



## **Another day in S-curve office via Mariola**

### **Exercise Day:**

Breakfast: (Slow digesting) protein/carbs  
Mid-morning: protein/fat  
Lunch: protein/fat  
Mid-afternoon: protein/fat  
Evening (after exercise): (Fast digesting) protein/carbs  
Dinner: (Slow digesting) protein/carbs  
Pre-bed: (Slow digesting) protein/fat

### **Non-exercise Day:**

Breakfast: protein/carbs  
Mid-morning: protein/carbs  
Lunch: protein/fat  
Mid-afternoon: protein/fat  
Evening: protein/fat  
Pre-bed: protein/fat

**Remember... It's all about the nutrients/food types. It doesn't matter how much you eat, as long as you eat what's listed and that it fills you up @ Never feeling hungry.**

# Breakfast



## Ingredients

- Scrambled eggs
- Spinach
- Lettuce
- Cucumbers
- Flourless ezeikel bread

# Lunch



## Ingredients

- Turkey meatballs
- Brown rice
- Peas



# Dinner



## Ingredients

- Salmon
- Red potatoes
- Chick peas
  - Garlic
- Rosemary
- Parsley
- Scallions

Shaun  
Stayfitbuzz.com

**THE FIT BUZZ PROGRAMS (In order of how a typical FitBuzzer starts)**

**Operation S-Curve**

You can now start OSC without having to 'learn' anything! Just literally 'start'.

**> [Operation S-Curve \(The complete Fit Buzz challenge\)](#)**  
(Options for future 4-6 week training programs outside of the main OSC)

For new OSC members (As of July 23rd 2014) - Access to every current/new program is yours for free during these six months of becoming S-curvish.

**>> OSC - Access to EVERYTHING** (6 monthly payments)

For current main OSC members (If you started before 23rd July 2014)

Those 4-6 week training programs/add on (Not in OSC - Do these at any given time... I'll advise you on which suits you best)

**(Pay monthly) tailored meals/video workouts**

**#NEW OSC – The Venus Workouts + Super low fat meals**

**#NEW Effective Epic Butt & Teeny Tiny Waist Split Routines**

**#NEW The Aphrodite Workout (Version 2.0)**

**#NEW THE RESHAPE CHALLENGE WORKOUTS**

**>> No Nonsense Butt Building**  
**>> Meal plans and workouts for abs**

**Fit Buzz on Youtube**

Instagram (@Fitbuzz)