

A loaf of golden-brown blueberry bread is baked in a metal loaf pan. The bread is studded with blueberries and has a slightly cracked top. The pan sits on a white cloth with a detailed botanical illustration of citrus plants, including lemons and oranges. A gold butter knife is placed diagonally to the right of the pan. The background is a white marble surface.

**"How many
carbs should
I eat?"**

Includes a sample
menu and a done
for you cheat sheet!

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"How Many Carbs Should I Eat?"

Hey there!

I'm so glad you grabbed this freebie: How Many Carbs Should I Eat?

Instead of cutting out all carbs and sugars completely, you should eat them everyday in the right amount so you can control your cravings, have energy, and still lose weight in a healthy way.

**Here's how you do it:
Eat 40% of your calories from carbs.**

This means that 40-45% of your total calories should come from healthy carb choices.

This is a major shift from a typical “food pyramid” or healthy eating guide.

40% is your Sweet Spot.

This is the level of carbs where I've seen first hand with my clients, and myself personally, that cravings are controlled, energy is high and fat loss can occur, while still keeping muscle mass.

So how do you know if you're hitting (or way off) the 40% carb sweet spot? You gotta track it my friend.

Jump on MyFitnessPal (or any other of the free food-tracking apps) and track your food for one week. Find out where you're at and where you need to adjust.

On the next page, you'll see a cheat sheet where I've done the math for you, plus a sample menu on the next page...and if you opted-in to hear from me, be on the look out for more goodies from me to you hitting your inbox soon.

All my best,

April

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40% Carb Cheat Sheet

Below is a table that shows total calories and the total grams of carbs for 40%

| Calories | Grams of Carbs* |
|-----------------|------------------------|
| 1500 | 150 |
| 1800 | 180 |
| 2000 | 200 |
| 2300 | 230 |
| 2500 | 250 |
| 2800 | 280 |
| 3000 | 300 |

**each gram of carbohydrate provides 4 calories*

Sample 40% Carb Menu

More than keto and less than the typical food guide, approximately 40% of your calories from carbs will look a little different for everyone, because if you weigh more or do more exercise, you'll need more calories than someone who weighs less and does very little exercise.

Here's a menu to give you an idea of what it might look like:

Breakfast

Oatmeal - 1/2 cup of large flake oats with 1 Tbsp peanut butter, 1 Tbsp Greek Yogurt, 1/2 cup raspberries
2 eggs, pan fried

Snack

Strawberries, 1 cup

Lunch

[1 serving of Chicken with Roasted Rainbow Veggies](#)
([click for recipe](#)).

1 medium fruit (apple, peach, or 1 cup strawberries)

Snack

1/2 cup steamed edamame

Supper

Salmon filet, grilled (4oz)

Steamed green beans with 1 tsp olive oil

1 cup cooked brown rice

**This sample menu
provides approximately:**

1500 Calories

43% Carbohydrate

28% Fat

29% Protein

**[Check out EatsbyApril.com](https://eatsbyapril.com) for tons of Carb-Friendly
[Recipes!](#)**