THE SCULPTED *vegan*



MENOPAUSE
NON-VEGAN MEAL PLAN

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OUR GIFT TO YOU



Your Menopause Meal Prep Guide

This plan is designed to help you burn maximum fat over five days. The best way to use it is to prepare five days worth of meals in advance by batch cooking, then store them in the fridge and grab and go! **The calories are 1200 each day.** Each meal contains the same ingredients, but has different ways to prepare and cook them. This means you can have variety. Below are some other ways you can ensure your success on this program.

STEP 1: Plan in Advance No More Grab and Go!

Review the recipes provided in your meal plan and create a shopping list of all the required ingredients. Sit down with a pen and paper and plan exactly what you are going to purchase and mark a time and date in your calendar to cook your food for the next five days.

STEP 2: Shop Smart

Head to the grocery store with your shopping list in hand. Stick to the list to avoid impulse purchases that may derail your plan. All recipes are designed to yield one serving. This simplifies your planning and preparation process, allowing you to enjoy consistent meals without hassle. If you want to prep for the whole five days, simply multiply the ingredients by 5.

STEP 3: Batch Cook

Set aside a block of time, such as a Sunday afternoon, to cook your meals for the week.
Use multiple pots and pans simultaneously to save time. Any green cruciferous vegetable is considered a free food and can be eaten in unlimited quantities. This includes but is not limited to broccoli, green beans, asparagus, spinach, kale, pak choy, brussels sprouts, green or white cabbage, courgette/zucchini, peas, broccoli. This list does not include carrots, sweet potatoes, pumpkin, onions, beetroot or any other vegetable of colour.

STEP 4: Portion it Out

Divide each recipe into five equal portions. This makes it easy to grab a pre-portioned meal throughout the week. Don't worry if each portion is not exactly the same size as it's the calories consumed over the five days that counts, not the calories consumed in 24 hours. If you want to continue this meal plan for a few more days, simply multiply the ingredients list by the number of days you want to prep for and get cooking!

STEP 5: Storage

Store your prepared meals in airtight containers in the fridge. Most of the recipes are freezer-friendly, consider freezing a portion for later in the week to maintain freshness. Smoothies are best made fresh each day, but can easily be stored for 24 hours in the fridge if required.

STEP 6: Daily Meal Assembly

Each day, simply select the pre-portioned meals you want to enjoy. Add any additional fresh or free ingredients, if desired, to keep your meals interesting. Maximize the bulk and nutritional content of your meals by incorporating frozen riced cauliflower. Blend it into smoothies for added creaminess and thickness, or mix it into your oatmeal recipes for extra fiber and nutrients. Cauliflower is considered a free food so eat as much as you like.

STEP 7: Stay Hydrated

Don't forget to stay hydrated by drinking plenty of water throughout the day. Water supports your metabolism and overall well-being. It also stops your body from retaining water. The more you drink, the more you flush out.

STEP 8: Listen to Your Body

While following the meal plan, listen to your body's hunger and fullness cues. If needed, you can split meals into two, so you're eating 10 times a day instead of 5. You can also save food during the day to eat in the evening, if this is when you would normally get hungry.

1200 Calorie Meal Plan

40% Protein

30% Fat

30% Carbohydrate

Breakfast Recipes

Zesty Spring Onion Egg White Omelette with Garlic Spinach and Asparagus

Serves 1

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

For the Omelette:

- 1 tsp olive oil
- 90g (3 oz) egg whites
- 1 large egg
- 1 tbsp chopped spring onion
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 tsp chopped fresh mint
- 1 tsp chopped fresh parsley
- 1/2 tsp ground cumin
- 1/2 tsp ground turmeric
- 1/2 tsp grated fresh ginger
- Salt and pepper, to taste

For the Garlic Spinach and Asparagus:

- 100g (4 oz) fresh spinach
- 100g (4 oz) asparagus, trimmed
- 1 clove garlic, minced
- Salt and pepper, to taste

METHOD

1. Prepare Ingredients

- In a small bowl, whisk together the egg whites and the large egg until well combined.
- Chop the spring onion, mint, and parsley finely.
- Grate the fresh ginger.
- Trim the asparagus and mince the garlic.

2. Season the Egg Mixture

- Add the lemon juice, lime juice, chopped mint, chopped parsley, ground cumin, ground turmeric, grated ginger, salt, and pepper to the egg mixture. Whisk well to combine.

Recipe Continues

3. Cook the Omelette

- Heat the olive oil in a non-stick skillet over medium heat.
- Pour the egg mixture into the skillet and sprinkle the chopped spring onion evenly over the top.
- Cook for 2-3 minutes, or until the edges start to set. Using a spatula, gently lift the edges and tilt the pan to let any uncooked egg flow to the edges.

4. Finish Cooking the Omelette

- Once the omelette is mostly set but still slightly runny on top, carefully fold it in half.
- Cook for another 1-2 minutes until the omelette is fully cooked through.
- Transfer the omelette to a plate and keep warm.

5. Cook the Garlic Spinach and Asparagus

- In the same skillet, add a tablespoon of water over medium heat.
- Add the minced garlic and sauté for about 30 seconds until fragrant, adding a bit more water if necessary to prevent sticking.
- Add the asparagus and cook for 4-5 minutes, stirring occasionally, until they are tender-crisp.
- Add the spinach and cook for an additional 2-3 minutes, or until wilted. Season with salt and pepper to taste.

6. Serve

- Plate the garlic spinach and asparagus alongside the omelette.
- Serve immediately.

Calories 160

Carbs 1g

Fat 10g

Protein 16g

Zesty Herb Egg Breakfast Muffin with Asparagus Green Salad

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

For the Muffin:

- 1 tsp olive oil
- 90g (3 oz) egg whites
- 1 large egg
- 1 tbsp chopped spring onion
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 tsp chopped fresh mint
- 1 tsp chopped fresh parsley
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp grated fresh ginger
- Salt and pepper, to taste
-

For the Asparagus Green Salad:

- 100g (4 oz) asparagus, trimmed and cut into bite-sized pieces
- 50g (2 oz) mixed salad greens
- 1/2 cucumber, sliced
- 1 tbsp chopped fresh parsley
- 1 tbsp chopped fresh mint
- 1 tsp lemon juice
- 1 tsp lime juice
- Salt and pepper, to taste

METHOD

1. Prepare Ingredients

- Preheat your oven to 180°C (350°F) and lightly grease a muffin tin with olive oil.
- In a small bowl, whisk together the egg whites and the large egg until well combined.
- Chop the spring onion, mint, and parsley finely.
- Grate the fresh ginger.

2. Season the Egg Mixture

- Add the lemon juice, lime juice, chopped mint, chopped parsley, ground cumin, ground coriander, grated ginger, salt, and pepper to the egg mixture. Whisk well to combine.

3. Fill the Muffin Tin

- Pour the egg mixture evenly into the prepared muffin tin, filling each cup about 3/4 full.
- Sprinkle the chopped spring onion evenly over the top of each muffin cup.

Recipe Continues

4. Bake the Muffins

- Place the muffin tin in the preheated oven and bake for 15-20 minutes, or until the egg muffins are set and lightly golden on top.

5. Cool and Serve the Muffins

- Allow the muffins to cool in the tin for a few minutes before carefully removing them with a spatula.
- Serve immediately, or store in the refrigerator for a quick and easy breakfast later.

6. Prepare the Asparagus

- Bring a small pot of water to a boil and blanch the asparagus pieces for 2-3 minutes until tender-crisp.
- Drain and rinse with cold water to stop the cooking process.

7. Assemble the Salad

- In a bowl, combine the mixed salad greens, blanched asparagus, sliced cucumber, chopped parsley, and chopped mint.
- Drizzle with lemon juice and lime juice.
- Season with salt and pepper to taste.
- Toss gently to combine.

8. Serve

- Plate the egg breakfast muffin alongside the asparagus green salad.
- Serve immediately.

Calories 160

Carbs 1g

Fat 10g

Protein 16g

Post Workout Recipes

Zesty Vanilla Mint Shake

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Creme**
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 tsp chopped fresh mint
- 1/2 tsp grated fresh ginger
- 200ml (7 fl oz) cold water
- Ice cubes (as needed)

METHOD

1. Prepare Ingredients

- Gather all the ingredients: Vanilla Wondershake Vanilla Creme, lemon juice, lime juice, chopped fresh mint, grated fresh ginger, cold water, and ice cubes.

2. Blend the Shake

- In a blender, combine the Vanilla Wondershake Vanilla Creme, lemon juice, lime juice, chopped fresh mint, grated fresh ginger, and cold water. Add a few ice cubes for a chilled shake.
- Blend until smooth and well combined.

3. Serve

- Pour the shake into a glass.
- Garnish with a sprig of mint if desired and serve immediately.

Calories 97

Carbs 1g

Fat 1g

Protein 21g

Refreshing Vanilla Ice Lolly

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Creme**
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 tsp chopped fresh mint
- 200ml (7 fl oz) cold water

METHOD

1. Prepare Ingredients

- Gather all the ingredients: Vanilla Wondershake Vanilla Creme, lemon juice, lime juice, chopped fresh mint, and cold water.

2. Blend the Mixture

- In a blender, combine the Vanilla Wondershake Vanilla Creme, lemon juice, lime juice, chopped fresh mint, and cold water. Blend until smooth and well combined.

3. Fill the Moulds

- Pour the blended mixture into an ice lolly mould, filling it up evenly.
- Insert the ice lolly stick into the mould.

4. Freeze

- Place the mould in the freezer and freeze for at least 4-6 hours, or until completely solid.

5. Serve

- Once frozen, remove the ice lolly from the mould by running warm water over the outside of the mould for a few seconds.
- Serve immediately and enjoy.

Calories 97

Carbs 1g

Fat 1g

Protein 21g

Lunch Recipes

Mexican Lime Chicken with Spiced Rice and Roasted Broccoli

Serves 1

Prep time: 15 minutes

Cook time : 30 minutes

INGREDIENTS

- 150g (5 oz) raw, skinless, boneless chicken breast
- 30g (1 oz) uncooked white rice
- 100g (4 oz) broccoli florets
- 1 tsp lemon juice
- 2 tsp lime juice
- 1 tbsp chopped fresh cilantro
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp ground paprika
- 1/2 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried oregano
- Salt and pepper, to taste
- 60ml (2 oz) water

METHOD

1. Prepare the Marinade

- In a small bowl, mix the lemon juice, lime juice, chopped fresh cilantro, ground cumin, ground coriander, chili powder, garlic powder, onion powder, dried oregano, salt, and pepper.
- Place the chicken breast in the bowl and coat it well with the marinade. Let it marinate for at least 10 minutes.

2. Cook the Chicken

- In a non-stick skillet, heat a small amount of water over medium heat.
- Add the marinated chicken breast and cook for about 5-7 minutes on each side, or until the chicken is cooked through and has a nice golden color. Add more water if necessary to prevent sticking.

Recipe Continues

3. Cook the Spiced Rice

- In a small pot, bring 60ml (2 fl oz) of water to a boil.
- Add the uncooked white rice, ground paprika, a pinch of salt, and any remaining marinade. Stir well.
- Reduce the heat to low, cover the pot, and simmer for about 15 minutes, or until the rice is tender and has absorbed all the water.

4. Roast the Broccoli

- Preheat your oven to 200°C (400°F).
- Spread the broccoli florets on a baking sheet lined with parchment paper.
- Season with salt, pepper, and a sprinkle of ground cumin and paprika.
- Roast in the oven for 15-20 minutes, or until the broccoli is tender and slightly crispy on the edges.

5. Combine and Serve

- Slice the cooked chicken breast into thin strips.
- Fluff the spiced rice with a fork and place it on a plate.
- Top the rice with the sliced chicken.
- Serve the roasted broccoli on the side.
- Garnish with additional chopped fresh cilantro and a squeeze of lime juice if desired.

Calories 372

Carbs 24g

Fat 8g

Protein 46g

Herb Chicken with Herbed Rice and Roasted Asparagus & Brussels Sprouts

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 150g (5 oz) raw, skinless, boneless chicken breast
- 30g (1 oz) uncooked white rice
- 100g (4 oz) asparagus, trimmed
- 100g (4 oz) Brussels sprouts, halved
- 1 tsp lemon juice
- 1 tsp chopped fresh mint
- 1 tsp chopped fresh parsley
- 1 tsp chopped fresh thyme
- 1 tsp chopped fresh rosemary
- 1/2 tsp ground mustard
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Salt and pepper, to taste
- 60ml (2 fl oz) water

METHOD

1. Prepare the Marinade

- In a small bowl, mix the lemon juice, chopped fresh mint, parsley, thyme, rosemary, ground mustard, garlic powder, onion powder, salt, and pepper.
- Place the chicken breast in the bowl and coat it well with the marinade. Let it marinate for at least 10 minutes.

2. Cook the Chicken

- In a non-stick skillet, heat a small amount of water over medium heat.
- Add the marinated chicken breast and cook for about 5-7 minutes on each side, or until the chicken is cooked through and has a nice golden color. Add more water if necessary to prevent sticking.

Recipe Continues

3. Cook the Herbed Rice

- In a small pot, bring 300ml (2 fl oz) of water to a boil.
- Add the uncooked white rice, a pinch of salt, and any remaining marinade. Stir well.
- Reduce the heat to low, cover the pot, and simmer for about 15 minutes, or until the rice is tender and has absorbed all the water.

4. Roast the Asparagus & Brussels Sprouts

- Preheat your oven to 200°C (400°F).
- Spread the asparagus and halved Brussels sprouts on a baking sheet lined with parchment paper.
- Season with salt, pepper, and a sprinkle of chopped fresh thyme and rosemary.
- Roast in the oven for 15-20 minutes, or until the vegetables are tender and slightly crispy on the edges.

5. Combine and Serve

- Slice the cooked chicken breast into thin strips.
- Fluff the herbed rice with a fork and place it on a plate.
- Top the rice with the sliced chicken.
- Serve the roasted asparagus and Brussels sprouts on the side.
- Garnish with additional chopped fresh parsley and a squeeze of lemon juice if desired.

Calories 372

Carbs 24g

Fat 8g

Protein 46g

Dinner Recipes

Spiced Beef and Sweet Potato Skillet with Roasted Broccoli and Brussels Sprouts

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 150g (5 oz) lean beef raw mince
- 1 medium carrot, diced
- 100g (4 oz) raw onion, diced
- 150g (5 oz) uncooked sweet potato, diced
- 100g (4 oz) broccoli florets
- 100g (4 oz) Brussels sprouts, halved
- 1 tsp olive oil
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 tsp chopped fresh mint
- 1 tsp chopped fresh parsley
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp ground paprika
- 1/2 tsp ground turmeric
- 1/2 tsp grated fresh ginger
- Salt and pepper, to taste

METHOD

1. Prepare the Vegetables

- Dice the carrot, onion, and sweet potato into small, uniform pieces.
- Grate the fresh ginger and chop the fresh mint and parsley.
- Cut the broccoli into florets and halve the Brussels sprouts.

2. Roast the Broccoli and Brussels Sprouts

- Preheat your oven to 200°C (400°F).
- Spread the broccoli florets and halved Brussels sprouts on a baking sheet lined with parchment paper.
- Drizzle with a small amount of water and season with salt, pepper, and a sprinkle of ground cumin and ground paprika.
- Roast in the oven for 20-25 minutes, or until the vegetables are tender and slightly crispy on the edges.

Recipe Continues

3. Cook the Beef

- Heat the olive oil in a non-stick skillet over medium heat.
- Add the diced onion and cook for 2-3 minutes until it begins to soften.
- Add the lean beef mince to the skillet, breaking it up with a spatula. Cook until browned and cooked through, about 5-7 minutes.

4. Add Vegetables and Spices

- Add the diced carrot and sweet potato to the skillet with the beef and onions.
- Stir in the ground cumin, ground coriander, ground paprika, ground turmeric, grated fresh ginger, salt, and pepper.
- Add a small amount of water if needed to prevent sticking and to help cook the vegetables.

5. Simmer and Combine

- Cover the skillet and let the mixture simmer over medium-low heat for about 15-20 minutes, stirring occasionally, until the sweet potatoes and carrots are tender.
- Stir in the lemon juice, lime juice, chopped fresh mint, and parsley.

6. Serve

- Transfer the spiced beef and sweet potato mixture to a plate.
- Arrange the roasted broccoli and Brussels sprouts on the side.
- Garnish with additional chopped fresh parsley and a squeeze of lemon or lime juice if desired.

Calories 465

Carbs 55g

Fat 12g

Protein 36g

Beef and Sweet Potato Pie

Serves 1

Prep time: 20 minutes

Cook time: 40 minutes

INGREDIENTS

- 150g (5 oz) lean beef raw mince
- 1 medium carrot, diced
- 100g (4 oz) raw onion, diced
- 150g (5 oz) uncooked sweet potato, peeled and diced
- 1 tsp olive oil
- 1 tsp lemon juice
- 1 tsp chopped fresh parsley
- 1 tsp chopped fresh thyme
- 1 tsp chopped fresh rosemary
- 1/2 tsp ground mustard
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Salt and pepper, to taste

METHOD

1. Prepare the Vegetables

- Dice the carrot, onion, and sweet potato into small, uniform pieces.
- Chop the fresh parsley, thyme, and rosemary.

2. Cook the Beef Filling

- Heat the olive oil in a non-stick skillet over medium heat.
- Add the diced onion and cook for 2-3 minutes until it begins to soften.
- Add the lean beef mince to the skillet, breaking it up with a spatula. Cook until browned and cooked through, about 5-7 minutes.
- Add the diced carrot and half of the diced sweet potato to the skillet.
- Stir in the ground mustard, garlic powder, onion powder, salt, and pepper.
- Add a small amount of water if needed to prevent sticking and to help cook the vegetables.

Recipe Continues

- Cover the skillet and let the mixture simmer over medium-low heat for about 10-15 minutes, stirring occasionally, until the vegetables are tender.
- Stir in the lemon juice, chopped fresh parsley, thyme, and rosemary.

3. Prepare the Sweet Potato Topping

- While the filling is cooking, bring a small pot of water to a boil.
- Add the remaining diced sweet potato and cook until tender, about 10-12 minutes.
- Drain the sweet potato and mash it until smooth. Season with salt and pepper.

4. Assemble the Pie

- Preheat your oven to 200°C (400°F).
- Transfer the beef and vegetable mixture to an oven-safe baking dish.
- Spread the mashed sweet potato evenly over the top of the beef mixture, creating a smooth layer.

5. Bake the Pie

- Place the baking dish in the preheated oven and bake for 15-20 minutes, or until the top is golden brown and the filling is bubbling.

6. Serve

- Remove the pie from the oven and let it cool for a few minutes before serving.
- Garnish with additional chopped fresh parsley if desired.

Calories 465

Carbs 55g

Fat 12g

Protein 36g

Evening Snack Recipes

Spiced Peanut Butter Celery Sticks

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 2 celery sticks
- 1 tbsp (15g) peanut butter
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1 tsp chopped fresh mint (optional)
- 1/2 tsp lemon juice (optional)
- A pinch of salt (optional)

METHOD

1. Prepare the Celery Sticks

- Wash the celery sticks thoroughly and cut them into smaller, bite-sized pieces if desired.

2. Mix the Spiced Peanut Butter

- In a small bowl, mix the peanut butter with the ground cinnamon, ground nutmeg, and ground ginger.
- If using, add the chopped fresh mint, lemon juice, and a pinch of salt to the peanut butter mixture for extra flavor. Stir until well combined.

3. Assemble the Dessert

- Spread the spiced peanut butter mixture evenly into the grooves of the celery sticks.
- Arrange the celery sticks on a plate for serving.

Calories 102

Carbs 4g

Fat 8g

Protein 4g

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. **Ask a Coach Call**
   Get advice from our team of trained experts with our weekly ASK A COACH Zoom Call
4. **The Sculpted Vegan YouTube**
   For training videos, instructional resources and much more!
5. **Training to Failure**
   Dive deep with me in my personal training sessions as I show you what it really takes!
6. **Training with Mark Getty**
   Join heavyweight pro bodybuilder Mark Getty, my personal trainer, as we discuss supplements, protein, training and more.
7. **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
8. **Free Resources**
   Download training and meal plans for free
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