

# curalife

Special  
Edition!

Supporting your journey

## 30 DAYS TO SWEET SUCCESS

Building new habits,  
one step at a time.



For optimal  
functionality, flip  
your mobile phone  
horizontally



# What is the plan?

We created a moderated health plan that allows you to build up to a healthy regime instead of throwing you into the deep end on Day 1. This plan will keep you in control and allow you to adjust to your specific needs.



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## Week 1

We'll start with "Carb Cycling" (explained below)

## Week 2

Meet curalin. Your new best friend. You'll start taking it consistently, making your first step to sugar freedom!



## Week 3

Slowly but surely, you'll get into a movement routine that works for YOU!

## Week 4

Move forward into a carb SMART diet that you can actually keep up with!





## What is 'Carb Cycling?'

Carbs (carbohydrates) are a hot topic for those watching their blood sugar. And we're here to tell you it isn't as black and white as you might think. Carb cycling is a dietary plan where you alternate your carb intake daily, weekly, or monthly.

The basic principle is to keep the days on these three themes:

### Day 1

↑ High carb  
↓ low fat  
↑ high protein

### Day 2

↕ Moderate carbs,  
↓ low fat,  
↑ high protein

### Day 3

↓ Low carb  
↓ High fat,  
↑ high protein





## What should you expect?

In the coming weeks, you can expect to feel more energized and have fewer bad cravings!

## Consistency is key to success.

By consistently following your meal plan, taking your Curalin, and engaging in your movement routine, you will be well on your way to achieving your goals!



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# Meal Plan







As part of your 4-week meal plan, you will be eating delicious and healthy meals while transitioning to a low-carb diet.

**The goal** of this meal plan is to keep things interesting and show you all the tasty and healthy foods and recipes you can add to your regular routine, so you don't get bored!

Discovering the right carbs for your body is essential, and we can't wait to show you how to create balanced meals that keep you feeling amazing!





## How to make the most out of your meal plan?

- 1 **Print this page, stick it on the fridge.**
- 2 Always know what meal plan theme day you're on (low/moderate/high carb).
- 3 Access the recipes by clicking on the name of the meal.
- 4 If you don't like what's on your daily menu, change it for one you like! There's a ton to choose from!
- 5 Repeat any of the meals you find easy and yummy, so you'll feel as comfortable as possible!
- 6 **Be consistent!**
- 7 Snacks: There are some healthy and low-carb snacks that can fill you up.
- 8 Eating at restaurants: It's fairly easy to make your meals low-carb friendly
  - Order a meat or fish based main dish.
  - Drink plain water instead of soda or juice.
  - Get extra vegetables instead of bread, potatoes or rice.

# Week 1

We created a moderated health plan that allows you to build up to a healthy regime instead of throwing you into the deep end on Day 1.

monday

tuesday

wednesday

breakfast

high carb



High Fiber Cereal  
with Toppings

+

moderate carb



Cottage Cheese  
Pancakes

+

low carb



Scrambled Eggs  
with Cheese and  
Veggies

+

lunch

Caesar Salad  
with Bread

+

Nicoise Salad

+

Shrimp Salad

+

dinner

Mashed  
Potatoes with  
Grilled Fish

+

Cauliflower  
Rice and  
Chicken Bowl

+

Baked Fish  
Filets

+





sunday

## high carb



## Funday Toast Breakfast



## Vegetable Wraps



# Roasted Chicken with Sweet Potato



# Week 2

We created a moderated health plan that allows you to build up to a healthy regime instead of throwing you into the deep end on Day 1.

monday

tuesday

wednesday

breakfast

moderate carb



Banana  
Blueberry  
Pancakes



lunch

Grilled Chicken  
and Avocado  
Salad



dinner

Chicken and  
Chickpea Curry



low carb



Scrambled Eggs  
with Cheese and  
Veggies



Chickpea and  
Tuna Salad



Veggie & Beef  
"Lasagna"



moderate carb



Poached Eggs  
with Veggies  
and Fruit



Smoked Salmon  
Sandwich



Lemon Salmon  
and Sweet  
Potatoes







A close-up photograph of three ripe, red tomatoes with green stems, arranged on a white background. The tomatoes are slightly out of focus, with the one in the foreground being sharper. The lighting is bright, highlighting the smooth texture of the tomatoes.

sunday

Age group	Number of people
0-14	100
15-24	80
25-34	60
35-44	40
45-54	20
55-64	10
65-74	5
75-84	2
85-94	1
95-104	0



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Age group	Number of people
18-24	25
25-34	50
35-44	75



# Week 3

We created a moderated health plan that allows you to build up to a healthy regime instead of throwing you into the deep end on Day 1.

monday

tuesday

wednesday

breakfast

moderate carb



Cottage Cheese  
Pancakes



lunch

Carrot and  
Parsnip Soup



dinner

Baked Salmon  
and Sweet  
Potatoes



low carb



Portobello  
Mushrooms and  
Spinach



Caesar Salad with  
Extra Chicken  
& Cheese



Barbecue  
Rosemary  
Chicken



moderate carb



Poached Eggs  
with Veggies  
and Fruit



Chicken and  
Cream Cheese  
Salad



Turkey and  
Bean Taco  
Casserole



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2-week movement plan

Glycemic Index

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an

thursday

friday

saturday

sunday

low carb

Omelette with Bacon, Avocado & Veggie Salad

+

Cauliflower Pilaf

+

Veggie & Beef “Lasagna”

+

low carb

Poached Eggs with Veggies and Fruit

+

Pumpkin Soup and Salad

+

Bun-less Cheeseburgers

+

moderate carb

Eggs with Whole Grain Toast

+

Quinoa salad with chickpeas

+

Chicken and chickpea curry

+

moderate carb

Banana Blueberry Pancakes

+

Crisp Salmon Salad

+

Cashew Chicken Stir Fry

+



# Week 4

We created a moderated health plan that allows you to build up to a healthy regime instead of throwing you into the deep end on Day 1.

	monday	tuesday	wednesday
breakfast	<p>low carb</p> <p>■ ■ ■</p> <p><u>Omelette with Bacon, Avocado &amp; Veggie Salad</u></p> <p>+</p>	<p>low carb</p> <p>■ ■ ■</p> <p><u>Scrambled Eggs with Cheese and Veggies</u></p> <p>+</p>	<p>moderate carb</p> <p>■ ■ ■</p> <p><u>Eggs with Whole Grain Toast</u></p> <p>+</p>
lunch	<p><u>Shrimp Salad</u></p> <p>+</p>	<p><u>Grilled Chicken Salad with Avocado</u></p> <p>+</p>	<p><u>Chicken and Soybean Salad</u></p> <p>+</p>
dinner	<p><u>Dijon Chicken and Veggies</u></p> <p>+</p>	<p><u>Instant Pot Chicken Chili</u></p> <p>+</p>	<p><u>Low Carb Bagels with Veggie Soup</u></p> <p>+</p>



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movement plan



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Portion  
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an



thursday

friday

saturday

sunday

low carb



Scrambled Eggs  
with Cheese and  
Veggies



Chickpea and  
Tuna Salad



Barbecue  
Rosemary  
Chicken



moderate carb



Poached Eggs  
with Veggies and  
Fruit



Smoked Salmon  
Sandwich



Fish and Grilled  
Veggies



low carb



Omelette and  
Tuna salad



Feta and  
Clementine  
Salad



Roasted Prawns  
& Parmesan  
Asparagus



moderate carb



Banana Blueberry  
Pancakes



Smoked Salmon  
Sandwich



Chili con Carne





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## HIGH CARBS

### Breakfast

- [High Fiber Cereal with Toppings](#)
- [Funday Toast Breakfast](#)
- [Banana Blueberry Pancakes](#)

### Luncheon

- [Caesar Salad with](#)
- [Vegetable Wraps](#)



## MID CARBS

### Breakfast

- [Cottage Cheese Pancakes](#)
- [Poached Eggs and Yogurt](#)
- [Banana Blueberry Pancakes](#)
- [Poached Eggs with Veggies and Fruit](#)
- [Eggs with Whole Grain Toast](#)

### Luncheon

- [Chicken and Soybean](#)
- [Smoked Salmon S](#)
- [Chicken and Cream](#)
- [Crisp Salmon Salad](#)  
[chickpeas](#)
- [Carrot and Parsnip](#)
- [Chicken and Avocado](#)
- [Paper Rolls](#)
- [Nicoise Salad](#)



■■■ HIGH CARBS

## Snack

Whole Grain Bread

...

## Dinner

- Mashed potatoes with Grilled Fish
- Roasted Chicken with Sweet Potato
- Chicken Fried Rice

■■■ MID CARBS

## Snack

Bean Salad

Sandwich

Tom Cheese Salad

Adzuki Quinoa salad with

Tomato Soup Grilled

Avocado Salad

## Dinner

- Cauliflower Rice and Chicken Bowl
- Chicken and Chickpea Tray Bake
- Turkey & Bean Taco Casserole
- Chicken and Chickpea Curry Lemon
- Salmon and Sweet Potatoes
- Low Carb Bagels with Veggie Soup
- Salmon and Veggies
- Cashew Chicken Stir Fry
- Fish and Grilled Veggies
- Chili con Carne



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## LOW CARBS

### Breakfast

- Omelette with Bacon, Avocado & Veggie Salad
- Scrambled Eggs with Cheese and Veggies
- Omelette and Tuna salad
- Portobello Mushrooms and Spinach
- Poached Eggs with Veggies and Fruit

### Lunch

- Shrimp Salad
- Avocado Tuna Salad
- Chickpea and Tuna Salad
- Feta & Clementine Salad
- Caesar Salad with Extra Chicken & Cheese
- Cauliflower Pilaf
- Pumpkin Soup and Salad
- Grilled Chicken Salad with Avocado



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## LOW CARBS

### Dinner

- Dijon Chicken and Veggies
- Instant Pot Chicken Chili
- Barbecue Rosemary Chicken
- Roasted Prawns & Parmesan Asparagus
- Veggie & Beef Lasagna
- Bun-less Cheeseburgers
- Baked Fish Filets

### Snacks

- A piece of fruit
- Full-fat yogurt
- One or two hard-boiled eggs
- Baby carrots
- Leftovers from the previous night
- A handful of nuts
- Some cheese and meat





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# Exercise Plan





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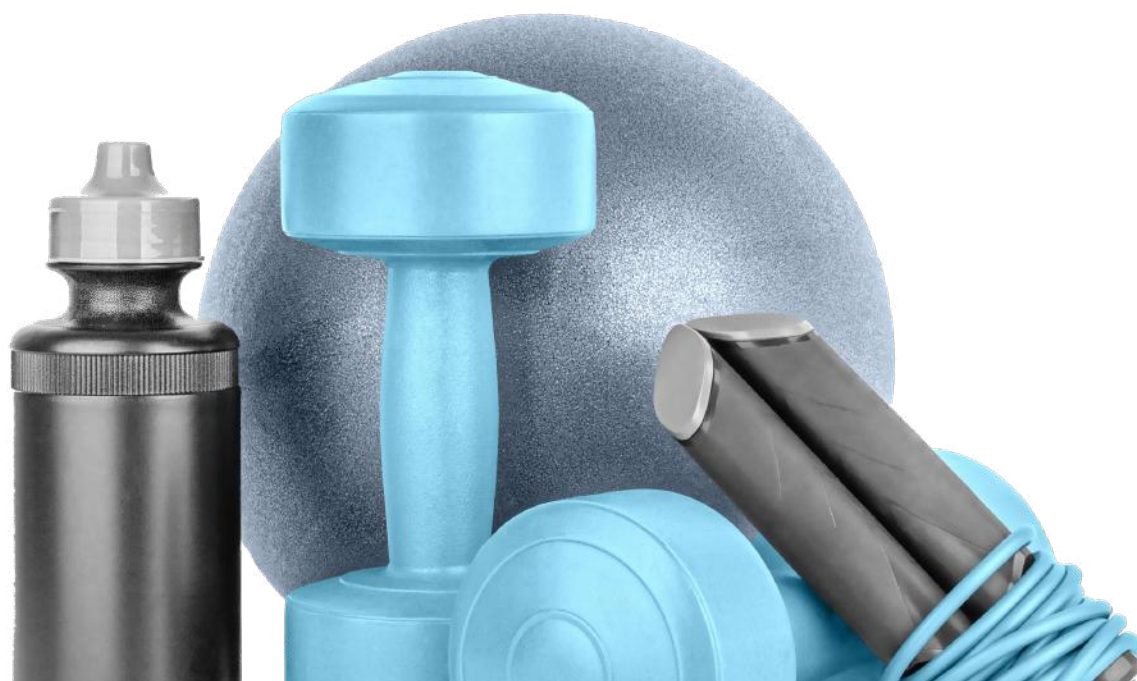
Portion  
Control

Get ready to learn the  
right tools for maintaining  
a healthy, active lifestyle  
that will have you feeling  
great every day!



## How to make the most out of your movement plan?

- 1 Schedule a time in your calendar when you have a 15–30 minute break for taking care of **you**. You can start as low as 5 minutes a day and work your way up. Every small step counts!
- 2 Repeating movements is great and builds your strength in no time!
- 3 Everyday, add the movements from previous days. (only if you feel ready!)





- 4 KEEP IT ENJOYABLE! If you don't like an exercise, swap it for one you do!
- 5 \*Schedule a call with customer success to get into a routine! (Optional!)
- 6 **Consistency is the key!**  
Look at the full plan. In a few weeks, you'll be able to do it all! And we'll be there every step of the way when it gets hard.



# 2 Weeks plan

Day	10	12	14	18
Fully Limited	<u>Posing and breathing</u> 	<u>Hips</u> 	<u>Shoulders</u> 	<u>Bicep (DO T A CH</u> 
Somewhat Limited	<u>Seated Yoga</u> 	<u>Bicep Curls</u> 	<u>Calf Raises</u> 	<u>Chest</u> 
No Limitation	<u>Morning Yoga</u> 	<u>Straight Leg Raise Bicycle</u> 	<u>Bicep Curls</u> 	<u>Side Chest</u> 



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## Full body stretching (2 sides)

# Posing and breathing

## Full body stretching

### (2 sides)

## Squats

## Bridges





# What is Low Glycemic Index?





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**Glycemic  
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## The Glycemic Index (GI)

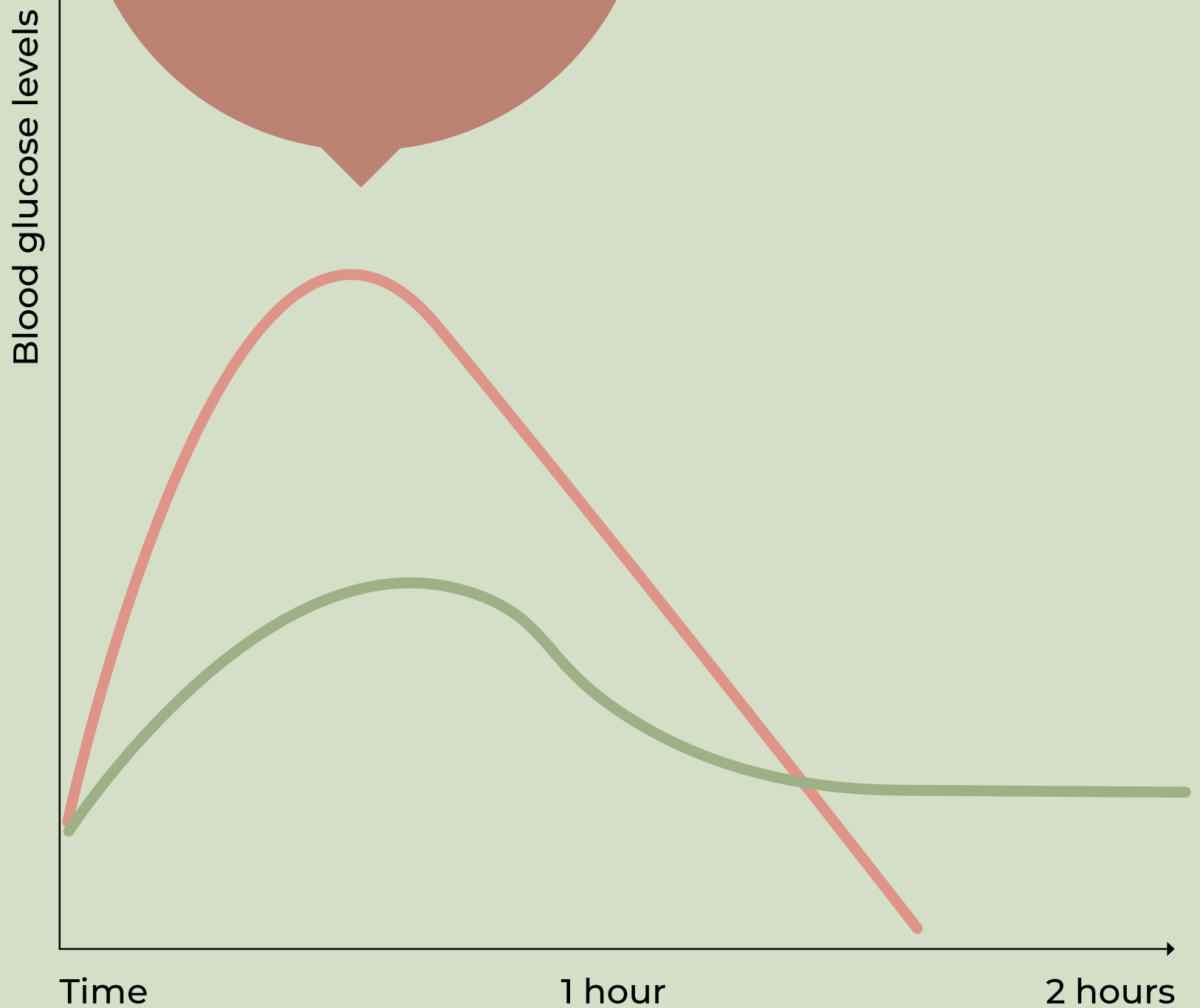
The Glycemic Index (GI) is a tool that measures how carbohydrates affect blood glucose levels. Carbohydrates are an essential part of our diet since they provide fuel for the brain, muscles, and other organs.

However, not all foods are created equal in terms of how much carbohydrates they contain.

## High Glycemic Index and Carbohydrates

High GI carbohydrates cause blood sugar levels to spike and then crash; whereas low GI foods are digested and then absorbed slowly. This slow release of glucose into the bloodstream is proven to be much more beneficial for the body – from improving energy levels to managing weight. Certain supplements can also help reduce the natural post-meal glucose spike.

High GI foods  
cause blood  
sugar to spike,  
and then crash



Source : Diabetes UK



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The GI index **runs from 0 to 100.**

Slowly absorbed carbohydrates have a low GI rating (55 or below), and include most fruits, vegetables, unsweetened milk, nuts, several wholegrain cereals and bread, like rye and spelt.

Research has shown that choosing low-Glycemic Index foods can particularly help manage long-term blood glucose (HbA1c) levels amongst Type 2 diabetics.





## Low Glycemic Index lifestyle tips

- ✓ Don't completely cut out carbs – swap them with low Glycemic Index choices
- ✓ Aim to spread carbohydrate intake evenly throughout the day
- ✓ Include a low GI carbohydrate choice in every meal and snack
- ✓ Keep your carbohydrate portions moderate – for most people, approximately 1 – 2 oz of carbohydrate (1-2 fists) per main meal is a good average to consume in one sitting
- ✓ Highly active people should eat more carbohydrates, while those whom are less active should refrain on the lower side

## Good source of Carbohydrate include:



Most fruits except for  
limes, lemons,  
rhubarb and avocado

Dairy foods including  
milk and yogurt



Low GI breads, fiber rich  
breakfast cereals, wholegrain  
pasta, wild/brown rice and  
other grains like legumes,  
beans, peas and lentils



**Most protein foods are low in carbohydrates, however, nuts and legumes such as kidney beans and chickpeas do contain carbohydrates**

## Simple Swaps

⊗ **High GI**

♥ **Low GI**

White bread, pita,  
naan bread, bagel,  
baguette



**Multigrain or seeded  
breads, wholegrain  
crackers**

⊗ **High GI**

♥ **Low GI**

Couscous, millet,  
jasmine rice, instant  
rice



**Basmati rice,  
brown rice, pearl  
barley, buckwheat,  
wild rice, quinoa**

⊗ **High GI**

♥ **Low GI**

White pasta,  
rice noodles



**Wholewheat pasta,  
egg noodles**



## Simple Swaps

⊗ **High GI**

♥ **Low GI**

Cornflakes, rice pops, oatmeal, cereal that is chocolate or honey coated or contains dried fruit



**Unsweetened granola, all bran, oat bran, shredded wheat**

⊗ **High GI**

♥ **Low GI**

Mashed potatoes, peeled boiled potatoes



**Sweet potatoes, butternut, pumpkin, potatoes with skin, fresh peas**



# Portion control



Weigh food if you find it hard to gauge portion sizes. Foods like muesli, pasta and rice can be difficult to get right at first, so try using the same container to measure out certain foods.

Use smaller plates and bowls to help make your portion sizes look and feel bigger.



# How much should you be eating?

## Top tips for managing portion sizes

3

Be mindful of what you're eating. It takes about 20 minutes before your brain registers that you're full, so eat slowly, putting your knife and fork down in between mouthfuls.



# Portion control

- ✓ Check your portion sizes and don't assume the ones listed on the package is right for you.
- ✓ Think about how what you are eating fits into your overall diet, including your calorie and carb intake.
- ✓ Use smaller plates and bowls to make your portions feel bigger.
- ✓ If you like seeing lots of food on your plate, why not pile your plate with vegetables rather than starchy or high-carb foods.



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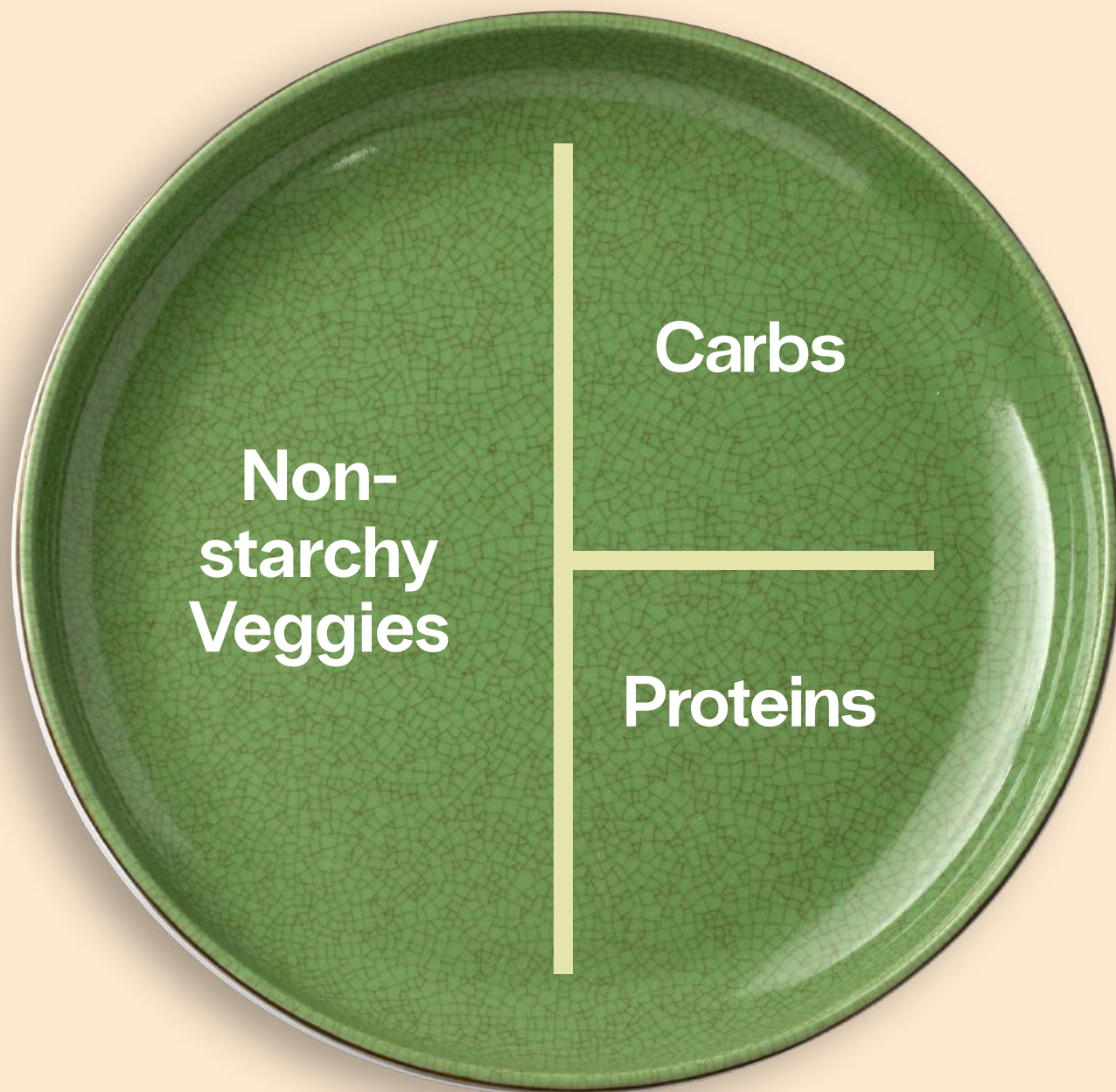
Portion  
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## Useful tips

- ✓ Eat slowly and wait at least 20 minutes before having seconds – it can take a while for our brains to register that we are full.
- ✓ Freeze to size! Freeze your leftovers in the correct portion size. Perfect for dishes like Bolognese sauce or stew that you can make in large quantities.
- ✓ Many people find that a portion control plate works well for managing portions. They can be a quick and simple way to estimate healthy portion sizes.



# Try the Diabetes Plate Model



**$\frac{1}{2}$  plate** of non-starchy vegetables  
**+  $\frac{1}{4}$  plate** of high fiber carbohydrates  
**+  $\frac{1}{4}$  plate** of lean protein

## Macro-nutrient splits per day



**Total energy :+- 1800kcal**

**35% carbohydrate** (+-5.3 oz/day or 150g)

**35% protein** (+- 4.2 oz/day or 120g)

**30% fat** (+-2.1 oz/day or 60g)

*This meal guide is a lower carbohydrate diet with a focus on low Glycemic index carbohydrates that are high in fiber and lead to a slower blood sugar release*



## Why are we having th



Carbohydrates should not be eliminated from your diet but rather included in controlled amounts with the focus on high fiber and low glycemic index. This ensures a steady and sustained blood sugar levels throughout the day.

Focus on carbohydrate spacing and the type of carbohydrate that you're choosing.

## What specific split?

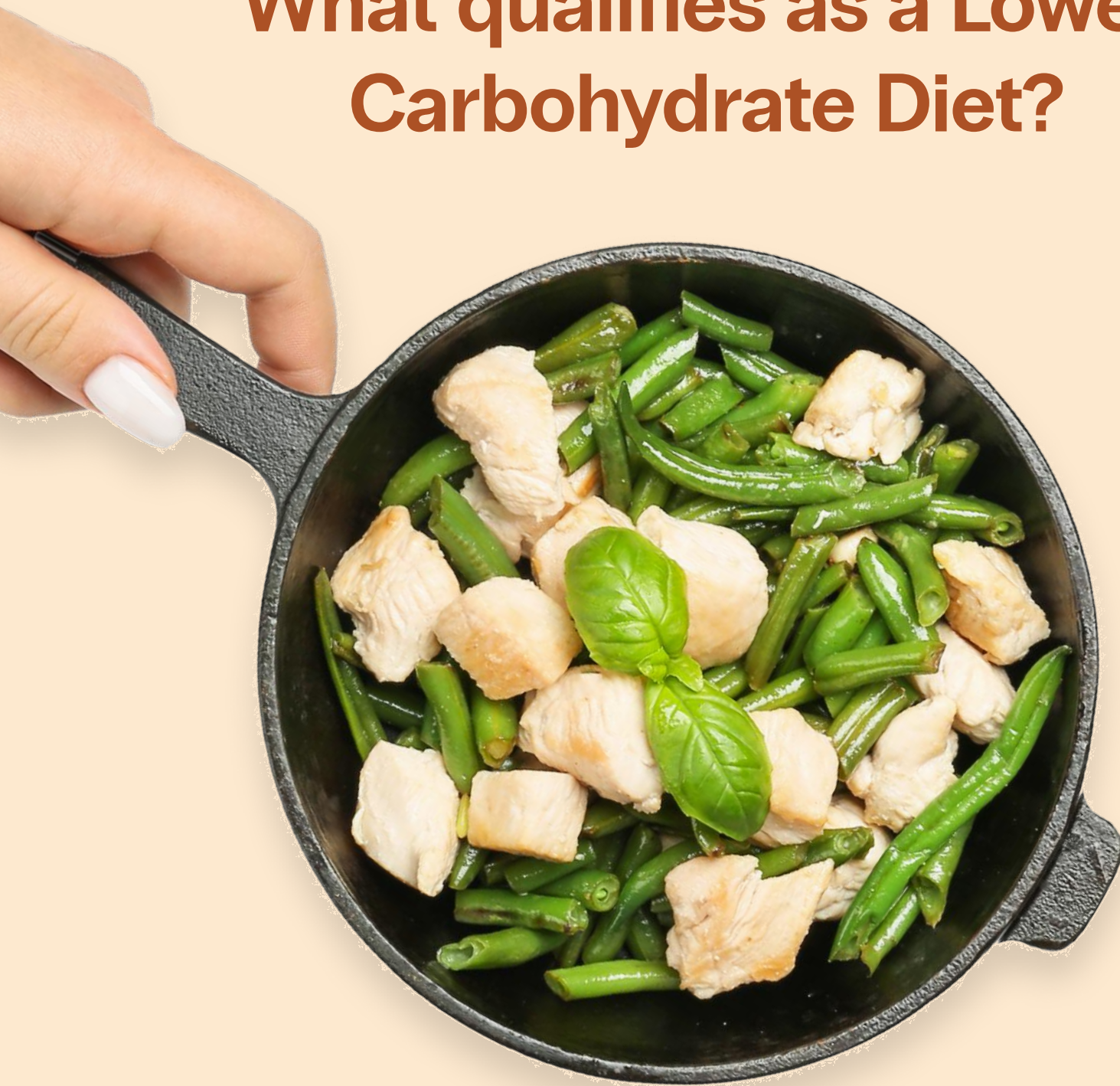


Protein is the macro-nutrient that keeps you full for a sustained period of time. Combining protein and carbohydrates also ensures a steady release of blood sugar levels instead of a spike.

Fats are essential for hormone function. Always choose healthier unsaturated fats like avocados, nuts, seeds and oils.



# What qualifies as a Lower Carbohydrate Diet?



While there is no strict definition of a low-carb diet, anything under 3.5–5.3 oz or 100-150g per day is generally considered low-carb.



## Understanding swaps

Skimmed milk can be used interchangeably with a milk alternative of choice. Choose unsweetened soya milk to match the protein content.

## Oil

We always recommend olive oil as the healthiest option







**Talk to us,  
we are here for you!**

**Schedule a call**



**curalife**

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