

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	P+F+V	4.30pm SUPPS: BCAAx7 BOMBHELL BOOTY & Stretch	
	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.		