4 WEEK MENOPAUSE SHRED
NUTRITION GUIDE

This program offers you two different options for planning your food.
Choose only ONE option (don't try to combine the two)

1. FOLLOW THE PRESCRIPTIVE MEAL PLANS

For best results, follow the prescriptive meal plans for simplicity and ease. I have done all the hard work for you, creating the most varied calorie and macro-counted meal plans we have ever had. **For your own sanity, do not track the meal plans in MyFitnessPal.** I say this repeatedly with each program, yet we still have members who do, then they post in a panic in the Facebook group that they are not getting the same calorie and macro amounts in their tracker. Why create extra work for yourself by doing work that has already been done? Don't overthink it; just follow the plan.

WHAT IF YOU HAVE ALLERGIES?

If you have allergies, swap any food you need to omit for food with similar macros. For example, when a recipe calls for vegan protein such as tofu, tempeh, or seitan, you can replace it with any lean meat substitute of the same weight. A general rule of thumb is that the substitute must have more than 10g protein, less than 3g carbs, and 2g fat per 100g. If choosing this option, you need to learn to read labels. Different countries will have different options available. Research the macros of foods, and substitute as best you can.

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.

2. CREATE YOUR OWN MEAL PLAN

This option is only for someone who is an experienced tracker and already an expert in calculating their macros and creating their own meal plans. At the start of the challenge, 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.

THE SHRED CALORIES AND MACROS

MACROS

40% protein
30% carbs
30% fat

WEEK 1	1200 calories
WEEK 2	1200 calories
WEEK 3	1200 calories
WEEK 4	1200 calories

REFEED MEAL

There are no set calories or macros to follow for the refeed meal. Whether following the prescribed meal plans or creating your own, you will eat from the Refeed Meal Recipes PDF.

BEVERAGES

Water Intake - Aim to drink 2-3 liters/0.5-0.8 gallons of water daily. Your liver is the biggest fat-burning organ in the body. If it's dehydrated, it can't metabolise fat well.

No Alcohol - I'm sorry to potentially disappoint you, but I am clearly stating that you should not drink alcohol during this shred. I didn't drink on any of my bodybuilding preps. If you chose to, you would sabotage your results.

Tea & Coffee - Tea and coffee are allowed in unlimited amounts but must be served without milk, cream, or sugar. Try to get used to drinking your coffee black. It usually only takes about 2 weeks, and black coffee becomes normal!

FREE FOOD AND FLAVORINGS

Green cruciferous vegetables and green salad greens are allowed in unlimited quantities as the majority of them are fiber. Bulk up your meals with them and snack on them if a craving hits. Another way to change up your meals is to flavor food with spice mixes or seasonings that don't contain extra calories. CLICK HERE for the list of free foods and flavorings.