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Carb Nite

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A lot of you have questions about the carb nite approach we've been utilizing. Here are the cliff notes from the Carb Nite Solution eBook by John Kiefer. You can read the eBook to get a getter grasp (and I suggest you do as it will answer lots of questions) but these are the basics. Designed specifically for ongoing fat loss, not just weight loss.

Carb Nite - New Challenge!: Carb Nite - The Cliff Notes

What is the Carb Nite Solution... Low carb-high fat (LCHF). Unlike Keto where you eat 20 g of carbs a day, in carb nite solution you consume 30 g of carbs. For 9 days you eat only 30 g of carbs a day and then you get your carb night. You are encouraged to eat high carb meals, but with control. You go back to 30 g of carbs a day, but unlike the ...

Carb Nite Solution—Scam or Legit? - Longevity

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The carb nite community is very supportive and responsive to questions. I would recommend reading the book then checking out the forums and the podcast. Keifer is a great source of knowledge and he's constantly giving out plenty of useful free information, but to understand carb nite the book is an invaluable resource.

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