat any veggies that you enjoy!

HOW TO EAT

Low Carb Days = Focus mostly on: Protein, Veggies & Healthy Fats

High Carb Days = Focus mostly on: Protein, Veggies & Complex Carbs

MORE ABOUT FOODS YOU WILL CHOOSE

PROTEIN

Include protein with every meal (on both low and high carb days).

FATS

Low Carb Days = Add a healthy fat to all meals. This can include avocado, nuts, seeds, olive oil, nut butter, etc.

High Carb Days = Simply cook your meals in healthy fats (grass fed butter or coconut oil). Include protein with every meal (on both low and high carb days).

CARBS

Low Carb Days = Get the majority of your carbs from veggies. Add a sweet potato, rice or fruit to your post workout meal if you need some extra carbs to recover.

High Carb Days = Add complex carbs like potatoes, sweet potatoes, rice, beans, oats, etc. to at least 75% of your meals!

HOW TO USE CARB CYCLING

ACCELERATOR CYCLE 3-1-2-1 CYCLE

On this cycle, you will have three lower carb days, followed by one higher carb day, then two lower carb days, followed by one higher carb day and repeated in that fashion.

LOW CARB DAY*	LOW CARB DAY*	LOW CARB DAY*	HIGH CARB DAY*	LOW CARB DAY*	LOW CARB DAY*	HIGH CARB DAY*
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*Make sure to add in 2-3 Flex Meals throughout the week or feel free to combine them into one day if that feels best for you!

LEAN CYCLE 2-1 CYCLE

On this cycle, you will have two lower carb days, followed by one higher carb day and repeated in that fashion. *Note: If you follow this cycle, it won't fit perfectly into a week's schedule and that is okay You can feel free to alter it, if needed.

LOW CARB DAY*	LOW CARB DAY*	HIGH CARB DAY*	LOW CARB DAY*	LOW CARB DAY*	HIGH CARB DAY*	LOW CARB DAY*
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*Make sure to add in 2-3 Flex Meals throughout the week or feel free to combine them into one day if that feels best for you!

SHRED CYCLE 1-1 CYCLE

On this cycle, you will alternate between one lower carb day, followed by one higher carb day and repeated in that fashion.

LOW CARB DAY*	HIGH CARB DAY*	LOW CARB DAY*	HIGH CARB DAY*	LOW CARB DAY*	HIGH CARB DAY*	LOW CARB DAY*
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*Make sure to add in 2-3 Flex Meals throughout the week or feel free to combine them into one day if that feels best for you!

LIFESTYLE CYCLE - POST WORKOUT CARBS / CARB BACKLOADING

On this cycle, you will have a baseline of lower carb meals throughout the day, but add carbs to your post workout meal. You can also add carbs to your evening meal if you want to focus more on muscle building.

LOW CARB MEALS + add carbs to the post workout meal and/or to the evening meal	LOW CARB MEALS + add carbs to the post workout meal and/or to the evening meal	LOW CARB MEALS + add carbs to the post workout meal and/or to the evening meal	LOW CARB MEALS + add carbs to the post workout meal and/or to the evening meal	LOW CARB MEALS + add carbs to the post workout meal and/or to the evening meal	LOW CARB MEALS + add carbs to the post workout meal and/or to the evening meal	LOW CARB MEALS + add carbs to the post workout meal and/or to the evening meal
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GIVE YOURSELF AT LEAST TWO WEEKS ON ANY GIVEN CYCLE TO START GETTING INTO THE FLOW OF HOW IT WORKS AND FEELS TO YOU. THAT SAID, THERE ARE ALWAYS WAYS TO ADJUST ALONG THE WAY ACCORDING TO HOW YOU ARE FEELING. WE'LL GO OVER THOSE ADJUSTMENTS LATER IN THIS GUIDE.

HOW TO EAT

LOWER CARB DAY

On your lower carb days, your meals should be focused on eating protein, veggies and healthy fats. Try to keep most carbs to your higher carb days but, feel free to add in a sweet potato, rice or a piece of fruit to either your post workout meal or to your dinner if you had a tough workout that day, especially if you are on the **Lean Cycle (2-1)**, **Shred Cycle (1-1)**, or **Lifestyle Cycle (Post Workout Carbs/Carb Backloading)** .



CHICKEN
TURKEY
BEEF
BISON
LAMB
FISH (TUNA, SALMON, TILAPIA, HALIBUT, ETC.)
PORK
WILD GAME
EGGS OR EGG WHITES
PROTEIN SHAKE
GREEK YOGURT
COTTAGE CHEESE



AVOCADO
CHEESE
NUTS OR SEEDS (ALMONDS, CASHEWS, ETC.)
NUT BUTTER (PEANUT BUTTER, ALMOND BUTTER, ETC.)
OLIVE OIL
COCONUT OIL
GRASS-FED BUTTER



SPINACH
BROCCOLI
KALE
ASPARAGUS
BRUSSELS SPROUTS
PEPPERS
ONIONS
CAULIFLOWER
CUCUMBER
ZUCCHINI
YOUR CHOICE!



IF YOU HAD A TOUGH WORKOUT, ADD A CARB SOURCE TO YOUR POST-WORKOUT MEAL OR DINNER FOR THAT DAY, ESPECIALLY IF YOU ARE ON A 1-1 OR 2-1 CYCLE.

SWEET POTATO
RICE (WHITE OR BROWN)
POTATO
BEANS
FRUIT
QUINOA
HUMMUS
OATMEAL

HOW TO EAT

HIGHER CARB DAY

On your higher carb day, your first meal of the day should be focused on being high in protein and veggies. For your remaining meals, add in a carb source with your meal. Try to keep most fats to lower carb day, but it's fine to add very small amounts to your meals (for example, a small sprinkle of cheese). Feel free to cook your food in enough butter, avocado oil, or coconut oil to coat the pan.



CHICKEN
TURKEY
BEEF
BISON
LAMB
FISH (TUNA, SALMON, TILAPIA, HALIBUT, ETC.)
PORK
WILD GAME
EGGS OR EGG WHITES
PROTEIN SHAKE
GREEK YOGURT
COTTAGE CHEESE

KEEP THE MAJORITY OF FATS ON YOUR LOWER CARB DAYS BUT HAVING SMALL AMOUNTS ON HIGHER CARB DAYS IS FINE.

AVOCADO
CHEESE
NUTS OR SEEDS (ALMONDS, CASHEWS, ETC.)
NUT BUTTER (PEANUT BUTTER, ALMOND BUTTER, ETC.)
OLIVE OIL
COCONUT OIL
GRASS-FED BUTTER

SPINACH
BROCCOLI
KALE
ASPARAGUS
BRUSSELS SPROUTS
PEPPERS
ONIONS
CAULIFLOWER
CUCUMBER
ZUCCHINI
YOUR CHOICE!

SWEET POTATO
RICE (WHITE OR BROWN)
POTATO
BEANS
FRUIT
QUINOA
HUMMUS
OATMEAL

*This is not an exhaustive list of foods. Feel free to include similar foods if you'd like!

MEAL BUILDER

LOW CARB

- 1 CHOOSE 1 PROTEIN**
- 2 CHOOSE 1+ VEGGIES**
- 3 CHOOSE 1 HEALTHY FAT**

**HAD A TOUGH WORKOUT?
ADD IN A CARB SOURCE TO YOUR POST
WORKOUT MEAL!**

**WHAT ABOUT SNACKS?
STICK TO MOSTLY PROTEIN, VEGGIE
AND HEALTHY FATS!**

CHECK THE MEAL EXAMPLES FOR TONS OF
SNACK IDEAS

HIGH CARB

- 1 CHOOSE 1 PROTEIN**
- 2 CHOOSE 1+ VEGGIES**
- 3 CHOOSE 1 HEALTHY CARB**

**ADDING A LITTLE FAT ON HIGHER CARB
DAYS IS TOTALLY FINE!**

FOR EXAMPLE, COOK YOUR FOOD IN ENOUGH
BUTTER OR OIL TO COAT THE PAN OR A LITTLE
SPRINKLE OF CHEESE OR AVOCADO IS FINE. THIS
IS A LIFESTYLE APPROACH!

**WHAT ABOUT SNACKS? STICK TO
MOSTLY PROTEIN, VEGGIE AND
HEALTHY CARBS!**

CHECK THE MEAL EXAMPLES FOR TONS OF
SNACK IDEAS!

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