

HORLEYS
intelligent sports nutrition

sculpt™

Advanced shaping protein for women

6 day eating plan
+ fitness
+ fat loss tips



take control of your body shape

Welcome! If you're ready to look good and feel great, you've picked the perfect place to start. Whether you are thinking about a 'major alteration' or just a 'spring clean' for your body, Sculpt is here to help make it easier. How fast you want to see change is up to you, but your two closest allies are going to be:

- 1 **Your Sculpt eating plan**
Essential for achieving and maintaining fat loss.
- 2 **Your exercise regime**
The key to getting those smooth, toned limbs and great shape.

the secret to Sculpt

Protein – nature's most special and complex nutrient. Boosting your protein intake can make managing your weight easier by:

- Increasing 'satiety' – you feel full for a longer period
- Helping you use more energy: protein is 'metabolically expensive' – it requires more energy to digest and is also more difficult to convert to body fat
- Slowing the release of carbohydrates to the bloodstream, helping avoid rapid changes in blood sugar levels and giving you more control over food cravings
- Stimulating hormone release that favours body fat usage over fat storage
- Increasing your muscle tone (in conjunction with exercise). The more muscle you have, the more energy (calories) your body will burn even when you're resting – muscle is your best friend for fat loss!

It's important to balance your protein intake throughout the day, rather than just thinking about it for dinner. That's where Sculpt steps in – high protein nutrition especially for women – convenient and delicious. Sculpt will increase your protein intake during the day, you'll have great energy levels and feel in control of your whole diet.

the 6 day eating plan

Notice the use of the word 'plan'. When it comes to what you eat, the only way to be successful with fat loss is to have a plan – and follow it! The Sculpt Six Day Eating Plan is designed to be your guide to a week's worth of eating. The seventh day is up to you – eat what you want to eat (but don't undo your good work, think 'moderation').

But I have to eat something sweet after dinner

You're not alone! It's a good idea to break this habit if you can. Do make sure that you're eating enough protein at dinner, as protein helps you feel satisfied. Try brushing your teeth half an hour after dinner. This can put you off eating more. If you simply can't shake the sweet craving, try having a low calorie hot chocolate. Sip it slowly, enjoying every mouthful. Oh, and staying up late increases your risk of snacking too!

Drink water – plenty of it

Throughout the day, preferably before each meal, have a glass of water to help your metabolism kick into top gear. If you drink tea or coffee, these plans allow for 2-3 cups (with milk) each day.



fitness for fat loss

Getting active with a regular exercise plan has a unique and powerful effect. You just feel better!

To get those toned arms and smooth thighs that match how you feel, we recommend you combine both resistance and cardio-vascular exercise. These two types of exercise will:

- burn stored body fat
- tone muscle
- build bone strength and protect against osteoporosis
- improve the circulatory system
- help reduce the risk of diabetes, cardiovascular disease and some cancers
- improve well-being, energy levels and motivation

cardiovascular exercise (aerobic)

This means exercise 'requiring oxygen'. Aerobic exercise is usually lower intensity but longer duration.

Examples of cardiovascular exercise include:

- Walking and jogging
- Bicycling and stationary cycling
- Lap swimming
- Some aerobics classes
- Inline skating (roller-blading)
- Social sports – tennis, touch rugby, netball

resistance exercise

This type of exercise requires weights or using your own body to resist some other force. Weight training will increase your strength and also your muscle mass, which in turn boosts the body's metabolic rate. Examples of resistance training include:

- Free weights (dumbbells/barbell) and machines
- Gym classes using weights to music i.e. Pump
- Push-ups and other exercises using your own body weight as resistance

fit tips

- Be honest and set realistic expectations for how many times a week or how much you will exercise. You risk becoming disheartened if you don't keep up with the schedule you've promised yourself.
- Variety is important if you get bored easily, so think of all the different activities you can do to keep you interested.
- Get a workout or exercise partner. This is a great way to help your motivation.
- Be active all week, and think of all those times when you can make a more 'active' choice: take the stairs, not the elevator; park the car as far away from the mall entrance as you can.
- Once you've increased your fitness level, you need to keep challenging yourself, pushing a little harder each time as your body adapts.
- The most important tip is have fun. You are more likely to continue with an exercise that you enjoy.

visit our website to:

- find out more about the Sculpt product range
- pick up a handy shopping list for this 6 day plan
- get updates, recipes and inspiration
- locate a Sculpt stockist near you

www.sculptforwomen.com

*Sculpt Metabolic Support Capsules are included in this plan to provide a source of natural antioxidants and to support fat and carbohydrate metabolism. They may not be suitable for all individuals, but please visit our website for more details.

PLEASE NOTE: The eating and exercise plans in this leaflet are designed to be a guide only and require personal commitment to be effective. The eating plan is based around 3 hours of exercise per week – if you are less active you may not achieve results as quickly or permanently. The energy content of the eating plan may not suit some women, and is not recommended for pregnant and breast-feeding women. We recommend you consult a registered dietitian should you have any pre-existing conditions that require special attention to diet. If you have not engaged in regular exercise for some time or are significantly overweight, we advise you to consult a qualified fitness professional to have an exercise program tailored to your needs.

If in doubt, start slowly and gently, and build up as you become fitter.

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day 01

Carbohydrate (g)
Protein (g)
Fat (g)
Energy (cal)

Breakfast

1 cup of chopped fresh seasonal fruits	26	1.4	0.8	128
Pour over the fruit: 1 scoop of Sculpt powder mixed into 200g plain, unsweetened low fat yoghurt and 10 almonds, whole or chopped	0.6	9	0.4	46
2 Sculpt Metabolic Support Capsules*	8.8	9.6	0.2	82
	0.6	2.1	5.5	61
	0	0	0	0

Morning snack

3 crisp bread crackers (e.g. RyVita, Vita-Wheat)	12.9	1.8	0.6	90
Spread 1 tbsp peanut butter over the 2 crackers	4	6	10	125

Lunch

1 medium baked potato	25	3	0.2	120
Scoop out centre and mix with: ½ medium red onion, finely chopped	3	0.7	0.3	15
1 medium tomato, diced	4	1.5	0	20
1 tbsp reduced fat sour cream	0.4	0.5	3	30
½ teaspoon whole grain mustard	1.4	0.1	0	3
Season with pepper and herbs (parsley, coriander, chives)				
Return to potato shell and serve with: a good handful of mixed leaf green salad and 1 tbsp balsamic dressing	4	0.2	0	20
1 medium apple or pear	18	1	0	70

Afternoon snack

1 Sculpt Bar 48g	22.7	14	3.9	180
1 cup of green tea	0	0	0	0

Dinner – Grilled Beef Salad

Make a salad with: 1 cup mushrooms, sliced	2	4.4	0.1	30
½ medium red onion, diced	3	0.7	0.3	15
1 medium tomato, diced	4	1.5	0.3	20
1 cup sliced green capsicum	3	2	0.2	20
Grill 130g beef (rump steak or similar), all fat removed	0	27	12	220
Serve the beef dressed with: 1 tbsp cranberry sauce	7	0.1	0.1	35
1 tbsp whole grain mustard	1.5	0.9	0.5	15
1 tbsp orange juice	1.7	0.1	0	7
Season with pepper & grated ginger (optional)				
Daily 200ml allowance of non-fat milk for tea, coffee	9	8	0.4	70

Total 172 95 42 1434

Suggested exercise today: find a class or activity you enjoy and do it for at least half an hour – yoga, dance, tennis, swimming, practice your golf swing, vigorous weeding in the garden.



day 02

Carbohydrate (g)
Protein (g)
Fat (g)
Energy (cal)

Breakfast

1 toasted English muffin	28	5	1.5	150
Spread with: Marmite or Vegemite (thinly)	0.5	0.5	0	4
1 cup fruit salad (preferably fresh), topped with:	25.4	1.4	0.7	109
2 tbsp unsweetened low fat yoghurt and 1 tbsp chopped almonds	2.5	1.5	0.3	20
2 Sculpt Metabolic Support Capsules*	0	0	0	0

Morning snack

1 Sculpt RTD 250ml and 1 medium apple or pear	14	17.5	1.1	136
OR a Sculpt shake (25g powder, 250ml non-fat milk)	16.1	30	1.2	200

Lunch

100g tuna (in brine/spring water, drained) with:	0	29	2.5	115
Greek-style salad: 8 lettuce leaves and 8 cherry tomatoes or one medium regular tomato	2	0	0	8
1 cup chopped cucumber	4	1.5	0	20
1 cup chopped red onion	2	0.4	0	10
1 tbsp chopped red onion	1	0.3	0	5
½ cup croutons	16	2	2	90
3-4 black olives, halved	1	0	3.5	40
30g feta cheese, diced or crumbled	5	1	7.5	90
1 tbsp pine nuts	0.3	1.5	5.3	53

Afternoon snack

2 rice cakes topped with	15	2.2	1	80
2 tbsp avocado or hummus, with pepper to taste	1.7	0.7	6	64
2-3 slices tomato, sprinkle of salt	1.8	0.6	0	6

Dinner – Chicken & Vegetables

120g of lean chicken breast, grilled or stir-fried with 1 tsp olive oil	0	23	2.5	110
Dash of soy sauce, plus any spices of your choice	0	0	5	44
Dash of sweet chilli sauce (optional)	1	0.2	0	5
2 cups of broccoli/cauliflower/cabbage/runner beans	3	0.2	0.1	13
Daily 200ml allowance of non-fat milk for tea, coffee	16	4	0	80
	9	8	0.8	70

Total 166 105 48 1518

Suggested exercise today: 30mins of cardio using a treadmill, cycle or cross trainer at the gym. Warm up for 3mins then push yourself for 7mins (get sweaty!), slow the pace down for 5mins, increase your intensity and maintain for 12mins then cool down at a moderate pace for 3mins.



day 03

Carbohydrate (g)
Protein (g)
Fat (g)
Energy (cal)

Breakfast

1 cup high fibre, low fat cereal or rolled oats with: 1 scoop of Sculpt powder, plus 150ml non-fat milk and 1 Fruit snack pack (about 140g)	28	4.2	1	140
2 Sculpt Metabolic Support Capsules*	0.6	9	0.4	46
	7.2	6.3	1.5	72
	20	1	0	85
	0	0	0	0

Morning snack

1 Sculpt Ready to Drink 250ml and 1 medium apple	14	17.5	1.1	136
OR 1 Sculpt Bar 48g and 10 almonds	18	1	0	65
	22.7	14	3.9	180
	0.6	2.1	5.5	61.0

Lunch

Palm size piece of chicken breast (no skin), grilled and cubed on top of salad:	0	35	5	185
Generous serving of lettuce or rocket	4	0.4	0	20
1 chopped spring onion	1	0	0	5
½ cup sliced red capsicum	2.5	1	0	15
2 tbsp non-fat French or Italian dressing	4	1	0	20
2 tbsp freshly grated parmesan cheese	0	7	4	65

Afternoon snack

150g low fat fruit yoghurt	21.3	6.2	2	136
1 medium size fruit (plum, kiwifruit)	9	1	0	40
OR 1 cup cubed melon				

Dinner – Oriental Pork & Vegetables

120g Pork loin fillet or medallion	0	24	7	150
Cook with: 1 tsp olive oil	0	0	5	44
1 tbsp oyster sauce	1.2	1	1.6	23
½ tsp crushed garlic and a splash of sweet chilli sauce, then add to the pan	5	0	0	20
2 cups mixed green and red vegetables of your choice (microwave for 3mins before adding to pork)	25	4	0	130
Daily 200ml allowance of non-fat milk for tea, coffee	9	8	0.8	70

Total 176 115 38 1506

Suggested exercise today: 40mins of resistance exercise using weights for your upper body (chest, back, shoulders, arms). Work on your chest and back with two different exercises for each and one exercise for your shoulders, biceps and triceps. Try 5mins of gentle stretching to finish.

day 04

Carbohydrate (g)
Protein (g)
Fat (g)
Energy (cal)

Breakfast

2 medium tomatoes, halved & grilled, served on	8	3	0	40
2 sandwich slices of whole grain bread, toasted	22	6	2	130
Season with salt, pepper & fresh chopped herbs				
150g low fat fruit yoghurt	21	6.2	2	136
Mix into it:				
1 tbsp chopped almonds	0	1.5	3	40
2 Sculpt Metabolic Support Capsules*	0	0	0	0

Morning snack

1x140g pot of fruit (pears/peaches etc.)	18	2	0	85
½ bagel spread thinly with	20	2	1	100
1 tsp light cream cheese	0.2	1	2	25

Lunch

1 medium wholegrain roll or bun	26	4	3	160
Filled with:				
2 tbsp cottage cheese	0.6	6.5	2	43
2 slices of low fat deli meat (ham/chicken/turkey)	1	12	3	80
Good handful of lettuce/rocket salad	0	0.3	0	3
1 tbsp fat free dressing and mustard to taste	6	1.5	0	30
1 medium peach/nectarine or kiwifruit	9	1	0	40

Afternoon snack

1 Sculpt RTD 250ml pack	14	18	1	136
2 crisp bread crackers, with	20	1	0	80
2 tbsp avocado or hummus, pepper/salt to taste	1.7	0.7	6	64
OR 1 Sculpt shake (25g powder plus 250ml non-fat milk)	16.1	30	1.2	200

Dinner – Lemon Pepper Fish

130g white fish (terakihi, gurnard, ling, snapper) baked or pan fried with 1 tsp butter or oil,	0	27	7	171
Season first with a sprinkle of lemon pepper spice mix and fresh parsley				
2 cups of broccoli/cauliflower/cabbage/ runner beans, steamed	16	4	0	80
1 sliced medium tomato	4	1.5	0	20
Daily 200ml allowance of non-fat milk for tea, coffee	9	8	1	70

Total 195 108 34 1520

Suggested exercise today: 5mins of walking at normal pace, then increase your walking speed, pushing yourself along with strong arm movements for 30mins – you should feel warm and tingly but not out of breath. Then slow down and walk at normal pace for 10mins.

day 05

Carbohydrate (g)
Protein (g)
Fat (g)
Energy (cal)

Breakfast

2 eggs, poached	0.5	12	14	170
Serve on 1 slice wholegrain toast with chopped parsley /chives, pepper to taste	15	4	1	80
Glass of water with a squeeze of fresh lemon or lime juice added	2	0	0	8
2 Sculpt Metabolic Support Capsules*	0	0	0	0

Morning snack

1 Sculpt Smoothie – mix in a blender:	0	0	0	0
1 small ripe banana (or half a large one)	20	0.7	0.2	80
2 tbsp unsweetened low fat yoghurt	2.5	1.5	0.3	20
2 scoops Sculpt powder	1.1	19	1	93
200ml non-fat milk	12	8.8	1.4	98
1 tbsp chopped almonds	0.8	2.5	6.7	73

A good handful of crushed ice and
a squeeze of lime juice

Lunch

½ cup canned creamed corn (heated in microwave)	21	3.2	1	105
Serve on 2 rice cakes	18	2.2	1	90
1 small orange, apple or pear	12	0.5	0	44
1 large plum, medium kiwifruit OR 1 cup cubed melon	9	1	0	40

Afternoon snack

1 Sculpt Bar 48g	22.7	14	3.9	180
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Dinner – Pasta with Ham and Asparagus

½ cup pasta shells or spirals (cook for 11mins)	54	7.5	0.8	250
8 asparagus spears (chopped) OR 2 cups green bean (steam in microwave for 2 mins on high)	2	4.5	0	35
120g of 98% fat free deli meat (ham, chicken, turkey) chopped	2	25	4	145
Mix pasta, asparagus and ham together				
Drizzle with 1 tsp olive or avocado oil and sprinkle	0	0	5	44
2 tbsp parmesan cheese, freshly grated	0	7	4	65
Season with pepper				
Daily 200ml allowance of non-fat milk for tea, coffee	9	8	0.8	70

Total 204 121 52 1670

Suggested exercise today: 40mins of resistance exercise for your lower body (thighs, bottom, calves) and your abs. Three sets of walking lunges (12 lunges per set) are a great all-over leg workout – make sure you carry at least 3kg of weights. Do three sets of ab crunches, preferably on a Swiss Ball, 10-12 reps – if you have good form with your crunches, you will feel this!

day 06

Carbohydrate (g)
Protein (g)
Fat (g)
Energy (cal)

Breakfast

Sculpt Shake, made in a blender with:				
2 scoops OR 1 sachet Sculpt powder	1.1	19	1	93
250ml cold, non-fat milk	13	10	1	100
2 tbsp unsweetened low fat yoghurt	2.5	1.5	0.3	20
½ cup fresh or frozen berries	14	0	1	60
2 Sculpt Metabolic Support Capsules*	0	0	0	0

Morning snack

½ bagel spread thinly with:	25	2.5	1	125
1 tsp light cream cheese	0.2	1	2	25
1 cup cubed melon	9	1	0	40

Lunch

120g cottage cheese, with a salad:	2.4	17	4	120
Generous handful of lettuce or rocket	5	0.4	0	25
2 sticks of celery, chopped	2	0	0	8
½ cup sliced red capsicum	2.5	1	0	15
1 medium tomato, diced	4	1.5	0	20
2 tbsp non-fat French or Italian dressing	5	1	0	25
1 tbsp freshly grated parmesan cheese	0	3.5	2	33
1 medium size apple or 2 plums	18	0.5	0	70

Afternoon snack

1 Sculpt RTD shake	14	18	1	136
2 rice cakes topped with:	15	2.2	1	80
2 tbsp avocado or hummus	1.7	0.7	6	64
3-4 slices tomato, sprinkle of salt	2	0.5	0	10

Dinner – Thai Chicken Stir Fry

120g of lean chicken breast, brushed with:	0	23	3	110
1 tbsp ready made green curry paste	4	0	7	80
Stirfry chicken in a pan with a dash of soy sauce and	1	0.2	0	5
2 tsp olive oil or avocado oil	0	0	10	88
2 cups mung bean sprouts	4	6	0	40
1 cup green cabbage, sliced thinly	3	0	0	14
1 cup broccoli (microwave for 1min first)	6	2	0	35
Daily 200ml allowance of non-fat milk for tea, coffee etc.	9	8	1	70

Total 165 119 41 1511

Suggested exercise today: take a vigorous 30mins walk as soon as you get out of bed – you've got a delicious Sculpt shake to look forward to once you get home!