

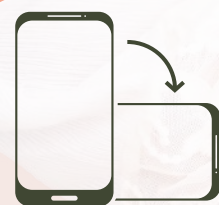
# curalife

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

Introducing  
meal plan

4-week  
meal plan

# 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







thursday      friday      saturday      sunday

**moderate carb**

Poached Eggs and Yogurt  
+

---

Chicken and Soya Bean Salad  
+

---

Chicken and Chickpea Tray Bake  
+

**low carb**

Omelette and Tuna Salad  
+

---

Avocado Tuna Salad  
+

---

Barbecue Rosemary Chicken  
+

**moderate carb**

Banana Blueberry Pancakes  
+

---

Smoked Salmon Sandwich  
+

---

Turkey & Bean Taco Casserole  
+

**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



low carb



Scrambled Eggs  
with Cheese and  
Veggies



moderate carb



Poached Eggs  
with Veggies  
and Fruit



lunch

Grilled Chicken  
and Avocado  
Salad



Chickpea and  
Tuna Salad



Smoked Salmon  
Sandwich



dinner

Chicken and  
Chickpea Curry



Veggie & Beef  
"Lasagna"



Lemon Salmon  
and Sweet  
Potatoes





an



thursday

friday

saturday

sunday

low carb



moderate carb



moderate carb



high carb



Omelette and Tuna Salad



Cottage Cheese Pancakes



Poached Eggs with Veggies and Fruit



Banana Blueberry Pancakes



Feta & Clementine Salad



Bun-less Cheeseburger



Rice Paper Rolls



Vegetable Wraps



Bun-less Cheeseburger



Low Carb Bagels with Veggie Soup



Salmon and Veggies



Chicken Fried Rice



# 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



low carb



Portobello Mushrooms and Spinach



moderate carb



Poached Eggs with Veggies and Fruit



lunch

Carrot and Parsnip Soup



Caesar Salad with Extra Chicken & Cheese



Chicken and Cream Cheese Salad



dinner

Baked Salmon and Sweet Potatoes



Barbecue Rosemary Chicken



Turkey and Bean Taco Casserole





thursday

friday

saturday

sunday

low carb



low carb



moderate carb



moderate carb



Omelette with Bacon, Avocado & Veggie Salad



Poached Eggs with Veggies and Fruit



Eggs with Whole Grain Toast



Banana Blueberry Pancakes



Cauliflower Pilaf



Pumpkin Soup and Salad



Quinoa salad with chickpeas



Crisp Salmon Salad



Veggie & Beef "Lasagna"



Bun-less Cheeseburgers



Chicken and chickpea curry



Cashew Chicken Stir Fry

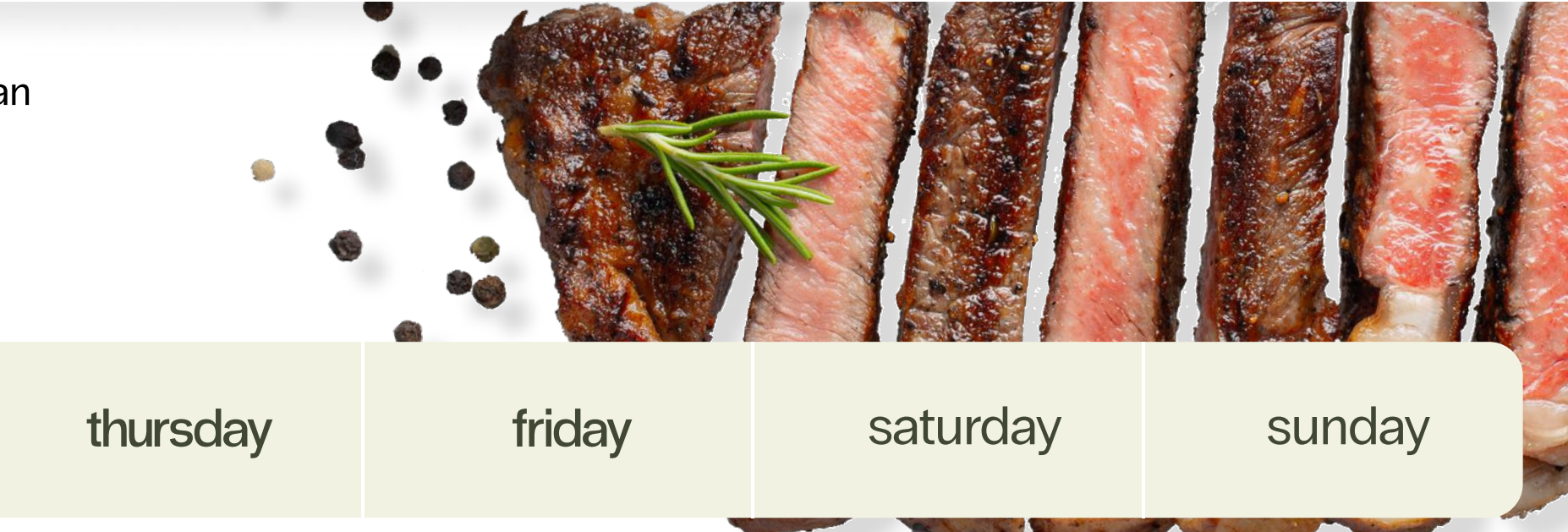


# Week 4

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><u>Omelette with Bacon, Avocado &amp; Veggie Salad</u></p> <p>+</p>	<p>low carb ■ ■ ■</p> <p><u>Scrambled Eggs with Cheese and Veggies</u></p> <p>+</p>	<p>moderate carb ■ ■ ■</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>





thursday

friday

saturday

sunday

low carb



moderate carb



low carb



moderate carb



Scrambled Eggs with Cheese and Veggies



Poached Eggs with Veggies and Fruit



Omelette and Tuna salad



Banana Blueberry Pancakes



Chickpea and Tuna Salad



Smoked Salmon Sandwich



Feta and Clementine Salad



Smoked Salmon Sandwich



Barbecue Rosemary Chicken



Fish and Grilled Veggies



Roasted Prawns & Parmesan Asparagus



Chili con Carne





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4-week  
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# Exercise Plan



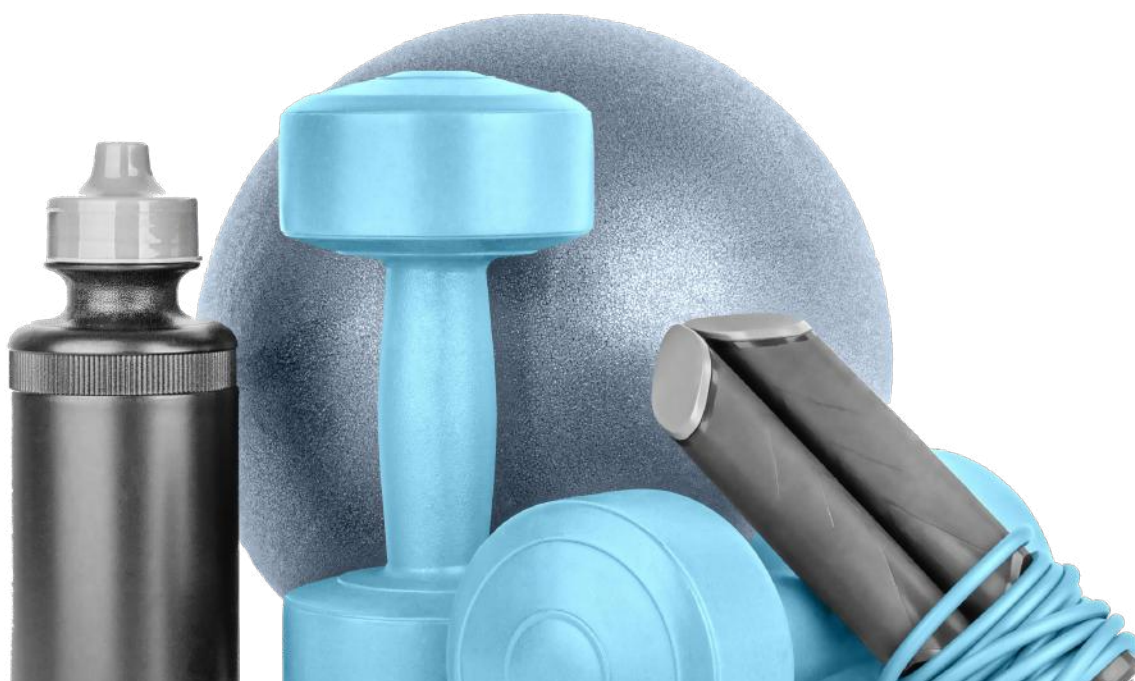




Get ready to learn the right tools for maintaining a healthy, active lifestyle that will have you feeling great every day!

## 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.



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meal plan

4-week  
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# 2 Weeks plan

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



	20	22	24	26
<u>Curls</u> <u>(DO THIS IN</u> <u>A CHAIR)</u>	<u>Side Raise</u> <u>(DO THIS IN</u> <u>A CHAIR)</u>	<u>Full body</u> <u>stretching</u> <u>(2 sides)</u>	<u>Leg</u> <u>stretching</u>	<u>Full body</u> <u>stretching</u> <u>(2 sides)</u>
<u>Press</u>	<u>Side Raise</u>	<u>Full body</u> <u>stretching</u> <u>(2 sides)</u>	<u>Calf Raises</u> <u>Glute Kick</u>	<u>Posing and</u> <u>breathing</u> <u>Full body</u> <u>stretching</u> <u>(2 sides)</u>
<u>Raise</u> <u>Press</u>	<u>Calf Raises</u> <u>Glute Kick</u>	<u>Bird Dog</u> <u>Dying Bug</u>	<u>Tricep</u> <u>Extension</u> <u>Bent Over Row</u>	<u>Squats</u> <u>Bridges</u>