THE SCULPTED vegan™

EXTREME MENOPAUSE BODY EATING GUIDE

THE EXTREME MENOPAUSE BODY MAKEOVER EATING GUIDE

Stick strictly to the principles in this guide with no macro and calorie counting - Make protein, green cruciferous vegetables and slow carbs the star of the show. You don't need to count any calories, simply follow the principles and build your meals by picking foods from the list. The beauty of these foods is that they are calorie light but nutritionally dense, meaning you can eat tons of food and not put on body fat, while still enjoying a cheat day once a week.

As this is a lifestyle program, we have included a daily treat for some flexibility.

Daily Treat - If you feel the urge to indulge, we have included a daily treat for when you REALLY need it. If it helps to keep you on track, then you can absolutely have it every day. Just remember, though, that not having it will yield better results because they are calories at the end of the day!

THE RULES

RULE #1 Eat 30g lean protein with every meal, consuming around 150g per day in total.

RULE #2 Avoid white starchy carbohydrates such as white bread, pasta, rice, potatoes, or grains. Also avoid pastas made from beans, lentils or other pulses. These act like a white starchy carb.

RULE #3 No liquid calories. Avoid juices, sodas and alcohol. Plant milk is allowed in small amounts in tea, coffee & cooking.

RULE #4 Do not snack on fruit. The primary sugar in fruit is fructose. Fruit and its principal sugar, fructose, is converted into glycerol phosphate more efficiently than almost all other carbohydrates. Glycerol phosphate -> triglycerides (via the liver) -> fat storage. If you can't live without it, a small handful of raspberries or blueberries won't kill you.

RULE #5 Enjoy one cheat day per week, provided you have strictly followed the clean eating rules all week. Eat a protein-rich, slow-carb breakfast and then eat and drink whatever soothes your soul.

HOW TO BUILD YOUR MEALS

Build each of your meals from the list below, picking from the protein, slow carbs and greens list.

PROTEINS

Seitan

Tempeh

Sunflower haché

Protein powder

Lean faux meat

(Look for more than 10g protein and less than 2g fat and 3g carbs per 100g)

Tofu

Non vegan protein



SLOW CARBS

Lentils

(red/black/green/brown)

Black beans

Pinto beans

Kidney beans

Lima beans

Cannellini beans

Borlotti beans

Adzuki beans



GREENS

Spinach

Broccoli

Green beans

Asparagus

Courgette (zucchini)

Cauliflower

Pak choi / bok choy

Salad greens/ lettuce

Cucumber

Celery

Brussels sprouts

Collard greens

Peas

Kale



SAMPLE MEAL PLAN

THIS IS ONLY A SAMPLE.
IT DOESN'T NEED TO BE FOLLOWED.

You can eat as much as you like on this diet if you **keep it simple.** Pick three or four meals and eat them every day for best results. On this plan, breakfast becomes more like a lunch meal. See the sample meal plan below.

BREAKFAST - Red split lentil porridge with a scoop of protein powder.

POST WORKOUT SNACK - Protein shake (Blend your protein powder with water and 200g frozen riced cauliflower for a filling, high fiber shake.)

LUNCH - Pulled seitan chicken fried in a non stick pan with salt and pepper and a drizzle of garlic oil. Chopped green salad with green beans, broccoli, lettuce and fresh chillies. Smoky cannellini beans made with spices, fresh chillies and a little water added to make a thickened sauce.

DINNER - Marinated seitan chicken and a huge green salad of lettuce leaves, steamed and chopped brussels sprouts, black beans, steamed cauliflower and jalapeño chilies with a dressing of lemon juice and salt.

EVENING SNACK - Protein Ice cream (Blend your protein powder with ice and a splash of water.)

TOP TIPS

DRINK MORE WATER - Your liver is your biggest fat burning organ in the body. If it's dehydrated it can't metabolise fat well. Drink at least 3 liters/0.8 gallons per day.

IF YOU HAVE TO ASK "CAN I HAVE?", DON'T EAT IT - Garbanzo beans are not allowed as they act like a white starchy carb. Pastas made from beans or tofu? Not allowed.

STOP SNACKING - If you are genuinely hungry between meals you're probably not eating enough green cruciferous vegetables. If you're hungry cause you're bored, you need to break the habit. Remember, it was your habits that got you into trouble in the first place. Change them!

NON-VEGANS - CLICK HERE to find out the non-vegan protein guidelines.

HOW TO BUILD YOUR PLATE

Use a plate that measures 9.5" wide x 2" deep.

1st add PROTEIN (1/3 of your plate) - DO use seitan, tofu, tempeh, sunflower hache (mince), soy curls, lean faux meat sources. **DON'T eat Beyond Burgers, Impossible Burgers or store bought meats with a lot of fat.**

2nd add BEANS (1/3 of your plate) - DO use black beans, pinto beans, kidney beans, cannellini beans, butter beans, red, black, green or brown lentils, adzuki beans, lima beans, borlotti beans, black eyed beans. **DON'T use chickpeas, refried beans, peanuts, quinoa, couscous, spelt, farrow, buckwheat or any other grain.**

3rd add GREENS (1/3 of your plate) - DO use Spinach, broccoli, green beans, asparagus, courgette (zucchini), cauliflower,kale, pak choi/bok choy, salad greens/lettuce, cucumber, celery, Brussels sprouts, collard greens, peas, edamame, onion, peppers, tomatoes, cabbage (any colour), leeks, pickles, kimchi, sauerkraut, spinach, mushrooms.

4th DRESS your salad - DO use any oils, vinegars, spices, herbs, mustard or lemon juice in any quantity, to season your food. A teaspoon of mayonnaise is also fine. **DON'T use store-bought salad dressings or sauces if possible.**

5th EAT your salad - This kind of dish should take you about 20-30 minutes to eat.

DON'T: Add any nuts, sunflower, flax, pumpkin or other seeds or sprinkles to your meals.



DAILY TREAT - These are IF you really need them, rather than as part of your daily meal plan.

Choose one of the following as a treat every day, if you need it:

- 150ml (5.3 oz) red wine (127 calories)
- 1-2 squares of 80% Lindt dark chocolate (or equivalent of 73 cals per square)
- 100ml of Alpro Soya Greek/Kite Hill dairy-free yogurt (68 cals per 100ml) with a handful of raspberries/blueberries (57 calories)