PHASE THREE



THE

EXTREME MENOPAUSE BODY MAKEOVER

PHASE THREE GUIDE

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THE EXTREME MENOPAUSE BODY MAKEOVER

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INTRODUCTION

HEY THERE, BEAUTIFUL!

A MASSIVE congratulations is in order! You've reached phase three and completed the Extreme Menopause Body Makeover program. This is a phenomenal achievement, marking the end of 168 days of intense work and shredding. I hope you're as proud of yourself as I am of you. Over the past six months, you've had to live, train and think like a professional bodybuilder, and that's no small feat. Well done!

Now, let's talk about what's next. How can you maintain this incredible physique and lifestyle? The first step is to set realistic expectations. While maintaining your results is possible, it's important to understand that staying completely shredded all year round is not realistic. However, you can maintain 99.9% of your results by following the same principles that helped you achieve them. So, what is next? You keep your nutrition aligned with your goals, training hard and heavy, and you keep some cardio in–if fat loss is a high value of yours. It's not rocket science, but it requires continued effort to maintain your results.

After finishing the challenge, do allow yourself time to relax and celebrate, but don't go crazy! If you're not careful, it's easy for three months of hard work to be undone in two weeks of binging. Do let your hair down and get the celebrations out of your system, but before you do, use this guide to decide what you will do after. This guide tells you how you can increase your food to a more lifestyle way of eating at maintenance, which is crucial for bodybuilders to preserve a lean physique, muscle, and performance, especially after shredding. There will be two different approaches that you can take, whether you want to move away from calorie counting and eat with the flexibility and guidance of the phase one eating guide. Or, you prefer more structure and wish to reverse shred your way back up to maintenance calories using the macro calculator and the meal plans. There will also be instructions on how to train and how much cardio to perform moving forward. I've got you covered!

Whatever approach you decide to follow, remember you are not in shred mode anymore; you are in lifestyle mode, and you do not have to follow anything suggested in this guide to the letter. So get ready to dig in and remember, you've got this, athlete. This challenge has helped you become a stronger, fitter, and more disciplined version of yourself. You've achieved so much, and I trust that you will keep the momentum going. This isn't the end, it's only the beginning. Be proud of what you've accomplished and let it fuel your determination to continue your fitness journey.

Celebrating you always,
Kim & Team Sculpted Vegan
xo

SHARE YOUR CELEBRATIONS WITH US!

Every time a member shares her success with us (no matter how small or insignificant it seems), the whole team celebrates. You see, YOUR wins are OUR wins. YOUR success is OUR success. Every time you succeed, it paves the way for another woman to follow in your footsteps. So please, share them with us! We want to celebrate you and all your amazingness. Share your epic transformations to our **Insiders Facebook Group** and tag me on Instagram **@thesculptedveganprograms.** Remember, you are not alone on this journey. We are here to support and celebrate you every step of the way.

OUR GIFTS TO YOU





WHAT TO DO NEXT?

The answer to what you do next, is that you don't stop! You've spent six months eating, training and living like a bodybuilder, so why would that change now? The only time anyone has ever rebounded after one of our shreds is when they have chosen to go back to old habits and discarded the new, healthier habits and lifestyles that they had proven they could stick to while on the plan. Don't let this be you. In the following sections, I will explain exactly how you can move out of the intense shred of Extreme Menopause Body Makeover and continue the plan as a lifestyle. Then, it's up to you to make it happen, which I believe you will.



NUTRITION

When it comes to nutrition, there are two ways you can increase your food intake while maintaining your hard-earned results. To decide which approach to take, know yourself and your behaviors around food, and choose the one that best suits you. There is the more flexible and less structured way to eat, which I've coined the "Kim Constable approach" based on how I returned to eating after all my bodybuilding preps. Then, there is the more structured reverse shred approach, which involves calorie counting. Remember, neither is better than the other; choose the approach that seems the most doable to you. You have the power to choose what works best for you and your lifestyle.

Whatever one you choose, set yourself up for success and have a flexible mindset. Let's face it, I'm sure you didn't stick to the shred 100%, so ditch the expectation that you will stick to any of this phase three advice perfectly. You will want to enjoy the foods that you have missed while you've been dieting. You're only human. In life, I live by the 80/20 rule: 80% of my food is whole and nutritious, and 20% is a little bit of whatever I want. Keep working towards eating like that as a lifestyle and you'll be okay.

Choose from the two options below on how to eat after the shred.

1. THE KIM CONSTABLE APPROACH
2. THE REVERSE SHRED APPROACH

THE KIM CONSTABLE APPROACH

Take a couple of days off after you finish your shred. Eat, drink, be merry, and then eat to the phase one eating guide with no calorie or macro counting.

This is my version of how I reverse dieted out of any of my shreds, if I could even class it as a reverse diet. After an intense period of shredding, I always gave myself permission to celebrate and eat and drink whatever I wanted for a couple of days. Then, I started back to my normal training and eating routine. You will know by now that the style of eating according to the principles and foods contained in the eating guides of phase one is how I have eaten over the past ten years, and this is what I always returned to after each of my bodybuilding shows. These principles of eating a high protein vegan diet, slow carbs and tons of green cruciferous vegetables are how I maintain a lean, sculpted physique with no macro or calorie counting while still eating out and enjoying champagne on the weekends. Not to mention, these principles have helped me avoid any menopausal fat gain.

For the first couple of weeks after you finish your shred, give yourself permission to have two refeed days a week to help manage any cravings and urges to binge throughout the week. As the weeks go on, cut it down to a refeed day once a week, where you have a healthy breakfast, and then you can eat and drink whatever you wish for the rest of the day.You may feel fearful about eating without calorie restriction after following the shred meal plans, but remember that by eating a mainly slow carb diet, this is how you can eat tons of food while still avoiding insulin spikes that can lead to fat gain associated with insulin resistance, especially in middle age and onwards. If you ever wonder how much you should eat of anything on the eating guide, ask yourself, “How much would a lean and healthy person eat?” For example, would they eat half a jar of peanut butter or a teaspoon? A whole avocado in one sitting or a half? Now is the time for you to learn how to make decisions about food for yourself and practice decorum around the amounts you eat. If you ever put on body fat eating this way, simply eat less! You are a grown woman and I’m very confident that you will be able to eat to this guide and make the right decisions around how much, is too much.

THE REVERSE SHRED APPROACH

Take a couple of days off after you finish your shred. Eat, drink, be merry, and then use the macro calculator to calculate your TDEE (Total Daily Energy Expenditure) and reverse shred by gradually increasing your calories week by week to your TDEE calories. Use any of the meal plans in your customer hub that suit your calorie amounts, or create your own meal plans.

A reverse shred is a structured way to increase your calories to a more maintenance amount. If you are going to follow this approach, you should do so without putting a massive amount of pressure on yourself. You are no longer in intense shred mode and do not need to track every calorie and macro to reverse shred correctly. On paper, a reverse shred sounds simple, but it can be hard to adhere to after being so strict with your eating. Feeling fed up with counting calories is normal by the time you end your shred. If you are going to go down the reverse shred approach I want you to use your calorie calculations as a rough guide to eat from. Give yourself the grace that you probably won't stick strictly to them, and promise me that you won't beat yourself up and make yourself feel guilty if you don't.

While completing your reverse shred and eventually eating at your TDEE, you can use any of the meal plans in your customer hub that match your personalised calories. At any time, if you are struggling to stick to the stricter structure of the reverse shred, I would advise you to take the pressure of yourself and switch to the eating guide option. You have already eaten to the eating guides in phase one, and it's an incredibly free'ing way to eat, rather than living your life counting calories all the time.

To reverse shred, you will use the macro calculator contained within this guide to calculate your TDEE. By calculating your TDEE (Total Daily Energy Expenditure), you will know how many calories you should eat to maintain your physique. You don't have to eat exactly at your TDEE; for simplicity, round your TDEE up or down to the nearest whole number. For example, if your TDEE is 1560 calories, simply round up to 1600 calories. You will then calculate the difference between your current shred calories and your TDEE calories. If you performed a lean shred, you ended on 1200 calories and a hard shred ended on 1300 calories. Whatever the difference is, you will divide that amount by 100, and this will give you the amount of weeks to gradually increase your calories by 100 each week up to your TDEE amount.

See the reverse shred calculations on the next page for step by step instructions of how to calculate this. Once you have done this, you can then use any of the meal plans in your customer hub that match the calorie amounts you have calculated for your reverse shred and your TDEE. If you are creating your own meal plans, you can use the calories that you have calculated and then the macro split of 40% protein, 30% carbs and 30% fat, which is the same as the meal plans.



HOW TO REVERSE SHRED

Step 1 : Calculate your TDEE

Use the macro calculator guide on the next page to calculate your TDEE. You don't have to eat to your exact TDEE; for simplicity, round your TDEE up or down to the nearest whole number.

EXAMPLE: *TDEE =*
1528 calories, round it down to 1500 calories
1568 calories, round it up to 1600 calories

Step 2 : What calories did you finish your shred on?

Next, what were the calories that you finished your shred on?

EXAMPLE:
Lean Shred = 1200 calories

Step 3 : Calculate the difference between your TDEE calories and shred calories.

Subtract your shred calories from your TDEE calories. This amount will be how many calories you will gradually add in over the reverse shred.

EXAMPLE:
TDEE calories - Shred calories = how many calories to add in over your reverse shred
1600 - 1200 = 400 calories to reverse shred

Step 4 : Calculate how many weeks it will take you to reverse shred your calories to your TDEE.

Next, take the reverse shred calorie amount and divide that number by 100. This will tell you the number of weeks to gradually increase your calories by 100 each week to get to your TDEE.

EXAMPLE:
Reverse shred calories/100 = how many weeks it will take to reverse shred
400 calories/100 = 4 weeks

Step 5: Increase your calories by 100 each week until you reach your TDEE. Create your own meal plans or eat any meal plans that match the calorie amount.

While reverse shredding, eat to the allotted calorie amount for 5 days of the week, with two refeed days where you can eat anything you want.

EXAMPLE:

REVERSE SHRED SCHEDULE		
Week One	**1300 calories**	5 days a week plus 2 refeed days
Week Two	**1400 calories**	5 days a week plus 2 refeed days
Week Three	**1500 calories**	5 days a week plus 2 refeed days
Week Four	**1600 calories**	5 days a week plus 2 refeed days

MACRO CALCULATOR

HOW MUCH YOU SHOULD BE EATING AT MAINTENANCE

STEP 1

CALCULATE YOUR BODY FAT PERCENTAGE

Use this image to estimate your body fat percentage.



STEP 2

CALCULATE YOUR LBM (LEAN BODY MASS)

Next, weigh yourself in kilograms then use the formula below with your estimated body fat. Your lean body mass is your body weight without any fat.

LBM: (weight) x (100 - body fat %) / 100

Example: (64) x (74) / 100 = 47.4kg

My LBM _____

STEP 3

CALCULATE YOUR BMR (BASAL METABOLIC RATE)

Your basal metabolic rate is the amount of calories your body burns at rest.

BMR: 370 + (21.6 x lean body mass)

Example: 370 + (21.6 x 47.4) = 1394 calories

MY BMR _____

STEP 4

CALCULATE YOUR TDEE (TOTAL DAILY ENERGY EXPENDITURE)

This is the calories burned at rest added to the calories burned through daily activity.

TDEE: BMR x Activity factor* (*see below)

Example: 1394 x 1.2 = 1672 calories

MY TDEE _____

ACTIVITY FACTOR

- Sedentary (little or no exercise): 1.000
- Lightly active (light exercise/sports 1-3 days/week): 1.200
- Moderately active (moderate exercise/ sports 6-7 days/week): 1.375
- Very active (hard exercise/sports 6-7 days/week): 1.550
- Extra active (very hard exercise/sports and a physical job): 1.725

STEP 5

EAT AT MAINTENANCE CALORIES

By calculating your TDEE, you know how many calories you should eat to maintain your body fat and muscle mass. Eating at maintenance is crucial for bodybuilders to preserve a lean physique, muscle, and performance, especially after cutting or bulking phases, while maintaining shred results. You can eat at maintenance calories forever!
Or until you decide to go into a shred or build phase again.

REFEED DAYS

Whether you choose to reverse shred using the eating guide or your personalised calories, give yourself permission to have two refeed days a week for the first couple of weeks after your shred. Why two? Because even top bodybuilders struggle with cravings and the urge to binge after dieting, so we are applying a reverse psychology style approach when it comes to the refeed days. Twice a week, give yourself full permission to enjoy delicious, comforting and satisfying food. Nothing is off limits. Start your day with a high protein breakfast, and then you have full permission to eat as much as you want. At the same time, you don't have to overeat if you don't want to. The concept of this is to minimise any feelings of being constantly restricted, to help reduce any form of binging over the whole week. After a couple of weeks, decrease your refeed day to once a week.



TRAINING

Training post-shred is such a joy. You suddenly realize that those rubbish training sessions you dragged your body through at the end of your shred are over. It wasn't that you were weaker or had lost muscle; you simply were tired from shredding. Hallelujah!

Now that it's time to focus on building muscle again, what training plan should you perform? You've guessed it. We suggest that you **KEEP** going with your current plan and ramp up the load. **CLICK HERE** if you need a reminder of why bodybuilder's rarely change their workouts. TThat being said, if you do want to use another Sculpted Vegan training plan you can. Why? Because our plans include a lot of the same exercises. This is because we prescribe exercises that we believe will help you build the most muscle IF you train consistently and to true muscle failure. If you are training at home, keep adding to your home equipment to increase your load as much as possible. Look to online marketplaces for cheap or even free equipment. And if you decide that you want to focus on building even more sizable muscle, look into joining a gym for heavy leg or back days, if not all days.

Whatever plan you choose, keep pushing hard and increasing your load now that you're consuming more food. It has taken years of hard work and concerted effort to develop my current muscle mass. Yes, it has taken a lot of work to build my muscles. But, now, it doesn't take as much effort to maintain it. The quest to build more muscle never ends. I don't know a single bodybuilder who is happy with the muscle they have and wishes they have less. Keep training hard and grow baby, grow!



CARDIO

Over the past twelve weeks, you have performed A LOT of cardio to hit your shredding goal. While you may be ready to hang up your trainers, keeping some cardio going over the next couple of weeks can be a good idea to help you navigate the physical and mental aspects of increasing your calories. Below is a suggested cardio schedule on how to optimally decrease your cardio. When I say optimally, this is the best-suggested way to decrease your cardio. But, if you end up doing a lesser duration or fewer days of cardio, don't beat yourself up. I just want to encourage you to keep moving your body.

Your cardio doesn't need to be any specific type; it can still be LISS or HIIT, but also swimming, Zumba, a spin class, or walking the dog. Over the long term, it's up to you whether you keep cardio in your schedule. If fat loss is your highest value, maintain some form of cardio. If fat loss isn't your highest value, then you don't need to perform cardio but do aim to lead an active lifestyle and keep your step count high.

POST SHRED CARDIO SCHEDULE	
Weeks 1-2	45 minutes x 5 days
Weeks 3-4	30 minutes x 5 days
Week 5+	30 minutes x 5 days (optional)



WHAT'S NEXT?

Congratulations! You did it. Keep your results rolling by going back to Phase One and completing the program again, or continue your body sculpting journey with **The Sculpted Menopause App**. With hundreds of recipes, workouts, challenges and a team of expert coaches on hand, it's a menopausal powerhouse that you can customize to your needs. I hope to see you in there!

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!)

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APPAREL



















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