

# My Carb Loading Plan

1. Watch the [How To Video](#)
2. Click "File > Download" to Download your own copy
3. Enter the total number of handfuls of carbs you need to eat in the **yellow box** - get this from the [Carb Loading Calculator](#)
4. Divide up that number between the meals in the **orange boxes**
5. Plan the food you will eat to hit those numbers in the Meal Plan column

|                 | Meal Plan                                                                  | Handfuls of Carbs |
|-----------------|----------------------------------------------------------------------------|-------------------|
| Breakfast       | <i>Examples:</i><br>Pasta<br>Rice<br>Potatoes<br>Oatmeal                   |                   |
| Morning Snack   | <i>Examples:</i><br>Fruits & Vegetables<br>Breads<br>Candy & Sports Drinks |                   |
| Lunch           | <i>Examples:</i><br>Pasta<br>Rice<br>Potatoes<br>Oatmeal                   |                   |
| Afternoon Snack | <i>Examples:</i><br>Fruits & Vegetables<br>Breads<br>Candy & Sports Drinks |                   |
| Dinner          | <i>Examples:</i><br>Pasta<br>Rice<br>Potatoes<br>Oatmeal                   |                   |
| Evening Snack   | <i>Examples:</i><br>Fruits & Vegetables<br>Breads<br>Candy & Sports Drinks |                   |
| Total           |                                                                            |                   |