



THE SCULPTED *vegan*™

5 lbs  
in  
days

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THE SCULPTED *vegan*™



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# INTRODUCTION

Hi guys! I am Laura Hutchinson, Head Trainer of *The Sculpted Vegan*.

Before I properly introduce myself, let me tell you a funny story of how I came to know Kim Constable, the founder of *The Sculpted Vegan*. Kim and I met in 2016 when she started training with her 'first trainer' who you may have heard her talk about in past programs and podcasts. Well... He is actually my ex husband. I have witnessed Kim's journey first hand. From the day she messaged Curtis to ask for his help for her first bikini show to the blood, sweat and tears (literally) that she put into all her competition preps. I watched in awe as she navigated each of her journey's to the stage as a bikini competitor, while creating the beginnings of *The Sculpted Vegan* company and homeschooling her four children. You might now understand why one of Kim's favourite sayings is, "Nobody Cares, Work Harder".

When Kim and I first met in 2016, I had already retired from bodybuilding after successfully competing in five shows. The three years that I was a competitive bodybuilder were some of the hardest and most challenging but also the most rewarding years of my life. Competitive bodybuilding is a full time job. During competition prep, weight sessions and cardio sessions were non-negotiable. Meticulously measured and planned nutrition was essential and I drank no alcohol during my months of competition shredding. Many family and friends' birthdays were missed and at times I didn't even celebrate my own. During my final show prep, I remember being at a friend's wedding and eating out of my tupperware while all the





other guests were tucking into their delicious meals. The hardest part of the wedding was drinking water all day when normally I would have been making the most of the free champagne! I stayed until the wedding reception speeches and then I had to leave and do my second cardio session of the day. It was zero fun for me, but my friend appreciated the effort.

When you are a competitive bodybuilder, these choices honestly don't feel that much of a big deal. It is necessary to have this level of commitment, dedication and passion to bring your best package to the competition stage and to stand in front of the judges. I have to be honest that none of my show preps were perfect. During each prep many things didn't go to plan and many mistakes were made. But each journey helped me develop a greater self awareness. Each time, I learnt from my mistakes and moved forwards. Every time, I grew stronger as a woman and the lessons that I learnt and the challenges that I faced as a bodybuilder have helped shape me to be the person I am today. While I am now retired, my passion for bodybuilding still continues. I don't believe you ever lose the love for sculpting your body to its fullest potential, it is a continuous lifelong process.

Over the past thirteen years, as a personal trainer and pilates instructor I have helped thousands of women sculpt their dream bodies, smash their strength goals and transform their lives in the process. I am so honoured as *The Sculpted Vegan* Head Trainer to now share my years of knowledge and expertise to help you do the same.

Laura xx

# BEFORE YOU START...

Please read this PDF in its entirety **at least three times**. Yes, three. I have included a massive amount of information in this program so that you can learn the process instead of just going through the motions. I also recommend that you watch all the exercise instructional videos for the whole plan before your first workout so you are not having to search for how to do an exercise in the middle of your session.

## WHY DID WE CREATE THIS PROGRAM?

5 lbs in 5 days was inspired by frequent questions that we receive from members in the private groups. They post in a panic that the dress they purchased months ago for a friend's wedding doesn't fit anymore and there is no time to find a different outfit. They post in disgust that they have tried on their bikini for their weekend beach trip and they hate the way they look in it. Or they have been suddenly asked out on a hot date and they want to dress to impress but are currently feeling far from sexy. I totally get it, I've definitely been there and all is not lost!





Even if you don't have an event that you are on a deadline to get ready for and just feel like you have a couple of extra pounds on you that you know you would feel better without, this program will help shred them off fast. Quick results are motivating, as is showing up for yourself and doing the work. Once you're there and you get into a routine and start seeing results, it's very easy to keep going. This program could just be the kickstart you need to get your healthy and fit lifestyle moving in the right direction.

So how can I help you? I am a retired bodybuilder, having successfully competed in five bodybuilding shows over the course of 2012-2014. I have placed three times in the top five and in my fifth and final show, I achieved my goal of placing first overall and becoming a British Finalist. I loved to compete! I competed in the Miss Toned or Miss BodyFitness categories, these sections required you to have a shredded look with sizable muscle and visible abs. Periods of shredding have been a way of life for me for a long time, it's an essential part of the bodybuilding lifestyle and I know how to shred in the most efficient way and the fastest time.



When a bodybuilder diets, there is a start point and an endpoint, coupled with a measurable goal. Calories and macros are meticulously planned around individual body composition, results are measured every week against the end goal, and changes are made accordingly. Nothing is left to chance and there is no room for cheating or error. So when I find myself in a situation where I have a short deadline and I want to lose weight fast for a date, an event or a weekend break. I immediately revert back to my bodybuilding shred principles and tactics to bring me the guaranteed weight loss results that I want, and fast.

5 lbs in 5 days is designed to get maximum results in the shortest amount of time. It is my pre-contest diet and training program that I used when I was in peak week (the week before a bodybuilding contest) to shred off the last percentages of body fat. It is not meant to be sustainable over the long term as it has only 1200 calories and a massive amount of cardio and strength training output. On this program, it is perfectly normal to drop up to 2-3lbs of fat and up to another 5lbs of water. The more weight you have to lose, the better your results. Short term extreme diets do work, they don't damage the metabolism, they don't wreck your body and are very useful to achieve a short term goal. But do remember this is a short term strategy for a quick result of helping you squeeze into your sexiest jeans for a date or slip into that slinky dress for the wedding you have to go to.





# CAN YOU DO THIS PROGRAM FOR LONGER THAN FIVE DAYS?

This program in 5 days is designed to be used for five days but could be cycled for 1-2 weeks if you are motivated to burn a huge amount of body fat for a special event or vacation. I want to mention however, that if you chose to follow this program for 3-4 weeks, your metabolism would start to slow down and push your body into fat storage mode once you start eating normally again. You will also notice that your recovery will not be as fast as if you were eating lots of food prior to and post-training. You may feel tired and weaker in the gym. This is all a normal part of shredding. The mental need to keep going is enormous. If you choose to do this program for more than 10-14 days, I recommend that you have one high carb re-feed meal such as pizza, pasta or a rice dish. Carbs will boost your body's production of leptin which will keep the metabolism from slowing down. Try to avoid a large amount of fat with your re-feed meal. Keep it carb-heavy and fat light if

**I want to reiterate that this is a quick fix and these results potentially could be only temporary using this method.** If you are someone who wants to lose body fat permanently, I want you to be thinking of your long term sustainable plan after you complete these five days.

# HOW TO USE THIS PROGRAM

This program is designed to be used for five days and is not meant to be sustainable over the long term as it has only just over 1200 calories per day. It's a macro and calorie counted meal plan, you don't need to do anything but follow the meal plan to the letter. Anyone coming into this program eating more than 2000 calories will have better results than someone who is currently only eating 1400-1600 calories as the more you eat, the higher your metabolism. If you are already fairly low body fat remember also that the last few pounds are the hardest to shift. Your body does not want to be super low in body fat as its job is to keep you alive and healthy.

As well as the meal plan there are the daily strength and active rest sessions paired with the double cardio sessions. There is going to be a massive calorie output and not a huge calorie input which is why it is so effective in the short term. You must be ready to work over the next five days! You are going to apply exactly the same peak week training principles that I did leading up to all of my bodybuilding shows. It is going to be hard, but I want you to take on this five-day challenge with a champion's mindset. Whether you believe you can or cannot complete these next five days, you will be right!

While I would always have trained in a gym during peak week I understand that not everyone wants to, or has access to one. So I have created both a gym program and a minimal home equipment program which are both designed to bring epic results. I'm not going to lie: this program is going to be hard. Especially if you are completely new to training and shredding. But keep your goal in mind at all times, whether it be to drop a dress size, to fit into your favorite jeans or just feel hot when you look in the mirror. That's exactly what you will accomplish by the end of this program if you ditch the excuses, give it your all and follow the plan to the letter.

# HOW TO MEASURE YOUR PROGRESS

## Take Progress Pictures

The most accurate way to track your progress is by taking pictures. Try to take these at the same time of day, in the same outfit, in the same light, in the same place. For example, I take my progress pictures every Friday morning as soon as I get up. I get out of bed, pee, put on my sports bra and thong and take my photos. Your body does not usually hold a lot of water in the morning so it is the most accurate time to take progress shots. Take pictures at the start of the shred and again at the end.

## NUTRITION OVERVIEW

The way we eat for dropping pounds *fast* is far different from the way we eat to build muscle or even to maintain it. Muscle is exceptionally calorie-hungry, so to build it, you would need to feed it—massively. This shred is not about that. Your main goal is to slip into a hot dress for date night or squeeze into your jeans, so you are going to need a large calorie deficit. There are two ways to create this deficit: eating less and exercising more. You will be doing both!

Your metabolism is quite demanding (and brilliant, honestly). Particularly when you're on an intense shred such as this, you will need to feed it small amounts often, so you can keep it elevated. You will be eating five times a day, and your diet will be relatively high in protein. Protein is highly thermogenic (this means it takes a lot of energy to digest, thus creating intense heat in the body, which gives you a metabolic boost). This will not only keep your hunger at bay and keep your metabolism roaring, but it will protect your current muscle mass while you're in a deficit. When it comes to dieting many people ask *"But, won't I harm my metabolism by eating so few calories?"* The short answer is no. Eating in a deficit doesn't ruin your metabolism—not eating frequently enough does!





# THE MEAL PLAN

I usually am not a fan of prescriptive meal plans, as they aren't ideal for hands-on learning in the trenches. But I realize that many people just prefer to be told what to eat and when. It can also be much easier to follow a meal plan than to learn how to create your own in such a short time frame.

The meal plan is a 1200 calorie count with a macro split of **45% protein, 25% fat and 30% carbohydrate**. I have created the meal plan for this program in such a way that you should aim to eat your largest carbohydrate meals before and after training. (Training, meaning strength training, not cardio.) So even though the meal plan is structured with five meals per day, it's up to you to change the order of the food to suit your training schedule. If you prefer to train in the morning I would recommend eating carbs after your morning cardio session - but before strength training - and then again after your strength training session.

While the meal plan will be delicious, I must warn you that it is simple and repetitive. You will eat the same 1200 calorie counted meal plan for the five days. This is necessary, so we can control all nutritional variables to bring about maximum water weight and body fat loss results.

The meal plan recipes will **not** include salt and I would advise **not** to add it as a flavouring. This is because salt is made of sodium and chloride, sodium binds to water in the body and helps maintain the balance of fluids both inside and outside of cells. Put simply the more sodium that is in the body, the more water that will be retained within the body. The meal plans are designed to serve a purpose and that is to shed as much water weight and body fat as possible in five days.

# FREE FOOD

Throughout the day you can fill up on green cruciferous vegetables with your meals as this will keep you feeling full but not risk conversion to fat. These calories will be the only calories that you consume that will be considered “free”. Free calories can be eaten at any time, in any amount. I want you to utilize these free calories to your advantage. They will be invaluable for combating hunger pangs while boosting your daily fiber intake.



## HOW YOUR DAYS WILL BEGIN

At the start of each day, you will be enjoying a healthy digestion drink (a.k.a “Detox Bomb”) to help combat bloating and stimulate your digestion and elimination. This was inspired by *The Sculpted Vegan’s* Deyogatox program and is a fabulous way to cleanse your digestive system! Digestion time varies from person to person. Your age, sex, and any health conditions you may have also affects digestion. Generally, it takes about 2 to 5 days from eating for food to pass through your body as poop. The more we can poop and clear out the digestive system, the less backed up our digestive systems will feel and the less bloated our stomachs will look.



The Detox Bomb contains cayenne pepper, lemon juice, raw apple cider vinegar, and agave nectar mixed with water. Lemons are a spectacular detoxifying agent. They are packed to the brim with vitamins, especially Vitamin C, which purifies the blood, boosts the immune system, and is a natural diuretic. They are also a powerful antiseptic and antiscorbutic, which means they're fantastic for preventing disease and aiding in removing impurities from the body. Cayenne pepper is wonderful for increasing digestive fluids and sending enzymes to the stomach to help with digestion. Raw, unfiltered apple cider vinegar is a potent antimicrobial that helps kill harmful bacteria in the stomach and intestines. It is also known for dramatically reducing gas and bloating.

## THE IMPORTANCE OF WATER

During these five days, you're going to be guzzling water almost constantly. The primary goal in this shred is to drop both fat *and* water, so drinking water will be crucial to your results. Why is drinking a lot of water beneficial for *flushing* out water? Seems counterintuitive, right? The body regulates its water intake based on what is coming in and what is going out.

When you drink heaps of water—more than the body actually needs—it knows that it doesn't need to store it, so it just continues to regularly flush it out. Water also follows salt, so if you eat a diet high in sodium, the body will naturally store more water. This is why people get bloated after a weekend of drinking and/or heavy eating. Junk food usually has a lot of salt in it, so the body will store water to neutralize the salt. Remember we are **not** adding salt to our food for the next five days.





During this program, you will be drinking 3L of water per day. Aim to have 1L drunk by midday, 1L by 3 pm, and 1L by 6 pm. Yes, you will be running to the toilet regularly, but that's great! That is the body flushing out toxins, rinsing the organs, and flushing the cells—perfect for dropping both fat and water on this diet! Water also helps with digestion, bloating, and constipation. So chug it, baby!

I would highly recommend Vitamin C as a helpful supplement in this program, as it is a natural diuretic. You will start at 2000mg Vitamin C on Day one (see supplement section). This will increase over the five days so that you are taking 5000mg daily by day four. This will help the body flush excess water and stop it from storing any.

Dandelion tea is also an excellent natural diuretic and will help the body flush water. Sip throughout the day as needed or enjoyed.



## ER P

There are many different tricks and tactics to shred those last few pounds. This might sound funny but a competitive bodybuilder's goal is to look 'dry' on stage. The term looking 'dry' refers to the lean look where the skin looks tight and taut around the muscles, showing off defined muscular lines and shape. This is opposed to a 'watery' look where the body looks soft and bloated and it's harder to see the details of a physique on stage.

To achieve this 'dry' look I used the trick of attempting to lose more water weight from my body through sweat. Sweating is a natural response to certain conditions, such as warm weather or physical activity. Over each of my five competition preps, the night before a show I would increase my water weight loss through sweating in a sauna or either in a hot bath. Excessive heat makes your body sweat and sweating can make you lose fluid. This tactic will temporarily remove easily replaceable water from the body and it is entirely optional.

## On the evening of day five choose between:

- **Sauna** A 30-minute sauna session could cause you to lose approximately two pounds of water weight. Please note, if you have any underlying medical conditions do not use a sauna before speaking to your doctor.
- **Hot Bath** A 60 minute hot bath could cause you to lose approximately one pound of water weight. Very hot water ranges from 114.8 – 122 Fahrenheit / 46 – 50 degrees Celsius. Use a thermometer to help gauge the temperature of your bath water and please be careful you do not burn yourself! It is a hot bath, **not** a scalding hot bath. Fun Fact! It turns out that a one-hour hot bath can burn the same number of calories (140) as a 30-minute walk, according to a 2017 study by Loughborough University.

### Excess water weight drop & water consumption

We must remember that this is only a temporary fix and we need to be mindful of our water consumption in and around the sauna or hot bath for best results.

I want you to have consumed your daily 3L of water an hour before you use the sauna or your hot bath. After the sauna or bath, you are only to consume sips of water for the rest of the day. Whatever you do, resist the temptation to guzzle water down afterwards, as it will then have the opposite effect! As your body will just attempt to replace and hold the water that you have just attempted to sweat out.



# AVOID INULIN, THE BIGGEST CAUSE OF BLOATING

Many people write to me complaining that they are suffering from bloating after starting to use protein powder. The first thing I ask them is if their protein powder contains inulin. The answer is almost always "yes". So what exactly is inulin? Inulin is a type of prebiotic, a substance used by the microorganisms in your digestive tract and positively influences health. It is usually extracted from chicory root fiber, a natural dietary fiber extracted using hot water from a plant that's part of the dandelion family. Chicory root fiber passes through your small intestine and is then fermented by the bacteria in your large intestine. What happens when something is fermented? Gas!

Taking in too much too quickly can lead to digestive discomfort - which can happen with any fiber. In addition, some people seem to be more sensitive to inulin than others and may need to limit their consumption. Fiber is "the new protein", according to market research firms. But it could also be the new pain in your stomach. If you're like most people, you're trying to add more fiber to your diet. That's a good thing because the average American gets only half the recommended amount of fiber each day. Manufacturers are responding to consumers' wishes by adding fiber to a plethora of foods and beverages, including cereals, energy bars, protein supplements, "healthier" cookies, diet ice cream, and even bottled water! One of the most prevalent fiber-boosting ingredients is inulin. Like any fiber, it can cause gas, bloating, and abdominal pain if consumed too quickly or in large quantities. Many of my clients who have complained about digestive discomfort don't realize how much inulin they're consuming each day. Most of them have never even heard of it! When you eat a diet rich in green vegetables and salad, you are getting more than enough fiber. All my programs are packed with fibrous foods, so you do not need to buy foods that are fortified with extra fiber. Aim to eat whole plant foods for health and digestion.



# SUPPLEMENT OVERVIEW

## Supplements

Although supplements are not necessary there are certain supplements worth taking over the five days to maximise fat loss.

**Detox Bomb (see recipe section)** - Drink one serving every morning on an empty stomach. It can also be drunk 2-3 times a day before meals if the digestive system is backed up or you're bloated or constipated.

**Protein** -A good vegan protein powder blend is a must when weight training to ensure that you hit your protein goals each day. I absolutely love the [Wondershake](#) from The Protein Works, especially during a shred—the macros are fantastic!

**My favorite protein company is The Protein Works (use the code TSV60 for 60% off at checkout or TSV65 for 65% off sitewide if you spend over £80/\$100).**



**Vitamin C** - Remember that Vitamin C is a potent natural diuretic! This means that it helps the body flush out excess fluid. Bodybuilders will take Vitamin C and gradually increase their daily amount during “peak week” leading up to a show.

**Take the following amounts.**

<b>Day 1</b>	<b>2000mg</b>	<b>Take with breakfast &amp; lunch</b>
<b>Day 2</b>	<b>3000mg</b>	<b>Take with breakfast, lunch &amp; dinner</b>
<b>Day 3</b>	<b>4000mg</b>	<b>Take with breakfast, lunch, dinner &amp; before bed</b>
<b>Day 4</b>	<b>5000mg</b>	<b>Take with breakfast, lunch, dinner &amp; before bed</b>
<b>Day 5</b>	<b>5000mg</b>	<b>Take with breakfast, lunch, dinner &amp; before bed</b>

**Alpha Lipoic Acid** - This amino is very useful during a shred as it helps to shuttle nutrients away from fat stores and into muscle tissue. Take 1000-2000mg 30 mins before eating, or with food. Take with breakfast, lunch and dinner.

**Apple Cider Vinegar** - The vinegar drink can help you feel full faster when taken before a meal, which can aid in weight loss. It improves digestion, lowers blood sugar levels and reduces bloating. Mix one teaspoon of apple cider vinegar in a glass of cold/ warm water to drink before each meal.

**Caffeine** – I love caffeine as a fat burner! Caffeine is a very commonly-used supplement amongst people looking to lose weight. It is highly recognized for its potent metabolism-boosting effects, central nervous system stimulation, and dramatically increasing focus and alertness. It can stop the body from storing fat by attaching to the receptors on fat cells while at the same time encouraging it to release energy from fat tissue to use as fuel. Take 1-2 tablets first thing in the morning and also pre-workout. If you are caffeine sensitive, leave it out.

## Optional Extras (only if you already have these)

**BCAAs** – (Branched Chain Amino Acids) can be drunk in water during the day to stop the body from breaking down muscle tissue into amino acids for energy. They are also very well-known for enhancing exercise performance and can help with weight loss and reducing fatigue. Take 2-3 scoops (or as directed on the container) in 1 liter of water and sip while you work out or throughout the day. You can also sip during cardio.

**L Leucine** – Considered the primary Branched Chain Amino Acid (BCAA), L Leucine is an essential amino acid for protein synthesis (i.e., helps individual cells construct proteins). It's present in nearly every cell of the body and has also been proven to prevent muscle loss. Add 5g to post-workout protein shake, even if you also take BCAA.

**L Glutamine** – L Glutamine is a fantastic supplement! It's great for minimizing muscle breakdown and is one of the best supplements for maintaining a healthy digestive tract, as it helps protect your intestinal lining by boosting immune cell activity within the gut. Take 5-10g post-workout. It can also be taken before bed if you suffer from digestive issues.





# TRAINING OVERVIEW

Fat loss is our priority in this program as you have an aggressive target of just five days. It is entirely possible to lose 2-3lbs of fat and 5lbs of water weight, provided you stick to the plan exactly. However, if you have already been under-eating and have a damaged or slow metabolism, you may not experience as much fat loss as someone who is overweight and has a fully functioning metabolism.

In this program, you will strength train for five days and do 60 minutes of cardio twice a day. You'll hit every body part in your training sessions as well as in your cardio. It will be labor intensive and tiring. But it's only for five days and anyone can do something hard for five days.



# FIVE-DAY TRAINING PLAN

This program will use a mixture of compound and single-joint isolation exercises in the 10 to 12 rep range to target all areas of the muscle. This is what will stimulate maximum muscle growth and fat loss. 10-12 reps has been scientifically proven to be the best range for building muscle. Make sure you warm up before each training session by doing a cardio exercise that uses the whole body.

You are not increasing the weight per set in this training program, so choose a weight that you can perform 10-12 reps with, before hitting total muscle failure. If you cannot manage 10 reps in the last set or two, do not drop the weight. Just perform as many as you can, your goal is always to work to total muscle failure. Between each set, you will perform a minute of “active rest”. Active rest means that instead of resting between sets as you normally would, you will perform one minute of HIIT style cardio instead.





# WARM-UP

In this program, I recommended warming up to reduce the risk of injury. Your warm-up can simply be a few minutes of cardio on a rowing machine or elliptical, or something else that gets the blood pumping. Remember, the more you move, the more calories you burn!

# WHAT WEIGHT SHOULD YOU CHOOSE?

In this program you will not be increasing weight per set. Instead, you'll choose a challenging weight that you will lift for every set. This will keep you from messing around with changing plates and weights. The reason for this is that in between each set you will not be resting but instead performing a minute of active rest cardio.

In the first set, it may be relatively easy to get to 10-12 reps, and you feel you could've done another 2 or 3 reps. But in the final sets, you may struggle and only manage 6-8 reps. This is completely fine as you will get stronger over time. Don't drop the weight if you are only struggling in the final one or two sets. It means you have chosen well. The goal is not to work to exactly the number of reps listed in the program, but to work to total muscle failure.

Muscle failure is how the muscle grows. If you always lift what you are capable of, your muscles have no reason to grow and will stay the same.

It's pushing to failure and beyond that pushes the body to recruit more muscle fibres and therefore build more muscle. If you can get the help of a spotter in your final set it will help you get those final forced reps.

If after the first set, you realise that you've chosen a weight that is too light, wait until after you've performed your one minute of active rest cardio before you change the weights. However, it's also a good idea to do a practice set on your first round to experiment with the weights. Don't be afraid to test out different weights to find your sweet spot.



# WHAT IF YOU ARE COMPLETELY NEW TO THE GYM?

If you worry that you will not be fit enough for the requirements of this program, simply start at a level that suits you and feels challenging, but not like you're gonna die. You can even reduce the time of the active rest cardio to 20 or 30 seconds if you need to.

The reason we perform active rest cardio between sets as well as separately in this program is simply to raise the anabolic window and burn as much fat as possible in a short space of time. Training this way also utilises the concept of EPOC, which is exercise post oxygen consumption. Pushing your heart rate to these kinds of elevated levels means you'll keep your metabolism high, and burn calories even after you've stopped training.



# CARDIO OVERVIEW

On this program, you will be doing two types of cardio daily. One is called Active Rest which will be performed in between the sets of the gym or home program. The other is called LISS cardio (Low Intensity Steady State cardio) and this will be done for 60 minutes twice daily in addition to your gym or home workout program.

## ACTIVE REST CARDIO

Active rest cardio is a technique used by many bodybuilders when shredding for competition that enables you not only to hold onto muscle mass but also to burn fat at the same time. It means that instead of resting between sets as you normally would, you perform one minute of HIIT style cardio instead. It is the technique that I used in the weeks before my final bodybuilding show. In those last weeks I wanted to do everything that I could to shred away those last bits of body fat and water weight but at the same time not lose the muscle mass that I worked so hard to build.

Effectively you will perform 10-12 reps of an exercise such as a barbell squat and then instead of resting, you will perform one minute of fast-paced cardio. Then you will pick up the bar and perform another 10-12 reps, set the bar down and do another minute of cardio.

You can choose any exercise from the list below for your cardio. A good tip is to try to choose an exercise that you can do beside the squat rack so you don't have to move away for one minute and risk losing your place at the rack to another squatter.



# ACTIVE REST CARDIO OPTIONS

Choose from the following active rest cardio options. You can choose one exercise and perform it for all sets, or you can mix and match. The more variety you add, the more stimulation your body will receive.

High impact	Low impact
Squat Jump	Battle Ropes
Box or Bench Jump	Dumbbell Lunges
Running In Place	Step-up with Knee Raise
Sprints	Straight Arm Dumbbell Squat
Skipping/Jump Rope	Dumbbell Step Up
	Mountain Climber
	Kettlebell Swing
	Dumbbell Clean

# LOW INTENSITY STEADY STATE (LISS) CARDIO

It's important to remember that cardio serves a purpose far different from resistance training. While resistance training is essential for stimulating your muscle tissue to the point of strength and growth, cardio does not do this. Cardio is strictly for fat loss! When you first start exercising, your body immediately taps into any stored glycogen for its energy source. It generally takes about 20 minutes before your body registers that there aren't enough demands being placed on the muscles, so it switches to fat stores instead. This is why it's so great at preserving muscle tissue and why I don't want you to do it intensely!

You will be performing **60 minutes** of Low intensity steady state cardio (LISS) **twice** daily for five days on this program. LISS when done correctly, is extremely effective for fat loss and muscle preservation. I am not going to pretend that cardio for 60 minutes twice daily is not a lot of cardio, it is. But that's the point! It is what is going to create that massive calorie output to bring about maximum weight loss in such a short space of time. Remember we are on a tight schedule here and need to get results fast and nothing worth having comes easy! It doesn't matter so much the *kind* of LISS you do, as long as you do it correctly and consistently. You can do it at any point in your day, just do it whenever you can fit it in.





## LISS cardio options

Any cardio that keeps your HR steady at around 70% of your maximum is perfect. The fat-burning zone is between 130-145pm for most people. You have a range of LISS Cardio options you can choose from. I want you to try and choose the same thing each day whenever possible:

- Stairmaster
- Uphill or flat treadmill walking
- Elliptical
- Stair stepper
- Stationary bike
- Lightly jogging in place
- Power walking outdoors

How will you know that you are at around 70% of your maximum? Your body will tell you!

## How to simply tell if your body is in its fat burning zone

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### Use your body's physiological signs

- You're slightly out of breath
- You have a thin layer of sweat on your back
- It's hard to hold a conversation without drawing your breath in periodically

# TRAINING PROGRAM

## GYM PROGRAM

For this program, you will need access to a full gym with a range of machines and equipment. Choose a weight that you can perform 10-12 reps with, before hitting total muscle failure. In between each set perform 1 minute of active rest cardio.

### Day 1 - Chest & Triceps [CLICK HERE to view the playlist for these exercises](#)

Exercise	Sets	Reps	Notes
<a href="#">Incline Dumbbell Bench Press</a>	3	10-12	Final set to failure
<a href="#">Flat Barbell Bench Press</a>	3	10-12	Final set to failure
<a href="#">Cable Crossover Flyes</a>	3	10-12	Squeeze hard into chest
<a href="#">Overhead Cable Triceps Extension</a>	3	10-12	Fully extend into arms
<a href="#">Triceps Cable Rope Pushdown</a>	3	10-12	Final set to failure

### Day 2 - Quad focused legs [CLICK HERE to view the playlist for these exercises](#)

Exercise	Sets	Reps	Notes
<a href="#">Leg Extensions</a>	3	10-12	Final set to failure
<a href="#">Barbell Back Squat</a>	3	10-12	Squat below parallel
<a href="#">Deadlift</a>	3	10-12	First rep is the hardest!
<a href="#">Step Back Barbell Lunge</a>	3	10-12	Knee should touch floor
<a href="#">Lying Leg Curl</a>	3	10-12	Partial reps to failure

## Day 3 - Back [CLICK HERE to view the playlist for these exercises](#)

Exercise	Sets	Reps	Notes
<a href="#">Wide Grip Lat Pulldown</a>	3	10-12	Keep chest high
<a href="#">Reverse Grip Bent Over Row</a>	3	10-12	Squeeze elbows back
<a href="#">Wide Grip Cable Landmine Row</a>	3	10-12	Close grip is also fine
<a href="#">One Arm Dumbbell Row</a>	3	10-12	Squeeze elbow back
<a href="#">Close Grip Lat Pulldown</a>	3	10-12	Squeeze elbows back

## Day 4 - Shoulders & Biceps [CLICK HERE to view the playlist for these exercises](#)

Exercise	Sets	Reps	Notes
<a href="#">Dumbbell Shoulder Press</a>	3	10-12	Bench at slight angle
<a href="#">Dumbbell Fly Both Arms</a>	3	10-12	Little finger leads
<a href="#">Cable Rear Delt Fly</a>	3	10-12	Slight bend in elbows
<a href="#">Rope Cable Front Raise</a>	3	10-12	Extend fully into arms
<a href="#">EZ Bar Cable Biceps Curl</a>	3	10-12	Squeeze bicep at top
<a href="#">Dumbbell Biceps Curl</a>	3	10-12	Curl to shoulder at top

## Day 5 - Glute & Hamstrings [CLICK HERE to view the playlist for these exercises](#)

Exercise	Sets	Reps	Notes
<a href="#">Lying Leg Curl</a>	3	10-12	Last set to failure
<a href="#">Dumbbell Deadlift</a>	3	10-12	Hinge at hips
<a href="#">Barbell Glute Bridge</a>	3	10-12	Keep chin close to chest
<a href="#">Single Leg Cable kickback</a>	3	10-12	Squeeze glutes hard
<a href="#">Single Lying Leg Curl</a>	3	10-12	Final set to failure



# HOME PROGRAM

For this program, you will need long looped resistance bands of varying strengths, a pull up bar and a pole. Choose an exercise option or level of resistance band that you can perform 10-12 reps or the prescribed reps with before hitting total muscle failure. In between each set perform 1 minute of active rest cardio.

## Day 1- Chest & Triceps [CLICK HERE to view the playlist for these exercises](#)

Exercise	Sets	Reps	Notes
<a href="#">Push Ups</a>	3	10-12	Drop back a level to finish set
<a href="#">Tricep Dips</a>	3	10-12	Elevate feet to increase difficulty
<a href="#">Decline Push Up</a>	3	10-12	Knees bent is easier
<a href="#">Triceps Push Up</a>	3	10-12	These are hard! Keep going
<a href="#">Incline Push Up</a>	3	10-12	Keep legs straight if possible

## Day 2- Quad focused legs [CLICK HERE to view the playlist for these exercises](#)

Exercise	Sets	Reps	Notes
<a href="#">Banded Good Morning</a>	3	10-12	Push hips back and hinge
<a href="#">Reverse Lunge</a>	3	10-12	Lean forward to hit the glutes with Forward Lean
<a href="#">Banded Squats</a>	3	20	Hold weight if possible
<a href="#">Elevated Goblet Squat</a>	3	15	Stretch back into glutes hard
<a href="#">Single Leg Deadlift</a>	3	10-12	Hold weight if possible

## Day 3-Back & Biceps

[CLICK HERE to view the playlist for these exercises](#)

Exercise	Sets	Reps	Notes
<a href="#">Australian Pull Ups</a>	3	10-12	Knees bent is easier
<a href="#">Banded Bent Over Row</a>	3	10-12	Keep elbows close to body
<a href="#">Banded One Arm Row</a>	3	10-12	Increase resistance each set
<a href="#">Bar Bicep Curl</a>	3	10-12	Straight legs is harder
<a href="#">Band Bicep Curl</a>	3	10-12	Squeeze bicep hard at top
<a href="#">Chin Up</a>	3	10-12	Use bands if necessary

## Day 4- Shoulders

[CLICK HERE to view the playlist for these exercises](#)

Exercise	Sets	Reps	Notes
<a href="#">Band Front Raise</a>	3	10-12	Keep control on the negative rep
<a href="#">Band Side Lateral Raises</a>	3	10-12	Little finger always leading
<a href="#">Banded Rear Delt Fly</a>	3	10-12	Squeeze hard into the rear delt
<a href="#">Band Upright Row</a>	3	10-12	Keep elbows high
<a href="#">Handstand Push Up</a>	3	10-12	Drop back a level to finish set

## Day 5 - Glutes & Hamstrings

[CLICK HERE to view the playlist for these exercises](#)

Exercise	Sets	Reps	Notes
<a href="#">Banded Deadlifts</a>	3	10-12	Keep chest high at all times
<a href="#">Banded Squat</a>	3	10-20	Sit back into the squat
<a href="#">Single Leg Glute Bridge</a>	3	30 reps	Perform 30 each leg
<a href="#">Reverse Lunge with Forward Lean</a>	3	10-12	Lean forward to hit the glutes
<a href="#">Frog Pump Glute Bridge</a>	3	20	Squeeze glutes hard

# LISS Cardio Schedule

The most efficient way to burn fat is to boost the metabolism twice a day by doing cardio in the morning and again in the evening. Will you be tired? Yes — probably exhausted in the beginning. But if you keep this schedule, it’s the quickest way to achieve your goal. The suggested way to perform it is 60 minutes in the morning and 60 minutes in the evening.

Day	Cardio	Duration
1	Slow steady	60 minutes x 2 per day
2	Slow steady	60 minutes x 2 per day
3	Slow steady	60 minutes x 2 per day
4	Slow steady	60 minutes x 2 per day
5	Slow steady	60 minutes x 2 per day





# The Meal Plan

Upon Waking	
Detox Bomb	1 serve
Breakfast	
Vegan Omelette	1 serve
The Protein Works Vegan Wondershake (Blend together with ice and water)	25g
Post Workout	
Lentil Soup	1 serve
Lunch	
Teriyaki Tempeh & Broccoli	1 serve
Salad Greens	Unlimited
Dinner	
Simple Scrambled Tofu	140g
Green Cruciferous Vegetables	Unlimited
Evening Snack	
The Protein Works Vegan Wondershake (Blend together with ice and water)	50g

## NOTES:

When cooking food, do not use any extra oils other than those that are included in the recipes. Saute in a little water. Do not add any extra fat to your diet and remember there is no salt in this plan.

Aim for 3L of water per day. This will help to flush excess water out of the body. If you are starving or feel the urge to snack, keep steamed broccoli, cucumber or celery sticks in the fridge and snack on them. They can be dipped in mustard for flavour. Avoid all condiments as they are a hidden source of sugar. Remember you can eat unlimited amounts of green cruciferous vegetables. Do not drink alcohol or any other liquid calories. Herbal tea is fine as is black coffee. Do not add any plant milk to your coffee.

# RECIPES



## Detox Bomb

### Serves 1

- 1tbsp organic, unpasteurized apple cider
- Juice of half a lemon
- Pinch cayenne pepper
- 1 tsp agave nectar (or raw honey if not vegan)
- 200ml filtered room temperature water

Mix well and drink on an empty stomach, first thing in the morning and as needed during the day. A larger amount of the main mixture (minus the water) can be made in advance and stored in the fridge. It will keep well for up to five days.



# Vegan Omelette

## Serves 1

- 225g organic silken tofu
- 15ml light soya milk
- 1 tbsp nutritional yeast
- 1 tbsp cornstarch (corn flour)
- 1 tsp tahini (optional)
- 1/8 tsp onion powder
- 1/8 tsp turmeric
- 1 pinch smoked paprika (optional)
- 3 mushrooms, finely sliced
- 100g spinach, wilted
- 1/4 white onion, diced
- 1 clove garlic, diced

## Method

Place a little water into a saucepan and add the onion and garlic. Cook for 3 minutes on medium heat, then add the mushrooms. Cook for 5 minutes more and add the spinach. Put on a lid, take off the heat and set aside. The spinach will wilt in the heat.

Blend together all the other ingredients until smooth, in a small blender. Drizzle a little oil into a large non-stick skillet or frying pan, and place on high heat until very hot. Pour the batter into the center of the skillet and tip the skillet in a circular motion to coat the pan. Use a spoon to smooth it over if necessary. Spread the mushroom, onion and spinach mixture over the top and reduce the heat to medium-low. Cover and cook for around 3 minutes. When the edges look a little dry and the liquid has dried out in the middle. Lift one of the edges with a spatula to see if it is slightly brown and cooked. When it's ready, gently tip the pan to one side, and slide the edge of the omelette onto the spatula, then flip it in half. You have to do this swiftly and bravely! Cook for about another minute, then serve.





## Simple Scrambled Tofu

### Serves 1

- 140g extra firm tofu
- ½ tsp ground turmeric
- 1 shallot, finely diced (or 1 tbsp white onion)
- ½ garlic clove, crushed
- 1 tbsp water (or more if required)
- 1 tbsp nutritional yeast

### Method

Pour the water into a non-stick skillet and heat over medium heat. Add the shallots or onion and garlic and cook until translucent. Sprinkle over the turmeric. Squeeze the tofu in between your hands to get rid of excess water then crumble into the hot pan. Cook for about 5-7 minutes over very high heat to crisp up the outsides. Sprinkle over the nutritional yeast. Stir well and serve.





# Lentil Soup

## Serves 5

- 1 tablespoon of coconut oil
- 1 medium onion, diced
- 1 celery stalk, finely diced
- 1 garlic clove, crushed
- 1 litre vegetable stock
- 160g lentils
- 1 small tomato, chopped
- 1 teaspoon red wine vinegar
- 30g coriander, chopped

## Method

Warm the oil in the soup pan over medium heat and add the onion and celery. Fry for about 3-4 minutes until soft and translucent, then add the garlic and cook for 1 minute more.

Add the lentils and stir well, then pour in the stock. Reduce the heat and simmer, covered for around 20 minutes or until the lentils are almost tender. Add the tomato, cover and cook for another 15 minutes. Remove from the heat and stir in the vinegar to taste. Stir the coriander through and serve in warmed bowls.





## Teriyaki Tempeh and Broccoli

### Serves 1

- ½ tbsp olive oil
- 60g tempeh, cut into ¼ inch pieces
- ¼ tbsp nutritional yeast flakes
- 60g broccoli florets
- 1 garlic cloves, finely sliced

### Teriyaki Sauce

- ¼ tbsp olive oil
- ¾ tbsp tamari or soy sauce
- ½ tbsp maple syrup
- ½ cloves of garlic, minced
- ⅛ tsp fresh ginger, grated or minced

### Method

Whisk together all ingredients for the teriyaki sauce in a small bowl and set aside. In a large skillet over medium-low heat brown the tempeh strips in a small amount of oil, adding more oil, a little at a time, as necessary to keep the pan from drying out.

Once tempeh is golden brown in color, add teriyaki sauce and nutritional yeast and mix to coat tempeh. Add broccoli and garlic to the pan. Simmer the mixture for about 8 minutes, turning occasionally. Remove from heat once broccoli is tender-crisp and bright in color. Serve immediately with steamed green vegetables.

# “Free Food” Cruciferous Vegetables

**The following are considered free food. Eat as many as you need to feel full and satisfied at any time of the day.**

- Spinach
- Broccoli
- Green Beans
- Asparagus
- Courgette (Zucchini)
- Cauliflower
- Kale
- Pak Choi
- Salad Greens/Lettuce
- Cucumber
- Celery
- Radish
- Brussel Sprouts
- Collard Greens

## “Free” Flavorings

**You can use any of the following to flavor your food:**

- Mexican Spice Tajin ( this is AMAZING for flavoring food!)
- Tamari/ soy sauce/ liquid aminos/ liquid smoke
- Spices, fresh or dried
- Herbs
- Fresh or powdered garlic
- Fresh or powdered ginger
- Spice mix or seasoning ( such as that you would put on a fajita)
- Apple Cider Vinegar (\*Natural Umber is only available in the UK & Europe)
- Fresh lemon or lime juice

# Substitutions

If you cannot or do not want to eat the proteins on the meal plan, you can substitute with any of the following:

- Extra-firm tofu
- Tempeh
- Seitan
- Soy meat subs
- Sunflower mince/hache

## Shopping List for 5 days

Protein	
Extra Firm Tofu	700g
Silken Tofu	1125g
Tempeh	300g
Vegetables	
Mushrooms	15
White Onion	3
Shallots	5
Lentils	160g
Tomato	1
Coriander	30g
Spinach	500g
Broccoli Florets	300g
Celery	1
Salad Greens	Unlimited
Green Cruciferous Vegetables	Unlimited
Fruit	
Lemons	3
Spices, Herbs & Seasoning	
Paprika (optional)	1 packet



Cayenne Pepper	1 packet
Garlic Cloves	14
Fresh Ginger	1 packet
Black Pepper	1 packet
Onion Powder	1 packet
Tahini (optional)	1 packet
Tumeric	1 packet
Red Wine Vinegar	1 bottle
<b>Plant Milk</b>	
Light Soya Milk <small>*If you cannot find light milk, dilute regular unsweetened soy milk with half water</small>	75ml
<b>Miscellaneous</b>	
Apple Cider	1 bottle
Agave Nectar	1 bottle
Cornstarch (corn flour)	1 packet
Nutritional Yeast	1 tub
Coconut Oil	1 tub
Vegetable Stock	1 litre
Olive Oil	1 bottle
Tamari or Soy Sauce	1 bottle
Maple Syrup	1 bottle
<b>Supplements</b>	
<u>The Protein Works Wondershake</u> <small>(use the code TSV60 for 60% off at checkout or TSV65 for 65% off sitewide if you spend over £80/\$100)</small>	750g tub
Vitamin C	19,000mg
ALA	5000mg-10000mg
Caffeine	10 tablets (leave out if sensitive)
<b>Optional</b>	
L Leucine	50g
L Glutamine	50g
BCAA's	250g packet

# YOU DID IT!

You have reached the end of five days of intense work and shredding. So what do you do now?

Definitely it's time to put your feet up and enjoy that special event that you have been prepping for! Or, if this was a kick start to something bigger, maybe take a day off before diving in. Spend some time with family, eat a good meal and a celebratory glass of wine (if that is your thing) and get a lot of sleep. But what about when that loses its sparkle?

You can go back to the start and do the program all over again. Many people find they experience even better results the second time through this program as they are familiar with the exercises, nutrition and supplements. If you do decide to complete it again, just set some new goals and push yourself beyond where you first started.

If you would like to find another plan to continue your body sculpting journey, click [here](#) to view all plans.

Well done,

*Laura xx*

# ADDITIONAL RESOURCES

We have thousands of resources available to help you with your body sculpting goals. To view them, simply click on the links below:

1. [Strong & Sculpted Podcast](#)  
Your go to resource for everything to do with muscle sculpting and fat burning
2. [Private Facebook Group](#)  
Join our private community and receive free coaching from one of our experienced coaches
3. [The Sculpted Vegan YouTube](#)  
For training videos, instructional resources and much more!
4. [Training to Failure](#)  
Dive deep with me in my personal training sessions as I show you what it really takes!
5. [Training with Mark Getty](#)  
Join heavyweight pro bodybuilder Mark Getty- my personal trainer, as we discuss supplements, protein, training and more.
6. [The Sculpted Vegan Video Blogs](#)  
Come behind the scenes in my personal life and see what it takes to be a pro bodybuilder, mom of 4 and founder of a global empire
7. [Free Resources](#)  
Download training and meal plans for free
8. [Get Kim's Look](#)  
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