

~ THE STARTER GUIDE TO ~

# MASTERING Menopause

**3-Day RESET to help you cool the mood swings,  
sticky sweats, and body bloat so you can feel  
more like your VIBRANT self again!**



**Includes  
RESET Friendly  
Recipes!**

BY SARAH HEIPEL



# WELCOME

I'm so thrilled that you've decided to join me!

I know what it's like to feel like your body is working against you in a hormonal catastrophe. Yucky sweats, clothes feeling too tight, tired, anxious, and short-fused. This is certainly not living your best life.

As a personal trainer for more than 20 years, I've been working with women struggling with these same challenges long before they began happening to me as well.

The keys you're going to learn in this guide are the foundation for the stunning and symptom-relieving results I've seen in many of my clients' experiences.

Now it's your turn.

*Sarah*



@SARAHHEIPEL

# MASTERING MENOPAUSE

## 3 DAY RESET

Practice this reset anytime your symptoms begin to reoccur, or every 3 months.

### 1 ELIMINATE SAG'S

Sugar, alcohol, and grains, all need to take a back seat to successfully reset your hormones, naturally. I've included a few of my favourite recipes in this guide to help you through. Exercise moderation for maintenance. Post reset, keep your consumption of these three little devils to a minimum to enjoy long-lasting results.

**Success tip:** Fill your fridge with fresh, whole-food ingredients that you enjoy and pack away the SAG's while you reset to avoid temptation.

### 2 EAT MORE VEGETABLES

Consuming nutrient-dense, high-fibre, plant-based foods, allows the body to detox and rejuvenate at the same time. Think smoothies, salads, stir-fries, and soups. Include protein with each meal and ditch the processed foods. Start by committing to one week. You will love how your body and mind feel, and that will serve as momentum to help keep you going. Aim for 1lb per day.

**Success tip:**  
*Treat yourself to pre-shredded or pre-cut vegetables from the grocery store to make your food prep easier.*





3

**DAILY RELAXATION PRACTICE**

Daily relaxation is great for balancing cortisol levels. Commit to 20+ min daily.

**Examples could be:**

- Go for a gentle walk in nature
- Practice yin yoga or listen to a guided meditation on youtube
- Take a warm bath with Epsom salts (the magnesium will contribute to the relaxation)

4

**IN BED BY 10:30 PM.**

Get your head on the pillow by 10:30 pm. Even if you're having trouble getting or staying asleep, the zzzs you get before midnight have more rejuvenating power than those afterward, plus you'll significantly increase your sleep opportunity if you're actually in bed.

**Success tip:** Set a bedtime reminder on your phone

5

**ELIMINATE CAFFEINE**

Replace your morning coffee with hot water and lemon juice or herbal tea (try my Tulsi Latte recipe!). You can still maintain your love for coffee, just take it easy until your symptoms feel more under control. Then limit to one cup per day with 1 tbsp of MCT oil. This significantly decreases the post-caffeine blood sugar drop which only further increases the body's stress response.



6

**RESISTANCE TRAINING 3X / WEEK**

If you haven't been doing any formal resistance training lately, begin with a couple of simple bodyweight exercises like squats and pushups. Modify as needed to achieve 3 sets of 15 repetitions for each exercise. Be sure to warm up and cool down properly.

Add resistance and change up the exercises as you progress.

Note: At a daily movement minimum, aim for 10,000 steps per day. This, plus building your metabolism through strength training, will get your good vibes flowing again. You'll see!

**Success tip:** Schedule these workouts into your agenda to make sure they happen.



# HOW TO GET STARTED

Individually, each of the keys to menopause mastery can offer relief of symptoms, but the real magic is in the synergy of practicing them together over a 3-day period.

Although they are not complicated habits to perform, it can be challenging to change multiple habits at once. It's important that you go easy on yourself during this process and do the best you can.

Tracking your daily habits will help you stay on course because what gets tracked typically gets done.

The printable chart I have provided you on the next page will help you adhere to each step so that you can achieve the best results possible.

*I've also included some RESET friendly recipes to help you stay on track!*

***Where attention goes  
energy flows.***

***- James Redfield***

# MASTERING MENOPAUSE

## Reset Recipes

### BREAKFAST IDEAS

#### TULSI LATTE

- 3 tsp tulsi tea
- 1 tbsp collagen powder
- 1 Tbsp MCT oil powder
- 1 cup boiling water

Steep tea in water for 5 mins in your favourite mug. Remove tea and stir in the remaining ingredients. If you prefer a sweet tea, add stevia to taste. Enjoy!

#### AVOCADO BRAIN-BOOSTER SMOOTHIE

½ frozen banana, ¼ avocado, ¼ cup (40 grams) frozen blueberries, 1 handful spinach, 1 cup (240 ml) almond milk, 1 tsp ground flax seed, 1 scoop vegan protein powder (optional)

#### VEGGIE SCRAMBLE (SERVES 1)

- 1/2 Tbsp. coconut oil
- 1/2 cup broccoli, chopped
- 1/2 cup onion, diced
- 1/3 green pepper, diced
- 2 Eggs
- 1/2 tomato, diced,
- 1/4 Avocado, sliced, for garnish

**Directions:** Heat coconut oil in a sauté pan over medium heat. Sauté the vegetables for 3-4 minutes or until tender. In a small bowl, whisk eggs. Pour the eggs over the vegetables and stir. Stir frequently and scramble them in with the veggies. Season with salt and pepper, and top with tomato and avocado. Enjoy!





# MASTERING MENOPAUSE

## Reset Recipes

### LUNCH SUGGESTIONS

#### KITCHEN SINK SALAD (SERVES 1)

- 2-3 cups Mixed Greens (not iceberg)
- 1/2 tomato
- 1 TB Pumpkin seeds
- Shaved carrot (1/2)
- Sliced zucchini (1/2)
- Diced Red Bell Pepper (1/2)
- Handful of Sprouts
- 1/4 avocado, sliced
- 2 Tbsp. Balsamic Dressing
- 4 oz. Protein of choice

**Directions:** In a bowl, toss everything together any way that you please. Enjoy!

#### BALSAMIC DRESSING

*(12 servings, 2 Tbsp. per serving. Store in the refrigerator)*

- 1 cup extra virgin olive oil (preferably cold-pressed)
- 1/3 cup good quality aged balsamic vinegar
- 1 Tbs. dried parsley
- 1/2 tsp. sea salt.
- Freshly ground pepper to taste
- 1 Tbs. honey mustard (organic if possible)
- 1 garlic clove, passed through a garlic press or minced (optional)



# MASTERING MENOPAUSE

## Reset Recipes

### LUNCH SUGGESTIONS

#### CAULIFLOWER AND FENNEL SOUP (3-4 SERVINGS)

- 1 Tbsp. extra virgin olive oil
- 3 cups cauliflower, chopped
- 1/2 Vidalia onion, chopped
- ½ fennel bulb, chopped
- 3 cups chicken stock (low-sodium)
- Salt and pepper, to taste

**Directions:** Heat olive oil in a large skillet or soup pot with cauliflower, onion, and chopped fennel. Season with salt and pepper. Cook for about 10-15 min.

Add stock, bring to a boil and then simmer until soft. Whirl everything in a blender. Serve immediately and enjoy! (keeps up to 3 days refrigerated)

#### ***Did you know?***

***Cauliflower is loaded with vitamins; 1 cup contains about 75% of your recommended daily intake of vitamin C***





# MASTERING MENOPAUSE

## Reset Recipes

### DINNER SUGGESTIONS

#### VEGGIE COCONUT CURRY (4 SERVINGS)

- 1 small yellow onion, chopped 3 garlic cloves, minced
- 1 tsp fresh ginger, grated
- 1 Tbsp curry powder
- 1 tsp sea salt
- 2 cups (230 grams) butternut squash, chopped
- 1 red pepper, chopped
- 1 carrot, peeled and sliced 1 red Thai chile, thinly sliced (optional)
- 1 can (398 ml) coconut milk (full fat)
- 2 cups (170 grams) of cauliflower florets
- 2 tbsp fresh lime juice, plus lime wedges for serving
- 3 cups (210 grams) fresh kale, ribs removed and sliced thin
- Freshly ground black pepper
- Cauliflower Rice:
  - 1 Tbsp coconut oil
  - 2.5 cups (215 grams) of raw cauliflower
  - A handful of fresh basil, chopped (organic if possible)

Heat the olive oil in a large Dutch oven over medium heat. Add the onion and cook for about 10 minutes, until golden brown. Reduce the heat to low after the first 5 minutes.

While the onions cook, in a small bowl mix together the garlic, ginger, curry powder, and salt. Set aside.

After the onions have cooked for about 10 minutes, add the butternut squash, red pepper, carrots, and chile to the onions, stir to combine and cook for 5 minutes.

Add the coconut milk, 2 cups of cauliflower florets, and the spice mixture. Cover and simmer for about 20 minutes.

Meanwhile, to make the rice, shred cauliflower in a food processor (or use a box grater). Add coconut oil to skillet over medium heat. Cook cauliflower for about 1-3 minutes, or until tender. Stir in the chopped basil when done.

After the coconut milk mixture has been cooking for about 20 minutes, stir in the lime juice, kale, peas, and corn. Taste and adjust seasonings as needed.

Remove from heat. Serve over cauliflower rice with fresh basil.

# MASTERING MENOPAUSE

## Reset Recipes

### DINNER SUGGESTIONS

#### THAI SHRIMP SALAD MAKES 2 SERVINGS

- $\frac{3}{4}$  pound shrimp
- $\frac{1}{2}$  cup cilantro
- $\frac{1}{2}$  tablespoon lime juice
- $\frac{1}{2}$  cup full-fat coconut milk
- 2 medium red bell peppers
- 1 cucumber
- $\frac{1}{4}$  cup almonds
- 2 cups spinach
- $\frac{1}{2}$  teaspoon (or to taste) red pepper flakes
- 2 tablespoons coconut oil

Heat coconut oil in a skillet over medium-high heat. Peel and devein shrimp, and add to skillet. Cook until pink and curled. Remove from heat and set aside. Pour the remaining oil from the pan into a small bowl. Add lime juice, chopped cilantro, red pepper flakes, and coconut milk, and reserve for later.

Arrange spinach, bell peppers, and chopped cucumber on a plate. Top with shrimp and pour coconut milk mixture over as dressing. Garnish with almonds.



# MASTERING MENOPAUSE

## Reset Recipes

### DRINK & TREAT IDEAS

#### FUDGY CHOCOLATE BITES (MAKES 4 SERVINGS)

- ¼ cup cacao butter, or coconut oil, melted
- ¼ cup cacao powder
- 4-5 drops of alcohol-free stevia
- ½ ounce chopped macadamia nuts

Add ingredients to a small bowl and stir to combine. Divide mixture into a silicone candy or ice cube mold and transfer to freezer to chill for 1 hour.



#### VIBRANT LEMONADE

- 4 lemons, squeezed
- 1L water
- Lots of ice
- stevia to taste
- Stir and enjoy





# WEEKLY Accountability Chart

## HOW TO USE THIS CHART:

Print this chart and give yourself a check mark for each habit you complete for the day. For best results aim for 100% completion over the three days.

|                           | S                        | M                        | T                        | W                        | TH                       | F                        | S                        |
|---------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Eliminate SAG             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vegetables at Each Meal   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Daily Relaxation Practice | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| In Bed by 10:30 p.m.      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eliminate Caffeine        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Resistance Training x 3   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## FINAL THOUGHTS:

Making lasting lifestyle changes takes time, but the sooner you get started, the sooner you'll be feeling like your vibrant self again. Start by adopting the habits that will come easy to you first. Give it your best effort and find creative ways to fit these habits into your everyday life. When you are ready, try stretching this out over 21 days vs only 3 days



I WANT TO HEAR FROM YOU



**As you move through the 3-day Mastering Menopause workbook, I would love to hear from you!**

Please share your journey with me as you go, my DM's are always open on Instagram [@sarahheipel](https://www.instagram.com/sarahheipel) or you can email me directly at [goodenergycoach@gmail.com](mailto:goodenergycoach@gmail.com)

This guide is just the beginning of getting back to your VIBRANT AF self! To learn more about my upcoming programs for women working through menopause please follow me at @sarahheipel on Instagram or visit my website [www.goodenergycoach.com](http://www.goodenergycoach.com) for the latest on what's coming!

FOLLOW SARAH ON INSTA