

CurvaMax Weight Loss Program

Weekly Food Diary

Your Current Weight: _____ Goal Weight: _____ Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Morning Snack							
Lunch							
Afternoon Snack							
Dinner							
Evening Snack							
Water Intake¹	□□□□□□□□	□□□□□□□□	□□□□□□□□	□□□□□□□□	□□□□□□□□	□□□□□□□□	□□□□□□□□
Exercise Activity²							

To help facilitate weight loss, water intake is very important. Drinking EIGHT 8-oz glasses of water/day is required. Check off on chart.

²Write in the description of exercise including duration, intensity and activity. (i.e. walking for 20 minutes at a slow speed -5 blocks or 1/2 mile)

NOTE: Do not skip the CurvaMax supplements, as this will rob you of vital nutrition that your body needs on a daily basis. Skipping the supplements will not help you lose weight faster! The meal plans have been designed for safe, effective weight loss. Remember that the program works if you work the program. Don't forget your weekly motivation!!



CurvaMax Weight Loss Program

Breakfast	1 starches; 1 milk; 2 fruits; 1 fat; 1 optional or, CurvaProtein Drink and a fruit
Morning Snack	1 vegetable, 1 fruit
Lunch	2 starches; 4 oz lean meat; 2 vegetables; 1 fruit; 1 fat
Afternoon Snack	1 vegetable, 1 fruit
Dinner	2 starches; 6 oz very lean meat; 3 vegetables; 1 fat
At least 8 cups of water or non-caloric beverages daily.	

Supplements	Flavors
CurvaProtein	Chocolate, Vanilla
CurvaProtein Bar	Crisp 'n Crunch Cinnamon, Cocoa Café, Double Berry, Fudge Graham, Peanut

Note: To substitute food for the CurvaMax supplements do the following:

- 1- NutriMed Supplement exchanges as 1 milk OR 2 oz very lean meat & ½ starch
- 1- Nutrition Bar exchanges as 1 milk, ½ starch & 1 oz very lean meat OR ½ milk, 1 fruit, 1 oz lean meat

Instructions:

1. Foods may be rearranged within one day to meet your schedule or personal preferences (ex: use a serving of fruit as snack).
2. **Use Food Selection List** to plan your meals and create a shopping list.
3. Consume Supplements as directed to maintain optimum nutritional intake for support of lean muscle and to curb hunger.
4. Eat meals at regular intervals.

CurvaMax Food Selection Guide

Food Selection List & Shopping List Guide

STARCH _____ servings per week <i>(Approx. 80 cal/serving)</i>	FRUITS (fresh) _____ servings per week <i>(Approx. 60 cal/serving)</i>	VERY LEAN MEAT = _____ oz (≤1 gram of fat per oz) _____ servings per week <i>(Approx. 35 cal/serving)</i>	LEAN MEAT = _____ oz (3 grams of fat per oz) _____ servings per week <i>(Approx. 55 cal/serving)</i>
Lower carb options: ___ Crunchy Cheddar Mix (1 pouch)	___ Apple, small (4 oz) ___ Applesauce (1/2 cup) ___ Apricots, fresh (5 oz) ___ Banana, small (4 oz) ___ Blackberries (3/4 cup) ___ Blueberries (3/4 cup) ___ Cherries or Grapes (3 oz) ___ Grapefruit (1/2) ___ Melon (1 cup) ___ Orange, small (6 oz) ___ Peach, med. (4 oz) ___ Pear, small (4 oz) ___ Pineapple (1/2 cup) ___ Plum, 2 small (5 oz) ___ Prunes, dried (3) ___ Raspberries (1 cup) ___ Strawberries (1 cup)	___ Turkey Breast (no skin) ___ Chicken Breast (no skin) ___ Fish (cod, flounder, trout, halibut, tuna in water) ___ Shellfish (clams, scallops, crab, lobster, shrimp) ___ Nonfat Cheese (1 oz) ___ Cottage Cheese (1/4 cup) (nonfat or low-fat) ___ Egg Substitute (1/4 cup)	___ Beef (sirloin steak, tenderloin, roast) ___ Veal (chop, roast) ___ Pork (center chop) ___ Seafood (salmon, oysters) ___ Low-fat Cheese (≤ 3 grams fat per oz) ___ Low-fat Lunchmeat (≤ 3 grams fat per oz) ___ Medium Egg = 1 oz (limit 3 eggs/week)
___ Cereal (1/2 cup) ___ Diet Bread (2 slices) ___ Regular Bread (1 slice) ___ ½ Bagel (1 oz) ___ ½ English Muffin ___ 1 Low-fat Waffle ___ ½ Pita Bread 6" ___ Roll (1 oz) ___ ½ oz Low-fat Cracker ___ Melba Toast (4) ___ Pretzels (3/4 oz) ___ Popcorn, air-popped (3 cups) ___ Pasta, cooked (1/2 cup) ___ Rice, cooked (1/3 cup) ___ Corn, frozen (½ cup) ___ Peas, frozen (½ cup) ___ Potato, small (3 oz) (baked or mashed)		FATS _____ servings per week <i>(Approx. 45 cal/serving)</i> ___ Margarine (1 tsp) ___ Mayonnaise (1 tsp) ___ Reduced-fat Mayo (1 Tbsp) ___ Low-fat Dressing (2 Tbsp) ___ Peanut Butter (2 tsp) ___ Oil (Canola, Olive) (1 tsp) ___ Ripe Olives (8 large) ___ Avacado 1/4	MILK/DAIRY _____ servings per week <i>(Approx. 100 cal/serving)</i> ___ Milk, 1% or nonfat (skim) (1 cup) ___ Yogurt, nonfat or low-fat fruit flavored yogurt sweetened with aspartame (1 cup) ___ Nonfat Plain Yogurt (3/4 cup)
VEGETABLES Serving Size: 1 cup raw OR 1/2 cup cooked _____ servings raw per week _____ servings cooked per week <i>(Approx. 25 cal/serving)</i>		OPTIONAL FOODS _____ servings per week (<20 cal/serving) ___ Nonfat Cream Cheese (1 Tbsp) ___ Nonfat Margarine (4 Tbsp) ___ Reduced Fat Margarine (1 tsp) ___ Nonfat Sour Cream (1 Tbsp) ___ Nonfat Salad Dressing (2 Tbsp) ___ Salsa (1/4 cup) ___ Taco Sauce (1 Tbsp) ___ Catsup (1 Tbsp) ___ Sugar Free Syrup (2 Tbsp) ___ Low-Sugar Jam/Jelly (2 tsp)	BEVERAGES _____ servings per week <i>(Non-Caloric, Caffeine-free)</i> ___ Spring Water (with or without flavoring or carbonation) ___ Bouillon (low sodium) ___ Sugar Free Drink Mixes ___ Club Soda or Diet Soda ___ Decaf Coffee or Tea ___ Herbal Teas
___ Asparagus ___ Beans (green/yellow) ___ Beets ___ Broccoli ___ Brussels Sprouts ___ Cabbage ___ Carrots ___ Cauliflower ___ Celery	___ Cucumber ___ Eggplant ___ Greens ___ Lettuce ___ Mushrooms ___ Okra ___ Onions ___ Pea Pods ___ Peppers (green/red)	___ Radishes ___ Scallions ___ Spinach ___ Sprouts ___ Summer Squash ___ Tomato ___ Turnips ___ Watercress ___ Zucchini	
CURVAMAX MEAL REPLACEMENTS			
___ CurvaProtein Shakes		___ CurvaProtein Bars	

CurvaMax Food Selection Guide

Name: _____ Calorie Level: _____ Week: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Morning Snack							
Lunch							
Afternoon Snack							
Dinner							
Evening Snack							
Water Intake ¹	□□□□□□□□	□□□□□□□□	□□□□□□□□	□□□□□□□□	□□□□□□□□	□□□□□□□□	□□□□□□□□
Exercise Activity ²							