
THE SCULPTED vegan
THE
EXTREME
MENOPAUSE
BODY MAKEOVER
NUTRITION GUIDE
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NUTRITION GUIDE

As we go through 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 hormonal weight gain. This stage of life is not just about how much you eat but also what you eat. If you want to effectively and measurably lose your middle-age spread and stop your body from putting on body fat, you need to do two things:

1. Consume a high-protein diet to keep your metabolism roaring and help with muscle-building.
2. Consume most of your carbohydrates from slow carbs to minimise insulin spikes and associated fat storage.

In this program, you will make protein, slow carbs, and green cruciferous vegetables, 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 eating guide. 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.

THE EXTREME MENOPAUSE BODY MAKEOVER PRINCIPLES

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 menopausal weight gain away. There is no portion control or macro and calorie counting involved, and you're encouraged to eat until you are comfortably full. If you follow the principles to the letter, you will not only lose body fat, you'll keep it off forever.

1. **Eat 30g of lean protein with every meal, consuming around 150g per day in total.**
   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 regularly at each meal will help boost your metabolism and maximize your body's fat-burning potential. This can be eaten in some form of lean protein like seitan, tofu, tempeh, sunflower hache (mince), soy curls, lean faux meat or a protein shake. When it comes to shakes, I love **Wondershake by The Protein Works.** **Use code TSV60 to get 60% off or TSV65 to get 65% off orders over $100/£80. (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. **Avoid white starchy carbs**
   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 as many slow carbs as possible 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 make 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. (Even though they are white, we count cauliflower, cannellini and butter beans as slow carbs.)

- Green cruciferous vegetables
- Green salad leaves
- Beans (not chickpeas)
- Legumes
- Lentils (any color)
- Celeraic

Avoid - White starchy carbs

Avoid any carb that is white, was white, or could be white.

- White/ brown/ blackbean pasta
- White/ brown rice
- White bread
- White potatoes
- Carrots or turnips – these are very high sugar vegetables
- Chickpeas (Try and avoid chickpeas as they act like a white starchy carb.)

3. **No liquid calories**

Avoid juices, sodas and alcohol. Plant milk is allowed in small amounts in tea, coffee & cooking. 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. **Do not snack on 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 fat loss 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. Fat storage occurs because fructose converts into glycerol phosphate more efficiently than almost all other carbohydrates. Glycerol phosphate converts into triglycerides (via the liver), which then get 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. IF, you really can't live without it, a small handful of raspberries or blueberries won't kill you.

5. **Have one refeed day per week**

Enjoy one refeed day per week, provided you have strictly followed the principles all week. Eat a protein-rich, slow-carb breakfast and then eat and drink whatever soothes your soul. 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. So, kick back and celebrate your efforts. You're worth it.

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 daily. Just remember, though, that not having it will yield better results because they are calories at the end of the day! Do remember, that you have your cheat day once a week where you can eat, drink and be merry. So, if you can wait until then to satisfy any cravings, do it.

The following treats have been chosen because they are only 100-150 calories and low enough in fat to have minimal impact on your diet, especially when you're training and cardio regime is consistent. They are also not typical binge-worthy foods to help you stay on the shred wagon.

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)

Shocked at the allowance of red wine? In my experience, a very small amount of red wine doesn't 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 if you don't! But it's 100% allowed. Please note that for some women, alcohol can trigger hot flashes. If you find this to be true, indulge with one of the other treats. Of course you don't NEED to have a treat every day! And your fat loss may be greater if you don't. But there's something magical about knowing that you can.



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