THE SCULPTED *vegan*



MENOPAUSE
VEGAN MEAL PLAN

THE

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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

Lemon Vanilla Chia Oat Breakfast Bowl

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 1 tbsp chia seeds
- 15g (0.5 oz) rolled oats
- 1 tbsp peanut butter
- 25g (1 oz) **Vegan Wondershake Vanilla Creme**
- 1 tbsp lemon juice
- 1/2 tsp fresh ginger, grated
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Fresh mint leaves for garnish (optional)
- 120ml (8 fl oz) water

METHOD

1. Prepare the Chia Oat Mix

- In a bowl or jar, combine the chia seeds and rolled oats. Add 120 ml of water and stir well to ensure the seeds and oats are fully immersed in the liquid. Cover and refrigerate overnight, or for at least 4 hours, to allow the mixture to thicken.

2. Add Citrus and Spices

- Stir in 1 tbsp lemon lemon and the grated fresh ginger. Mix well.

3. Blend in the Peanut Butter

- Add the peanut butter to the mixture and stir until well combined.

Recipe Continues

4. Season with Warm Spices

- Sprinkle in the ground cinnamon and nutmeg. Mix thoroughly to ensure the spices are evenly distributed.

5. Add Protein Powder

- After, add the Vegan Wondershake Vanilla Creme to the mixture. Stir well until fully incorporated. Add water to achieve desired consistency.

6. Serve and Garnish

- Transfer the mixture to a serving bowl. If desired, garnish with fresh mint leaves.

Calories 279

Carbs 14g

Fat 13g

Protein 28g

Cinnamon Peanut Butter Oatmeal

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 1 tbsp chia seeds
- 15g (0.5 oz) rolled oats
- 1 tbsp peanut butter
- 25g (1 oz) **Vegan Wondershake Vanilla Creme**
- 1/2 tsp ground cinnamon
- Fresh mint leaves for garnish (optional)
- 120 ml (8 fl oz) water

METHOD

1. Prepare the Chia Oat Mix

- In a bowl or jar, combine the chia seeds and rolled oats. Add 120ml of water and stir well to ensure the seeds and oats are fully immersed in the liquid. Cover and refrigerate overnight, or for at least 4 hours, to allow the mixture to thicken.

2. Cook the Oatmeal

- Transfer the soaked chia and oat mixture to a small saucepan. Cook over medium heat, stirring occasionally, until the mixture is warmed through and reaches your desired consistency, about 5-7 minutes.

3. Add Protein Powder

- Using a balloon whisk, incorporate the Vegan Wondershake Vanilla Creme until fully dissolved into the oatmeal. Add water to achieve desired consistency.

Recipe Continues

4. Season with Cinnamon

- Sprinkle in the ground cinnamon.
  Stir thoroughly to blend the spice into the oatmeal, adding a warm and comforting flavor.

5. Blend in the Peanut Butter

- Add the peanut butter to the oatmeal and mix until the peanut butter is fully incorporated.

6. Serve and Garnish

- Transfer the oatmeal to a serving bowl.
  If desired, garnish with fresh mint leaves.

Calories 279

Carbs 14g

Fat 13g

Protein 28g

Post Workout Recipes

Refreshing Ginger Lemon Vanilla Smoothie

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Creme**
- 1 tbsp lemon juice
- 1/2 tsp fresh ginger, grated
- 1/2 tsp ground cinnamon
- Fresh mint leaves for garnish (optional)
- 240ml (8 fl oz) cold water
- Ice cubes (as needed)

METHOD

1. Prepare the Base

- In a blender, add 25g Vegan Wondershake Vanilla Creme.

2. Add Citrus and Spices

- Add 1 tbsp lemon juice into the blender. Add the grated fresh ginger and ground cinnamon.

3. Blend with Ice and Water

- Add 240ml cold water and ice cubes to the blender. Blend until smooth and all the ingredients are well incorporated.

4. Serve and Garnish

- Pour the smoothie into a glass. If desired, garnish with fresh mint leaves.

Calories 97

Carbs 1g

Fat 1g

Protein 21g

Tropical Mint Vanilla Smoothie

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Creme**
- 1 tbsp lime juice
- 1/2 tsp fresh mint, finely chopped
- 1/2 tsp ground cardamom
- Fresh mint leaves for garnish (optional)
- 240ml (8 fl oz) cold water
- Ice cubes (as needed)

METHOD

1. Prepare the Base

- In a blender, add 25g Vegan Wondershake Vanilla Creme.

2. Add Citrus and Herbs

- Add 1 tbsp lime juice into the blender. Add the finely chopped fresh mint.

3. Season with Warm Spices

- Sprinkle in the ground cardamom.

4. Blend with Ice and Water

- Add 240ml cold water and ice cubes to the blender. Blend until smooth and all the ingredients are well incorporated.

5. Serve and Garnish

- Pour the smoothie into a glass. If desired, garnish with fresh mint leaves.

Calories 97

Carbs 1g

Fat 1g

Protein 21g

Lunch Recipes

Lemon Herb Tofu Rice Bowl

Serves 1

Prep time: 30 minutes

Cook time : 30 minutes

INGREDIENTS

- 1 tsp garlic oil
- 140g (5 oz) tofu, cubed
- 30g (1 oz) dry white rice
- 15ml (0.5 fl oz) lemon juice
- 1/2 tsp fresh ginger, grated
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- Fresh mint leaves for garnish (optional)
- Salt and pepper, to taste
- 240 ml (8 fl oz) water

METHOD

1. Cook the Rice

- In a small pot, bring 60 ml (2 fl oz) of water to a boil. Add the dry white rice, reduce the heat to low, cover, and simmer for about 15-20 minutes, or until the rice is cooked and water is absorbed. Fluff the rice with a fork and set aside.

2. Prepare and Cook the Tofu

- While the rice is cooking, heat 1 tsp garlic oil in a non-stick pan over medium heat. Add the cubed tofu and cook until golden brown on all sides, about 5-7 minutes. Season with Salt and pepper, to taste.

3. Make the Sauce

- In a small bowl, mix 15ml lemon juice, grated fresh ginger, ground cumin, and ground coriander. Stir until well combined to form a zesty and flavorful sauce.

4. Combine and Serve

- In a bowl, combine the cooked rice and tofu. Pour the sauce over the top and mix gently to ensure the tofu and rice are well coated with the sauce.
- Garnish with fresh mint leaves if desired.

Calories 321

Carbs 28g

Fat 15g

Protein 20g

Spicy Tofu Rice Scramble

Serves 1

Prep time: 30 minutes

Cook time: 30 minutes

INGREDIENTS

- 1 tsp garlic oil
- 140g (5 oz) tofu, crumbled
- 30g (1 oz) dry white rice
- 15ml (0.5 fl oz) lemon juice
- 1/2 tsp fresh ginger, grated
- 1 fresh chili, finely chopped (adjust to taste)
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp paprika
- 1/4 tsp ground turmeric
- 1/4 tsp chili powder
- Fresh mint leaves for garnish (optional)
- Salt and pepper, to taste
- 240 ml (8 fl oz) water

METHOD

1. Cook the Rice

- In a small pot, bring 60 ml (2 fl oz) of water to a boil. Add the dry white rice, reduce the heat to low, cover, and simmer for about 15-20 minutes, or until the rice is cooked and water is absorbed. Fluff the rice with a fork and set aside.

2. Prepare and Cook the Tofu

- While the rice is cooking, heat 1 tsp garlic oil in a non-stick pan over medium heat. Add the crumbled tofu and cook until it starts to brown, about 5-7 minutes. Season with Salt and pepper, to taste. Add the finely chopped fresh chili and cook for another 1-2 minutes.

3. Combine Rice and Tofu

- Add the cooked rice to the pan with the tofu. Stir well to combine and allow the flavors to meld together for about 2-3 minutes.

Recipe Continues

4. Make the Spicy Sauce

- In a small bowl, mix the 15ml of lemon juice, grated fresh ginger, ground cumin, ground coriander, paprika, ground turmeric, and chili powder. Stir until well combined to form a zesty and spicy sauce.

5. Add the Sauce

- Pour the sauce over the tofu and rice mixture in the pan. Stir well to ensure everything is evenly coated. Cook for another 2-3 minutes to allow the flavors to infuse.

6. Serve and Garnish

- Transfer the spicy tofu and rice scramble to a serving plate. If desired, garnish with fresh mint leaves for a touch of color and extra freshness.

Calories 321

Carbs 28g

Fat 15g

Protein 20g

Dinner Recipes

Spiced Lentil and Carrot Stew

Serves 1

Prep time: 40 minutes

Cook time: 40 minutes

INGREDIENTS

- 1 tsp olive oil
- 100g (4 oz) raw onion, diced
- 1 medium carrot, diced
- 40g (1.5 oz) dried red split lentils
- 15ml (0.5 fl oz) lemon juice
- 1/2 tsp fresh ginger, grated
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp ground turmeric
- 1/4 tsp ground cinnamon
- 1/4 tsp chili powder
- Fresh cilantro or mint leaves for garnish (optional)
- Salt and pepper, to taste
- 350 ml (11 fl oz) water

METHOD

1. Prepare the Vegetables

- Heat 1 tsp olive oil in a medium saucepan over medium heat. Add the diced onion and sauté for about 5 minutes until it becomes translucent.

2. Add Carrots and Spices

- Add the diced carrot to the saucepan and sauté for another 3-4 minutes. Stir in the grated fresh ginger, ground cumin, ground coriander, ground turmeric, ground cinnamon, and chili powder. Cook for 1-2 minutes, stirring frequently, to allow the spices to become fragrant.

Recipe Continues

3. Cook the Lentils

- Rinse the red lentils under cold water and add them to the saucepan. Pour in 350 ml (11 fl oz) of water and bring the mixture to a boil. Reduce the heat to low, cover, and simmer for about 20-25 minutes, or until the lentils and carrots are tender and the stew has thickened. Stir occasionally to prevent sticking.

4. Add Lemon Juice and Season

- Once the lentils and carrots are cooked, stir in the 15ml of lemon juice. Season with Salt and pepper, to taste. Adjust the consistency by adding more water if needed.

5. Serve and Garnish

- Ladle the spiced lentil and carrot stew into a bowl, and serve with a green crisp salad, with cucumbers.

Calories 231

Carbs 35g

Fat 6g

Protein 12g

Mediterranean Lentil and Carrot Skillet

Serves 1

Prep time: 35 minutes

Cook time: 35 minutes

INGREDIENTS

- 1 tsp (5 ml) olive oil
- 100g (4 oz) raw onion, chopped
- 1 medium carrot, chopped
- 40g (1.5 oz) dried red split lentils
- 15ml (0.5 fl oz) lemon juice
- 1/2 tsp fresh ginger, minced
- 1 clove garlic, minced
- 1/2 tsp dried mint
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- Fresh parsley, chopped, for garnish (optional)
- Salt and pepper, to taste
- 350 ml (11 fl oz) water

METHOD

1. Sauté the Base Ingredients

- Heat 1 tsp olive oil in a medium skillet over medium heat. Add the chopped onion and garlic, cooking until the onion becomes translucent, about 5 minutes.

2. Add Carrots and Lentils

- Stir in the chopped carrot and red lentils. Sauté for 2-3 minutes to slightly toast the lentils, which enhances their flavor.

3. Simmer with Spices

- Pour in the water, and bring the mixture to a boil. Add the smoked paprika, ground cumin, dried mint, and fresh ginger. Reduce heat to a simmer, cover, and let cook for about 20-25 minutes, or until the lentils are tender and most of the liquid is absorbed.

4. Finish with Lemon

- Once the lentils are cooked, remove from heat. Stir in the fresh lemon juice, and season with salt and pepper to taste.

5. Garnish and Serve

- Spoon the lentil and carrot mixture into a bowl. Serve with a green, crisp salad.

Calories 231

Carbs 35g

Fat 6g

Protein 12g

Evening Snack Recipes

Refreshing Vanilla Smoothie

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Vanilla Creme**
- 200g (7 oz) frozen riced cauliflower
- 15ml (0.5 fl oz) lime juice
- 240 ml (8 fl oz) cold water
- Fresh mint leaves for garnish (optional)

METHOD

1. Blend the Base Ingredients

- In a blender, combine the 200g frozen riced cauliflower, 50g Vegan Wondershake Vanilla Creme, and 240 ml cold water. Blend until smooth and creamy.

2. Add Citrus and Spices

- Add 15ml lime juice to the blender. Blend again until all ingredients are well incorporated and the mixture is smooth.

3. Serve and Garnish

- Pour the smoothie into a glass. If desired, garnish with fresh mint leaves for a touch of color and extra freshness.

Calories 194

Carbs 2g

Fat 2g

Protein 42g

Lemon Vanilla Ice Lolly

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Vanilla Creme**
- 200g (7 oz) frozen riced cauliflower
- 15ml (0.5 fl oz) lemon juice
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp ground nutmeg
- Fresh mint leaves for garnish (optional)

METHOD

1. Blend the Ingredients

- In a high-speed blender or food processor, combine the frozen riced cauliflower, Vegan Wondershake Vanilla Creme, 15ml lemon juice, ground cinnamon, ground ginger, and ground nutmeg. Blend until smooth and creamy. If the mixture is too thick, add a small amount of water to help blend.

2. Fill the Ice Lolly Mold

- Pour the blended mixture into an ice lolly mold. If you don't have a mold, you can use a small paper cup and insert a wooden stick into the center.

3. Freeze the Ice Lolly

- Place the filled mold in the freezer and let it freeze for at least 4 hours, or until completely solid.

4. Serve and Garnish

- Remove the ice lolly from the mold. If desired, garnish with fresh mint leaves for a touch of color and extra freshness.

Calories 194

Carbs 2g

Fat 2g

Protein 42g

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**
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