THE SCULPTED *vegan*

MENOPAUSE
MASTERCLASS
SERIES

MASTERCLASS 3

MASTERCLASS 3

HOW MANY CALORIES YOU SHOULD BE EATING TO SHRED FAT

For years, The Sculpted Vegan has been teaching vegans and non-vegans alike how to balance proteins, fats, and carbs for maximum fat loss and muscle building. In fact, we have been responsible for shredding more than 150,000 women worldwide in the last 4 years alone. But did you know staying shredded in menopause requires subtle changes to these macros? Whether you're vegan, plant-based, or just here to experiment, this masterclass will teach you exactly how to intuitively balance your macros whether you're counting calories or "eating for life". At the end of this masterclass, you'll be confidently navigating the macro waters and watching the pounds drop off.

Understanding how to plan and track your food is essential to creating body change, especially in the beginning. Even if you're a pro at tracking already and have seen some great fat loss success in earlier years, remember that with menopause, you need to be making a few subtle changes to your diet to ensure lasting success from here on out.

CARBOHYDRATES

Before I started meal planning and training as an athlete, I thought that the only way to get protein as a vegan was by eating beans, lentils, and nuts. Many people mistakenly believe these foods are a great source of protein and consume them heavily in an effort to boost fat loss and muscle-building success. But, I'm here to tell you that this is far from accurate! Beans and lentils actually act as a carbohydrate, and nuts are primarily a fat. Do all 3 of these foods have protein? Yes! But they're mostly carbs—and, in the case of nuts—fat. The problem with this is that, on the one hand, these foods may actually be helping you get protein into your diet if you're not consuming better sources of it. But on the other hand, it's making it utterly impossible to stay within your carb and fat macro limitations on a fat loss diet because the protein content isn't high enough. This is where many people fail. If you don't understand the macronutrients of the food you're eating, you waste a lot of time and energy at best.

At worst, if you continue down this path with incorrect information, you will never get the body you desire.

Beans, lentils and green cruciferous vegetables are carbohydrates, and I want you to treat them as such from here on out if you haven't been doing so.

PROTEIN

There are many vegans, nutritionists, and dieticians who will tell you that you don't need as much protein as people will tell you. But what you have to understand is twofold:

1. **Vegans are constantly battling the age-old question of "But where do you get your protein?", so rather than actually explain this on repeat until the end of time, they just end up claiming that we don't need as much protein as people say we do.**

2. **"You don't need as much protein as people say you do" as an argument doesn't stand up without first asking… as much protein for WHAT? What is your goal? What are you working towards? What is your current activity level? How much weight are you lifting?**

How much protein a person needs is dependent on many factors. Protein is the building block of muscle. It's absolutely essential that you eat enough protein if your goal is to build muscle. But if you're not lifting weights, you won't build muscle. You need to do both. You can't lie on your couch all day and eat lots of protein and expect to look like Arnie. You also need to move big weights! And remember what I said above about how muscle helps you to burn more fat by stoking your metabolic fire? Your muscle tissue is extremely important no matter what your body goals are (and that includes even if you want to be a thinner female who isn't ripped to the bone).

The commonly accepted amount of protein that an athlete needs to consume, vegan or not, is 1g per lb of body weight. That is backed up by science and is not anecdotal. If you are training as an athlete in any endeavor, then you need to eat adequate protein for recovery, metabolism, and muscle repair.

If you are simply looking to maximize your health and are not working towards a measurable goal or training as an athlete, then you probably don't need as much—maybe only 0.5g per lb of body weight.

FAT ACTUALLY DOES MAKE YOU FAT

The downfall of most vegans is that they eat too many calories from fat. This comes from years of believing that tofu and nuts are the best sources of protein. While they are great sources of protein, they are also very high in fat. One almond has 10 calories. If you eat 10 almonds, that's 100 calories. I've seen friends sit down to scoff a whole bag of nuts (maybe 50 or 60 nuts - 500-600 calories), thinking they are healthy. But they have confused health with fat loss. Eating a bag of mixed nuts is great for your health, yes. But it's very bad for fat loss due to the calories.

One gram of fat contains 9 calories. This makes it the most calorically-dense macronutrient on earth. It is very easy to over-consume and very quickly throws us out of our macro limits.

CALCULATING YOUR PERSONAL MACROS IN MENOPAUSE

The macro splits I recommend for menopause are actually no different from everyday life—**40% carb / 30% fat / 30% protein** (these percentages just mean the percentage of your total daily calories with each macronutrient). The biggest difference, however, is you'll be avoiding white starchy carbs!

Use this formula to determine how many calories you should be eating to achieve your goals.

BASAL METABOLIC RATE (BMR)

Your BMR is the rate at which your body burns calories just to keep you alive and does not include the energy expended during the day. To calculate your BMR, I like to use the Katch McArdle method as it takes into account body fat and your lean body mass (LBM).

It's slightly harder to work out but much more accurate.

To calculate your BMR, you need to know your body fat percentage. If you don't know this and don't have access to a DEXA body scan or calipers, use the photos below to estimate it.

BODY FAT PERCENTAGE PICTURES OF FEMALES

To get a better understanding of physique, let's see how the human body looks with different body fat percentages for women.

TO CALCULATE YOUR LBM USE THE FOLLOWING FORMULA:

LBM = (Weight [kg] x (100 - Body Fat %) / 100

EXAMPLE:

Kim weighs 66kg and is 18% body fat*

When calculating body fat, take your subcutaneous fat (that which you see in pictures) and add 2% for visceral fat (internal fat).

LBM = 66 x (100 - 18 = **82) / 100**

LBM = 54kg

Then, calculate your BMR

BMR = 370 + (21.6 x Lean Body Mass [kg])

Example:

370 + (21.6 x 54kg = **1166) = 1536**

Basal Metabolic Rate = 1536

TDEE - TOTAL DAILY ENERGY EXPENDITURE

This is the total amount of daily calories needed to maintain your current body mass. Your **TDEE is your BMR + calories expended during the day.** Your BMR will make up 60% of your total daily calorie requirement! This is why it's so important to build muscle. The more muscle you have, the more you can eat.

The BMR derived from the Katch-McArdle equation is multiplied by the appropriate activity correction factor below to determine TDEE.

Note - Most people overestimate the amount of activity they do during the day. I would err on the side of caution and underestimate, rather than overestimate! I train 5 days a week with heavy weights, and also do cardio for 60 mins per day, 6 days a week. **I estimate my expenditure to be moderately active.**

ACTIVITY FACTOR

- Sedentary (little or no exercise): 1.000

- Lightly active (light exercise/sports one to three days per week): 1.200

- Moderately active (moderate exercise/ sports six to seven days per week): 1.375

- Very active (hard exercise/sports six to seven days per week): 1.550

- Extra active (very hard exercise/sports and a physical job): 1.725

TDEE = BMR x Activity factor

EXAMPLE:
Kim BMR 1535 x 1.375 = 2910 calories/day
To maintain my current size and shape, I need to eat 2910 calories per day.

To lose weight, I need to eat less than this, and to bulk muscle, I need to eat more than this.

10-15%* is usual
20-30% would be aggressive.
*To work out the percentage simply multiply your TDEE by 0.10 or 0.15 on a calculator.

TO LOSE BODY FAT
10% deficit 2910 - 291 = 2619 calories
15% deficit 2910 - 436 = 2474 calories
20% deficit 2910 - 582 = 2328 calories

TO GAIN MUSCLE
10% surplus 2910 + 291 = 3201 calories

To gain muscle, you don't need to eat a huge surplus of calories. Just enough to ensure there are calories left over after all the muscle repair has been completed.

EATING OUT 101

Shredding is easy when everything is carefully controlled and planned in advance. But life is not lived inside a perfectly-prepped food container and sometimes, you want to down the tongs and have someone else cook your food. This masterclass will teach you how to successfully eat out and still achieve your fat loss goals while staying on plan. You could eat out every day of your life after taking this class! Be warned: If you miss this one, all the joy may be sucked out of your life. Learn how to eat, drink and be merry.

One of the biggest questions I get asked by shred members is how to eat out when shredding.

The secret to this is to order from the side dish menu!

When dieting, I used to prepare some scrambled tofu and bring it with me prepped in a container. Then I would order the soup for a starter or a salad, and vegetables and salad for dessert.

But if you are following the menopause principles, eating out is also easy. You're probably not going to find a lean protein option on the menu unless there is tofu or seitan. So you're either going to have to forfeit the protein at this meal and have a protein shake when you go home or you can bring your prepped protein with you.

If dieting, I would bring protein with you. If eating for life, I would forfeit at this meal.

In a restaurant, look for the dishes that are lentil, bean, or vegetable-based. Avoid pasta, risottos, or any other white starchy carb. Order two starters if necessary, or order only from the side dish menu.

I have been known to collect a whole host of side dishes.

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