Curves Complete generates a diet for you based on your profile. However, if you want the flexibility to build your own meals, you can do this using one of the exchange meal combinations provided below.

**Higher Carbohydrate Meal Options**
If you need more convenience options or need help with portion control (such as frozen foods), the higher carbohydrate meal plans will work best for you. This is only applicable to Phase 1 and Phase 2.

### Phase 1
**Breakfast**
- 1 starch + 1 dairy
- 1 starch + 1 protein
- 1 fruit + 1 protein
- 1 dairy + 1 nut

**Snacks**
- 1 dairy
- 1 fruit + ½ nut
- 1 starch

**Lunch and Dinner**
- 3 starch + 1 protein
- 2 starch + 1 protein + 1 fruit + 1 fat
- 2 starch + 1 dairy + 1 protein
- 2 starch + 1 protein + 1 nut
- 2 starch + 1 protein + 2 fat
- 1 starch + 2 fruit + 1 fat + 1 protein
- 1 starch + 1 fruit + 1 dairy + 1 protein
- 1 starch + 1 fruit + 1 protein + 1 nut

### Phase 2
**Breakfast**
- 2 starch + 1 protein
- 2 starch + 1 dairy
- 2 starch + 1 ½ nut
- 1 starch + 1 fruit + 1 protein
- 1 fruit + 1 dairy + 1 protein
- 1 ½ fruit + 1 dairy + 1 nut

**Snacks**
- 1 dairy + 1 fruit
- 1 ½ fruit + 1 nut
- 1 dairy + 1 starch
- 1 starch + 1 nut
- 2 starch

**Lunch and Dinner**
- 3 starch + 1 protein
- 2 starch + 1 protein + 1 fruit + 1 fat
- 2 starch + 1 dairy + 1 protein
- 2 starch + 1 protein + 1 nut
- 2 starch + 1 protein + 2 fat
- 1 starch + 2 fruits + 1 fat + 1 protein
- 1 starch + 1 fruit + 1 dairy + 1 protein
- 1 starch + 1 fruit + 1 protein + 1 nut
Higher Protein Meal Options
If you want to cook your own meals and have more weight to lose, you should try the higher protein meal options. Select one item from the list for each meal. This is only applicable to Phase 1 and Phase 2.

Phase 1

Breakfast
- 1 protein + 1 starch
- 1 protein + 1 fruit
- 1 protein + 1 dairy

Snacks
- 1 dairy
- 1 nut

Lunch and/or Dinner
- 2 starch + 2 protein
- 1 starch + 1 dairy + 1 protein + 1 nut
- 1 starch + 1 fruit + 2 protein
- 1 starch + 2 protein + 1 fat
- 1 starch + 1 protein + 2 nut
- 1 fruit + 2 protein + 1 fat
- 1 dairy + 1 protein + 2 nut
- 1 fruit + 1 protein + 2 nut

Phase 2

Breakfast
- 2 starch + 1 protein
- 1 starch + 1 fruit + 1 protein
- 1 starch + 1 dairy + 1 protein
- 1 fruit + 1 dairy + 1 protein
- 1 fruit + 1 protein + 1 nut
- 1 dairy + 1 protein + 1 nut

Snacks
- 1 dairy + 1 nut
- 1 starch + 1 nut
- 1 protein + 1 fruit
- 2 nut

Lunch and/or Dinner
- 2 starch + 2 protein
- 1 starch + 1 dairy + 1 protein + 1 nut
- 1 starch + 1 fruit + 2 protein
- 1 starch + 2 protein + 1 fat
- 1 starch + 1 protein + 2 nut
- 1 fruit + 2 protein + 1 fat
- 1 dairy + 1 protein + 2 nut
- 1 fruit + 1 protein + 2 nut
Phase 3 - All Meal Plans

**Breakfast**
- 1 starch + 1 fruit + 1 dairy + 1 nut
- 2 starch + 1 ½ fruit + 1 protein
- 2 starch + 1 dairy + 1 protein
- 2 starch + 1 protein + 1 nut
- 1 fruit + 1 dairy + 1 protein + 1 nut
- 1 starch + 2 protein + 1 fat
- 1 ½ fruit + 2 protein
- 1 fruit + 1 protein + 2 nut

**Snacks**
- 1 starch + 1 dairy
- 1 starch + 1 nut
- 1 fruit + 1 dairy
- 1 ½ fruit + 1 nut
- 1 fruit + 1 protein
- 1 dairy + 1 nut
- 2 nut

**Lunch and Dinner**
- 4 starch + 1 fruit + 1 protein + 1 fat
- 4 starch + 1 dairy + 1 protein + 1 fat
- 4 starch + 1 protein + 1 fat + 1 nut
- 3 starch + 1 fruit + 1 protein + 1 fat + 1 nut
- 3 starch + 1 fruit + 1 dairy + 1 protein + 1 fat
- 3 starch + 1 fruit + 1 dairy + 1 protein + 1 nut
- 3 starch + 1 ½ fruit + ½ dairy + 1 protein + 1 nut
- 3 starch + 1 ½ fruit + ½ dairy + 1 protein + 2 fat
- 3 starch + 1 ½ fruit + ½ dairy + 1 protein + 1 ½ nut
- 3 starch + 2 dairy + ½ protein + 2 fat
- 2 starch + 1 fruit + 2 dairy + ½ protein + 2 fat + ½ nut
- 2 starch + 2 fruit + 1 dairy + 1 protein + 2 fat
- 2 starch + 1 fruit + 2 dairy + ½ protein + 2 fat
- 2 starch + 2 fruit + 1 ½ protein + 2 fat
- 2 starch + 2 dairy + 1 protein + 2 fat
- 2 starch + 1 ½ dairy + 1 ½ protein + 1 nut