

12 Week Curvalicious Meal & Weights Plan

Week 1 - 2: CURVE PHASE

GRAMS PER MEAL P = 32 (measured raw) C = 40 (measured cooked) F = 27

| | Meal 1 (7.30) | 8.30 | Meal 2 (11.30) | Meal 3 (1.30) | Meal 4 (4.00) | Meal 5 (6.30) | Post-Workout Drink (9.30am) |
|---------------|--|--|--|---|---|---|---|
| Saturday (M) | P+V | LUSCIOUS LEGS & Stretch | P+C+V | P+F+V | P+C+V | P+F+V | |
| | Protein Powder, 1C greens. SUPPS: BCAAx7, 2 Fish Oil, 1 Vit D. | | Rice Pasta (3/4C), Turkey Mince (3 oz), Pasta Sauce with broccoli. | Salmon (5.5 oz), Avocado (2 oz), Mixed Greens. | Rice Crackers (10), Cottage Cheese (1 C), Celery, Tomato, Red Onion Salt & Pepper. | Eggs (3), Mixed Green Salad, Grated Carrot, Olive Oil, Balsamic, Avocado (3.5 oz). 2 Magnesium. | Protein Powder + VitalGreens + Small fruit (Optional). SUPPS: BCAAx7, 1 Fish Oil, Vit C, Glutamine. |
| Sunday (M) | P+V | Tummy Tightener, HIITCardio (20 min- 30/30 sec) | P+C+V | P+F+V | P+C+V | P+F+V | |
| | Protein Powder, 1C greens. SUPPS: BCAAx7, 2 Fish Oil, 1 Vit D. | | Rice Pasta (3/4C), Turkey Mince (3 oz), Pasta Sauce with broccoli. | Prawns (5.5 oz), Avocado (1/4C), Salad Greens, Lemon Juice, Pepper. | Rice Crackers (10), Cottage Cheese (1 C), Celery, Tomato, Red Onion Salt & Pepper. | Fillet Mignon (4 oz), Organic Butter (1.5 tbsp), Broccolini & carrots. 2 Magnesium. | Protein Powder + VitalGreens + Small fruit (Optional). SUPPS: BCAAx7, 1 Fish Oil, Vit C, Glutamine. |
| | Meal 1 (7.30) | Meal 2 (9.30) | Meal 3 (12.30) | Meal 4 (3.30) | 5.15 | Post-Workout Drink (6.30) | Meal 5 (7.30) |
| Monday (E) | P+F+V | P+C+V | P+F+V | P+V | 4.30pm SUPPS: BCAAx7 Amazing Arms & Stretch | | P+C+V |
| | Protein Powder, 1C greens, Nut Butter (2 tbsp). SUPPS: 2 Fish Oil, 1 Multi, 1 Vit D. | Rice Pasta (3/4C), Turkey Mince (3 oz), Pasta Sauce. | Eggs (3), Mixed Green Salad, Grated Carrot, Olive Oil, Balsamic, Avocado (3.5 oz). | Tuna (4.5 oz) Dip - Red Onion, Spinach, Lemon Juice, Pepper with Carrot Sticks. | | | Protein Powder + Vital Greens, Small fruit (Optional). SUPPS: BCAAx7, 1 Fish Oil, 2 Mag, Vit C, Glutamine. |
| | Meal 1 (7.30) | Meal 2 (9.30) | Meal 3 (12.30) | Meal 4 (3.30) | Meal 5 (6.30) | | |
| Tuesday (OFF) | P+F+V | P+C+V | P+V | P+C+V | P+F+V | | |
| | Protein Powder, 1C greens, Nut Butter (2 tbsp). SUPPS: 2 Fish Oil, 1 Multi, Vit C, 1 Vit D, Glutamine. | Rice Crackers (10), Cottage Cheese (1 C), Celery, Tomato, Red Onion Salt & Pepper. | Chicken (grilled) (4 oz), Salad Greens, Tomato, Green Pepper, Lemon Juice. | White Potato (6 oz), Salmon (5.5 oz), Egg (1) spring onion, spinach, seasoning. Bake in muffin tin. | Lamb Loin Chop (5oz), Feta Cheese (3/4C), Green Salad, Cucumber, Red Onion. 2 Mags. | | |
| | Meal 1 (7.30) | Meal 2 (9.30) | Meal 3 (12.30) | Meal 4 (3.30) | 5.15 | Post-Workout Drink (6.30) | Meal 5 (7.30) |
| Wednesday (E) | P+F+V | P+C+V | P+F+V | P+V | 4.30pm SUPPS: BCAAx7 Better Back & Strong Shoulders & Stretch | | P+C+V |
| | Protein Powder, 1C greens, Nut Butter (2 tbsp). SUPPS: 2 Fish Oil, 1 Multi, 1 Vit D. | Brown Rice (1C), Beef Mince (3 oz), Pasta Sauce. | Prawns (5.5 oz), Avocado (1/4C), Salad Greens, Lemon Juice, Pepper. | Chicken (grilled) (4 oz), Red Onion, Lemon Juice, Pepper, Spinach Dip with Red Bell Pepper. | | | Protein Powder + Vital Greens, Small fruit (Optional). SUPPS: BCAAx7, 1 Fish Oil, 2 Mag, Vit C, Glutamine. |
| | Meal 1 (7.30) | Meal 2 (9.30) | Meal 3 (12.30) | Meal 4 (3.30) | Meal 5 (6.30) | | |
| Thursday (E) | P+F+V | P+C+V | P+V | P+C+V | 4.30pm SUPPS: BCAAx7 BOMBSHELL BOOTY & Stretch | | P+C+V |
| | Protein Powder, 1C greens, Nut Butter (2 tbsp). SUPPS: 2 Fish Oil, 1 Multi, 1 Vit D. | Brown Rice (1C), Beef Mince (3 oz), Pasta Sauce. | Salmon (5.5 oz), Avocado (2 oz), Mixed Greens. | Prawns (5.5 oz), Avocado (1/4C), Salad Greens, Lemon Juice, Pepper. | | | Protein Powder + Vital Greens. SUPPS: BCAAx7, 1 Fish Oil, 2 Mag, Vit C, Glutamine. |
| | Meal 1 (7.30) | Meal 2 (9.30) | Meal 3 (12.30) | Meal 4 (3.30) | Meal 5 (6.30) | | |
| Friday (OFF) | P+F+V | P+C+V | P+V | P+C+V | P+F+V | HIITCardio (20 min - 30/30 sec) 2.30pm SUPPS: BCAAx7 | TREAT MEAL |
| | Protein Powder, 1C greens, Nut Butter (2 tbsp). SUPPS: 2 Fish Oil, 1 Multi, Vit C, 1 Vit D, Glutamine. | Rice Crackers (10), Cottage Cheese (1 C), Celery, Tomato, Red Onion Salt & Pepper. | Chicken (grilled) (4 oz), Salad Greens, Tomato, Green Pepper, Lemon Juice. | White Potato (6 oz), Salmon (5.5 oz), Egg (1) spring onion, spinach, seasoning. Bake in muffin tin. | Lamb Loin Chop (5oz), Feta Cheese (3/4C), Green Salad, Cucumber, Red Onion. 2 Mags. | | |