

The Model Body Club

A Daily Plan by *@KassyAlice*



The Model Body Club

A 4 Week Plan By *@KassyAlice*

BEFORE WE BEGIN....

TERMS, DISCLAIMER & REFUND POLICY **IMPORTANT INFORMATION**

Health, Nutrition & Fitness Disclaimer

These meal plans and workout programmes are provided for general informational and educational purposes only and are not intended as medical, nutritional, or fitness advice. They should not be considered a substitute for professional guidance from a qualified healthcare provider, registered dietitian, or certified fitness professional.

These services do not constitute personalised nutrition or training advice.

Always consult your GP or a qualified healthcare professional before making changes to your diet or beginning any new exercise programme, particularly if you have any pre-existing health conditions.

Medical & Safety Notice

Participation in any nutrition or exercise programme involves inherent risks, including but not limited to injury, illness, allergic reactions, or other health complications.

If you have any medical conditions, food allergies, intolerances, injuries, or are taking medication, you should seek professional medical advice before using these plans.

If you experience pain, dizziness, shortness of breath, or discomfort at any time, discontinue use immediately and seek medical advice.

Allergy & Dietary Responsibility

While care has been taken to highlight common allergens where possible, these plans may include ingredients that could cause allergic reactions.

You are responsible for checking all ingredients and adapting meals to suit your individual dietary requirements.

Exercise Responsibility

You are responsible for ensuring that all exercises are performed with proper form and within your physical limits. Ensure you have adequate space, appropriate equipment, and a safe environment before performing any exercises.

The creator is not responsible for injuries or health issues resulting from improper technique, overexertion, or misuse of the programme.

Results Disclaimer

Individual results may vary and are not guaranteed. Outcomes depend on factors including consistency, effort, lifestyle, metabolism, and adherence to the programme.

Suitability

These plans are intended for generally healthy individuals and may not be suitable for those who are pregnant, breastfeeding, postpartum, recovering from injury, or managing medical conditions without professional approval.

Limitation of Liability

To the fullest extent permitted by applicable law, the creator disclaims any liability for any direct, indirect, incidental, or consequential loss, injury, or damage arising from the use or misuse of this information, products, or services.

User Agreement

By purchasing, accessing, or using these plans, you acknowledge that you have read, understood, and agree to this disclaimer and accept full responsibility for your use of the information provided.

Refund Policy

Due to the digital nature of these products and services, all sales are final and no refunds will be issued once access has been granted.

By purchasing, you agree to this policy and understand that you are responsible for reviewing all product details before completing your purchase.

Subscription Terms

If you are enrolled in a subscription, billing will occur on a recurring basis (e.g. weekly or monthly) unless cancelled. You may cancel your subscription at any time; however, no partial refunds will be issued for unused time.

Please read this information carefully before purchasing and participating in any programme.

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🍴 1 serving

🕒 5 minutes



Pre Gym Smoothie

Protein: 20-25g

INGREDIENTS

- 1 orange (or frozen orange chunks)
- ½ frozen banana
- 1 scoop vanilla protein powder
- Splash almond or coconut milk
- 1 tbsp coconut yogurt (for creaminess)

DIRECTIONS

1. Blend everything until smooth + creamy



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 1 serving

 5 minutes



Breakfast

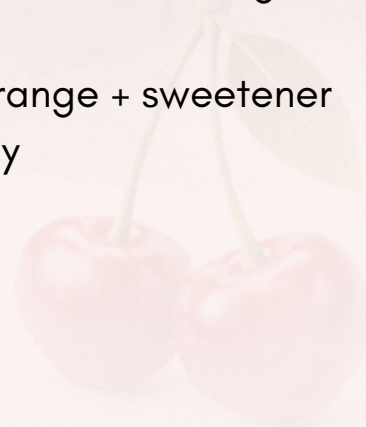
Protein: 23-27g

INGREDIENTS

- ½ cup oats
- 1 scoop chocolate protein powder
- 1 scoop chocolate collagen
- 1 tsp cocoa powder
- 1 Orange & orange zest
- 1 tsp agave or maple syrup
- Water or almond milk

DIRECTIONS

1. Cook oats with liquid (microwave or hob)
2. Stir in protein powder + collagen after cooking
3. Add cocoa + orange + sweetener
4. Mix until creamy



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 1 serving

 15–20 mins



Lunch

Protein: 35-40g

INGREDIENTS

DIRECTIONS

Base

- ½ cup cooked rice
- ½ cup cauliflower rice

Protein

- 120-150g salmon fillet

Toppings

- ¼-½ cup kimchi (lower sodium if possible)
- 1 boiled egg
- Cucumber slices
- Optional: small amount avocado

Sauce

- 1 tbsp low-sodium soy sauce
- ½-1 tsp honey
- 1-2 tsp sriracha

1. Prepare base

Heat cauliflower rice

Mix with cooked rice

2. Cook salmon with lemon juice

Air fryer: 180°C for 8-10 mins

Oven: 200°C for 12-15 mins

Or non-stick pan

3. Boil egg

6-7 mins soft or 9-10 mins hard

4. Assemble bowl

Add rice mix

Top with salmon, kimchi, cucumber, egg

5. Finish

Drizzle sauce evenly

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 1 serving

 20–25 mins



Dinner

Protein: 25–30g

INGREDIENTS

- 1 medium sweet potato
- 1 chicken breast
- Lettuce
- Tomato
- Cucumber
- Black pepper + paprika

Optional sauce:

- Low-sodium ketchup
- or sriracha

DIRECTIONS

1. Make the "bun":

Slice sweet potato into thick rounds
Bake or air fry at 180°C for
20–25 mins until soft

2. Cook protein: grill the chicken
with no oil

3. Assemble:

Sweet potato slice (bottom)

Chicken

Lettuce + tomato + cucumber

Another sweet potato slice
on top

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🍴 1 serving

🕒 5 mins



Snack

Protein: 18-25g

INGREDIENTS

- 1 apple (sliced)
- Coconut yogurt or Alt dairy free yoghurt
- 1 scoop vanilla protein powder
- Cinnamon
- Agave or honey

DIRECTIONS

1. Chop apple
2. Mix yogurt + protein + cinnamon + sweetener

