

THE

MENOPAUSE SHRED

12 WEEKS TO RAPID FAT LOSS IN MENOPAUSE

THE SCULPTED *vegan*



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INTRODUCTION

Hey there! I'm Kim Constable, the founder of *The Sculpted Vegan*, retired professional bodybuilder, wife of Ryan Constable, and mum to Corey, Kai, Maya, and Jack.

Six years ago, I was just a yoga teacher and homeschooling mother of four who had never even lifted a weight. Fast forward to the current day, and *The Sculpted Vegan* is now the world's largest vegan bodybuilding company with an eight-figure turnover. In the past three years, we have sold more than 100,000 vegan bodybuilding programs to customers worldwide.

My journey has not been easy. I have busted my ass, homeschooling my four kids and competing on stage as a vegan physique athlete while at the same time creating and running a multi-million dollar empire with

a team of more than 32 full-time employees around the globe. My programs have helped hundreds of thousands of women at all stages of life shred fat while building muscle.

Many women write to me weekly, asking how they can deal with the struggles of menopause, but I couldn't give them a definitive answer because I hadn't yet begun to suffer any effects of either perimenopause or menopause. But, at forty-three, I can officially declare that I am perimenopausal and fully invested in all things menopause.

When I began my research for this program, I quickly realized that everything I've been already teaching about nutrition and training in *The Sculpted Vegan* goes hand in hand with managing weight gain in menopause. This explained why

thousands of menopausal women had found great success in my previous shred programs. Now that I am heading towards menopause myself, I wanted to create a program that would take my shredding advice one step further and be menopause-specific. As far as trends go, I believe that menopause is the new veganism, and the world is finally sitting up and taking notice!

I understand that menopause can feel completely overwhelming. Members constantly tell me that they hate their menopausal bodies. Physically, they are experiencing inexplicable weight gain and layers of uncomfortable stomach fat, while mentally, they are struggling with the impact of menopausal symptoms like hot flashes, low libido, and brain fog. Over the next twelve weeks, I will teach you how to easily master your metabolism and achieve rapid fat loss, as well as find relief in many of the menopausal symptoms you may be experiencing. And if you're in perimenopause and not yet experiencing symptoms, following this way of eating and training will help to keep you free from them. This program is the first step in getting your body back.

In 2016, I first started on my bodybuilding journey and went down the rabbit hole of body transformation. I have always been an information junkie. I love

teaching, absorbing information, and knowing how things work. When I was twenty years old, I went away with a boyfriend to stay at my aunt's house at the beach. It sounds very glamorous, but it really wasn't; it was just a house, a beach, and nothing else around it. There was no TV in the house, and it was most definitely in the days before iPhones. When we arrived there, I realized I had forgotten to bring a book. I was starved of reading material, so I searched around the house, looking for things to read. On a dusty bookshelf, I found a book by a German doctor called Andrew Weil named 'Eight Weeks to Optimum Health.' It's an ancient book, and I thought, "This is so boring; I cannot believe this is the only book that I have to read". But, as I started reading, I became really interested in the words on that paper! He broke down carbohydrates, proteins, and fats and talked about chemicals in our water, digital detoxes, and how food and nutrients affect the body. He also gave different mindfulness exercises and explained the power of the sympathetic nervous system. The information clicked with me—it just made sense. Twenty-two years ago, that spawned my journey into understanding the human body and being absolutely fascinated with making it work better. Before then, it had never occurred to me that what I ate would affect my health or my longevity.

But from this book, I learned to never buy anything without first reading the ingredients label. If there are ingredients, chemicals, or E-numbers in what you are considering buying that you don't recognize the name of, **don't buy it!** Previously, I had just seen food as food, and as far as I was concerned, if it was in the supermarket and the government was letting someone produce and sell it, well, then it must be okay to eat, right? I am Irish, and I was brought up in the countryside. Meals were always cooked from scratch, with our main food staples being meat, potatoes, and vegetables. It honestly had never occurred to me to read the food labels in the supermarket as so much of my food had always been homegrown or cooked from scratch. So this book was transformative in my understanding of nutrition.

Years later, I always maintained a very healthy body in my twenties and thirties, but I was skinny fat. I didn't train in the gym when I was younger, apart from a short stint training with a powerlifter in my early 20s. I practiced a lot of yoga and never ate a tremendous amount of food, keeping my calorie intake to 1200 - 1400 per day. So, although I understood how to eat for health, I didn't understand how to use food to maintain or change my body composition or shape. When I began competing as a physique athlete and learned how to eat to transform or

control my body composition, things really changed for me.

(Me as a yoga teacher, eating 1200 calories a day.)



In 2013, I started studying food and its effect on the body. I learned all about carbohydrates like slow carbs and starchy carbs and how they affect blood sugar. This time in my life is when I learned so much about how the body burns and stores fat! I had been mindful of my carb intake long before I became perimenopausal or before I became a bodybuilder. I think that having this solid foundation has helped me to be successful in body-building; it has also allowed me to draw on all

of the past fat-burning principles that I have practiced and provide phenomenal results in *The Sculpted Vegan* programs.

Menopause and bodybuilding have much more in common than you may think. We have the same goal that we don't want to put on a lot of body fat while maintaining muscle mass. Whenever I began to study menopause, I realized that the fat loss approach we needed to take for menopause was basically the shredding principles I teach for bodybuilding. Women who join our programs have a massive reduction of menopausal symptoms once they follow our shred plans. **Simply, what we teach in *The Sculpted Vegan* is precisely how you should eat to reduce your menopausal symptoms and reduce weight gain in menopause.**

At forty-three, I can see that my hormones and body are beginning to change. (In my family, the women seem to go through quite an early menopause.) I have deep-dived into menopause because I want to be prepared and know what will happen once my time comes. And, of course, to help the hundreds of thousands of women in my network who are menopausal. **But, you don't need to be menopausal to use this program.** The principles of fat loss in this plan will work for anyone at any age. This

information will help you in your muscle-building journey, bodybuilding journey, or just to lead a healthier life.

I love that we have such a strong community in *The Sculpted Vegan* and that everybody is always waiting for the next program or product we are launching. I am always listening to our members in the [private groups](#) and am committed to providing them with what they want. This year will be another massive period of growth for the company. We have so much in the pipeline to share with our members.

[*The Sculpted Vegan app has launched*](#), securing its place as the world's first vegan bodybuilding app. I am on the path to vegan fitness world domination, and I am so glad you are on this crazy ride with me. Thank you for trusting me to help you sculpt your best body ever. I could not do what I do without you!

Lifting a glass to your best self!

Kim xo



FOR BEST RESULTS

Please read this PDF in its entirety **at least three times**. *Yes, three.* I have included a massive amount of information in this program to learn the process instead of just going through the motions. You will have loads of questions, but they will be answered on these pages. If they are not answered within these pages, the coaches in the [Private Facebook Group](#) will help you.

I strongly recommend not printing this program right away. Based on members' feedback, we often make updates within the first couple of weeks.

IF YOU HAVE PURCHASED THIS WITHIN TWO WEEKS OF APRIL 18TH, 2022, PLEASE HOLD OFF PRINTING FOR AT LEAST 14 DAYS.



WHY DID I CREATE THIS PROGRAM?

The only thing predictable about menopause is that it's unpredictable. Every woman must go through it, and unfortunately, some women will suffer more than others. The Menopause Shred is in response to thousands of women crying out for menopause help within our private groups. They despair that they have tried everything, and nothing is working. The weight is piling on, and they can't seem to shift the stubborn body fat stuck to their belly, hips, and thighs.

This program is designed to help you shred body fat fast. It's not only going to help you shed that dreaded 'meno belly' pocket of fat but also unwanted excess weight everywhere. This is not a short-term intense shred, where you see fast results and then pile all

the weight back on once the program ends. This is a long-term lifestyle program for the busy, menopausal woman. I want to educate you on why you have gained excess body fat from menopause in the first place and teach you how to shift it for good.

Twelve weeks from now, your jaw will hit the floor over what you see (& feel!) when you look in the mirror.

- ➔ Reduced belly fat
- ➔ Slimmer thighs
- ➔ Total body weight loss

You can expect to lose 5% body fat in the first fourteen days of following the nutrition and workouts within this program. But, I don't want you to mindlessly just do what you're told

in this plan. **I want you to understand the program principles so you can implement them for the rest of your life.** I know that changes in sleep, weight gain, libido, and body temperature can all affect your wiser years in many bothersome ways. But all is not lost. You can keep your body slim, your mind calm, and your libido healthy by managing the body's response to your changing hormones. Menopause matters at *The Sculpted Vegan*. We are over the silence that has been deafening menopausal women for all these years. It's time to get real about one of the most natural occurrences all women will ever experience.

I genuinely wish to make your menopause journey easier. Reading so many members' menopause struggles has been heartbreaking—how lost they feel, how much their bodies do not feel like their own anymore, and how their hot flashes and brain fog are plaguing their daily life. Considering that women will spend roughly a third of their life in menopause, that time should not be spent depressed, miserable, and hating your body. Life for millions of menopausal women worldwide shouldn't have to be this hard, and rather than it being the worst time of your life, it should be the prime of your life.

Many menopausal women suffer from a common problem: their bodies have

changed for seemingly no reason, and they don't know why or what to do about it. I want to explain why you suddenly store more fat around your thighs, buttocks, and belly. There is a science behind menopausal fat gain and symptoms, and by us understanding the changes happening to our bodies, we can absolutely overcome them and focus on what matters - enjoying our lives.





THE MENOPAUSE SHRED IS YOUR GUIDE TO **RAPID FAT LOSS IN MENOPAUSE.**

It is designed to shred away your menopause belly while simultaneously melting away excess body fat to reveal the most beautifully sculpted physique possible. Unlike the other *Sculpted Vegan* programs, **you won't need to count macros or follow a meal plan.** Women going through menopause need a different approach for this stage of life, and the nutrition and regimen reflect that. You will follow five incredibly easy nutritional principles that any woman can use and implement while still enjoying a glass of red wine at night and eating your favorite food weekly.

You will build your own delicious meal plan from a library of different calorie-counted vegan breakfast, lunch, dinner, and snack options created by my personal chef, Lee Mullan, or use the principles to build your own.

The at-home workouts are low-impact, efficient workouts (with dumbbells) that were designed for busy women. There are three follow-along, one-hour sessions that can be completed a minimum of three days a week or doubled up to six days a week for even better results! Each workout will challenge the entire body, with the strongest emphasis on fat burning and building lean muscle. You will see the benefits throughout your whole physique without adding more stress to your already busy schedule.

I recommend walking as cardio as it pushes the body into a calorie deficit, stimulates fat loss, and helps the muscles to recover faster. I suggest that you aim for **60 minutes of cardio every day or 15K - 20K steps a day.** Whatever way you want to perform your cardio is up to you—the more you can move, the better!

MENOPAUSE MATTERS



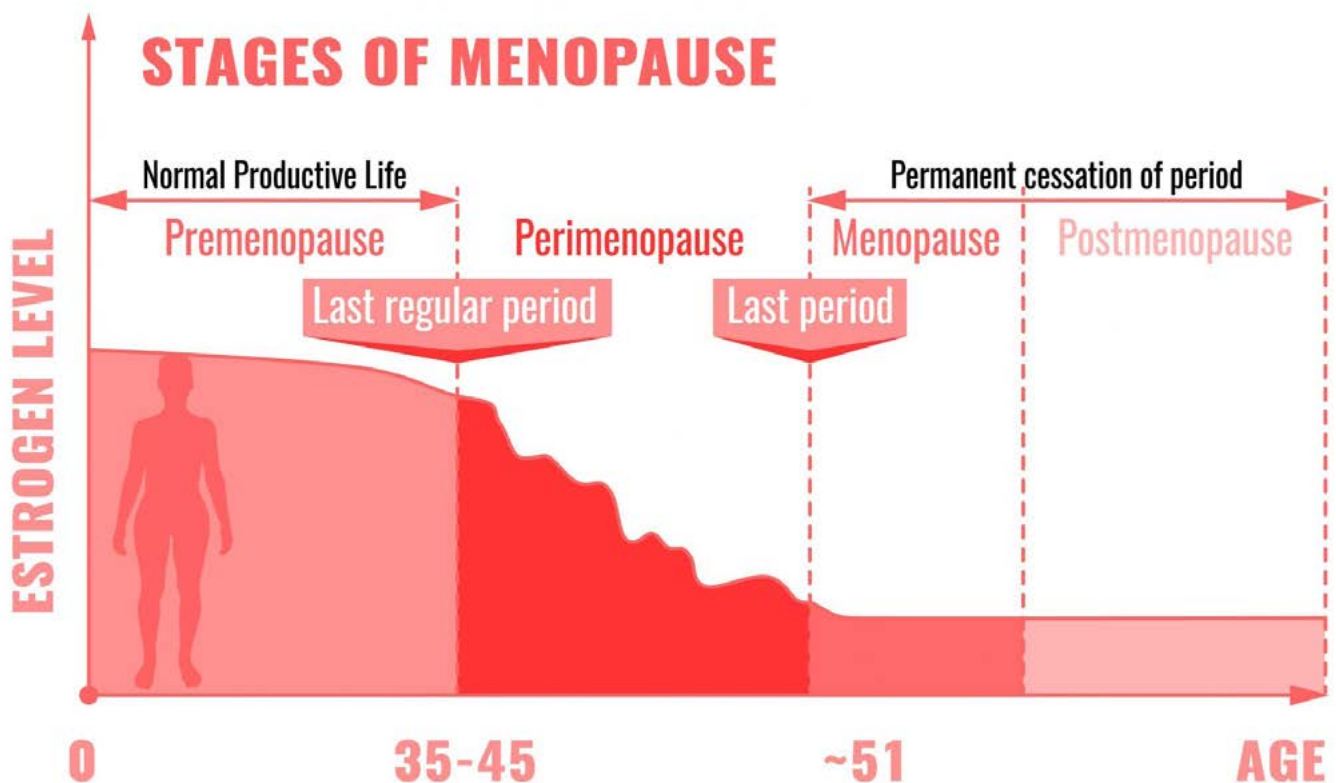
For so many years, veganism was swept under the rug and wasn't mainstream. Now, most people I talk to see the benefits and try to eat less meat, if not totally vegan. Menopause is the same. It hasn't been talked about for years. Over 60 million women in the United States and 13 million women in the United Kingdom are currently menopausal. It is crazy to think the conversation is only just starting, despite it affecting 50% of the world's population. Thankfully, there is so much help out there now, but it can feel overwhelming to know the right path for you.

What is menopause?

The definition of the word menopause means your last menstrual period. It is biologically where your body stops having periods, and you can no longer get pregnant naturally. To be menopausal is when you have not had a period for a year.

We can use four definitions to describe the stages of menopause:

- **Premenopause** - The time in your life before any symptoms occur.
- **Perimenopause** - The transition period leading up to your menopause, when hormone production decreases, and you may start to experience symptoms.
- **Menopause** - When you haven't had a period for twelve consecutive months. After this date, you are classed as being menopausal.
- **Postmenopause** - The time in your life after menopause. Some women prefer to say they are menopausal after not having a period for twelve months or more, and some women like to put a definition of postmenopause on it.





PERIMENOPAUSE

The menopause transition or perimenopause means 'around menopause.' This refers to the transition years before menopause when hormone production decreases, and you may start to experience symptoms connected to this. Many women do not know about the term 'perimenopause'. They assume that there is just a moment when their ovaries stop working, and that's that. But, during natural menopause, our ovaries gradually slow down over time rather than suddenly stopping to work. The age you experience perimenopause can vary—it typically starts around 35 years of age, with symptoms occurring around forty-five years of age. But in some cases, it can start in the early forties and even thirties. Many of the symptoms associated with menopause occur during the perimenopause transition. Symptoms such as hot flashes, low mood, fatigue, and brain fog are what we could classify as perimenopausal symptoms.

During perimenopause, the body's levels of estrogen and progesterone start to fluctuate significantly. It is often the imbalance and unpredictability of these hormones that can lead to symptoms of menopause. Medically speaking, perimenopause is divided into two phases: early and late.

Early Perimenopause - During the early phase, a woman is likely to see some of her cycles lengthen by seven or more days, and she might skip an occasional period. This stage can be confusing, as some women find that stress causes them to miss a period.

Early Stage - Symptoms of Perimenopause

- Shortened menstrual cycle
- Fatigue
- Vaginal Dryness
- Anxiety and feelings of overwhelm
- Weight gain
- Loss of libido

Late Perimenopause - The late phase is characterized by more skipped periods where there could be sixty days between periods. When this happens, and a woman starts skipping two menstrual periods in a row, there is a 95 percent chance that her final menstrual period will be within the next four years.

Late Stage - Symptoms of Perimenopause

- Mood changes
- Extreme fatigue
- Lack of concentration
- Sore muscles
- Stiff joints
- Night sweats
- Hot flashes/flushes
- Vaginal dryness
- Lack of interest in sex
- Pelvic floor issues
- Weight gain



There are thirty-four symptoms of menopause, and each symptom is a sign of an imbalance in our female sex hormones, estrogen, progesterone, and testosterone. Unfortunately, there is no way to predict the amount or duration of symptoms you might encounter. It might be a couple of months for some, or it can be years for others. Tracking your symptoms can be a beneficial resource to refer to if you want to reach out to your doctor or healthcare professional for support.



HORMONES 101

Menopause occurs when there are no more follicles in the ovaries capable of ovulating and producing a mature egg. We need our ovaries to stop working. Otherwise, we would be having babies in our 70s, 80s, and 90s when our lifestyles and bodies would not be equipped to deal with the rigors of raising infants.

The ovaries have two main functions -

1. **Ovulation** - They release an egg each month for possible fertilization during the menstrual cycle.
2. **Hormone Production** - The ovaries produce hormones, chemical messengers that travel through our bloodstream to tissues and organs. Hormones affect many processes in the body, such as growth, development, sexual function, reproduction, and mood.



As a female, you have three main sex hormones present in your body: estrogen, progesterone, and testosterone.

Estrogen - An umbrella term for three female sex hormones - Estradiol, Estrone, and Estriol.

Estrogen functions include -

- ➔ Protecting the arteries of the heart
- ➔ Stimulating bone growth and maintaining bone strength
- ➔ Lubricating the joints
- ➔ Maintaining menstrual cycle
- ➔ Lubricating the vagina
- ➔ Regulating body temperature
- ➔ Supporting memory and brain cognition

Progesterone - Is a sex hormone produced in the ovaries.

Progesterone functions include -

- Maintaining the menstrual cycle
- Preparing the uterus for and supporting the body through pregnancy
- Regulating mood

Testosterone - Is **not** just a male hormone. Women also produce it in the ovaries and adrenal glands.

Testosterone functions include -

- Regulating mood
- Helping with concentration and memory
- Regulating sex drive



THE MENOPAUSE BELLY

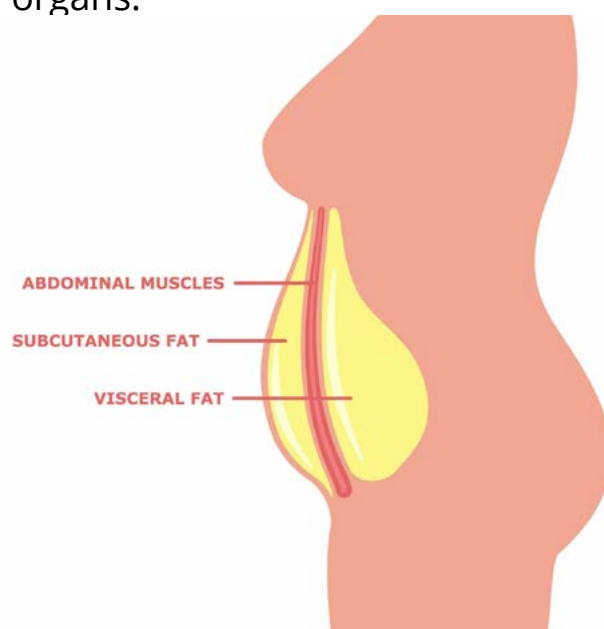
The biggest struggle I see with women in menopause is excess body fat storage, particularly around their stomach and thighs. No matter how hard they train or how low they drop their calories, they feel like their middle-age spread keeps expanding. In menopause, body fat loss is not as simple as it was in our twenties and thirties, but it is still possible to have six-pack abs in your forties and beyond once you understand how to hack the hormonal changes.

When we are in our younger years with regular periods, our ovaries are the primary source of estrogen. In perimenopause, as estrogen levels fall, our body recognizes this and starts to call upon another great source of estrogen production, **fat cells** (particularly stomach fat). Your body doesn't care that you want to rock a sexy bikini with washboard abs. It's just trying to keep you alive.

The two main types of body fat are –

- **Subcutaneous Fat**- In most people, about 90% of body fat is subcutaneous, the kind that lies in a layer just beneath the skin. If you poke your belly, the fat that feels soft is subcutaneous. It usually is harmless and may even protect against some diseases.
- **Visceral Fat**- The remaining 10% — called visceral or intra-abdominal fat — lies out of reach, beneath the muscular abdominal wall. Visceral fat wraps around your abdominal organs deep inside your body. You can't always feel it or see it—you may have a pretty flat tummy and still have visceral fat. Increased levels of this type of fat put you at more risk for serious medical issues as it wraps around your organs.

In menopause, women tend to gain more fat around their stomach, and with that comes the worry of higher visceral fat levels and an increased risk of heart disease. It's scary to know that one woman dies every minute from cardiovascular disease. We need to keep an eye on our waist circumference and make an effort to check our visceral fat levels.





THE REASONS YOU'RE GAINING WEIGHT IN MENOPAUSE

Estrogen Dominance

During puberty, estrogen levels rise, causing girls to gain additional fat in their pelvis, buttocks, thighs, and breasts. Body fat continues to be stored in these areas during the reproductive years, as biologically, this provides an energy source for pregnancy and lactation. From an evolutionary standpoint, our bodies are primed to give birth from our teenage years—we are fit and healthy, with our hormone production, milk production, and estrogen levels at their highest.

Pre-menopause, when a woman is experiencing regular menstrual cycles, ovulation causes the sex hormones progesterone and estrogen to perform a monthly, fluctuating dance with each other. Progesterone levels are very low at the start of the menstrual cycle, but after ovulation, they skyrocket to fulfill the role of preparing the uterus for a potential pregnancy. Throughout the menstrual cycle, estrogen remains fairly steady to help maintain a healthy hormonal balance, but during ovulation, estrogen levels rise and dip according to progesterone levels. If ovulation does not happen, progesterone will not skyrocket, which means estrogen levels are higher than progesterone. **Estrogen dominance** occurs when a woman has more estrogen in her blood relative to progesterone. So a progesterone deficiency (or low levels of progesterone) automatically means estrogen dominance, even if estrogen levels aren't abnormally high.

In early perimenopause, one of the first symptoms of weight gain occurs because of estrogen dominance. The ovaries are the primary source of estrogen, but both fat cells and the adrenal glands can produce it too. Women are already predisposed to store fat in their belly, thighs, hips, and butt, which the body can use as an excellent secondary source of estrogen production. In perimenopause, when a woman's body is estrogen dominant due to the lack of ovulation and progesterone in the blood, it creates the perfect storm for weight gain. This occurs when her body reacts by calling upon fat cells to produce more estrogen, causing more weight gain. As the number of fat cells increases, they make even more estrogen, creating a vicious cycle of body fat gain and increased estrogen levels. In their thirties, most women enter very early perimenopause, but they don't realize because nothing outwardly seems to change. When they reach their forties, they start to notice as they experience the estrogen dominance weight gain of early perimenopause.

Late perimenopause is signified by missed periods that become more frequent until you reach the twelve-month anniversary of your final menstrual cycle—officially deemed *menopause*. You are not ovulating anymore at this stage, and your ovaries have stopped producing estrogen, progesterone, and testosterone. While

all three sex hormones play essential roles in a woman's body, estrogen has the most significant influence. During the transition from late perimenopause into menopause, the ovaries produce less estrogen until they eventually stop production entirely. But the body isn't ready to give up on this very important female hormone just yet, so it turns to its secondary source, **fat!**



The menopausal body is just doing what it thinks is best for us, and it packs on more fat to keep producing estrogen and maintain its balance in the blood. At all times, our body's primary goal is to keep us alive, healthy, and safe—it doesn't care what we look like in a bikini. In perimenopause, a woman's body moves from higher estrogen levels to lower estrogen levels in menopause. This drop in estrogen levels causes a metabolic shift in how the menopausal woman's fat is distributed. The body recognizes this estrogen drop, stops the storage of fat cells on thighs and buttocks, and moves it to the stomach. The dreaded middle-age spread occurs as the body starts to pack on more fat cells to get more estrogen from the stomach fat stores. In menopause, the body chooses to create more fat cells to hold on to estrogen.



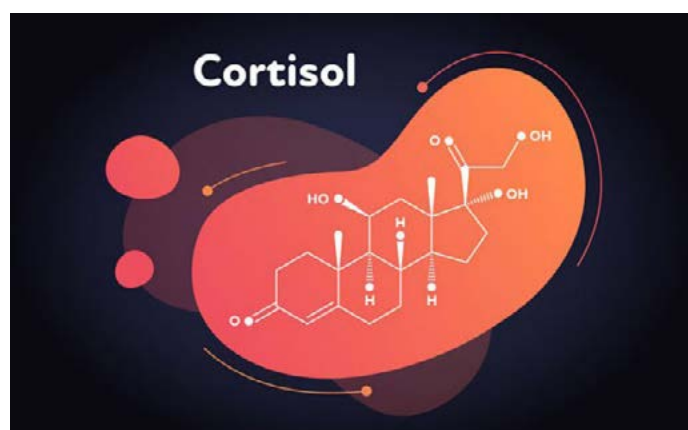
Post-menopause, the ovaries' job is done. There is no more ovulation, no more periods, and the sex hormones estrogen, progesterone, and testosterone are now naturally lower for the rest of a woman's life. Menopause is a natural, normal, and needed hormonal change in a woman's life. In younger years, the body has been used to higher and steadier levels of sex hormones, but the reality is that as our bodies age, we need our ovaries to stop producing these hormones and ovulating because physically, we couldn't keep giving birth to babies in our sixties, seventies, eighties and beyond. Moving out of the reproductive years, we do not have the ovulation process or the subsequent progesterone increase anymore. Therefore, we do not need those higher estrogen levels in the body either. If you are experiencing more fat gain around your belly, thighs, and buttocks, your body is trying to produce more estrogen than it actually needs.



Menopause Metabolism

To manage menopausal weight gain, you need to understand both the hormonal changes happening in your body and how these changes affect the metabolism of food and calories. In your younger years, I want you to imagine your body as if it were a sports car, and you would have needed a lot of fuel to race it around at high speeds. As you get older and your body becomes the equivalent of a slower vintage car, you don't need as much fuel to drive it as you did in your heyday. Our sex hormones decrease as we age, causing this drop in metabolism which means less demand for calories. If you continue to eat the same amount of calories that you have always eaten, the body will store them as fat because it doesn't have as much need for them in the metabolism. And as we have learned, the menopausal body loves to keep increasing fat stores to create more estrogen.

Cortisol



Cortisol is your body's primary stress hormone and nature's built-in alarm system. It is produced by your adrenal glands and reacts to signals from your brain to control mood, motivation, and stress. Within our menopause community, members share that they feel stressed 24/7. They have hot flashes, poor sleep, brain fog, no sex drive—and all of that can cause you to feel emotionally and physically stressed. If you are experiencing any form of emotional or physical stress, your body will react by producing cortisol.

This is not good for our waistlines, as studies have shown that higher long-term cortisol levels are strongly related to increased belly fat. Insulin resistance (explained more below) can occur with increased visceral fat found around your liver, intestines, and other internal organs underneath the abdominal wall. This will cause the body to store more fat cells, continuing the weight gain storm of more cortisol production, continued insulin resistance, and more belly fat gain.

I know that it's very easy to say, but one of the most important things you can do during menopause is manage your stress levels. If you're a highly strung person, you need to develop a good meditation habit or a good breath habit. Within this program, I have included a breathwork and muscle relaxation meditation to help you use your breath to trigger the parasympathetic nervous system responsible for rest and digestion. I would highly recommend practicing this [breathing exercise](#) every day to halt the body's stress-related release of cortisol and subsequent expanding menopausal waistlines.



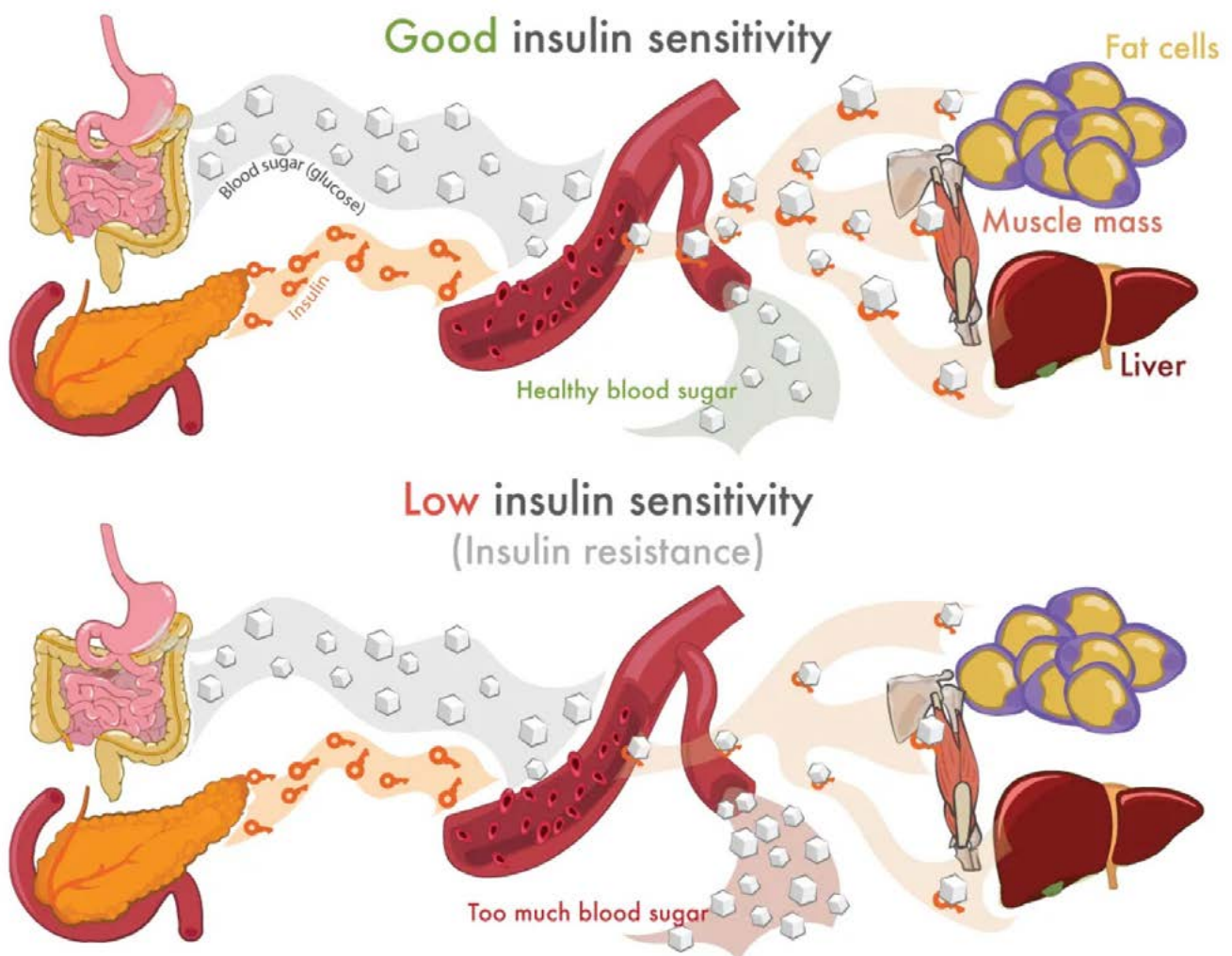
Insulin Resistance

When we eat, the body breaks down food into calories, which are absorbed through the small intestine and into the bloodstream. This process causes our blood sugar to rise, and the pancreas reacts by secreting insulin to lower it. Insulin is a storage hormone that goes around the blood and picks up calories and sugar, storing them wherever they can go. The body is constantly renewing and rebuilding, and that's what the body wants to do with sugar when it first

enters the blood. Insulin doesn't want to store the sugar in your fat cells as they don't regenerate. It wants to feed your muscles.

Insulin resistance is when the muscles, heart, and liver cells don't respond well to insulin and resist your body's attempt to give them energy. In response, the pancreas secretes more and more insulin, causing increased glucose to be diverted to fat cells. Menopausal fat gain is no joke. The reality is that your body is trying to divert more food energy into fat stores on a cellular level. Of course, a small number of fat cells are necessary because they are a fantastic energy source. But not in excess! Fat stores are like that drawer or closet in your house that is a dumping ground. Insulin takes the energy it cannot put into the cells and dumps it into fat stores. As our ovaries stop working, the body wants to store more fat to produce more estrogen.

Menopause causes our body to become insulin resistant because it wants even more fat cells to make even more estrogen!



HOW TO STOP MENOPAUSE FAT GAIN

In an ideal world, we wouldn't overeat. If we went back to our primitive times where food was sparse and we were physically active, we would have no extra body fat. The problem is that we live in a modern world where we have access to all kinds of food that we shouldn't be eating.

In menopause, it's not just as simple as eating less and exercising more. Although this does work, more than anything, you need to short-circuit the hormonal weight gain. If you want to lose your menopause belly or stop your body from putting on body fat, you need to change how you eat. **To stop your body from storing more calories as fat, you must stop eating white, high glycemic starchy carbs.** While you will not be cutting out carbs completely, you will be eating **slow carbohydrates.**

Slow carbohydrates

'Slow carb' is a term that I have borrowed from Tim Ferriss and 'The Four Hour Body.' They are very fibrous carbs, such as green cruciferous vegetables. Crucifers are vegetables grown above the ground, e.g., spinach, green beans, asparagus, broccoli, and cauliflower, and are a fantastic source of slow-release energy. Beans and legumes are also delicious slow carbs, but we will avoid chickpeas as they act more like a white starchy carb in this program.

A white starchy carb is just a carbohydrate where the fiber has been removed, causing it to be absorbed much more quickly into the bloodstream— **I want you to avoid anything white, was white, or could be white.** Avoid all brown pasta, brown rice, and brown bread too. The faster a carb has been broken down, the faster it is absorbed into the bloodstream, and the more rapidly the glucose in the blood rises. The more rapidly it rises, the quicker insulin is released into the bloodstream to reduce the glucose levels in the blood. Due to menopause, the body is now insulin resistant, and the faster carbs are being redirected to fat stores. If you



change all of your carb intakes to slow carbs, your body will get a constant slow drip of energy, and we are less likely to get those insulin spikes and fat storage.

When we eat slow carbs, we eat a lot of both soluble and insoluble fiber. With fiber, not a lot of the food makes it into the bloodstream. It's not important what makes it into your stomach; it's what makes it into your bloodstream that counts. I could eat two heads of broccoli, but because the majority of it is fiber, I'm only getting the nutrients from the broccoli and the benefit of feeling full. If food is not absorbed into the bloodstream as energy, it is sent through to the large colon to be fermented and passed out as poop. Soluble fiber draws water into the bile and makes it like a gel-like substance. It is important for passing



smooth stools when you go to the toilet. Roughage is caused by insoluble fiber and comes from the likes of beans. My daily diet is protein and green cruciferous vegetables, and I poop five times a day!

Managing your carb intake is the first and best way to stop belly fat and all of that seemingly-unmanageable weight gain that comes with menopause. With slow carbs, your body gets a slow, sustainable drip of energy, and it can use this energy immediately. Consumption of slow carbs will still cause a slight rise of glucose in the blood and some insulin secretion. But, because it's only a small amount of glucose, you will use most of it immediately, leaving very little for fat stores. And because not a lot of it will be stored, the insulin resistance won't cause it to be diverted to fat. That is why you can eat lots of slow carbs and not put on any body fat.

MENOPAUSE STRUGGLES



How to reduce hot flashes by 50%

Hot flashes are one of the most common symptoms of menopause, affecting three out of four women. Members of our community have described them as a feeling of intense heat that suddenly starts at the top of their head and rapidly spreads through their face, neck, chest, and body, drenching them in sweat. They often find themselves embarrassed or scared, as they feel dizzy, light-headed, and experience heart palpitations. Hot flashes can last anywhere from a matter of seconds or up to an hour, with women experiencing them a couple of times a month or multiple times a day. I have friends who have had to leave restaurants because they were so embarrassed that their outfits were soaked in sweat. I have heard of women quitting their high-flying careers because they couldn't cope with the constant worry of an impending hot flash attack.

Hot flashes are triggered by small elevations in core body temperature acting within a significantly reduced thermoneutral zone, i.e., the region between the upper (sweating) and lower (shivering) thresholds. This is due in part, but not entirely, to estrogen depletion at menopause. Elevated central sympathetic activation is one factor responsible for narrowing of the thermoneutral zone. Menopause is stressful for many women, and higher stress levels mean a more activated sympathetic nervous system. To help manage our hot flashes, we want

to encourage the body to switch from the sympathetic to the parasympathetic nervous system.

→ Sympathetic nervous system (fight or flight)

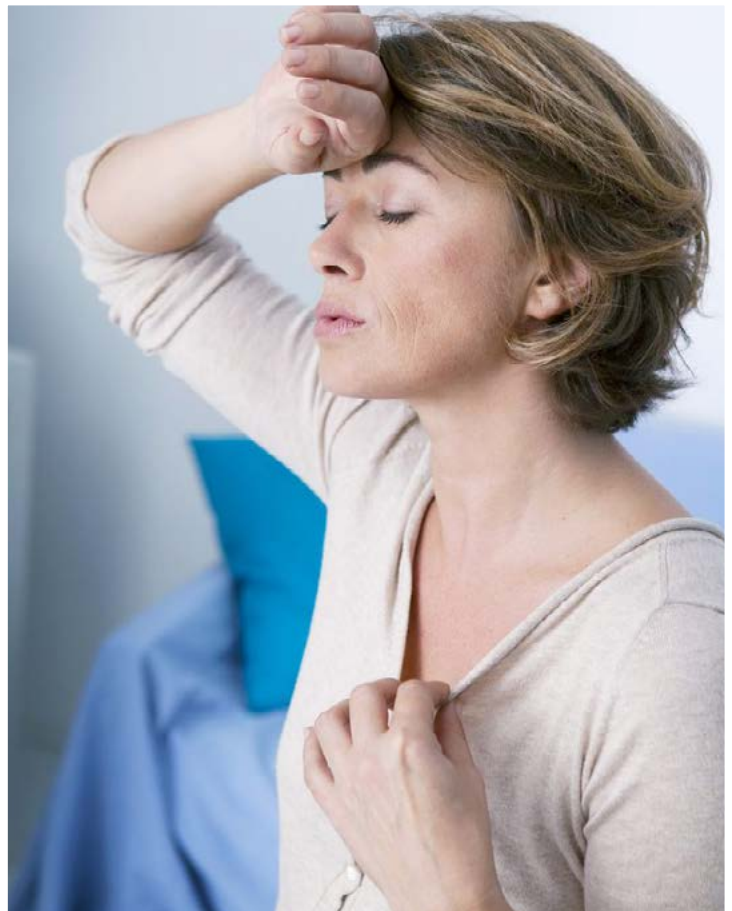
The sympathetic nervous system is the division of the nervous system that functions to produce localized adjustments (such as sweating as a response to an increase in temperature) and reflex adjustments of the cardiovascular system. It acts like a gas pedal in a car, triggering **the fight-or-flight response**, providing the body with a burst of energy so that it can respond to perceived dangers.

→ Parasympathetic nervous system (rest and digest)

The parasympathetic nervous system is the division of the nervous system that primarily modulates visceral organs such as glands. The parasympathetic nervous system decreases respiration and heart rate and increases digestion. It acts like a brake in a car, stopping and undoing the work of the sympathetic division after a stressful situation.

Because elevated sympathetic activation is involved in hot flashes, relaxation-based procedures have been used to treat them. In one investigation, postmenopausal women with frequent hot flashes were randomly assigned to receive six weekly progressive muscle relaxation sessions and slow, deep breathing.

The relaxation procedure significantly **reduced both objective symptoms and diary-recorded hot flash frequency by 50%** compared with the control procedure.



Deep breathing and muscle relaxation meditation

Daily, I suggest completing the deep breathing and muscle relaxation meditation included in this program. Meditation expert Rose Henry has created this 20-minute meditation to specifically teach you how to switch off your stressful sympathetic nervous system and switch on your calming parasympathetic nervous system. Having helped many women going through menopause, Rose can offer some insight into using a natural approach to using your own breath and directing healing into the body to help with night sweats, to release anxiety (which can play a major part in hormones and moods, and to direct your body to a state of well-being.



When you practice meditation and breathe deeply, inhaling and exhaling, and filling your lungs with air, you trigger your body's parasympathetic nervous system. This will teach you how to self-soothe, calm yourself down, and decreases cortisol release. This meditation can be listened to at any time, anywhere. For best results, practice the meditation every day to achieve a state of balance in mind, body, and soul.

Five ways to get a better night's sleep in menopause

In menopause, many women express that they either can't switch off at night or are continually waking up drenched in sweat. Each day, they have to struggle through their busy and stressful lives, weighed down by tiredness and dreading the insomnia that awaits them at bedtime.

Fluctuating hormone levels cause night sweats, urinary problems, and racing thoughts, to name a few. While we can't instantly change our hormones, we can implement simple tips to improve our bedtime routine and increase our precious hours of deep and uninterrupted sleep:

1. Go to bed and wake up at the same time

Decide what time you wish to wake up in the morning, and then work backwards in **90-minute blocks** to calculate what time you need to go to bed. If we're going to get serious about sleep, we want to aim to be waking up after our body has completed an entire sleep cycle. Our body tends to go through 90-minute sleep cycles of -

- **REM- Rapid Eye Movement-** This is where dreaming and memory consolidation happen.
- **Light Sleep** - Where the body recovers and re-energizes.
- **Deep Sleep** - Where our body fully relaxes, blood pressure drops, and muscles grow and repair.



2. Have a bedtime routine

Devices such as smartphones emit blue light, disrupting the sleep hormone melatonin.

- **Dim lights at night** - Use lamps at night to help the body release our 'sleepy' hormone melatonin. Getting as much daylight as possible during waking hours also helps regulate our sleep cycles.
- **Avoid blue light stimulation** - Sixty minutes before bedtime, limit blue light from technology, e.g., phones, laptops, and tv, or wear blue light blocking glasses.

- **Create a dark and cool bedroom** - Use blackout curtains, switch off all light-up devices and make sure your heating temperature is low.

3. Combat racing thoughts

If racing thoughts are causing you problems like you can't fall asleep or you are waking up in the middle of the night -

- **Address your overall stress levels** - if you are not addressing your stress in the daytime, it will come up at night.
- **Journal** - create 'To-do' lists, 'What if' lists, and anything you are randomly thinking into a journal or the notes on your phone.
- **Try a change of scenery** - If you wake up in the middle of the night, instead of tossing and turning, get up and go to a different room until you feel sleepy again, and then get back in bed.



4. Night sweats & hot flashes

Ditch the heavy duvet, synthetic nightwear, and stressful thoughts.

- **Cotton or bamboo bedding and pyjamas** - try not to sleep naked, as the sweat will stay on your skin longer, and it will take your body longer to cool down. Have spare pyjamas and bedding beside your bed, so it will take minimal effort if you need to change them.

- **Tog duvet** - TOGS are a standardised mean of defining the warmth of duvet. In menopause it is useful to consider the warmth level of your duvet. Switch to sheets that can be thrown off, or try a separate tog duvet or split tog duvet from your partner.
- **Fan** - A quiet fan beside the bed.
- **Meditation** - Twenty minutes before bed, practice the Rose Henry deep breathing and muscle relaxation meditation.



5. Avoid hot drinks

Hot drinks before bed can cause sweating as the body tries to cool you down -

- **Water** - Try a small glass of water before bed.
- **Avoid stimulants** - such as caffeine or nicotine, before bedtime.



HOW TO EAT IN MENOPAUSE

Nutrition overview

Many of the menopausal symptoms that we experience can be alleviated simply through a diet and lifestyle change. But, I understand the challenges that face the modern-day woman and stop her from following through and achieving her goals. That is why women in menopause need a whole new way of eating that is shockingly simple.

I have followed the principles of eating slow carbs in recent years, and I believe this is why I haven't been hugely affected by fat changes as I have gotten older. I always get messages online saying, "Oh wait until you get to menopause, you're going to know all about it then." I don't think I'm going to struggle in menopause simply because I'm very used to adapting to the changes in my body. As an ex-professional bodybuilder, I'm very body-conscious and know how to lose fat quickly, and now I want to teach you to do the same. Over the next twelve weeks, you will eat in such a way to manage your insulin levels, melt away body fat, and boost your metabolism. There is no denying that menopause makes shredding harder but not impossible.

There is no prescriptive meal plan for this program. Instead, I have created a comprehensive recipe book worked on with my personal chef Lee Mullan, based on the menopause shred principles of eating. Simply choose your meals from any of the options provided without having to macro- and calorie-count. There is also no portion control! You're encouraged to eat as much as you want on this program because if you follow the principles to the letter, you will not only lose body fat, you'll keep it off forever.

Macronutrients

Macronutrients are protein, carbohydrates, and fat. Each macronutrient has an essential role in the body. This program will intelligently tailor these macronutrients to menopause for maximum success.

Protein

You can manage how your body responds to insulin resistance by eating a high protein diet. Protein is a very effective fuel source for your body and is also very thermogenic. This means that it takes a lot of energy from your body to break down and process the protein, so it's much better at burning fat than carbs or fat. Muscle tissue is effectively just protein, so it's so essential for muscle growth, recovery, and tissue repair. It helps build muscle, which is necessary

because we are prone to sarcopenia, where your body starts to drop muscle the older you get.

Protein is one of the most critical macronutrients in all of my programs.

Many people believe that plant-based athletes do not need as much protein as their meat-eating counterparts. However, I have never subscribed to this theory. I eat a significant amount of protein to achieve my physique goals, and my health and kidneys have never suffered due to it.



Fats

Fats keep our bones healthy by helping with calcium absorption, lowering heart disease risk, and lowering cholesterol levels. Fats are essential for our brain health, and for women, they play a crucial role in hormone balance. Although fats are necessary for good health, eating too many calories from fat is one of the main reasons I see people fail in their fat loss efforts.

In menopause, our metabolism is slower, coupled with muscle loss due to age. If you're eating too many calories from fat, your body will store them as body fat if it doesn't have an energy requirement. Did you know that there are 9 calories to 1 gram of fat? Have you ever measured how little a 15-gram teaspoon of peanut butter is? It's so disappointingly small! Which can give you an insight into how many calories we may have been unintentionally consuming from our previous big scoops out of the jar.

Carbohydrates

Many people eat a very traditional standard American or UK diet, consisting of carbohydrates like bread, pasta, rice, and potatoes. Many new people to my shred programs get worried by the lack of white, starchy carbohydrates, but this is simply a case of misinformation and inexperience.



People panic and think they will be hypoglycemic, low on energy, or starving, but this is just social conditioning. We are not used to vegetables being the star of the show when we eat. But when you change this mindset and fill 50% of your plate with green cruciferous vegetables and the other 50% with plant-based protein, your whole perspective changes. You realize that you are not hypoglycemic, have heaps of energy, and are not starving all the time. We will be filling up on slow carbs from green cruciferous vegetables and beans to provide that slow drip of energy into our system and cut the body fat gain down. We will avoid any white starchy carbs—anything that is white, was white, or could be white.

THE MEAL PLANS



You will follow the nutrition principles in this program six days of the week or choose from the library of fat-burning vegan recipes to build your own delicious meal plan. You're encouraged to eat as much as you want and can because if you follow the principles to the letter, you will not only lose body fat, you'll keep it off forever. There is no portion control as long as you're sticking to the principles. Once a week, on a day of your choice, you can eat and drink whatever you want!

On the refeed day, I would suggest that you still eat one of the meal plan's high protein breakfasts, but after that, you don't have to follow any of the other nutrition principles. If you want to eat McDonald's all day, be my guest. Missing your two bottles of wine? Chug them down. You should eat and drink whatever you're craving because it will help you stick to the plan during the week.

The Menopause Shred Nutrition Principles

This is the only program in The Sculpted Vegan that is based on nutrition principles, not calories and macros. I chose to create principles rather than rules because rules imply a regimented strictness, whereas these principles give autonomy. I recognize that menopause is a stage of life that needs to be treated differently than simply dieting for a prescribed length of time—because once we've reached menopause, we are menopausal for life.



To successfully navigate the body's changes in menopause, women need to understand how to eat to work with these changes successfully. This program works on **five very simple principles of eating** to achieve astounding fat loss results very quickly. The principles will encourage you to eat, drink and live your life in such a way that you will decrease insulin resistance, boost your metabolism, and melt any menopause weight gain away.

You can choose your meals from any of the meal plan options provided, or you can simply follow these nutrition principles instead. Either way, there is no portion control or macro and calorie counting involved. You're encouraged to eat as much as you want on this program because if you follow the principles to the letter, you will not only *lose* body fat, *you'll keep it off forever*.

1. Consume 30g protein within 30 mins of waking up

Protein is a very effective fuel source for your body, and it is also very thermogenic. This means that it takes a lot of energy from your body to break down and process the protein, so it's much better at burning fat than

carbs or fats. Muscle tissue is effectively just protein which is why it's so essential for muscle growth, recovery, and tissue repair. Overeating protein won't cause you to put on body fat either because it's tough for the body to break protein down and convert it into body fat.

Consuming protein first thing in the morning will help boost your metabolism and maximize your body's fat-burning potential. This is where protein shakes are convenient, as you can quickly chug one down. I love [Wondershake by The Protein Works](#). Use code **TSV60** to get **60% off** or **TSV65** to get **65% off orders over \$100/£50**. (Codes are valid on all vegan products) If you're not able to purchase this one for any reason, you can choose another one.

2. No white starchy carbs

When selecting your carbs in menopause, **avoid anything that is white, was white, or could have been white**. A white starchy carb is a carbohydrate where the fiber has been removed. All carbs come from whole sources, but the more fiber they remove from the whole source, the faster it will be absorbed into your bloodstream. The faster carbs are absorbed into the bloodstream, the more rapidly glucose in the blood rises. The more rapidly it rises, the quicker insulin is released to reduce glucose levels. We want to avoid as many insulin spikes as possible because due to menopause, the body is now insulin resistant, and the faster carbs are being redirected to fat stores because the cells are rejecting the glucose. It's not enough to just avoid white carbs; we need to check a carb's glycemic index. For example, black bean pasta is not a white carb, but because all the fiber has been removed, it essentially has a high glycemic index and acts as a white starchy carb. **To manage menopausal weight gain, we want to eat only slow carbs that are in their WHOLE form.**



Slow carbs are carbs that are very fibrous. When we consume slow carbs, the fiber is not absorbed into the bloodstream as energy—it is sent through to the large colon to be fermented and passed out as poop. Remember: it's not important what makes it into your stomach, it's what makes it into your bloodstream that counts. Only calories from food that is broken down in the small intestine makes it through to the bloodstream. If food is passed through to the large colon, it cannot be absorbed as calories. If you change all of your carb intake to slow carbs, your body will just get a constant slow drip of energy as very little of it is broken down in the small intestine and passed to the bloodstream.



Allowed - Slow carbs

Only consume slow carbs in their whole form.

- Green Cruciferous Vegetables
- Beans (not chickpeas)
- Legumes
- Lentils
- Celeraic

Avoid - White starchy carbs

Avoid any carb that is white, was white, or could be white (with cauliflower and cannellini or butter beans being the exception)

- White/Brown/ Blackbean pasta
- White/ Brown rice
- White / Brown bread
- Potatoes / Sweet potatoes
- Carrots or turnips – these are very high sugar vegetables
- Chickpeas (Avoid chickpeas as they act like a white starchy carb.)

3. No liquid calories

Do not drink plant milk, fruit juice, or any other liquid calories—no creamer in your coffee or steamed milk in your latte. Instead, drink as much water, unsweetened tea, or coffee as you like. I want you to avoid drinking diet sodas, or artificially sweetened drinks between meals, as it is a recipe for disaster. **Diet soda drinks trigger an unnecessary insulin response, causing your body to store more calories from food in the form of fat!** Yes, you aren't getting calories from the soda, but you're interrupting what we are trying to do by slowing down the insulin response to prevent fat gain. We are meant to have an insulin response when we eat, but let's try and keep it from happening in between.



4. No fruit

I am not saying fruit is bad for you. It's packed full of antioxidants for sure, but it's also full of fructose which is not conducive to our menopausal shred goals. The primary sugar in fruit is fructose, which cannot be converted to usable energy for the muscles or heart. The only organ that can utilize fructose is the liver, which can store about a handful of blueberries' worth of sugar at any one time. The minute you eat fruit, it is converted to triglycerides and transported through the bloodstream to fat stores. So yes, while fruit is very healthy, it is not beneficial to menopausal fat loss. I assure you that you will be getting all the nutrients you need from green vegetables. Many people are seriously addicted to fruit because sugar is addictive! They freak out when I tell them they aren't allowed to eat fruit. If you're one of these people and you're having an emotional reaction to not being allowed to eat fruit, it would be good for you to examine the attachment as it may be limiting to you.

5. Have one refeed day per week

On refeed day, anything goes! You can eat anything you want and as much as you want! **You do not have to stick to the nutrition principles.** The point of the refeed day is to feel good mentally. While the food on this plan will be delicious, we all need to relax and let loose at times. Life is short, and it's good to feel like there is a bit of a break in our regime and a moment to relax the nutrition slightly while still staying on plan. You can eat any carbohydrates on refeed day. They don't have to be slow carbs! You can have as much pizza and pasta as you want. A refeed day implies that the food serves a positive purpose of refeeding and replenishing. Let's plan to relax a little and have fun while still staying within the plan.



The Importance of Water

On this program, you should aim to drink 2-3L of water daily. This will help your digestive system function efficiently and help your body flush out extra water that may accumulate in fat cells once your body has depleted them of fat. Many people get disheartened if they step on the scale after a week and realize they haven't lost any weight.

Firstly, their expectations are often not in line with what's realistic. Secondly, they don't realize that when the body uses fat stores as energy, it fills the fat cells with water to replace the fat and keep the cells plump and ripe for more storage. **It takes around 10-12 days for this water to dissipate and the fat cells to shrink.** Fat cells very rarely die. They simply shrink. But they will first fill up with water, making your scale weight the same or even more than when you started. Do not be disheartened by this, and try not to weigh yourself.

Alcohol

On this program, you are allowed to drink one glass of red wine daily. ONE. Not two, or three or half a bottle.

If you follow me on my social media, you will know that I enjoy an alcoholic beverage or two at times. After all, I am Irish; it's in our blood! If you are a long-term follower of *The Sculpted Vegan* shred plans, you may be expecting alcohol not to be allowed. In my vast experience, though, red wine doesn't seem to impact rates of fat loss negatively. Of course, you do not need to drink red wine if you don't want to, and it will not affect your success in this program. But it's 100% allowed. White wines and beer should be avoided, but on your refeed day, you can drink any type of alcohol that you wish. Please note that for some women, alcohol can trigger hot flashes. If that is you, do be mindful of your alcohol intake. Not every piece of advice in this program will suit everyone.

MEAL PLAN NOTES:

- There is no portion control if you are following the principles of slow carbs and high protein to the letter.
- Each recipe will have the macros and calories listed for your education.
- If you have allergies, you can still do this program as you can simply choose the recipes that fit your preferred eating style.
- If a recipe contains an ingredient that you don't like or doesn't work with your dietary requirements, simply choose another one.
- The food will vary depending on where you live in the world and what is available. The important thing is not to worry if you can't get the exact product or hit the exact macros.
- One glass of red wine is allowed each day.

“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/Bok Choy
- Salad greens/lettuce
- Cucumber
- Celery
- Radish
- Brussels sprouts
- Collard greens

Note: Peppers (capsicum), carrots, sweet potatoes, and other root vegetables are not free foods. Onions are allowed in cooking, as are canned tomatoes etc. It's important to be consistent, not perfect, as we aim for this to become a lifestyle.





RECIPES

My personal Chef, Lee Mullan, has created this comprehensive recipe book based on the five menopause shred nutrition principles of eating. You can choose your meals from any of the options provided without having to portion control or macro- and calorie-count. You will notice nutritional information for each recipe, but **you do not need to adhere to the calories or macros**. We have simply added them for education because people often ask for a nutritional breakdown.

There are six breakfast, lunch, dinner, and snack options to select from, and It is entirely up to you how you create your own meal plan. You might decide to choose one set of recipes and repeat them for six days, or you might choose to eat a different recipe each day. You have complete freedom to do what feels suitable for your schedule and your life. You will notice that most recipes serve two, except where it would be impossible to create a recipe for two. If the recipe serves six, simply portion out and freeze for a later date.

Rule No 1: Drink 30g protein within 30 mins of waking

I want you to start your days by consuming a **protein shake within 30 minutes of waking**. Consuming protein first thing in the morning will help boost your metabolism and maximize your body's fat-burning potential. The protein powder recommended on this plan is [Wondershake by The Protein Works](https://www.wondershake.com/). Use code **TSV60** to get 60% off or **TSV65** to get 65% off orders over \$100/£50. (Codes are valid on all vegan products)\$100/£50. (Codes are valid on all vegan products)

If you're not able to purchase this one for any reason, you can choose another one with similar macros and calories.

Each breakfast, lunch, dinner and snack has been specifically designed to be protein-rich and nutrient dense. Any meals containing carbs will be slow carbs to give you a steady drip of energy throughout the day without the insulin spike and fat storage. We will be **avoiding any carbs that are white, were white, or could have been white**. So no brown bread, brown pasta, brown rice etc. You will also avoid any pastas made from beans or lentils as these have had all the fiber removed. Green cruciferous vegetables are classed as 'free' food, which means you can eat unlimited amounts of them.

There is no portion control when it comes to the meals, and I want you to fill up on the delicious breakfasts, lunches, and dinners. A common problem that I see is women consciously consuming smaller meal portion sizes in an attempt to decrease calories. But, this causes them to mindlessly snack and consume more calories than they realize. When you choose to fill up on filling, high-protein, high-fiber meals, the urge to snack dramatically decreases. But, don't worry, snacking is allowed! The low-calorie snack options have been designed to satisfy any sweet cravings with zero guilt or sugar crash. Consume a snack wherever you feel you need it.





Is fruit making you fat?

There will be no fruit in the recipes. While fruit is very healthy, it is not beneficial to menopausal fat loss. The primary sugar in fruit is fructose, which cannot be converted to usable energy for the muscles or heart. The only organ that can utilize fructose is the liver, which can store about a handful of blueberries' worth of sugar at any one time. The minute you eat fruit, it is converted to triglycerides and transported through the bloodstream to fat stores. I assure you that you will be getting all the nutrients you need from green vegetables. Many women are addicted to the sugar in fruit and feel that they actually might die without their daily fruit/sugar hit. I can assure you, you will not die without fruit.

The recipes are designed to manage menopausal insulin resistance and the subsequent weight gain. To do this, we need to look at what we eat AND drink. Don't drink fruit juice or any other liquid calories—no creamer in your coffee or steamed milk in your latte, or add any plant milk (in addition to the recipes). Instead, drink as much water, unsweetened tea, or coffee as you like. I want you to avoid drinking diet sodas or artificially sweetened drinks between meals. We are meant to have an insulin response when we eat, but let's try and avoid it happening in-between.

Remember: once a week, you can have a re-feed day where you can eat anything you want and as much as you want! **Simply consume your waking protein plus eat a nutritious, on plan breakfast, then eat whatever you want for the rest of the day.**

While the food on this plan will be delicious, we all need to relax and let loose at times. You can eat any carbohydrates on refeed day. They don't have to be slow carbs! You can have as much pizza and pasta as you want. Let's plan to relax a little and have fun while still staying within our plan.

SUPPLEMENTS OVERVIEW



BREAKFAST RECIPES

PROTEIN SHAKE RECIPES

Protein Shake

(within 30 minutes of waking)

Serves 1

Ingredients

- 37.5g* The Protein Works Wondershake (Any Flavor)
- Water
- Ice
- *37.5g weight = 30g protein

Method

Place 37.5g of protein powder into a blender with about 200-400ml water, depending on how thick you like it. Blend together in a high-speed blender and serve immediately. Consume within 30 minutes of waking.

Iced Coffee Protein Shake

Serves 1

Ingredients

- 37.5g* The Protein Works Vanilla Wondershake
- 1 cup coffee, cooled
- Ice
- *37.5g weight = 30g protein

Method

Brew your favorite cup of coffee and let it cool. Place 37.5g of protein powder into a blender with your cooled cup of coffee and ice. Blend together in a high-speed blender and serve immediately. Consume within 30 minutes of waking or throughout the day.

Nutritional Information
Protein 31.5g
Carbohydrates 2g
Fat 1g

Nutritional Information
Protein 31.5g
Carbohydrates 2g
Fat 1.2g

APPLE & CINNAMON PROTEIN PUDDING

Apple & Cinnamon Overnight Protein Chia Seed Pudding

Serves 2

Ingredients

- 60g The Protein Works Vegan Wondershake - apple & cinnamon
- 6 tablespoons black chia seeds
- 2 teaspoons vanilla extract
- 300ml almond milk (unsweetened)
- ½ teaspoon ground cinnamon
- 90ml water
- 20g pecan nuts, chopped

Method

Mix all ingredients (except pecans) in a mixing bowl, cover the bowl with plastic wrap and store in the fridge to thicken for 1 hour. After 1 hour stir again and separate into 2 serving dishes or mason jars, wrap with plastic wrap and store in the fridge overnight.

Top each portion with chopped pecan nuts when serving.

Nutritional Information
Protein 31.9g
Carbohydrates 16.8g
Fat 18.8g
Calories 352

SPICY VEGAN FRY

Scrambled Tofu

Serves 2

Ingredients

- 1 tablespoon olive oil
- 120g white onion, finely sliced
- 5g garlic, crushed
- ½ teaspoon turmeric
- 1 teaspoon cumin
- ½ teaspoon smoked sweet paprika
- Pinch salt
- 280g firm tofu, crumbled
- 5g Fresh flat leaf parsley, chopped

Method

In a deep, non-stick pot, over a low heat, add olive oil and onion. Saute for 5-10 minutes until soft and starting to turn golden brown. Add garlic, turmeric, cumin, sweet paprika and salt. Saute for a further 1 minute and add remaining ingredients. Cook for further 2-3 minutes and serve.

Nutritional Information
Protein 12.9g
Carbohydrates 11.4g
Fat 13.6g
Calories 213

Grilled Field Mushrooms

Serves 2

Ingredients

- 4 field mushrooms (portobello mushrooms)
- Pinch salt
- Pinch pepper

Method

Preheat the oven to 350F/175C.

Place mushrooms on a baking tray and season with salt and pepper. Bake for 5-7 minutes.

Nutritional Information
Protein 3g
Carbohydrates 1g
Fat 0.5g
Calories 21

SPICY VEGAN FRY

Wilted Spinach

Serves 2

Ingredients

- 200g spinach
- 15ml water
- Pinch salt
- Pinch crushed black pepper

Method

In a non-stick pan, over a medium heat, add water and spinach. Cook for 1-2 minutes, stirring frequently, until spinach is wilted. Remove from heat and season with salt and pepper.

Nutritional Information
Protein 2.9g
Carbohydrates 3.7g
Fat 0.4g
Calories 23

Meal served with 15g sriracha sauce and 4 pioneer vegan bacon rashers (per portion)

(Note: serve 4 pioneer vegan bacon rashers per portion, grilled as per packaging. if you can not get pioneer plant based bacon rashers get one as close to the macros as possible, 4 slices = 122 calories, 8.6 protein, 7.4 fat, 4.5 carbs)

BACON AND MUSHROOM OMELETTE

Vegan Omelette

Serves 2

Ingredients

- 340g silken tofu (can be substituted for soft tofu if you cannot get silken tofu)
- 2 tablespoons soy milk
- 2 tablespoons nutritional yeast
- 2 tablespoons cornstarch/cornflour
- 2 teaspoons tahini
- ¼ teaspoon onion powder
- ¼ teaspoon turmeric
- ½ teaspoon salt
- Pinch kala namak salt
- ½ tablespoon olive oil

Method

Note: This recipe serves 2 so you can decide to either half the ingredients to make 2 small individual omelettes or make one large omelette and slice in half when serving.

In a blender, blend all ingredients (except oil) together until smooth. In a non-stick frying pan, on a low heat, add oil. Pour batter into the pan, cook 2-3 minutes until golden. Flip over and cook the other side for 1-2 minutes until golden. Remove from heat and serve.

Nutritional Information
Protein 14.6g
Carbohydrates 13.1g
Fat 12g
Calories 219

BACON AND MUSHROOM OMELETTE

Garlic Mushrooms and Spinach

Serves 2

Ingredients

- 1 teaspoon olive oil
- 200g button mushrooms, sliced
- 50g spinach
- 5g garlic, crushed
- Pinch salt
- Pinch Crushed black pepper

Method

In a large non-stick pan, on a high heat, add olive oil. Once the olive oil is hot, add mushrooms and caramelize for 1-2 minutes until mushrooms are starting to weep. Add fresh spinach, garlic and season with salt and pepper. Cook for approx 2-3 minutes until mushrooms are soft and spinach is wilted.

Nutritional Information
Protein 4g
Carbohydrates 3.8g
Fat 2.7g
Calories 51

Meal served with 4 pioneer vegan bacon rashers (per portion)

(Note: serve 4 pioneer vegan bacon rashers per portion, grilled as per packaging. if you can not get pioneer plant based bacon rashers get one as close to the macros as possible, 4 slices = 122 calories, 8.6 protein, 7.4 fat, 4.5 carbs)

RED SPLIT LENTIL PORRIDGE

Breakfast Red Split Lentil Porridge

Serves 2

Ingredients

- 160g red split lentils
- 360ml almond vanilla milk
- 360ml water
- ½ teaspoon ground cinnamon
- 2 teaspoons vanilla extract
- 8 teaspoons Lakanto monkfruit sweetener
- Pinch ground nutmeg
- 30ml coconut milk (unsweetened)

Method

In a saucepan, over a high heat, stir together all ingredients (except coconut milk). Bring to the boil and then reduce heat to medium-low. Cook for 10-15 minutes, stirring frequently, until creamy and tender. Once cooked, portion into 2 bowls and drizzle the coconut milk over the top.

Nutritional Information
Protein 19.8g
Carbohydrates 46.8g
Fat 3.2g
Calories 303

SPICED SCRAMBLED EGG & EGGY EGGPLANT

Scrambled Harissa Tofu

Serves 2

Ingredients

- ½ tablespoon olive oil
- 130g white onion, finely sliced
- 280g silken tofu (can be substituted for soft tofu if you cannot get silken tofu)
- 5g harissa paste
- Pinch salt

Method

In a small deep pan, on a low heat, add olive oil and onions. Sweat onions until golden brown and tender (approx 5 minutes). While stirring, add tofu, harissa paste and salt. Cook for a further 1-2 minutes and serve.

Nutritional Information
Protein 10.2g
Carbohydrates 9.4g
Fat 7.8g
Calories 146

Eggy Eggplant

Serves 2

Ingredients

- 200g eggplant/aubergine, cut into 1-1.5cm discs
- ½ tablespoon olive oil
- Pinch salt
- Pinch crushed black pepper
- Pinch kala namak salt
- ½ tablespoon nutritional yeast

Method

Preheat the oven to 360F/180C

Place eggplant on a lined baking tray. Drizzle with olive oil and season with salt, crushed black pepper and kala namak salt. Bake for 5-7 minutes. Once slightly tender, sprinkle over nutritional yeast and bake for a further 2-3 minutes or until tender.

Nutritional Information
Protein 1.3g
Carbohydrates 6.5g
Fat 3.7g
Calories 6

CHOCOLATE BREAKFAST POT

Overnight Chocolate Chia Seed Breakfast Pots

Serves 2

Ingredients

- 25g The Protein Works Vegan Wondershake - vanilla
- 15g dark cocoa powder
- 1 tablespoon maple syrup
- ¼ teaspoon ground cinnamon
- ¼ teaspoon vanilla extract
- Pinch salt
- 160ml almond milk
- 90ml water
- 40g black chia seeds

Method

Sift cocoa powder and protein powder into a bowl. Add maple syrup, ground cinnamon, salt and vanilla extract then whisk until combined. Add almond milk and water, a little at a time, while whisking until a smooth paste forms. Add chia seeds and whisk to combine. Cover bowl with plastic wrap and refrigerate for 1 hour. Do 1 final whisk of the mixture and separate into 2 serving bowls or mason jars and refrigerate for at least 3-5 hours, ideally overnight.

Nutritional Information
Protein 15.5g
Carbohydrates 18.3g
Fat 8.9g
Calories 186



LUNCH RECIPES

CRISPY BLACKBEAN FALAFEL SALAD

Crispy Blackbean Falafel

Serves 2

Ingredients

- 40g red onion
- ½ teaspoon garlic powder
- ¼ teaspoon cumin
- 60g pumpkin seeds
- ¼ teaspoon chili powder
- ½ lime, juice only
- Pinch salt
- Pinch crushed black pepper
- 5g fresh cilantro/coriander
- 400g can/tin of black beans, drained
- 1 teaspoon avocado oil

Method

Place all ingredients, except avocado oil, in a food processor and pulse until a thick paste. Take out of the blender and form 8 patties. (4 patties per portion). Place patties in the freezer, on a tray, for 1 hour. Preheat the oven to 360F/180C. Place patties on a baking tray and drizzle with avocado oil., Bake for 10-12 minutes.

Nutritional Information
Protein 15.3g
Carbohydrates 18.9g
Fat 18.1g
Calories 345

Butterbean Hummus

Serves 2

Ingredients

- ¼ lemon, juice only
- ¼ tablespoon tahini
- 3g garlic
- 2 tablespoons water
- 120g canned/tinned butter beans, drained
- Pinch salt
- Pinch cumin
- 1 teaspoon olive oil

Method

Place all ingredients in a food processor and blend until a smooth puree.

Nutritional Information
Protein 4.2g
Carbohydrates 9.1g
Fat 2.9g
Calories 86

CRISPY BLACKBEAN FALAFEL SALAD

Harissa Onions

Serves 2

Ingredients

- 1 teaspoon olive oil
- 200g white onion, finely sliced
- 1 teaspoon rose harissa paste
- Pinch salt

Method

In a medium saucepan, over a low heat, add olive oil and onions. Sweat for 5-10 minutes until golden brown. Add harissa paste and salt and mix well. Remove from heat and serve.

Nutritional Information
Protein 1.1g
Carbohydrate 11.2g
Fat 2.6g
Calories 70

French Bean Salad

Serves 2

Ingredients

- 1000ml water
- 200g french beans, ends trimmed
- 1 teaspoon salt
- 1 tablespoon apple cider vinegar
- Pinch crushed black pepper
- 5g fresh basil, chopped
- Unlimited salad leaves

Method

In a large pot, bring water to a boil, add french beans, salt and cook until tender (approx 4-5 minutes). Remove from heat and drain water. Place french beans in a bowl, add apple cider vinegar, crushed black pepper and chopped basil and toss. These can be served hot or cold and can be served with unlimited salad leaves.

Tip: If serving cold, when removing french beans from boiling water once cooked, drain water using a colander and run cold water over them until cool.

Nutritional Information
Protein 2.4g
Carbohydrates 7.2g
Fat 1.2g
Calories 30

CRISPY BLACKBEAN FALAFEL SALAD

Wilted Spinach

Serves 2

Ingredients

- 200g spinach
- 15ml water
- Pinch salt
- Pinch crushed black pepper

Method

In a non-stick pan, over a medium heat, add water and spinach. Cook for 1-2 minutes and stir frequently, until spinach is wilted. Remove from heat and season with salt and crushed black pepper.

Nutritional Information
Protein 2.9g
Carbohydrates 3.7g
Fat 0.4g
Calories 23

SPICY CAJUN CHICKEN, RAINBOW 'SLAW & BAKED BROCCOLI

Rainbow Coleslaw

Serves 2

Ingredients

- 3 small radishes, grated
- ¼ lime, juice only
- 1 tablespoon fresh basil, chopped
- 25g red cabbage, finely sliced
- 25g white cabbage, finely sliced
- 50g carrots, grated
- 35g red onion, finely sliced
- 35g red bell peppers, diced
- 20g fennel, finely sliced
- 2g fresh flat leaf parsley, chopped
- 2g fresh mint, chopped
- ½ tablespoon pine nuts
- ½ teaspoon hemp seeds
- 1 tablespoon vegan oatly yogurt
- ¼ teaspoon dijon mustard
- ¼ teaspoon agave
- ½ teaspoon tahini paste
- Pinch salt

Method

Add all ingredients in a large bowl, mix well and leave in the fridge for 20-30 minutes before serving.

Nutritional Information
Protein 3.1g
Carbohydrates 14.1g
Fat 2.9g
Calories 85

SPICY CAJUN CHICKEN, RAINBOW 'SLAW & BAKED BROCCOLI

Cajun Seitan Chicken

Serves 2

Ingredients

- 200g canned/tinned butter beans, drained and rinsed
- 2 tablespoons nutritional yeast
- ½ teaspoon garlic powder
- Pinch salt
- 2 tablespoons soy sauce
- 50g tomato paste (UK tomato puree)
- ¼ teaspoon paprika
- Pinch crushed black pepper
- ½ tablespoon dijon mustard
- 125g vital wheat gluten
- Marinade
- 2 teaspoons cajun spice
- 70ml water
- ¼ tablespoon maple syrup
- ¾ tablespoon olive oil

Method

First prepare the cajun seitan chicken. Place butter beans in a food processor with nutritional yeast, garlic powder, salt, soy sauce, tomato paste, paprika, crushed black pepper and dijon mustard. Blend until smooth and transfer into a mixing bowl. Add vital wheat gluten and mix until combined, knead dough for 1-2 minutes until softened. Do not over knead! Split dough into 2 portions, flatten and

shape dough until 2 cm thick and resemble chicken breasts.

Place a pot of water on a medium - high heat and place steamer insert on top, the water should not come above the steamer insert. Once water is simmering, place chicken into the steamer pot, cover with aluminum foil, turn heat to low and steam for 30 minutes, turning chicken half way through.

While the chicken is cooking, make the marinade. Add the cajun spice, water and maple syrup to a medium ziplock bag. Once chicken is cooked, remove from the steamer and when fully cooled, add to the marinade and allow to marinate for a minimum of 2 hours (the longer the better). Once chicken is marinated, place a pan on a medium to high heat, add olive oil. Once oil is hot, sear chicken steaks on both sides (approx 1-2 minutes on each side). Turn heat down to low, cook until chicken is hot in the middle (approximately 4-5 minutes) then remove from heat and serve.

Nutritional Information
Protein 57g
Carbohydrates 27.8g
Fat 7.4g
Calories 410

SPICY CAJUN CHICKEN, RAINBOW 'SLAW & BAKED BROCCOLI

Baked Garlic Broccoli

Serves 2

Ingredients

- 200g tenderstem broccoli
- ½ tablespoon olive oil
- 1 clove garlic, finely chopped
- Pinch salt
- Pinch pepper

Method

Preheat oven to 350F/180C. Place broccoli on a baking tray and drizzle with olive oil. Sprinkle garlic, salt and pepper over the broccoli and toss. Bake for 10-12 minutes or until tender in the center, tossing broccoli half way through.

Nutritional Information
Protein 2.9g
carbohydrate 7.2g
Fat 3.8g
Calories 66

Served with 2 teaspoons cholula hot sauce (per serving).

LEMON & GARLIC CHICKEN SALAD

Lemon, Garlic and Parsley Seitan Chicken

Serves 2

Ingredients

- 200g canned/tinned butter beans, drained and rinsed
- 2 tablespoons nutritional yeast
- ½ teaspoon garlic powder
- Pinch salt
- 2 tablespoons of soy sauce
- 50g tomato paste (UK tomato puree)
- ¼ teaspoon paprika
- Pinch crushed black pepper
- ½ tablespoon dijon mustard
- 125g vital wheat gluten
- Marinade
- 10g garlic, finely chopped
- 10g fresh flat leaf parsley, chopped
- ½ lemon, juice and zest
- ¾ tablespoon olive oil

Method

Firstly prepare the chicken. Place butter beans in a food processor with nutritional yeast, garlic powder, salt, soy sauce, tomato paste, paprika, crushed black pepper and dijon mustard. Blend until smooth and transfer into a mixing bowl. Add vital wheat gluten and mix until combined, knead dough for 1-2 minutes until softened. Do not over knead! Split dough into 2 portions, flatten and

shape dough until 2 cm thick and resemble burger patties.

Place a pot of water on a medium - high heat and place steamer insert on top, the water should not come above the steamer insert. Once water is simmering, place chicken patties into the steamer pot, cover with aluminum foil, turn heat to low and steam for 30 minutes, turning chicken half way through.

While the chicken is cooking, make the marinade. Add the garlic, parsley, grated zest and juice of the lemon to a medium ziplock bag. Once chicken is cooked and fully cooled add to the marinade and allow to marinade for a minimum of 2 hours (the longer the better). Once chicken is marinated, place a pan on a medium to high heat, add olive oil. Once oil is hot, sear chicken steaks on both sides (approx 1-2 minutes on each side). Turn heat down to low, add any remaining marinade and cook until chicken is hot in the middle (approximately 4-5 minutes). Serve with the rest of the meal.

Nutritional Information
Protein 57.6g
Carbohydrates 29.2g
Fat 7.5g
Calories 417

LEMON & GARLIC CHICKEN SALAD

Green Bean Salad, Mustard Seeds and Tarragon

Serves 2

Ingredients

- 1 teaspoon salt
- 125g french beans, ends trimmed
- 125g romanesco
- 1 teaspoon coriander seeds
- 1 teaspoon mustard seeds
- 1 ½ tablespoons olive oil
- 5g nigella seeds
- 40g red onion, thinly sliced
- 5g fresh green chili, chopped
- 4g garlic, crushed
- 1 tablespoon fresh tarragon, chopped
- ¼ lemon, zest
- Unlimited salad leaves

nigella seeds, red onion, chili, garlic, tarragon and lemon zest to the bowl and mix. Just before serving mix with unlimited salad leaves (tip: red chard would go great with this recipe)

Nutritional Information
Protein 4.1g
Carbohydrate 12.1g
Fat 11.2g
Calories 160

Method

Fill a medium saucepan with water, add salt and bring to a boil. Blanche the french beans for 4 minutes, then run them under cold water to refresh them and drain excess water. In the same pot of water, blanche the romanesco for 4-5 minute and then follow the same process as before, to refresh. Add all greens to a large mixing bowl. In a small saucepan, over a low heat, add coriander seeds, mustard seeds and olive oil. Once they begin to pop, pour the seeds over the greens. Add

SMOKY TEMPEH CAESAR SALAD

WITH STUFFED ZUCCHINI

Smoky Bacon Tempeh

Serves 2

Ingredients

- 200g fresh tempeh, sliced into thin strips
- 1 teaspoon avocado oil
- 1 tablespoon coconut aminos
- ¾ teaspoon maple syrup
- 1 teaspoon liquid smoke
- ¼ teaspoon smoked paprika
- Pinch crushed black pepper

Method

Add all ingredients to a bowl and mix well, then add in tempeh and mix to coat. Allow to marinate for at least an hour. Preheat the oven to 400F/200C. Transfer tempeh to a baking tray lined with parchment paper. Drizzle remaining marinade over tempeh and bake for 7-10 minutes.

Nutritional Information
Protein 19g
Carbohydrates 32g
Fat 8.8g
Calories 199

Vegan Caesar Salad

Serves 2

Ingredients

- 1 teaspoon worcester sauce
- 2 tablespoons vegan mayo
- 1 teaspoon dijon mustard
- 1 clove garlic
- 3 tablespoons water
- 1 tablespoon nutritional yeast
- ½ lemon, juice only
- 600g Cos lettuce

Method

Place all ingredients (except cos lettuce) in a food processor and blend until combined to form caesar dressing. Wash and cut lettuce to desired size and toss in dressing before serving.

Nutritional Information
Protein 2.3g
Carbohydrates 4g
Fat 1.9g
Calories 38

SMOKY TEMPEH CAESAR SALAD

WITH STUFFED ZUCCHINI

Stuffed Smoky Baked Bean Zucchini

Serves 2

Ingredients

- 1 teaspoon olive oil
- 30g shallots, finely diced
- 1 clove of garlic, crushed
- 1 teaspoon smoked paprika
- Pinch crushed black pepper
- ¼ teaspoon salt
- 1 teaspoon tomato ketchup
- 1 tablespoon tomato paste (UK Tomato puree)
- ½ teaspoon sugar
- 60ml vegetable stock
- ¼ teaspoon liquid smoke
- 250ml tomato sauce (UK tomato passata)
- 150g mixed beans (canned/tinned), drained and rinsed
- 350g zucchini/courgette, halved and centers scraped out

(except zucchini), cook for a further 20-25 minutes until it becomes a consistency of baked beans and remove from heat.

Place zucchini on a baking tray and bake in the center of the oven for 5-10 minutes, then stuff zucchini with the baked bean mix and bake for a further 5 minutes. Any beans that don't fit into the zucchini shells can be served on the side.

Nutritional Information
Protein 10g
Carbohydrate 32.8g
Fat 4.3g
Calories 199

Served with 300g cos lettuce per portion

Method

Preheat the oven to 350F/175C. In a large non-stick pan, over a low heat, add olive oil and shallots and sweat for 2-3 minutes. Add garlic and cook for a further 1 minute. Add all spices and continue to cook for another 2 minutes. Add all remaining ingredients

JAMAICAN JERK TOFU & RICE

Jerk Tofu and Jackfruit

Serves 2

Ingredients

- 50g jackfruit
- ½ tablespoon coconut oil
- 20g spring onion/green onions, sliced
- 100g yellow bell pepper, diced
- 5g fresh ginger, grated
- 10g garlic, crushed
- 5g fresh red chili, sliced
- ¼ teaspoon allspice
- ½ teaspoon ground cinnamon
- 1 teaspoon fresh thyme leaves, chopped
- 2 tablespoons tomato paste (UK tomato puree)
- 300g firm tofu, crumbled
- 1 ½ tablespoon coconut sugar
- 100g black beans (canned/tinned), drained and rinsed
- 1 ½ tablespoons soy sauce
- 120ml pineapple juice
- 100ml water
- 1 lime, juice only
- 1 teaspoon salt
- Pinch crushed black pepper

dish or frying pan over a medium heat, add coconut oil, followed by spring/green onions, yellow bell pepper, ginger, garlic and chili. Allow mixture to cook and soften for 3 minutes then add allspice, cinnamon and thyme, cook for a further 2 minutes, stirring regularly. Add jackfruit and cook for further 3-4 minutes. Next add the tomato paste, tofu, coconut sugar and black beans. Keep stirring while adding soy sauce, pineapple juice, water, lime juice and cover with a lid. Cook on a low heat for 10-12 minutes (stirring regularly). Remove from heat, season with salt and crushed black pepper and serve.

Nutritional Information
Protein 31.7g
Carbohydrates 67.8g
Fat 12.4g
Calories 495

Method

Place jackfruit between 2 paper towels to get rid of excess water, then flake and set aside. Place a large casserole

JAMAICAN JERK TOFU & RICE

Jamaican Red Cauliflower Rice

Serves 2

Ingredients

- 400g cauliflower, roughly chopped
- 1 tablespoon coconut oil
- 75g white onion, sliced
- 2 cloves of garlic, crushed
- 1 tablespoon tomato paste (UK tomato puree)
- 1 teaspoon adobo seasoning
- 2 bay leaves
- Pinch cayenne pepper
- Pinch crushed black pepper
- 150ml coconut milk (unsweetened)
- ¼ teaspoon salt

Method

In a food processor, pulse cauliflower to resemble rice, set aside.

Place a deep pan or wok over a low heat, add coconut oil and white onion, saute for 3-5 minutes. Add crushed garlic, tomato paste, adobo, bay leaves, cayenne pepper, crushed black pepper and cook for a further 1 minute. Add cauliflower rice, stir for 1-2 minutes and add coconut milk. Once cauliflower is cooked and tender, season to taste with salt.

Nutritional Information
Protein 4.7g
Carbohydrates 16.4g
Fat 9g
Calories 151

TIKKA TOFU SKEWERS & BAKED TARKA DAAL

Tikka Tofu Skewers

Serves 2

Ingredients

- 300g firm tofu, dried and cut in 1.5cm cubes
- 5g fresh cilantro/coriander, finely chopped
- Pinch salt
- Pinch crushed black pepper
- 20g Oatly vegan greek yogurt
- 1 clove garlic, crushed
- ½ teaspoon garam masala
- 1 teaspoon chili powder
- ¼ lime, juice only

Method

Place all ingredients in a bowl and mix tofu until coated, marinate for 2-3 hours (in the fridge).

Preheat the oven to 360F/180C, put marinated tofu onto 4 skewers (2 skewers per serving) and place skewers on a baking tray. Bake for 10-15 minutes.

Minty Leaves

Ingredients

- 120g mixed salad leaves
- 10g fresh mint

Method

Finely chop mint, chop salad to your preference and in a large bowl toss mint and salad leaves together.

Nutritional Information
Protein 0.6g
Carbohydrates 2.2g
Fat 0.4g
Calories 12

Nutritional Information
Protein 19.4g
Carbohydrates 7g
Fat 11.4g
Calories 206

TIKKA TOFU SKEWERS & BAKED TARKA DAAL

Baked Tarka Daal Cauliflower

Serves 2

Ingredients

- 20g fresh ginger, finely chopped
- 10g garlic, finely chopped
- 5g fresh red chili, finely chopped
- ½ tablespoon olive oil
- 1 cinnamon stick
- 1 teaspoon black mustard seeds
- 300g cauliflower, chopped into small chunks
- 130g white onion, diced
- 1 teaspoon curry powder
- ½ liter vegetable stock
- 50ml water
- 100g canned/tinned chopped tomatoes
- 125g yellow split peas, rinsed
- 7g fresh cilantro/coriander, chopped

for 10 minutes and then transfer to the oven for 40 minutes. Remove the pan from the oven and pour half of the mixture (avoiding the cinnamon stick) into a blender and blitz until smooth and add back into the pan. Stir mixture and add a splash of water if necessary to loosen and fresh cilantro/coriander, return to the oven and cook for a further 40 minutes or until thick and a crust has formed.

Nutritional Information
Protein 8.8g
Carbohydrate 31.1g
Fat 6.4g
Calories 199

Method

Preheat the oven to 400F/200C.

Place ginger, garlic and red chili in a large ovenproof casserole pan over a medium heat with olive oil, cinnamon stick and mustard seeds, stirring frequently for 1-2 minutes. Add cauliflower, onions and curry powder to the pan and cook for 5 minutes, stirring regularly. Next add vegetable stock, water, tomatoes and split peas. Bring mixture to the boil and simmer



DINNER RECIPES

SMOKY CHICKEN 'N' CHIPS

Smoky Seitan Chicken

Serves 2

Ingredients

- 200g canned/tinned butter beans, drained and rinsed
- 2 tablespoons nutritional yeast
- ½ teaspoon garlic powder
- Pinch salt
- 2 tablespoons soy sauce
- 50g tomato paste (UK tomato puree)
- 1 teaspoon smoked paprika
- ¼ teaspoon ground black pepper
- ½ tablespoon dijon mustard
- 125g vital wheat gluten

Marinade

- 2 tablespoons soy sauce
- 70ml water
- 1 teaspoon smoked paprika
- ¼ tablespoon maple syrup
- ¾ tablespoon olive oil

Method

Firstly prepare the smoky seitan chicken. Place butter beans in a food processor with nutritional yeast, garlic powder, salt, 2 tablespoons soy sauce, tomato paste, smoked paprika, black pepper and dijon mustard. Blend until smooth and transfer into a mixing bowl. Add vital wheat gluten and mix

until combined, knead dough for 1-2 minutes until softened. Do not over knead! Split dough into 2 portions, flatten and shape dough until 2 cm thick and resemble burger patties.

Place a pot of water on a medium - high heat and place steamer insert on top, the water should not come above the steamer insert. Once water is simmering, place chicken patties into the steamer, cover with aluminum foil, turn heat to low and steam for 30 minutes, turning chicken half way through.

While the chicken is cooking, make the marinade. Add the soy sauce, water, smoked paprika and maple syrup to a medium ziplock bag. Once chicken is cooked and fully cooled add to the bag and allow to marinade for a minimum of 2 hours (the longer the better). Once chicken is marinated, place a pan on a medium to high heat, add olive oil. Once oil is hot, sear chicken steaks on both sides (approx 1-2 minutes on each side). Turn heat down to low, cook until chicken is hot in the middle (approximately 4-5 minutes). Serve with the rest of the meal

Nutritional Information
Protein 59.5g
Carbohydrates 30.3g
Fat 7.7g
Calories 434

SMOKY CHICKEN 'N' CHIPS

Curried Celeriac Chips

Serves 2

Ingredients

- 500g celeriac/celery root
- 1 liter water
- 1 tablespoon olive oil
- 1 teaspoon curry powder
- Pinch salt
- Pinch crushed black pepper

Method

Prepare celeriac by slicing and cutting off brown edges, then cut into chunky chips. Put water in a large pot, over a high heat until water is boiling. Add celeriac, boil for 5 minutes, drain and then allow the celeriac to cool completely. Once cooled place in a mixing bowl with all other ingredients, tossing to completely coat the chips in the seasoning. Place celeriac in the air fryer and cook at 320F/160C for 15-20 minutes until tender, then increase to 390F/200C for a further 5-7 minutes until edges are golden. (If you do not have an air fryer you can do the same in an oven - placing celeriac on a baking tray in the center of the oven.)

Nutritional Information
Protein 3.8g
Carbohydrates 23g
Fat 7.5g
Calories 175

Baked Zucchini Batons

Serves 2

Ingredients

- 300g zucchini/courgette
- Pinch salt
- Pinch crushed black pepper

Method

Preheat the oven to 320F/180C. Cut courgettes into batons, place on a baking tray and season with salt and crushed black pepper. Bake in the oven for 3-5 minutes

Nutritional Information
Protein 2.7g
Carbohydrates 6.8g
Fat 0g
Calories 41

SMOKY CHICKEN 'N' CHIPS

Chimichurri Sauce

Serves 2

Ingredients

- 20g fresh flat leaf parsley, chopped
- 2 cloves of garlic, finely chopped
- ½ teaspoon dried oregano
- 2 tablespoons of olive oil
- 1 tablespoon red wine vinegar
- Pinch salt
- Pinch crushed black pepper
- 2g dried chili flakes

Method

Add all ingredients to a bowl and mix well and leave to marinate for at least 1 hour.

Nutritional Information
Protein 0.5g
Carbohydrates 2.6g
Fat 13.7g
Calories 134

PULLED UN PORK & MEXICAN STEAK

Pulled Un Pork

Ingredients

- 118ml water (extra water also needed for cooking to cover pork)
- 1 tablespoon sugar
- ½ tablespoon soy sauce
- ½ teaspoon liquid smoke
- 1 teaspoon onion powder
- 1 teaspoon salt
- 125g vital wheat gluten
- 2 teaspoons BBQ seasoning
- 50ml olive oil

Method

Mix 118ml water, 40ml olive oil, sugar, liquid smoke, soy sauce, onion powder and half of the salt in a bowl. Add vital wheat gluten a little at a time and mix well. Place on a clean counter top and knead until combined. (try not to over knead - you want it to be a little stringy)

Heat a deep skillet, over a medium heat, with remaining olive oil. Sprinkle pork with the BBQ seasoning and fry on both sides until golden brown. Cover pork with water and remaining salt. Place lid on skillet and simmer for 30 - 60 minutes until cooked throughout. Once cooked and cooled slightly, place on a chopping board and shred.

Nutritional Information
Protein 51.5g
Carbohydrates 19.8g
Fat 4.6g
Calories 293

PULLED UN PORK & MEXICAN STEAK

Mexican Cauliflower Steak

Serves 2

Ingredients

- 600g cauliflower, cut into 2 steaks
- 1 tablespoon olive oil
- 1 tablespoon agave
- 1 teaspoon garlic powder
- ¼ teaspoon cumin
- 1 teaspoon smoked paprika
- Pinch chili powder
- Pinch salt
- Pinch crushed black pepper
- ¼ teaspoon tajin
- 150ml water
- 1 lime, juice only
- 10g cilantro/coriander, chopped

Method

In a medium sized pan, on a low heat, add olive oil and caramelize cauliflower on both sides until golden brown. In a separate bowl add all remaining ingredients except lime juice and cilantro/coriander to create the Mexican drizzle. Once cauliflower is caramelized, pour the Mexican drizzle over the cauliflower. Place a lid on the pan and cook for 10-15 minutes until tender (add more water if needed). Once cooked, remove from the pan and reduce any remaining liquid and drizzle over the cauliflower. Sprinkle cauliflower with chopped cilantro/coriander and lime juice.

Nutritional Information
Protein 6.4g
Carbohydrate 25.1g
Fat 7.7g
Calories 175

PULLED UN PORK & MEXICAN STEAK

Chunky Salsa

Serves 2

Ingredients

- ¼ tablespoon red wine vinegar
- 40g red onion, diced
- 10g spring onion/green onion, chopped
- 180g tomatoes, diced
- 4g garlic, finely chopped
- 10g fresh cilantro/coriander, chopped
- 5g fresh red chili, finely chopped
- ¼ teaspoon salt
- 1 lime, juice only
- 100g avocado, chopped

Method

In a bowl add red wine vinegar and soak red onion for 3-4 minutes and then add in all remaining ingredients and mix well.

Nutritional Information
Protein 2.7g
Carbohydrates 12.6g
Fat 7.7g
Calories 119

VEGAN BOLOGNESE WITH ZUCCHINI TAGLIATELLE

Lentil Bolognese

Serves 2

Ingredients

- 150g white onion, roughly chopped
- 3 cloves garlic
- 100g carrots, roughly chopped
- 150g red bell pepper, roughly chopped
- 30g celery, roughly chopped
- 1 tablespoon olive oil
- 2 teaspoons dried mixed herbs
- 2 tablespoons tomato paste (UK tomato puree)
- ½ teaspoon miso paste
- 400g canned/tinned chopped tomatoes
- 200ml water
- 120ml red wine
- 100g canned/tinned green lentils, drained and rinsed
- ½ teaspoon crushed black pepper
- ½ teaspoon salt
- 1 tablespoon nutritional yeast

puree/paste and cook for 2-3 minutes. Add miso, chopped tomatoes, water and red wine, allow sauce to simmer for 20 minutes, stirring regularly. Add in the lentils and cook for a further 5 minutes, you can cook for longer if you want to reduce the sauce to a thicker consistency. Remove from heat and season with salt and crushed black pepper. Sprinkle the tablespoon of nutritional yeast over the top when serving.

Nutritional Information
Protein 8.5g
Carbohydrates 44.3g
Fat 7.9g
Calories 572

Method

Place onion, garlic, carrot, red pepper and celery into a blender and blend until finely chopped.

Place a large pot over a low heat with olive oil and add the blended vegetables. Saute for 5-8 minutes until softened. Add the mixed herbs, tomato

VEGAN BOLOGNESE WITH ZUCCHINI TAGLIATELLE

Zucchini and Asparagus Tagliatelle

Ingredients

- 20ml water
- 150g asparagus
- 400g zucchini/courgette
- ½ lemon, juice only
- Pinch salt
- Pinch crushed black pepper

Method

With a potato peeler, peel zucchini and asparagus to form ribbons. In a medium pot, over a high heat, add water. Once water is boiling add asparagus and zucchini and season with salt, crushed black pepper and lemon juice. Cook until tender or if you prefer, you can undercook slightly to have a slight crunch in the zucchini/asparagus. Remove from heat and drain any excess water.

Nutritional Information
Protein 4.2g
Carbohydrates 10.4g
Fat 0.8g
Calories 53

INDIAN FAKEAWAY

Indian Cauliflower Rice

Serves 2

Ingredients

- 400g cauliflower
- 1 teaspoon coconut oil
- 2g cumin seeds
- ¼ teaspoon turmeric
- Pinch crushed black pepper
- 20ml water
- Pinch salt
- 5g fresh coriander/cilantro, chopped
- ½ lemon, juice only

Method

Cut cauliflower into florets, put in a food processor and pulse until it resembles rice, set aside. Meanwhile, in a large pot, over low heat add coconut oil, cumin seeds, turmeric and crushed black pepper, toast for 1 minute. Add cauliflower and water, season with salt and cook for 4-5 minutes until tender. Remove from heat, draining any excess water and season with lemon juice and chopped fresh cilantro/coriander.

Nutritional Information
Protein 4.1g
Carbohydrates 11.8g
Fat 1.9g
Calories 67

INDIAN FAKEAWAY

Tofu Madras

Serves 2

Ingredients

- ¼ teaspoon cinnamon
- 1 ½ tablespoons madras curry powder
- Pinch crushed black pepper
- ¼ teaspoon fenugreek seeds
- 1 tablespoon olive oil
- 150g white onion, diced
- 2 cloves of garlic, crushed
- 400g firm tofu, dried and cubed
- 10g fresh ginger, grated
- ½ tablespoon tomato paste (UK tomato puree)
- 100ml coconut milk (unsweetened)
- 200ml tomato sauce (UK tomato passata)
- ½ teaspoon salt
- 10g fresh cilantro/coriander, chopped

Method

In a medium, non-stick pan over a low heat, add cinnamon, madras curry powder, crushed black pepper and fenugreek seeds and toast for 1-2 minutes. Place spice mixture in a bowl and leave to one side. Using the same pan, over a low heat, add olive oil and diced onion and sweat for 5-6 minutes. Once onions begin to turn golden add garlic, tofu, ginger, tomato paste, then the prepared spice mixture and cook for a further 1-2 minutes. Add coconut milk, tomato sauce and season with salt. Cook for 15-20 minutes - the longer you cook the thicker the consistency. 2 minutes before finishing cooking add the chopped cilantro/coriander, cook for the remaining 2 minutes and remove from the heat.

Nutritional Information
Protein 27.9g
Carbohydrates 23.7g
Fat 26.3g
Calories 396

ROAST LICKIN FRICKEN, VEG 'N' CHIPS

Roast Lickin Fricken

Note: this recipe serves 4, so freeze 2 portions

Ingredients

- 150g firm tofu
- 200g butter beans (canned/tinned)
- 1 tablespoon vegan better than chicken bouillon
- 2 tablespoons olive oil
- ½ teaspoon salt
- ½ tablespoon miso paste
- 1 teaspoon apple cider vinegar
- 175g vital wheat gluten

Marinade

- 2 cloves of garlic, crushed
- 30ml balsamic vinegar
- 1 tablespoon soy sauce
- 1 teaspoon dried parsley
- 1 teaspoon dried thyme
- Pinch crushed black pepper
- 1 tablespoon olive oil
- 1 tablespoon cranberry sauce
- 4 tablespoons of water

Method

Place tofu, butter beans (including water from butter beans), bouillon, olive oil, salt, miso paste and apple cider vinegar in a food processor and blend until smooth and creamy. Add

vital wheat gluten and blend on a low speed until it comes together. Remove dough from the blender and separate into 4 portions and shape into chicken breast shapes. Wrap each chicken breast individually in greaseproof paper and then in heat proof plastic wrap. Set up the steamer and steam for 1 hour. Once steamed, leave to cool for 20 mins (keep chicken wrapped). Preheat the oven to 360F/180C. Place garlic, balsamic vinegar, soy sauce, parsley, thyme, crushed black pepper, olive oil, cranberry sauce and water in a bowl, mix well and cover chicken in marinade. Allow to marinate in a fridge for 1-2 hours. Place chicken in a roasting tin and pour over the marinade. Roast the chicken for 20 minutes or until browning on the outside.

Nutritional Information
Protein 41.7g
Carbohydrates 18g
Fat 13.9g
Calories 370

ROAST LICKIN FRICKEN, VEG 'N' CHIPS

Sweetheart Cabbage Wedges

Serves 2

Ingredients

- 600g sweetheart cabbage
- 1 tablespoon olive oil
- 15g vegan butter
- ½ teaspoon onion powder
- ¼ teaspoon dijon mustard
- ¼ teaspoon wholegrain mustard
- Pinch salt
- Pinch crushed black pepper
- 5g fresh chives, chopped
- 150ml water

Method

Cut cabbage in 4 quarters lengthwise. In a medium non-stick pan, on a low heat, add olive oil and cabbage, caramelize on all sides until golden brown. In a separate bowl melt vegan butter, then add all ingredients to cabbage, place lid on pan. Cook on a medium -low heat for 10-12 minutes or until tender.

Nutritional Information
Protein 5.6g
Carbohydrates 14.1g
Fat 13.5g
Calories 211

Parsnip Chips

Serves 2

Ingredients

- 300g parsnips
- ¼ teaspoon thyme leaves, finely chopped
- Pinch salt
- Pinch crushed black pepper
- ½ tablespoon olive oil
- ½ tablespoon agave

Method

Preheat the oven to 260F/130C. Cut parsnips into long french fries. In a bowl add parsnips, thyme, salt, crushed black pepper and olive oil. Tossing, until parsnips are coated. Place parsnips on a baking tray and cook for 10-12 minutes or until tender. Glaze parsnips with agave, turn oven up to 360F/180C, and cook for a further 3-5 minutes.

Nutritional Information
Protein 2.7g
Carbohydrate 22.8g
Fat 5g
Calories 150

CAFE DE PARIS STEAK ON STEAK

Charred Broiled Hasselback Steak

Note: this recipe serves 4, so freeze 2 portions

Ingredients

- 50ml red wine
- 55g raw red beetroot
- 70g canned/tinned cannellini beans, drained
- 20g tomato paste (UK tomato puree)
- 85g cremini/chestnut mushrooms
- 30g garlic
- 50g miso paste
- 1 teaspoon soy sauce
- 15g vegan better than beef bouillon
- 11g smoked paprika
- 11g onion powder
- Pinch salt
- 2 ½ tablespoons olive oil
- 1 teaspoon ground black pepper
- 220g vital wheat gluten

Method

Start by preparing the steak. Add all ingredients, except vital wheat gluten, half the ground black pepper and ½ tablespoon of olive oil, to a blender and blend until smooth. Pour mixture into a large bowl, add vital wheat gluten and stir with a wooden spoon until well mixed. Turn out the mixture onto a clean surface and knead for 2 minutes until it forms a dough. Do

not over knead! Roll dough into a ball and cut into 4 quarters. Roll each quarter into a loaf shape. Wrap in tinfoil, making sure it is tightly sealed around the edges. Prepare a steamer by putting a wire rack at the bottom of a roasting tray, place steaks on to the wire rack, cover with tinfoil again and bring to a simmer. Steam for 1 hour - 1 hour 20 minutes. Once cooked, take out tinfoil and leave to cool for 10-15 minutes. Once cooled, slice as you would a loaf of bread but not going the whole way through (like a hasselback potato).

Preheat the oven to 355F/180C. Place steaks (carved side up) on a baking tray. Drizzle steaks with remaining oil, salt and ground black pepper and bake for 15-20 minutes.

Nutritional Information
Protein 46.3g
Carbohydrates 22.5g
Fat 12.7g
Calories 377

CAFE DE PARIS STEAK ON STEAK

Grilled Celeriac

Serves 2

Ingredients

- 550g celeriac/celery root
- 1 tablespoon olive oil
- Pinch crushed black pepper
- Pinch salt

Method

Preheat the oven to 315F/160C. Wash the celeriac but keep on the skin and pat dry. Drizzle half the olive oil over the celeriac and place on a baking tray. Bake for 2-2 ½ hours, if it starts to go golden brown, cover with tinfoil. Check if the celeriac is tender the whole way through by piercing the center with a skewer. Once cooked, leave to cool for 5-10 minutes and slice into 1 1/2 cm steaks. Place on a baking tray, drizzle with remaining oil, season with salt and crushed black pepper and grill for 8-10 minutes until golden brown.

Nutritional Information
Protein 4.1g
Carbohydrates 25.3g
Fat 7.6g
Calories 175

Cafe de Paris Glaze

Serves 2

Ingredients

- 1 tablespoon capers, chopped
- 3g fresh dill, chopped
- 3g fresh flat leaf parsley, chopped
- 3g fresh tarragon, chopped
- ¼ teaspoon curry powder
- Pinch salt
- Pinch crushed black pepper
- Pinch chili powder
- ¼ lemon, juice only
- 1 tbsp water

Method

Add all ingredients together in a bowl. Leave for 5-10 minutes. Drizzle over hasselback steak after it's finished cooking and when serving.

Nutritional Information
Protein 0.6g
Carbohydrates 2.9g
Fat 0.2g
Calories 12

Serve with unlimited steamed cruciferous vegetables



SNACK RECIPES

Healthy Peanut Butter Mousse

Serves 2

Ingredients

- 100g firm tofu
- Pinch salt
- ½ teaspoon vanilla extract
- ½ teaspoon liquid stevia
- 85g peanut flour
- 185ml almond milk (unsweetened)

Method

Cut tofu into 4 pieces and between 2 paper towels, press out as much liquid as possible. Add all ingredients to a blender and blend until a smooth, thick mousse-like consistency (scraping sides if necessary). Pour mixture into 2 serving bowls. The mousse can be served straight away or covered with plastic wrap and stored in the refrigerator.

Nutritional Information
Protein 30.3g
Carbohydrates 18.7g
Fat 6.5g
Calories 217

Overnight Peanut Butter No Oats

Serves 2

Ingredients

- 120ml coconut milk (unsweetened)
- 200ml water
- 25g The Protein Works Vegan Wondershake - white chocolate and peanut
- 30g pecan nuts
- 3 tablespoons black chia seeds
- 3 tablespoons hemp seeds
- 3 tablespoons flax seeds
- 2 tablespoons coconut nectar
- 1 tablespoon peanut butter
- 1 teaspoon vanilla extract

Method

Mix all ingredients until well combined, portion into 2 bowls. Cover bowls with plastic wrap and store in the fridge overnight. When serving, if the mixture has become too thick you can loosen it with a little water.

Nutritional Information
Protein 22.6g
Carbohydrates 27.5g
Fat 30g
Calories 468

Double Chocolate Almond Butter Bars

Serves 4

Ingredients

- 130g almond butter
- 12g coconut flour
- 7g Lakanto monkfruit sweetener
- 5g dark cocoa powder
- 10g The Protein Works Vegan Wondershake - Vanilla
- 2 tablespoons water

Method

Preheat the oven to 350F/175C. In a bowl add half of the almond butter, half of coconut flour, half monk fruit sweetener and half protein powder. In a separate bowl place all remaining ingredients. Mix each bowl separately with a fork and knead to combine. Line a small oven proof dish (2 1/2 " x 3") with parchment paper and place the first mixture in, ensuring it is evenly spread and top with the second mixture to create a two layer bar. Bake for 10-15 minutes or until browning around edges and set. Remove from oven and allow to cool to room temperature before cutting into 4 bars

Nutritional Information
Protein 9.8g
Carbohydrates 15g
Fat 17.6g
Calories 215

Protein Peanut Butter Brownie

Serves 4

Ingredients

- 35g peanut butter
- 5 teaspoons Lakanto monk fruit sweetener
- 45g The Protein Works Vegan Wondershake - chocolate
- 1 tablespoon coconut flour
- 5 teaspoons cocoa powder
- 1 teaspoon baking powder
- 200ml water

Method

Preheat oven to 300F/150C

Add peanut butter and monk fruit sweetener to a bowl and mix to combine. Sieve in protein powder, coconut flour, cocoa powder and baking powder, mix to combine. While mixing, add a little water at a time until a smooth batter is formed. Place in a small baking tray and bake for 10- 12 minutes. Once cooked and cooled, cut into 4 portions.

Nutritional Information
Protein 22.2g
Carbohydrates 8.8g
Fat 4.4g
Calories 163

Banana Toffee Mud Cake

Serves 2

Ingredients

- 50g The Protein Works Vegan Wondershake - banana & toffee
- 30g vital wheat gluten
- 2 teaspoons baking powder
- 180ml light soy milk
- Pinch of ground cinnamon (optional)

Method

Mix all ingredients in a medium size bowl until it resembles a muffin batter consistency. If you think it's too thick, add a little water. Place into 2 microwavable cups. Microwave for 60-90 seconds, keeping a close eye so it doesn't over spill. Once cooked be careful of the hot mud center, the mud cake will deflate once cooked - this is normal. The goal isn't to have a perfect cake, it's to have a delicious sweet treat when shredding. Optional: you can top with a sprinkle of cinnamon.

Nutritional Information
Protein 27g
Carbohydrates 11.6g
Fat 2.7g
Calories 175

Coconut Protein Balls

Serves 2

Ingredients

- 50g coconut butter
- 1 teaspoon Lakanto monkfruit sweetener
- 1 tablespoon maple syrup
- 3 tablespoons water
- 1 teaspoon ground cinnamon
- 45g The Protein Works Vegan Wondershake - vanilla
- 25g hemp seeds
- 10g cocoa powder
- 20g Organic desiccated coconut

Method

In a medium sized bowl add coconut butter and monk fruit sweetener, whisk to combine. Add all remaining ingredients and form 8 balls. Tip: if the mixture is dry you can add a little water to help combine.

Nutritional Information
Protein 26.5g
Carbohydrates 31.3g
Fat 18.3g
Calories 397

SHOPPING LIST

Store Cupboard Staples

- ☐ Salt
- ☐ Crushed black pepper
- ☐ 375ml Olive oil
- ☐ 10ml Avocado oil
- ☐ 27.5ml Coconut oil
- ☐ 2 tsp BBQ seasoning
- ☐ ½ tsp Garam masala
- ☐ 3 tsp Ground cinnamon
- ☐ 1 Cinnamon stick
- ☐ 1 ¼ tsp Turmeric
- ☐ 1 tsp Kala namak salt
- ☐ 2 tsp Cumin
- ☐ ½ tsp Smoked sweet paprika
- ☐ 6 ½ tsp Smoked paprika
- ☐ ¾ tsp Paprika
- ☐ 25g Onion powder
- ☐ 10g Garlic powder
- ☐ 2 tsp Cajun spice
- ☐ Pinch ground nutmeg
- ☐ ¼ tsp Allspice
- ☐ 1 tsp Adobo seasoning
- ☐ Pinch cayenne pepper
- ☐ 2g Chili flakes
- ☐ 2 tsp Chili powder
- ☐ ¼ tsp Tajin
- ☐ 12g Curry powder
- ☐ 1 ½ tbsp Madras curry powder
- ☐ 1 ¼ tsp Ground black pepper
- ☐ 2 Bay leaves
- ☐ 3g Dried oregano
- ☐ 2 tsp Dried thyme
- ☐ 2 tsp Dried mixed herbs
- ☐ 1 tsp Dried parsley
- ☐ 157g Nutritional yeast
- ☐ 220g Black chia seeds
- ☐ 60g Pumpkin seeds
- ☐ 1 tsp Black mustard seeds
- ☐ 1 tsp Mustard seeds
- ☐ 1 tsp Coriander seeds
- ☐ 5g Nigella seeds
- ☐ 3 tbsp Flax seeds
- ☐ 2g Cumin seeds
- ☐ ¼ tsp Fenugreek seeds
- ☐ 90g Hemp seeds
- ☐ 50g Pecan Nuts
- ☐ ½ tbsp Pine nuts
- ☐ 1 tbsp Capers
- ☐ 70g Miso paste
- ☐ 5g Harissa paste
- ☐ 1 ¼ tsp Ground black pepper
- ☐ 1 tsp Dried parsley
- ☐ 1 tsp Rose harissa paste
- ☐ 45g Dijon mustard
- ☐ ¼ tsp Wholegrain mustard
- ☐ 1 tbsp Cranberry sauce
- ☐ 50g Peanut butter
- ☐ 3 ½ tsp Tahini
- ☐ 2 tbsp Vegan mayo
- ☐ 30g Sriracha sauce
- ☐ 4 tsp Cholula hot sauce
- ☐ 1 tsp Tomato ketchup
- ☐ 148ml Soy sauce
- ☐ 1 tbsp Coconut aminos
- ☐ 8ml Liquid smoke
- ☐ 5ml Worcester sauce
- ☐ 560ml Vegetable stock
- ☐ 1 tbsp Vegan better than chicken bouillon
- ☐ 15g Vegan better than beef bouillon
- ☐ 20ml Apple cider vinegar
- ☐ 19ml Red wine vinegar
- ☐ 30ml Balsamic vinegar
- ☐ 33ml Vanilla extract
- ☐ ½ tsp Liquid stevia
- ☐ 2 tbsp Agave
- ☐ 22g Coconut sugar
- ☐ 17.5g Sugar
- ☐ 2 tbsp Coconut nectar
- ☐ 49ml Maple syrup
- ☐ 77g Lakanto monkfruit sweetener
- ☐ 925g Vital wheat gluten
- ☐ 200g Sunflower mince/hache
- ☐ 85g Peanut flour
- ☐ 3 tsp Baking powder
- ☐ 2 tbsp Cornstarch/Cornflour
- ☐ 27g Coconut flour
- ☐ 20g Dark cocoa powder
- ☐ 23g Cocoa powder
- ☐ 20g Organic desiccated coconut
- ☐ 160g Red split lentils
- ☐ 125g Yellow split peas
- ☐ 100g Green lentils (canned/tinned)
- ☐ 500g Black beans (canned/tinned)
- ☐ 70g Cannellini beans (canned/tinned)
- ☐ 920g Butter beans (canned/tinned)
- ☐ 150g Mixed beans (canned/tinned)
- ☐ 450ml Tomato sauce (UK tomato passata)
- ☐ 270g Tomato paste (UK tomato puree)
- ☐ 500g Chopped tomatoes (canned/tinned)
- ☐ 50g Jackfruit
- ☐ 170ml Red wine

SHOPPING LIST

From The Fridge

- ☐ 1530g Firm tofu
- ☐ 620g Silken tofu (can be substituted for soft tofu)
- ☐ 200g Fresh tempeh
- ☐ 485ml Almond milk (unsweetened)
- ☐ 160ml Almond milk
- ☐ 30ml Soy milk
- ☐ 180ml Light soy milk
- ☐ 360ml Almond vanilla milk
- ☐ 400ml Coconut milk (unsweetened)
- ☐ 1 tbsp Vegan oatly yogurt
- ☐ 20g Vegan oatly greek yogurt
- ☐ 15g Vegan butter
- ☐ 130g Almond butter
- ☐ 50g Coconut butter
- ☐ 120ml Pineapple juice
- ☐ 16 Plant Pioneers vegan bacon rashers

(Note: serve 4 pioneer vegan bacon rashers per portion, grilled as per packaging. if you can not get pioneer plant based bacon rashers get one as close to the macros as possible, 4 slices = 122 calories, 8.6 protein, 7.4 fat, 4.5 carbs)

Fresh Produce

- ☐ 955g White onion
- ☐ 155g Red onion
- ☐ 30g Shallots
- ☐ 30g Fresh ginger
- ☐ 170g Garlic
- ☐ 30g Spring onions/Green

- onions
- ☐ 55g Fresh Red beetroot
- ☐ 1700g Cauliflower
- ☐ 450g Spinach
- ☐ 4 Field mushrooms (portobello mushrooms)
- ☐ 200g Button mushrooms
- ☐ 85g Cremini/chestnut mushrooms
- ☐ 5g Fresh green chili
- ☐ 15g Fresh red chili
- ☐ 180g Tomatoes
- ☐ 200g Eggplant/aubergine
- ☐ 1050g Zucchini /courgette
- ☐ 4 Limes
- ☐ 4 Lemons
- ☐ 325g French beans
- ☐ 3 Small radishes
- ☐ 600g Sweetheart cabbage
- ☐ 25g Red cabbage
- ☐ 25g White cabbage
- ☐ 150g Carrots
- ☐ 300g Parsnips
- ☐ 185g Red bell pepper
- ☐ 100g Yellow bell pepper
- ☐ 200g Tenderstem broccoli
- ☐ 20g Fennel
- ☐ 1050g Celeriac/Celery Root
- ☐ 100g Avocado
- ☐ 150g Asparagus
- ☐ 30g Celery
- ☐ 40g Fresh flat leaf parsley
- ☐ 3g Fresh Dill
- ☐ 12g Fresh Mint
- ☐ 52g Fresh Cilantro/coriander
- ☐ 10g Fresh Basil
- ☐ 8g Fresh Tarragon
- ☐ 1 ¼ tsp Fresh Thyme
- ☐ 5g Fresh Chives

- ☐ 125g Romanesco
- ☐ 1200g Cos lettuce
- ☐ Unlimited Cruciferous vegetables
- ☐ Unlimited Salad leaves

From The Protein Works

- ☐ 60g The Protein Works Vegan Wondershake - apple and cinnamon
- ☐ 117.5g The Protein Works Vegan Wondershake - Vanilla
- ☐ 50g The Protein Works Vegan Wondershake - banana & toffee
- ☐ 25g The Protein Works Vegan wondershake - white chocolate and peanut
- ☐ 45g The Protein Works Vegan Wondershake - chocolate
- ☐ 30g The Protein Works Vegan Wondershake of your choice



Whether you're considering traditional hormone replacement therapy or want to try a more holistic approach, smart supplementation can also help manage the many symptoms of menopause. I have created this supplement guide to help you navigate this new stage of your life so that you feel supported, understood, and like you have the tools to cope with anything life throws at you.

Every woman's experience of menopause symptoms is completely unique, and unfortunately, there is no way to predict how many symptoms you will experience or for how long. It is not necessary to take ALL the supplements that are listed. Simply choose the ones that are best suited to your particular symptoms and budget. ***Please note that the supplement suggestions included in this guide are not medical advice and should never replace your doctor's advice.***

Supplements for Muscle Growth & Repair

Protein Powder

It's tough for a vegan to hit their protein targets without supplementing with protein powder. It is essential for reaching higher protein goals while keeping calories low. I love the [Wondershake](#) from [The Protein Works](#)—the macros are fantastic! It is very low-calorie with a substantial amount of protein in those calories. If you're not able to purchase this one for any reason, you can choose another one. Just be sure you are getting *at least* 20g protein. In the meal plans,

we will be using different flavors of protein powder for a wide range of recipes. If you feel that your budget doesn't allow for this, simply sub with another flavor.

Average Wondershake Macros:



- 21g protein
- 0.7g fat
- 1.3g carbs
- 89 calories

My favorite protein company is [The Protein Works](#). Use code TSV60 to get 60% off or TSV65 to get 65% off orders over \$100/£50. (Codes are valid on all vegan products)

Branched Chain Amino Acids (BCAA)

BCAA is considered the perfect supplement for people looking to put on muscle. BCAA supplements can also help to reduce tiredness, which can significantly boost your workout. **Take 5g – 15g in 600/1000ml water with the juice of half a lemon (for flavor) and drink during your workout or throughout the day.**

Supplements for Perimenopause

- **Agnus Castus (vitex, chaste berry, or chaste-tree)**

The hormone-balancing effects of Vitex Agnus-Castus may help relieve symptoms of perimenopause. In one study, vitex oils were given to 23 women in menopause. Women reported improved symptoms, including better mood and sleep, and some even regained their period. It can be used for PMS, irritability, low mood, and irregular periods. **Take 60mg a day.**

- **Dong Quai**

Herbalists prescribe Dong Quai to women who need to “enrich” their blood. Its nickname is the “female ginseng.” Enriching or nourishing your blood means increasing the quality of your blood. Women may find the most benefits from Dong Quai during and after menstruation for issues like PMS, menopause, and cramps. Some women take Dong Quai to treat hot flashes. **Take 1000mg a day.**

- **Red Raspberry**

Red raspberry leaf tea effectively reduces heavy menstrual flows or helps regulate irregular periods—especially those at the onset of perimenopause for many women. **Drink as a tea in the morning.**

Supplements for Hot Flashes



- **Black Cohosh**

Black Cohosh is a member of the buttercup family. It has been widely studied as an alternative to HRT (hormone replacement therapy) to alleviate symptoms of menopause, such as hot flashes, night sweats, and low mood. It is beneficial in improving sleep quality by reducing hot flashes. **Take 6.5g a day or drink as a tea.**

- **Sage**

Sage has been traditionally used to alleviate menopausal symptoms. It's believed that compounds in sage have estrogen-like properties, allowing them to bind to specific receptors in your brain to help improve memory and treat hot flashes and excessive sweating. **Take 1600mg a day.**

Supplements for Low Mood, Anxiety & Stress



- **St. John's Wort**

St. John's Wort is a traditional herbal medicinal product that has been used for many years to relieve the symptoms of slightly low mood and mild anxiety. It can also be taken for hot flashes and insomnia. Before using St. John's Wort, please check with your doctor, as it can interfere with other drugs, including those used to treat breast cancer (such as tamoxifen) and antidepressants.

Take 250mg a day.

- **Ashwagandha**

Ashwagandha, also known as Indian Ginseng, is used in traditional Ayurvedic practice. It has become an increasingly popular herbal supplement among women of different ages in the modern world. It can help with poor sleep, anxiety, and stress. **Take 1000mg a day.**

Supplements for Reduced Tiredness & Fatigue

- **Rhodiola**

Rhodiola is an adaptogenic plant that balances stress responses and supports brain, liver, and heart health. The plant is traditionally used in Chinese medicine to stimulate the nervous system to improve performance and is recommended for fatigue, low mood, and stress. **Take 500mg a day.**

- **Vitamin B12**

Low Vitamin B12 can mimic the symptoms of dementia, with studies showing that approximately 20% of people aged 60 and older are deficient. This is one of my most recommended supplements but especially for menopausal women. Vitamin B12 improves energy levels, nerve conduction, concentration, and more! I recommend that everyone take this supplement for general health as it is quickly depleted with stress, caffeine, and alcohol. **Take 1000mcg a day.**

Supplements for Sleep Quality



- **Valerian Root**

Valerian Root is a traditional herbal medicinal product used to relieve sleep disturbances due to symptoms of mild anxiety temporarily. Studies have shown that taking Valerian extract before bed helps you fall asleep faster and improves sleep quality. **Take 400mg before bed.**

- **Montgomery Tart Cherry Juice Concentrate**

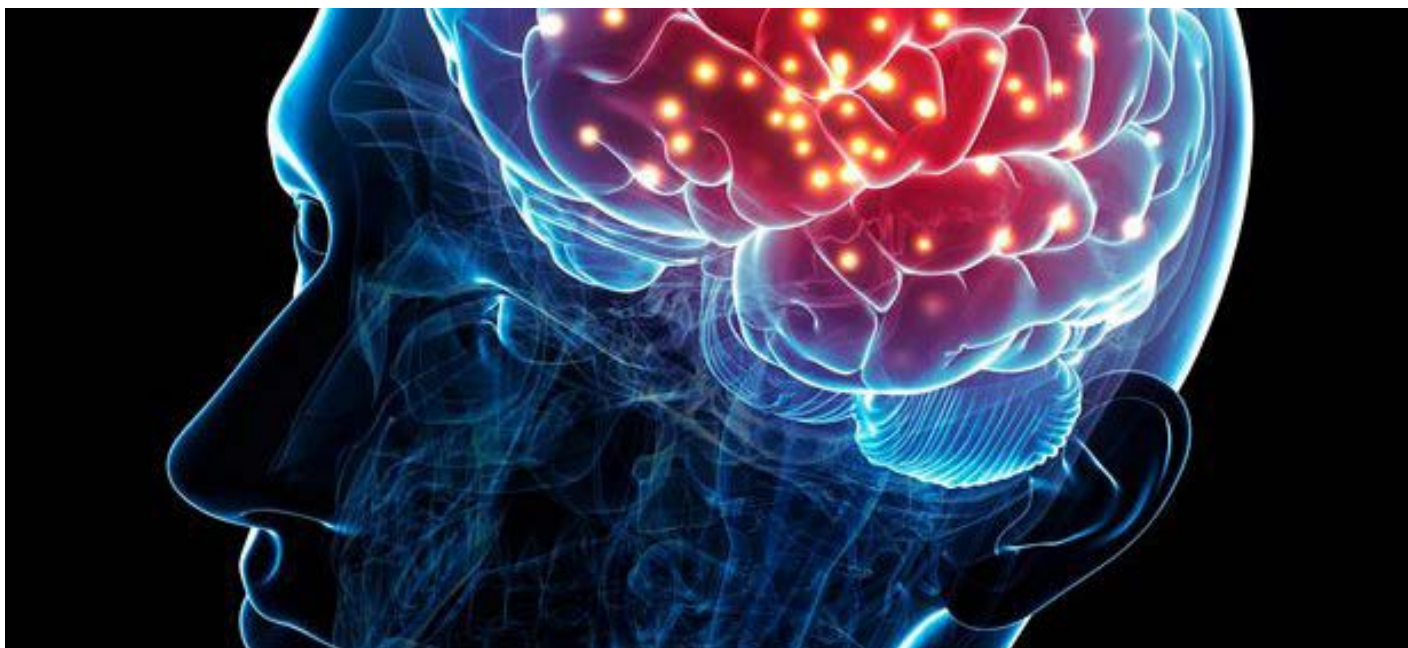
Tart cherry juice is high in melatonin's sleep-promoting chemical and has anti-inflammatory properties (inflammation can disrupt sleep). Research shows that older women slept better and longer if they drank it before bed. For best results, **sip an ice-cold glass 30 minutes before bed to help your core temperature drop and help send you to sleep.**

Supplements for Libido



- **Maca**

Multiple studies have found that Maca helps alleviate menopausal symptoms, including hot flashes and interrupted sleep. A 2018 study found that post-menopausal women who took Maca had reduced anxiety and lower measures of "sexual dysfunction." It can be used for hot flashes, night sweats, insomnia, libido, and stress. **Take 5000mg a day.**



Supplements for Memory & Cognitive Function

- **Ginkgo Biloba**

Ginkgo Biloba has been found to contain phytoestrogens and raise estrogen levels, naturally improving hormonal imbalances. Studies have found that one week of treatment with Ginkgo Biloba improved post-menopausal women's attention, memory, and mental flexibility. **Take 600mg a day.**

- **Holy Basil**

Holy Basil, also known as Tulsi, has been revered for thousands of years as part of the Indian system of Ayurveda. As an adaptogen, Holy Basil has powerful anti-stress properties, and it is primarily used to support the body in dealing with stress, memory, and cognitive function. It supports the adrenal system, which fluctuates hormonally during menopause. **Take 500mg a day.**

Supplements for Bone Health

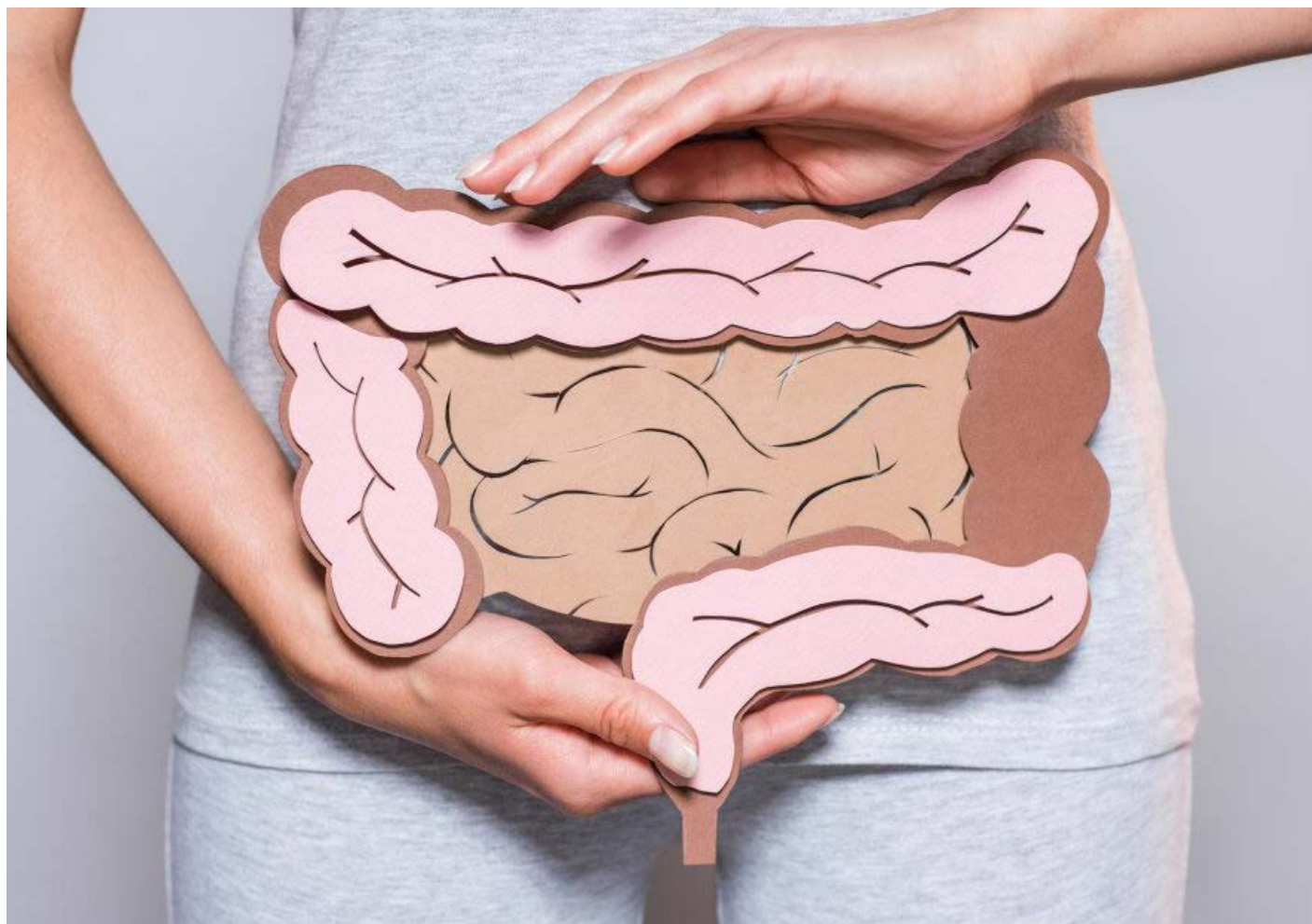
- **Red Clover**

Red Clover is considered one of the richest sources of isoflavones, which are water-soluble chemicals that act like estrogens (known collectively as phytoestrogens). Menopause increases a woman's risk of developing osteoporosis (significant bone loss). Some studies suggest that Red Clover isoflavones may slow bone loss and boost bone mineral density in pre- and peri-menopausal women. Several studies indicate that Red Clover may significantly reduce hot flashes in menopausal women. **Take 1000mg a day.**

- **Vitamin D3**

Vitamin D3 is essential for promoting calcium absorption in the gut and maintaining bone health. It helps with immune function and reduces inflammation. Low Vitamin D can mimic early stage perimenopause symptoms. **Get in spray form preferably and take 4000IU every morning.**

Supplements for Digestion



- **Ginger**

Ginger tea is an excellent digestive aid. Use it to curb lesser-known menopause symptoms such as nausea or vomiting or to help settle an upset stomach. It may also help relieve stomach-churning menopause stress and anxiety. It is anti-inflammatory and can reduce joint pain and stiffness, and can be helpful to curb sugar cravings as it regulates blood sugar. *Taken as a tea, to make;* take a piece of fresh ginger, peel it, chop it, or grate it, add it to a cup of water in a pan, and let it simmer gently for 10-15 minutes. Then strain it, and add either a little bit of honey or a squeeze of lemon juice. **Drink one cup in the morning or when needed to aid digestion.**

- **L-Glutamine**

L-Glutamine can help gut function, the immune system, and other essential

processes in the body, especially in times of stress. The gut produces around 95% of the body's feel-good hormone 'serotonin'. We can manage the low moods that many women experience during menopause by looking after our gut. Glutamine can be taken first thing in the morning to help rebuild the lining of the digestive system. **Take up to 15g per day, spread over the day.**

(For example, I take 5g in a smoothie or porridge in the morning and 10g in my post-workout smoothie.)

Supplements for Fat Burning

- **Alpha Lipoic Acid (ALA)**

ALA is a unique antioxidant that dissolves in both water and fat, allowing it to recycle vitamins C and E and do the work of other antioxidants when the body is deficient in them. ALA also produces Glutathione, which dissolves toxic substances in the liver. Studies show that ALA increases Glut-4 transporters on the outside of muscle cells and away from fat cells, an increase of 50-60%, making it an excellent glucose regulator. Taking an ALA tablet with food shuttles more of the food into muscle and away from fat cells. **Take one capsule before each meal.**

- **L-Carnitine**

L-Carnitine carries fat to cell mitochondria to be converted into usable energy, increasing your energy level and improving your health. It decreases cravings while increasing your metabolic rate. It helps to lower cholesterol and triglyceride levels and improve cardiac performance. **Take two L-Carnitine tablets 30 minutes before working out to maximise benefits.**

- **Green Tea**

Green Tea contains theanine, a compound that reduces cortisol (a stress hormone). It also has antioxidants that reduce inflammation and lower the risk of disease. Studies have shown that Green Tea can help strengthen bone metabolism and decrease the risk of bone fractures, especially in women experiencing menopause. Green Tea has also been shown to boost metabolism; it can be a great fat-burning alternative for those sensitive to caffeine. **Take up to 200mg a day.**

Supplements for General Health

- **Omega-3 Algae Oil**

Omega-3 Algae Oil helps treat a range of menopausal symptoms, such as Hypertriglyceridemia. Postmenopausal women may have higher triglyceride concentrations than premenopausal women, exposing them to an increased risk of coronary heart disease. Unfortunately, cardiovascular disease is the number one cause of death in women, so it is essential to care about heart health. Research suggests that Omega-3 could be helpful for depression, anxiety, eye, heart, and brain health. **Take 400mg a day.**

- **Magnesium**

Magnesium helps regulate muscle contraction and relaxation for muscle cramps and spasms. It regulates blood pressure and cholesterol and strengthens the bones by improving bone mineral density. It also plays a vital role in carbohydrate metabolism as it influences the release and activity of cortisol and insulin, the hormone that helps control blood glucose sugar levels. In perimenopause, it could be good for anxiety, restless legs, aching muscles, sleep issues, migraines, and high blood pressure. **Take 1000-3000mg per day before bed.**



TRAINING OVERVIEW



In menopause, many women carry excess fat in their thighs, glutes, and abdominal areas. They complain that their current training regimes no longer create any noticeable changes, and they feel helpless as the menopausal fat gain rages out of control. They desperately want to lose body fat, but they don't know what to do or how to fit more training into an already busy schedule. It is time to train smarter, not harder. Menopausal bodies come in all shapes and sizes, and no matter how much you are struggling, all is not lost. While we can't change our genetics, we can change our bodies by causing muscle growth through resistance training. The most critical factor in getting results from any type of workout is challenging your muscles and pushing them to a new level at all times. This lack of progressive overload is the number one reason most people who workout look pretty much the same today as when they first started. It is the main reason people fail to see results because they are no longer challenging themselves. Doing the same thing and expecting a different result is the definition of insanity.

Metabolic Stress

Metabolic stress is a “feel the burn” type of stimulus and how you will train in this program. The key is to keep constant tension on the muscle—never allowing yourself to fully lockout or stop the reps from taking a break—until you have reached utter failure and the burning sensation is too powerful to continue.

What causes that burning sensation? Lactic acid. Lactic acid is released into the muscle during the short and fast reps. Metabolic stress causes muscle hypertrophy through the fatiguing of the muscles in an exercise. When this happens, the central nervous system will recruit more motor units. This type of training produces cellular swelling that pumps the muscle up. You will feel the sorest during the actual workout, but once it's over, you won't feel much.

Osteoporosis

Osteoporosis is a condition where the bones become fragile, increasing fracture risk, and is characterized by decreased bone mass and bone quality. Estrogen influences our bone formation. In menopause, as our estrogen levels drop, so does our bone mass. Osteoblasts, which are the cells that build bone, are stimulated by mechanical signals from exercise. We can preserve bone quality and reduce the chance of osteoporosis by using strength training to put suitable stress on our bones and build muscle.



Sarcopenia

Menopause is associated with a **decline in estrogen levels**, which leads to a decrease in bone density, muscle mass, and muscle strength. This decline in muscle mass, known as sarcopenia, is frequently observed in postmenopausal women. Our bodies start to drop a small percentage of muscle every month as we age; it's just the natural effect of getting older. We can counteract this by continuing to strength train. It might take us a bit longer to build muscle, but it will also help us keep the muscle we have. In *The Sculpted Vegan*, we have many menopausal women in their 60s and 70s who have completely transformed their bodies through strength training. There is no excuse!

TRAINING STRUCTURE

The menopause workouts are motivating, fast-paced, dumbbell workouts specifically designed to help you get lean, strong, and fit. You will be coached through scientifically proven fat-burning and muscle-building routines to help you get maximum results in minimum time.

In this program, you will do the follow-along workouts a **minimum of three times a week, or a recommended six times a week**. I suggest that if you are chasing maximum results, you perform the workouts more than three times a week. In each workout, you'll hit every body part, as well as perform daily cardio if you wish.

The workouts follow *The Sculpted Vegan* bodybuilding principles of training each body part:

- ➔ Chest
- ➔ Biceps & Triceps
- ➔ Shoulders
- ➔ Quads
- ➔ Glutes & Hamstrings
- ➔ Abs & Back

Every **60-minute follow-along session** will consist of bodyweight and resistance exercises for the whole body. These exercises have been specifically selected as they are scientifically proven to burn fat and build muscle. The workout format will be as follows:

- ➔ 5-minute warm-up
- ➔ 40-minute strength and conditioning
- ➔ 5-minute cool-down
- ➔ 10-minute stretch (optional)

The resistance workouts are all you need to achieve a strong and sculpted body in the shortest time possible. The 10 minute stretch at the end of each workout is optional. While we recommend that you do it for relaxation and recovery, we understand how busy your life might be.

The workout videos will explain beginner to advanced options, where you can follow along with the coach who puts you through your paces. These workouts will prove particularly challenging at the start. But this is what this program is designed for, to help you become stronger! As your muscular strength and cardiovascular endurance grow over the next twelve weeks, aim to progress to the more advanced options of each exercise. You're going to love this quick, effective, and intense program!

Equipment Needed



This program is designed to be primarily done at home with dumbbells, and the exercise videos will reflect this. If you don't have access to dumbbells, any of the exercises can be done with a resistance band. If you are unsure how to use the resistance bands for an exercise, a quick google search of "resistance band version of" will help demonstrate the movement. Regardless of the equipment option you use, the more load you can add to your exercises, the better your results.

- **Dumbbells** (heaviest you can comfortably lift)
- **Long looped resistance bands**

UK Customers [FitBeast 5 Pack Resistance Bands Pull Up Assist](#)
Price £35.99

USA Customers [FX FFEYS 5 Pack Pull up Assistance Bands Set](#)
Price \$39.99

*The above UK & US links are affiliate links, which means The Sculpted Vegan will receive a small commission if you choose to purchase using these links. *Prices are subject to change.*



THE MENOPAUSE SHRED

12 WEEKS TO RAPID FAT LOSS IN MENOPAUSE

THE SCULPTED VEGAN

TRAINING SCHEDULE

Below is the suggested training schedule. **We suggest that you perform a minimum of three workouts a week, but we recommend six workouts a week.** These fat-burning circuits have been designed to be done at home. If you have a regular bodybuilding style training schedule, you could continue to perform it but add on a minimum of three menopause workouts a week. The workouts can be done in any order and performed consecutive days in a row. Each week, make sure to take one rest day on a day of your choice.

MINIMUM SCHEDULE - 3 WORKOUTS PER WEEK

MONDAY- [Workout One](#)

WEDNESDAY - [Workout Two](#)

FRIDAY- [Workout Three](#)

RECOMMENDED SCHEDULE - 6 WORKOUTS PER WEEK

MONDAY- [Workout One](#)

TUESDAY- [Workout Two](#)

WEDNESDAY - [Workout Three](#)

THURSDAY- [Workout One](#)

FRIDAY - [Workout Two](#)

SATURDAY- [Workout Three](#)

TRAINING NOTES

- The training is designed to be done a minimum of three times per week but should be done six times when possible for best results.
- If you have access to dumbbells, I encourage you to use them. The more load you can add to your exercises, the better your results.
- If you are using resistance bands, use the most challenging band you can. The more metabolic stress you create, the more your muscles will grow!
- There will be beginner, intermediate, and advanced options for each exercise.
- If you have a regular bodybuilding style training schedule, you could continue to perform it but add on a minimum of three menopause workouts a week.
- The workouts can be done in any order and performed consecutive days in a row.
- Each week, make sure to take one rest day on a day of your choice.
- When you feel the burn, keep training through the pain and do NOT stop.
- Over the next 12 weeks, aim to progress through the movements as best as possible.



MEDITATION SCHEDULE

For best results, practice this 20-minute meditation every day to switch on your body's parasympathetic nervous system, calm you down, and decrease cortisol release. This meditation can be listened to at any time, anywhere.

Daily Meditation

[Deep breathing and muscle relaxation meditation](#)

HOW TO MEASURE PROGRESS

Progress pictures

The most accurate way to track your progress is by taking pictures. Once a week, I want you to take a selfie with your smartphone or camera. Either snap it in the mirror or set the timer on your phone. Don't flex, tense or try to suck in your stomach. You need to see the reality of your situation!

Take full-length body pictures.

- Front with arms relaxed beside your body
- Back with arms relaxed beside your body
- Side facing left and facing right



Try to take your progress pictures at the same time of the day, in the same outfit, in the same light, in the same place. For example, I take my progress pics every Saturday morning as soon as I get up. I roll out of bed, pee, put on my bikini, and take my photos. Your body does not usually hold much water in the morning, so it is the most accurate time to take progress shots. Take them at the start and end of the plan and chart your progress through the app.

Track your body fat?

For your own personal use, you can also track your body fat. You do not need it for any calculations on this program, but if you are a person who likes to see progression, then tracking body fat can be useful. However, please **DO NOT USE SCALES OR BODYTRAX MACHINES IN THE GYM TO TRACK YOUR BODYFAT**. They are entirely inaccurate. A bathroom scale cannot give you an accurate reading of body fat. The best way to track body fat is with 7-point caliper measurements or a DEXA body scan. At the end of the twelve weeks, use the same method to recalculate your body fat and compare at the end of the plan.

BURN EVEN MORE FAT

The following exercises and instructions have been inspired by the 'Damage Control - preventing fat gain when you binge' section of Tim Ferriss' book, The 4 Hour Body. Feel free to try them and add them as a bonus to your fat loss.

- Five minutes before each meal you eat, do 90 seconds of air squats and 90 seconds of wall tricep extensions; Aim for 30-50 reps of each exercise.
- 90 minutes after each meal, do 90 seconds of air squats and 90 seconds of wall tricep extensions. Aim for 30-50 reps of each exercise.

Why?

GLUT-4 is an insulin-regulated glucose transporter responsible for glucose uptake into fat and muscle cells. In the absence of insulin, GLUT-4 is mainly found in intracellular vesicles, called GLUT-4 storage vesicles (GSVs). Engaging in short, muscular contraction before eating our meals brings Glut-4 to the surface of muscle cells, opening more gates for the calories to flow into.

Body fat loss is the primary goal of this program. We want to enjoy our food, but we do not want to gain fat. The more muscular gates we have open before insulin triggers the same Glut-4 on the surface of fat cells, the more we can put in muscle instead of fat. We want to use these 90-second bursts of exercise to beat the meal-induced insulin impact.

We will master the art of fat loss by sending the food (glucose) to our muscle tissue rather than fat cells.



CARDIO OVERVIEW

In menopause and life, the more you move, the more calories you burn. For me, an average day's step count is 25,000 to 35,000 steps. When I'm sitting in my office all day, a bad day is 20,000 steps. You have to get into the habit of moving. Whether it be up and down from a chair, taking the stairs, going for a walk at lunchtime, or parking your car further away, you just have to get more steps in.

I focus on and monitor my steps every day because if you set a specific daily target like 15,000 steps, you will constantly check it throughout the day. Even if you are watching TV at night and you've only hit 12,000 steps, that step goal will motivate you to get up and walk around your house or living room. You just want to make sure that you're active and you get your steps in because the more active you are, the more glucose your body will use, the less it will store as glycogen, the less it will divert to fat stores which is how you maintain a healthy weight in menopause.

Over the next twelve weeks, cardio will be a personal challenge. Our lives are so sedentary that you need to make an effort to move. Sometimes it shocks people how many steps I complete in a day. But I make an effort to move constantly, and this is another reason I can stay around 16% body fat all year round as I keep my body moving as much as I can. The 10,000 steps that our fitness trackers suggest we do really should be our bare minimum every day. Resistance training is the main reason I have built muscle and raised my metabolism. But, constantly moving my body throughout the day helps me manage my body fat.

The cardio recommendation is 60 minutes of scheduled walking every day or 15,000 steps per day.

To track your daily steps, use a fitness tracker or simply your phone to record your movement; Throughout your day, I recommend using a combination of NEAT & LISS.

- **NEAT: Non-Exercise Activity Thermogenesis**

NEAT is the energy expended for everything we do that does not include sleeping, eating, or exercise and ranges from simple things like standing and fidgeting to general movement around. Researchers have been investigating the use of time outside of purposeful exercise as a body

fat loss solution for weight loss, and the results are impressive. NEAT provides many opportunities to achieve effective and sustained weight loss without complicating our lives or finding more time to exercise. In your daily schedule, challenge yourself to find more reasons to move, e.g., where could you stand rather than sit, or take the stairs rather than a lift?

- **LISS: Low-Intensity Steady State cardio**

This type of cardio is highly effective for preventing fat gain while aiding muscle preservation. When you perform slow, steady cardio, you not only preserve muscle tissue but burn fat effectively. This program's recommended daily cardio of 60 minutes walking is just a guide. If you enjoy walking and wish to include more, please do. It is important to keep our cardiovascular system healthy.

CARDIO SCHEDULE

Option 1 - Minimum of 15,000 steps a day

Option 2 - 60 minutes scheduled, brisk walking each day



CONGRATULATIONS, YOU DID IT!

A massive “congratulations!” is in order for you! You have reached the end of twelve weeks of life-changing, body-transforming action. The principles of this program are designed so that you can continue them forever. I hope you feel that now is your time to shine and move forward with this new chapter in your life. If you can overcome menopause, you can overcome anything.

Need some help with what’s next?

If you need some help setting your new goals, reach out in the [Insiders Facebook Group](#), and the coaches will help you.

To finish, I hope you are as proud of yourself as I am of you; I cannot wait to hear all about your results. I hope you will share your pictures and brag about yourself because what you’ve done is something only 10% of the people who sign up ever actually finish!

I am so proud of you!

With love,
Kim xo

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**
Get the deets (AND DISCOUNTS!)

THE SCULPTED VEGAN APPAREL



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