

# BAB Food Cycle

**Day 1**

**Slim Day**

HIGH PROTEIN

**Day 2**

**Slim Day**

HIGH PROTEIN

**Day 3**

**Strong Day**

GOOD CARBS

**Day 4**

**Strong Day**

GOOD CARBS

**Day 5**

**Strong Day**

GOOD CARBS

**Day 6**

**Rest &  
Relaxation**

**Day 7**

**Rest &  
Relaxation**