

Curves Complete™ Exchange Meal Combinations

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 + 2 fat
- 3 starch + ½ dairy + 2 protein + 1 fat
- 3 starch + 1 ½ fruit + 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