12 Week Corio Bikini Challenge 2.0
NUTRITION Plan

KATIE CORIO
CATCH ALL

I fully understand that I may suffer injury and even death as a result of my participation in the plan offered and I hereby release Katie Corio, LLC and its agents or employees from any and all liability now and in the future, including but not limited to medical expenses, lost wages, pain and suffering that may occur by reason of heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illness, soreness or injury, however, caused, whether occurring during or after my participation in the plan offered regardless of fault.

I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Katie, and its agents or employees from any and all claims, demands, or causes of action, which are in any way connected with my participation in the Katie Corio, LLC diet or training program, including such claims which I, my children, parents, heirs, assigns, personal representative and estate have or may have that allege ordinary negligent acts or omissions of Katie Corio, LLC.

DISCLAIMER & LIMITATIONS

All strength training, cardiovascular exercise, or any other exercise recommended by Katie Corio, LLC. and its agents or employees shall be undertaken at the sole risk of the user, and Katie Corio, LLC. shall not be liable to the user for any claims, demands, injuries, damages, actions or causes of action, whatsoever, arising out of or connected with the use of the recommendations provided. If the user has any questions whatsoever, concerning exercise, use of equipment, etc., the user agrees to request clarification and/or instruction from Katie Corio, LLC. and its agents or employees. User understands that he/she is responsible for monitoring his or her own condition throughout training and that the recommendations given are designed to place a gradually increasing workload on the body to improve overall fitness. Disclaimer: By purchasing this product, the user agrees not to hold Katie Corio, LLC. or their agents or employees responsible for any injury, illness, allergic reaction, or lack of results while performing these recommendations. Further, user completely acknowledges that user is simply receiving advice and that it is user’s choice to adhere to the provided advice, a user’s participation is voluntary. There may be risks associated with the recommendations given.

Consult your physician prior to beginning this training plan if you are under the age of 18, taking any prescription or over-the-counter medication, if you have heart disease, thyroid disease, diabetes, high blood pressure, or any other medical condition. The FDA has not evaluated this training plan. This training plan is not intended to diagnose, treat, cure or prevent any disease.
You can't out-train a bad diet. Results come from proper NUTRITION, strategic CARDIO and the right styles of TRAINING! You can't get the results without any of these THREE components, and nutrition might just be the most important one.

This 12-week nutrition plan is designed to be a FAT-LOSS program, and for you to use as a detailed reference and as GUIDELINES for your own fat-loss journeys. What I want you to remember is this: Everyone's individual macronutrient and dietary needs are different. There is no set caloric number, no secret macro combination that will fit everyone's needs. I wrote this based off of what works for ME when I lean down, but I kept the meal plan and macros in a RANGE so you can adjust to fit your own body accordingly.

**INTRO**

PURPOSE & GOAL

This 12 week nutrition plan is broken down into 3 phases, each including:

- A week-by-week carb cycling plan
- Full recipes with macro breakdowns
- Recommended supplements and how/when to take them
- Sample meal plan (exactly what I eat on prep and when leaning out)
- Membership to the online Facebook community/support group

WHAT YOU GET

You will be eating 6 meals everyday

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<thead>
<tr>
<th>MEAL 1</th>
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<td>Breakfast</td>
<td>Mid-Morning Snack</td>
<td>Lunch</td>
<td>Mid-Afternoon Snack</td>
<td>Dinner</td>
<td>Bedtime Snack</td>
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</tbody>
</table>

HOW TO USE THE PLAN

The program is meant to be followed in the order it is written.

Just like the Corio Bikini Challenge, this nutrition plan is broken up into 3 phases. Each phase will last 4 weeks:

**PHASE 1** - Weeks 1-4
**PHASE 2** - Weeks 5-8
**PHASE 3** - Weeks 9-12

The phases are progressive, and the carb-cycling will get more intense when it comes to fat-loss and dieting as you move through each phase. The carb cycles are meant to sustain a slow and steady fat loss through the entire 12 weeks. This is NOT meant to be an extreme weight loss program, so if you see yourself losing more than 2lbs per week, you need to INCREASE CALORIES by +200 to +300 cals daily, or stay on the higher end of the ranges for carbs each day. The carb cycles are designed in “ranges”, and are not set in stone. Remember, this program can, and should be, totally CUSTOMIZABLE!

BREAKDOWN OF DAILY MEALS

Likewise, the meals found in the recipe glossary are organized into the same three categories, LOW CARB, MID CARB & HIGH CARB. Each day will be broken down for you meal by meal, so all you have to do is choose a recipe from the category listed for that specific meal type.

For example: In Phase 1, on HIGH CARB DAY, you will eat 3 high carb meals, 3 mid carb meals and 0 low carb meals.

All YOU have to do, is choose 3 high carb and 3 mid carb meals from the HIGH CARB and MID CARB categories in the recipe glossary to eat that day! I designed the nutrition plan this way to give you more flexibility and variety when putting your meals together instead of having to do a strict, boring meal plan where you have to eat the same things daily.
RECIPE GLOSSARY

The recipes listed in the glossary are a collection of my personal favorite meals to eat weekly.

Below are the ranges to follow in regards to carb amounts for each meal:

- **LOW CARB MEALS** contain: 0-25g carbs
- **MID CARB MEALS** contain: 26-41g carbs
- **HIGH CARB MEALS** contain: 42-57g carbs

So if at any time you don’t want to eat MY listed recipes, feel free to use this carb structure and apply it to other recipes you may find. Keep in mind, however, that the recipes I have listed are WELL-BALANCED and have sufficient amounts of protein and moderate amounts of healthy fat. Make sure you don’t sub a recipe that is extremely high in fat or is unbalanced in any way. If you’re unsure of a recipe you’ve found OR you want to share something amazing you’ve created, this would be a great post for the Facebook support group!

NEED MORE HELP?

Since every person is different, it’s difficult to write a specific meal plan that will fit everyone’s needs.

I encourage you to track your macros in MyFitnessPal, weigh yourself daily and become aware of your body’s specific needs when it comes to nutrition.

I personally prefer to track macros, because it makes me more aware of what I’m actually eating everyday. However, I KNOW tracking macros isn’t for everyone, and I understand how difficult it can be to do on your own if you don’t have any idea how. I DO offer personalized nutrition coaching, in which I will calculate your macros FOR YOU if you feel you want more individualized help.

If you’re interested in this, please email me at: inquiries@katiecorio.com

And we can discuss together if this would be a good option for you!

USE YOUR RESOURCES

You are not alone in this!

I am here to help you and I hope everyone who joined this program supports and encourages each other along the way.

WHEN TO TAKE SUPPLEMENTS

See above suggested times, but remember it’s totally up to YOU and your personal schedule and preferences on when you want to time your supplement taking! Feel free to ask the Facebook Group if you need further assistance!

Supplements

Here is the list of supplements I highly recommend you invest in as you start this new fat-loss program. These products are from 1Up Nutrition, which I have personally been using for over 3 years consistently. I have experienced amazing results from taking them and wouldn’t recommend them to you if I wasn’t 100% confident in their capabilities!

Remember: there is no magic pill. Supplements are a useful TOOL we can use to OPTIMIZE & SPEED UP progress. Supplements can also be pricey.

I am grateful to say I can offer you a discounted rate for these specific products with discount code: KATIE20

This code will apply 20% off to each and every purchase, and is in ADDITION to any current sale that 1Up Nutrition may be running (they run new sales each week). They also offer an interest-free payment plan option so you’ll be able to get ALL the supplements you need right away, without breaking the bank. Score!

MAKE HER LEAN MAX

- 1st serving with meal 1
- 2nd serving after meal 3 if needed

DAILY CLEANSE

- With meal 1

CLA

- With meal 1

OMEGA 3

- With meal 1

VEGAN REDS & GREENS

- 1 serving with meal 1

MULTI-GO

- 1 serving with meal 1

L-CARNITINE

- 30 mins before cardio/training

BCAANS

- During training and/or between meals (I love making BCAA popsicles or slushies as a calorie-free treat!)

SPORT AMINO or PRE WORKOUT

- 15 mins before workout and/or up throughout workout

PROTEIN

- 30 mins post-workout

BEAUTY DREAM

- 30 min before bed

BE AWARE

Supplements are powerful. You MUST be careful when you take them, especially when taking something new. Here are a few Katie-approved supplement rules to follow:

- **ALWAYS START WITH A HALF-DOSE OF EVERY NEW SUPPLEMENT YOU TAKE.**
- **BE AWARE OF CAFFEINE.**
- **DON’T OVER-SUPPLEMENT.**

This is a test your tolerance to the supplement. You can adjust as needed from there. Don’t feel like you have to take the full recommended dose for it to work well.

Caffeine can sneak up on you. Be aware of the caffeine/stimulants you take in the same period of time. If you don’t forget about that coffee you had when you take your morning fat burner and then go to the gym with your preworkout. One caffeine source at a time is enough! That is until you test your tolerance and learn your limits. You can always take MORE, but you can’t UNDO once it’s in your system!

Your body will let you know what it’s struggles are. Find out what your personal struggles are, THEN add supplements in 10 the gaps. Don’t over-supplement before you know what your body could actually use!

I encourage you to track your macros in MyFitnessPal, weigh yourself daily and become aware of your body’s specific needs when it comes to nutrition.

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Your body will let you know what it’s struggles are. Find out what your personal struggles are, THEN add supplements in 10 the gaps. Don’t over-supplement before you know what your body could actually use!
Welcome to Phase 1! Think of this phase as the time for you to build GOOD HABITS and set yourself up for success for the rest of the program.

Now’s the time to get in the habit of eating consistently healthy, well-balanced meals, learning to live with BALANCE and meshing your new healthy lifestyle with your day to day life.

As you can see, each day is specified as either a HIGH CARB, MID CARB or LOW CARB day.

### MEAL BREAKDOWNS BY DAY

The below chart lists the type of meals you’ll eat for your high, mid and low carb days for Phase 1. You’ll eat 6 small meals total everyday.

**Note:** These meal arrangements will change with each new phase of the meal plan before you proceed!

Refer to the RECIPE GLOSSARY for all the recipes and meals you have to choose from each day. All meals provided in the RECIPE GLOSSARY are categorized by a range of carbs, as follows:

- **LOW CARB** - 0-25g carbs
- **MID CARB** - 26-41g carbs
- **HIGH CARB** - 42-57g carbs

Feel free to create your own recipes and meals, or use any others you find. You have the freedom to eat whatever you want in this program. Just make sure they fall in the same carbohydrate ranges as shown above.

Keep in mind, however, all the meals I’ve provided are WELL-BALANCED with sufficient amounts of protein and healthy fat. Also remember that **YOU ARE WHAT YOU EAT!** So choose healthy, whole, nutritious foods and you’ll set yourself up for success.

### TAKE PROGRESS PHOTOS

Now is the time to take your first PROGRESS photo! Wear something that shows your body like a swimsuit, sports bra and workout shorts, etc. – you’ll thank yourself later!

Make sure you have bright, clear lighting and you’re standing straight in front of the camera. You’ll want to replicate these exact poses after each phase so you’ll be able to see progress clearly!

Find a great recipe? Share it on our Facebook page!

### TREAT MEALS

In Phase 1, you’re allowed to have 2 “treat meals” per WEEK, in each place of ONE “high carb” meal.

**What is a Treat Meal?**

A “treat meal” is ONE meal that is untracked – meaning, it doesn’t matter what the macronutrients are for it, just treat yourself and enjoy a meal that you’ve been craving all week.

Remember: a treat meal means a ONE course meal, not a THREE course meal. It means you can have a burger or pizza as the treat, and NOT the brownie after. OR you could opt for a healthy dinner and treat yourself with the BROWNIE instead. Catch my vibe? Treat meals are designed to help you keep BALANCE: Use your treat meals wisely. If you know you’re going out to dinner with friends on the weekend, save your treat meal for that! Plan it ahead of time, and use it as motivation to be on point all week and reward yourself with it when the time comes. It’s all about BALANCE. You should never feel bad about treating yourself, enjoying your life and the food that comes with it! **YOU SHOULD enjoy food and indulging. Just do so with moderation and don’t go overboard!**

In Phase 1. you’re allowed 2 treat meals PER WEEK, each in place of ONE “high carb” meal.

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### Suggested meal breakdowns

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### TREAT MEALS - PHASE 1

In Phase 1, you’re allowed 2 treat meals PER WEEK, each in place of ONE “high carb” meal.

Follow this meal plan for weeks 1–4. Then proceed to Phase 2. Time to go out there and CRUSH it! You got this!
**PHASE 2**

**BURN & SHRED**

Congrats, you have completed the first phase of the program! Welcome to Phase 2. This phase is what I like to call BURN & SHRED.

You’ve built great habits with consistent training and nutrition. Now it’s time to kick it up a notch and shred some stubborn lbs!

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**MEAL BREAKDOWNS BY DAY**

The below chart lists the type of meals you’ll eat for your high, mid and low carb days for Phase 2. You’ll eat 6 small meals total everyday.

Note: These meal arrangements are DIFFERENT from Phase 1! Take notice and make sure you follow the new structure of the plan!

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**TREAT MEALS**

In Phase 2, you’re allowed to have 1 “treat meal” per WEEK, each in place of ONE “high carb” meal. Notice in this Phase you’re only allowed ONE treat meal per week, not two TWO in Phase 1!

What is a Treat Meal?

A “treat meal” is ONE meal that is untracked – meaning, it doesn’t matter what the macronutrients are for it, just treat yourself and enjoy a meal that you’ve been craving all week.

Remember: a treat meal means a ONE course meal, not a THREE course meal. It means you can have a burger or pizza as the treat, and NOT the brownie after. OR you could opt for a healthy dinner and treat yourself with the BROWNIE instead. Catch my vibe? Treat meals are designed to help you keep BALANCE. Use your treat meals wisely. If you know you’re going out to dinner with friends on the weekend, save your treat meal for that! Plan it ahead of time, and use it as motivation to be more disciplined the rest of the week. OR you could opt for a healthy dinner and treat yourself with the brownie instead. Just do so with moderation and don’t go overboard!

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**TREAT MEALS - PHASE 2**

In Phase 2, you’re allowed to have 1 “treat meal” per WEEK, each in place of ONE “high carb” meal.

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**KATIE’S RECIPES**

Follow this meal plan for weeks 5-8. Then proceed to Phase 3. Time to go out there and CRUSH it! You got this!
PHASE 3 EXCEED EXPECTATIONS!

Wow! You’ve made it to the LAST phase of the Corio Bikini Challenge, PHASE 3! Welcome and congrats for crushing it this far!

You’ve built healthy habits, you’ve been consistent and you’ve started to trim down. Now let’s exceed your expectations for this program and push yourself to a level of FIT you never knew you could achieve! This is the most CHALLENGING phase, but it’s nothing you can’t handle! Remember you have a great support system through our Facebook Page whenever you need it!

Find a great recipe? Share it on our Facebook page!

MEAL BREAKDOWNS BY DAY

The below chart lists the type of meals you’ll eat for your high, mid and low carb days for Phase 3. You’ll still eat 6 small meals total everyday.

Note: These meal arrangements are DIFFERENT than in Phases 1 & 2! Be sure to take notice of the new changes of Phase 3!

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MEAL PLAN BREAKDOWN for Phase 3

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<td>Mid Carb Meal</td>
<td>Low Carb Meal</td>
</tr>
<tr>
<td>Low Carb Day</td>
<td>Mid Carb Meal</td>
<td>Mid Carb Meal</td>
<td>Low Carb Meal</td>
<td>Mid Carb Meal</td>
<td>Low Carb Meal</td>
<td>Low Carb Meal</td>
</tr>
<tr>
<td><strong>MEAL BREAKDOWNS</strong></td>
<td><strong>HIGH CARB</strong></td>
<td><strong>MID CARB</strong></td>
<td><strong>LOW CARB</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 High Carb Meals</td>
<td>0 High Carb Meals</td>
<td>0 High Carb Meals</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 Mid Carb Meals</td>
<td>4 Mid Carb Meals</td>
<td>2 Mid Carb Meals</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Low Carb Meals</td>
<td>2 Low Carb Meals</td>
<td>4 Low Carb Meals</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>6 meals total</strong></td>
<td><strong>6 meals total</strong></td>
<td><strong>6 meals total</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Refer to the RECIPE GLOSSARY for all the recipes and meals you have to choose from each day. All meals provided in the RECIPE GLOSSARY are categorized by a range of carbs, as follows:

LOW CARB - 0-25g carbs
MID CARB - 26-41g carbs
HIGH CARB - 42-57g carbs

KATIE’S RECIPES

Follow this meal plan for weeks 9-12. Time to go out there and CRUSH it! You got this!
Congrats to you! You’ve completed the program! I hope you’ve enjoyed the journey, learned a lot along the way and are excited to continue your fitness journey and crush new goals. You should be so proud of yourself!

The time has come to officially take the LAST PROGRESS PHOTOS of the program! Make sure you send your progress photos to ME, I’d LOVE to see them! Please email them to: katie@katiecorio.com
And share them on the Facebook Group!

Want more?
OTHER EBOOKS AVAILABLE

12 Week Bikini Body Challenge
Katie’s HIIT & ABS
Katie’s Booty Bible