THE SCULPTED *vegan*



4 WEEK

MENOPAUSE SHRED

HOW TO START GUIDE

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INTRODUCTION

Welcome to the **all-new** 4 Week Menopause Shred, our most successful four week program's latest evolution!

For the newbies here, I'm Kim Constable, founder of the world's largest vegan bodybuilding company, The Sculpted Vegan. My company has sculpted bodies, transformed lives, and conjured up more jaw-dropping before-and-after shots than you can shake a dumbbell at, with over 500,000 people worldwide having joined our epic fitness movement since 2017. But there's one program that's carved its name in stone in 2024—The 4 Week Shred 2.0. If you're new to this shred party, buckle up, as you're in for a wild ride.

For 2025, we have revamped this ultra-intense program to get you absolutely peeled in record time, whether you're prepping for a vacation or an event or just want to feel insanely confident in your own skin. We've taken everything that worked in the 4 Week Shred 2.0 and supercharged it with coaching for the menopausal woman to help you get incredible results, no matter your age.

The 4 Week Menopause Shred is a revolutionized, no-nonsense program that pushes you to the limit and then some. With two-a-day cardio sessions, six days of weight training, and precise meal plans tailored for both vegan and non-vegan diets, you'll be astounded at the results you can achieve in just four weeks. Plus, 24/7 support within the Facebook Community to ensure you never feel alone on this journey. **CLICK HERE** to join the private Facebook group where my team of worldwide coaches and I will cheer you on.

This program is tough, and it's not for the faint-hearted. But if you're ready to commit, then decide to ditch the excuses and kick your fitness goals into high gear for 2025. Whether you are peri or post-menopausal, the 4 Week Menopause Shred will transform your body and mind like never before.

Let's get ripped!

All my love,
Kim Constable xo

OUR GIFTS TO YOU





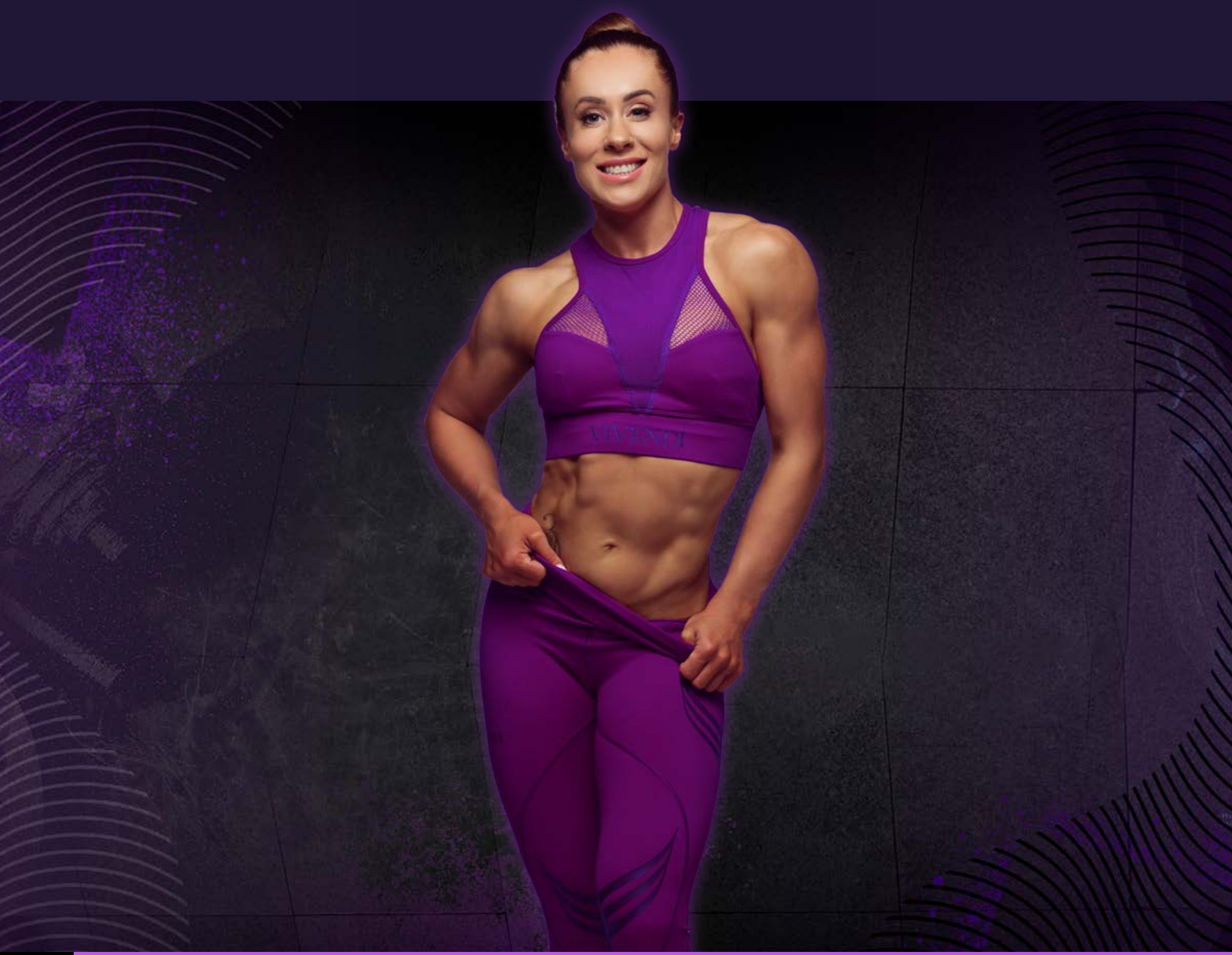
GET SHREDDED

Before you embark on your shredding journey, I wanted to share the secret to how you can get a mind-blowing transformation of your own and even win one of our prize challenges. Are you ready for it?

FOLLOW THE PLAN

That's it. It's that simple. Whenever I ask any of the past winners how they achieved their insane results, they all reply with the same answer: that they simply followed the plan.

They didn't try to change it, question why it was the way it was, or complain about it. They trusted the process, followed the plan to the letter and reaped the rewards. This is what I want for you. Your success is my success.



Over the next four weeks, you must focus intensely on the job at hand and ensure that no stone is left unturned in making this shred happen. If you prioritize yourself, you really can achieve results beyond your wildest dreams. But it won't happen if you half-ass it. You must develop the discipline to show up even when you don't feel like it and consistency in action so you continue to move forward. In bodybuilding, you get the results you deserve based on the work you put in, no more, no less. The great news is that I have done all the hard work for you in creating the ultimate four week shred formula. Now, it's down to you to make the magic happen.













Before you begin, read all of the PDF guides in your customer hub **at least three times.** Yes, three. In my experience, many people don't read the instructions thoroughly before starting the plan. Which is madness, as it's like trying to go on vacation without a map. How will you ever get to your destination if you don't know exactly how to get there? Take your time and soak up all the information. You will have loads of questions, but they will be answered within these guides. If they are not answered within these pages, the coaches in the **Private Facebook Group** will help you. Now, get to it, athlete. I believe in you!

NUTRITION

This program offers two different options for planning your food. You can either follow the prescriptive meal plans – vegan or non-vegan—or create your own meal plan using the prescribed calorie and macro amount. I only recommend creating your own meal plan if you are already very experienced.

1. Prescriptive meal plans - I have made shredding as simple as possible with four calorie and macro-counted meal plans that will torch body fat. You will eat five times a day with a breakfast, post-workout snack, lunch, dinner, and evening snack on each meal plan. As the calories stay consistent at 1200 calories over the four weeks, you can mix and match the plans as much as you want for variety.

NOTE: *If you are used to eating according to the menopause principles I have included in other programs, you may be surprised to see white starchy carbs in the 4 Week Menopause Shred meal plans. To clarify, in menopause, I advise against consuming white starchy carbs when eating with no portion control to prevent any large insulin spikes and the associated fat storage that can come with them due to the body being more insulin-resistant in menopause. My stance on this still stands. But in this program, as you are eating a calorie and macro-counted meal plan, you can have small amounts of starchy carbs as they have been accounted for, and the amounts prescribed won't cause a large insulin spike. Plus, you will put those carbs to good use with the amount of strength training and cardio you will perform over the next four weeks.*

2. Create your own meal plan - If you are an experienced meal planner or have a lot of allergies and wish to create your own meal plan, then you will enter 1200 calories into **MyFitnessPal** and use the percentage macro split of 40% protein, 30% carbs, and 30% fat to create your meal plans. For best results, eat whole, nutritious foods that are easy to track and are as close to an ingredient swap to the prescriptive meal plans as possible. Before starting, **CLICK HERE** to watch a MyFitnessPal tutorial. This tutorial will show you exactly how to create your own meal plans.

REFEED MEAL

The meal plans are so varied and delicious that you don't really **need** a refeed meal. But, I understand that some people will want it for the psychological aspect of it being a change to routine and something to look forward to. Consume this meal once a week **if** you feel you need it. But, if you don't feel the need for it, don't have it. There are no prescribed calorie or macro amounts for the refeed meal. Whether following the prescriptive meal plans or creating your own, you will use the Refeed Meal PDF.



TRAINING

You will be committing to a six-day-a-week strength training program with plans to choose from: the gym plan, home gym plan (barbells and dumbbells), or the follow-along home workout plan. Any of these plans will help you build muscle while simultaneously shredding body fat, as long as you progressively overload your muscles in every training session by increasing the resistance or volume (or both). Your workouts should be completed within a seven-day window. You can take your rest days whenever it fits your schedule. Personally, I prefer to train Monday through Saturday and take Sunday off, but feel free to adapt this to suit your lifestyle. The most important thing is finding what works best for you and staying committed to the program.

Not sure what plan to choose? The right plan for you depends on your goals and what you can stick to consistently over the next four weeks. If building serious muscle mass is your desire, then the gym program is your best bet, as lifting heavy weights is the quickest path to creating maximum muscle gains. Before starting the challenge, watch the training "how to" videos linked to your training guide in your customer hub. These are a must-watch to show you exactly how hard you need to train to build serious muscle in the gym. Not a fan of the gym? No problem! Our follow-along home workouts are designed to challenge you while building noticeable muscle along the way. With the home workouts, you must find ways to add as much load as possible, such as using online marketplaces to source cheap or even free equipment. Always remember, more load means more muscle.



CARDIO

Get ready to superpower your shred with LISS (Low Intensity Steady State) cardio, the bodybuilder's ultimate fat-burning tool. This low impact cardio melts away even the most stubborn body fat while keeping your hard-earned muscle intact. **Every day of this plan, you will perform 90 minutes of cardio split into two sessions.** To help you fit the cardio in, I am giving you the flexibility to divide the 90 minutes into two sessions that best suit your schedule. For example, you could do two 45 minute sessions or one 60 minute and one 30 minute session. And please don't worry, this amount of cardio will not be too stressful for your menopausal body. I continuously see women worry about doing anything that will "stress" their bodies or raise their cortisol levels, but this form of cardio is not taxing on the body at all; it can literally just be a power walk, and I know you can put on your big girl pants and manage that.

Whether it's binge-watching a Netflix series while slogging it out on the Stairmaster or getting your boogie on with the follow along LISS cardio that has been recorded in-house by Director of Training, Laura Hutchinson. Perform the LISS cardio at any time of the day that is convenient for you. It doesn't matter so much the kind of LISS that you do, as long as you do it correctly and consistently. So, grab that sweat towel and get ready to make that fat cry.



WHAT'S NEXT?

Head to your customer hub, where you will find your eating guide, meal plans, recipes, training and cardio guides containing all the information you need to complete your shred. Got questions? These guides will answer them. If you still have questions, **CLICK HERE** to reach out to the Facebook group, and my team of coaches and I will help.

Good luck with your shred, I can't wait to see your results.

Kim & The Sculpted Vegan Team xo

P.S. Make sure to tag **@thesculptedveganprograms** so we can celebrate your wins and feature you on our social media.



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!)

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