THE SCULPTED *vegan*



MENOPAUSE
VEGETARIAN 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

Vanilla Lemon Mint Overnight Oats

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 30g (1 oz) rolled oats
- 25g (1 oz) **Vegan Wondershake Vanilla Creme**
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tsp finely chopped fresh mint
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 150ml (5 fl oz) water

METHOD

1. Mix the Base

- In a bowl or a jar, combine the rolled oats with the lemon juice, lime juice, and water. Stir well to ensure the oats are well soaked.

2. Add Spices and Herbs

- Add the finely chopped fresh mint, ground cinnamon, and ground nutmeg to the mixture. Stir until the spices and herbs are evenly distributed.

3. Chill

- Cover the bowl or jar with a lid or plastic wrap. Place it in the refrigerator and let it sit overnight (or for at least 6 hours) to allow the oats to absorb the liquid and flavors.

Recipe Continues ›

4. Incorporate Protein Powder

- In the morning, give the oats a good stir. Add the Vegan Wondershake Vanilla Creme protein powder and mix thoroughly until fully dissolved. If the mixture is too thick, you can add a bit more water to reach your desired consistency.

5. Serve

- Serve and enjoy.

Calories 208

Carbs 18g

Fat 3g

Protein 24g

Warm Vanilla Lemon Oats

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 30g (1 oz) rolled oats
- 25g (1 oz) **Vegan Wondershake Vanilla Creme**
- 1 tbsp lemon juice
- 1 tsp finely chopped fresh mint
- 250ml (8 fl oz) water

METHOD

1. Combine Ingredients

- In a small pot, combine the rolled oats, lemon juice and water. Stir well to mix all the ingredients.

2. Cook the Oats

- Place the pot over medium heat and bring the mixture to a gentle boil. Reduce the heat to low and simmer, stirring occasionally, for about 5-7 minutes or until the oats are tender and have absorbed most of the liquid.

3. Add Protein Powder

- Remove the pot from heat. Stir in the Vegan Wondershake Vanilla Creme protein powder, with a balloon whisk, until fully dissolved and the mixture is creamy. Add water to achieve desired consistency.

4. Incorporate Fresh Mint

- Stir in the finely chopped fresh mint until evenly distributed throughout the oats.

5. Serve

- Transfer the warm oats to a bowl.

Calories 208

Carbs 18g

Fat 3g

Protein 24g

Post Workout Recipes

Peanut Butter Vanilla Mint Protein Balls

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Creme**
- 1 tbsp peanut butter
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 tsp finely chopped fresh mint
- 1/4 tsp ground cinnamon
- Water as needed

METHOD

1. Combine Ingredients

- In a mixing bowl, combine the Vegan Wondershake Vanilla Creme and peanut butter. Mix well until the mixture is smooth.

2. Add Flavorings

- Add the lemon juice, lime juice, finely chopped fresh mint, and ground cinnamon to the mixture. Stir thoroughly to ensure all ingredients are well incorporated.

3. Form the Balls

- If the mixture is too dry, add water a few drops at a time until it reaches a consistency that can be easily shaped into balls.
- Scoop out small portions of the mixture and roll them between your palms to form bite-sized balls.

4. Chill and Serve

- Place the protein balls in the refrigerator for at least 30 minutes to firm up.
- Serve and enjoy.

Calories 199

Carbs 5g

Fat 9g

Protein 25g

Citrus Mint Protein Smoothie

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Creme**
- 1 tbsp peanut butter
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tsp finely chopped fresh mint
- 1/2 tsp ground ginger
- 250ml (8 fl oz) cold water

METHOD

1. Prepare Ingredients

- In a blender, add the Vegan Wondershake Vanilla Creme, peanut butter, lemon juice, lime juice, finely chopped fresh mint, and ground ginger.

2. Add Liquid

- Pour in the cold water.

3. Blend Smoothie

- Blend on high speed until all the ingredients are thoroughly combined and the smoothie is smooth.

4. Serve

- Pour the smoothie into a glass and enjoy.

Calories 199

Carbs 5g

Fat 9g

Protein 25g

Lunch Recipes

Sweet Potato and Herb Omelette with Roasted Vegetables

Serves 1

Prep time: 30 minutes

Cook time : 15 minutes

INGREDIENTS

- 1 tbsp spring onion, finely chopped
- 150g (5 oz) uncooked sweet potato, peeled and diced
- 1 medium egg
- 120g (4 oz) egg white
- 1 tsp olive oil
- 1 tbsp lemon juice
- 1 tsp lime juice
- 1 tsp finely chopped fresh mint
- 1/2 tsp ground cumin
- Salt and pepper to taste
- 100g (4 oz) broccoli, trimmed
- 100g (4 oz) asparagus, trimmed
- 100g (4 oz) Brussels sprouts, halved

METHOD

1. Preheat Oven and Prepare Vegetables

- Preheat the oven to 200°C (400°F). In a bowl, toss the broccoli, asparagus, and Brussels sprouts with half of the olive oil, lemon juice, salt, and pepper.

2. Roast Vegetables

- Spread the vegetables on a baking sheet and roast in the preheated oven for 20-25 minutes, or until tender and slightly browned, turning halfway through cooking.

3. Cook Sweet Potato

- In a non-stick skillet, heat the remaining olive oil over medium heat. Add the diced sweet potato and cook, stirring occasionally, until tender and lightly browned, about 10-12 minutes.

Recipe Continues

4. Prepare Egg Mixture

- In a bowl, whisk together the egg, egg white, lime juice, chopped fresh mint, ground cumin, salt, and pepper. Stir in the spring onion.

5. Cook Omelette

- Pour the egg mixture over the cooked sweet potato in the skillet. Cook over medium-low heat until the eggs are set and the bottom is golden brown, about 5-7 minutes. You can cover the skillet with a lid to help cook the top.

6. Serve

- Slide the sweet potato and herb omelette onto a plate. Serve with the roasted broccoli, asparagus, and Brussels sprouts on the side. Enjoy.
- coated with the sauce.
- Garnish with fresh mint leaves if desired.

Calories 338

Carbs 41g

Fat 9g

Protein 21g

Sweet Potato and Spring Onion Quiche with Roasted Broccoli

Serves 1

Prep time: 45 minutes

Cook time: 30 minutes

INGREDIENTS

- 1 tbsp spring onion, finely chopped
- 150g (5 oz) uncooked sweet potato, peeled and thinly sliced
- 1 medium egg
- 120g (4 oz) egg white
- 1 tsp olive oil
- 1 tbsp lemon juice
- 1 tsp lime juice
- 1 tsp finely chopped fresh mint
- 1/2 tsp ground cumin
- Salt and pepper to taste
- 200g (7 oz) broccoli, trimmed

METHOD

1. Preheat Oven and Prepare Broccoli

- Preheat the oven to 200°C (400°F). In a bowl, toss the broccoli with half of the olive oil, lemon juice, salt, and pepper.
- Spread the broccoli on a baking sheet and roast in the preheated oven for 20-25 minutes, or until tender and slightly browned, turning halfway through cooking. Set aside.

2. Prepare Quiche Base

- In a non-stick skillet, heat the remaining olive oil over medium heat. Add the thinly sliced sweet potato and cook, stirring occasionally, until tender and lightly browned, about 10-12 minutes.
- Arrange the cooked sweet potato slices in a single layer in a small ovenproof dish or quiche pan, forming the base and sides of the quiche.

Recipe Continues

3. Prepare Egg Mixture

- In a bowl, whisk together the egg, egg white, lime juice, chopped fresh mint, ground cumin, salt, and pepper. Stir in the spring onion.

4. Assemble and Bake Quiche

- Pour the egg mixture over the sweet potato base in the ovenproof dish.
- Bake in the preheated oven for 20-25 minutes, or until the quiche is set and the top is golden brown.

5. Serve

- Remove the quiche from the oven and let it cool slightly before slicing.
- Serve the sweet potato and spring onion quiche with the roasted broccoli on the side.

Calories 338

Carbs 41g

Fat 9g

Protein 21g

Dinner Recipes

Lemon Herb Tofu with Garlic Rice and Roasted Broccoli

Serves 1

Prep time: 35 minutes

Cook time: 35 minutes

INGREDIENTS

- 30g (1 oz) uncooked white rice
- 1 tsp garlic oil
- 180g (6 oz) tofu, cubed
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tsp finely chopped fresh mint
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- Salt and pepper to taste
- 200g (7 oz) broccoli, trimmed

METHOD

1. Preheat Oven and Prepare Broccoli

- Preheat the oven to 200°C (400°F). In a bowl, toss the broccoli with salt, pepper, and half of the lemon juice.
- Spread the broccoli on a baking sheet and roast in the preheated oven for 20-25 minutes, or until tender and slightly browned, turning halfway through cooking.

2. Cook Rice

- Rinse the uncooked white rice under cold water until the water runs clear. In a small saucepan, add the rice and enough water to cover it by about an inch. Add a pinch of salt and bring to a boil.
- Reduce the heat to low, cover, and simmer for about 15 minutes or until the rice is tender and water is absorbed.
- Once cooked, fluff the rice with a fork and stir in the garlic oil.

Recipe Continues

3. Prepare and Cook Tofu

- In a bowl, combine the cubed tofu, lime juice, finely chopped fresh mint, ground cumin, ground coriander, salt, and pepper. Toss well to coat the tofu evenly with the marinade.
- Heat a non-stick skillet over medium-high heat. Add the marinated tofu and cook for about 5-7 minutes, turning occasionally, until the tofu is golden brown and slightly crispy on all sides.

4. Serve

- Arrange the garlic rice on a plate, and top with the lemon herb tofu.
- Serve with the roasted broccoli on the side.

Calories 334

Carbs 21g

Fat 17g

Protein 24g

Mexican-Spiced Tofu with Garlic Lime Rice and Blanched Asparagus

Serves 1

Prep time: 35 minutes

Cook time: 35 minutes

INGREDIENTS

- 30g (1 oz) uncooked white rice
- 1 tsp garlic oil
- 180g (6 oz) tofu, cubed
- 1 tbsp lime juice
- 1 tbsp lemon juice
- 1 tsp finely chopped fresh cilantro
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp chili powder
- Salt and pepper to taste
- 200g (7 oz) asparagus, trimmed

METHOD

1. Cook Rice

- Rinse the uncooked white rice under cold water until the water runs clear. In a small saucepan, add the rice and enough water to cover it by about an inch. Add a pinch of salt and bring to a boil.
- Reduce the heat to low, cover, and simmer for about 15 minutes or until the rice is tender and water is absorbed.
- Once cooked, fluff the rice with a fork and stir in the garlic oil and half of the lime juice.

2. Prepare and Cook Tofu

- In a bowl, combine the cubed tofu, lemon juice, finely chopped fresh cilantro, ground cumin, smoked paprika, chili powder, salt, and pepper. Toss well to coat the tofu evenly with the spices.
- Heat a non-stick skillet over medium-high heat. Add the marinated tofu and cook for about 5-7 minutes, turning occasionally, until the tofu is golden brown and slightly crispy on all sides.

Recipe Continues

3. Blanch Asparagus

- Bring a pot of salted water to a boil. Add the trimmed asparagus and cook for 2-3 minutes until bright green and tender-crisp.
- Immediately transfer the asparagus to a bowl of ice water to stop the cooking process. After a minute, drain the asparagus and pat dry. Drizzle with the remaining lime juice and season with a pinch of salt and pepper.

4. Serve

- Arrange the garlic lime rice on a plate, and top with the Mexican-spiced tofu.
- Serve with the blanched asparagus on the side. Serve and enjoy.

Calories 334

Carbs 21g

Fat 17g

Protein 24g

Evening Snack Recipes

Vanilla Cinnamon Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Creme**
- 100g (4 oz) frozen riced cauliflower
- 1/2 tsp ground cinnamon
- Stevia, to taste (optional)
- Water as needed

METHOD

1. Prepare the Base

- In a blender or food processor, combine the frozen riced cauliflower, Vegan Wondershake Vanilla Creme, ground cinnamon, and vanilla extract.

2. Blend Ingredients

- Blend on high until the mixture is smooth and creamy. If the mixture is too thick, add a small amount of water, a teaspoon at a time, until you reach the desired consistency.

3. Serve Immediately

- Spoon the ice cream into a bowl and serve immediately.

Calories 132

Carbs 5g

Fat 1g

Protein 24g

Vanilla Mint Ice Lolly

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Creme**
- 100g (4 oz) frozen riced cauliflower
- 1 tsp finely chopped fresh mint
- 1/2 tsp vanilla extract
- Water as needed

METHOD

1. Prepare the Mixture

- In a blender or food processor, combine the frozen riced cauliflower, Vegan Wondershake Vanilla Creme, finely chopped fresh mint, and vanilla extract.

2. Blend Ingredients

- Blend on high until the mixture is smooth and creamy. If the mixture is too thick, add a small amount of water, a teaspoon at a time, until you reach a pourable consistency.

3. Freeze the Lolly

- Pour the mixture into an ice lolly mold. Insert a stick and place it in the freezer. Freeze for at least 4 hours or until solid.

4. Serve

- Remove the ice lolly from the mold and enjoy.

Calories 132

Carbs 5g

Fat 1g

Protein 24g

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
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