






















Michelle Bridges
12WBT

*The
Menopause*
METHOD

Here's a taste of what 12WBT is all about.



Example Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	 <p>Berry Muesli</p>	 <p>Banana Bruschetta</p>	 <p>Porridge with Cinnamon Apples</p>	 <p>Berry Muesli</p>	 <p>Banana Bruschetta</p>	 <p>Baked Eggs, Italian Style</p>	 <p>Bacon & Egg Roll</p>
Lunch	 <p>Roasted Mushroom, Spinach, Asparagus & Ricotta Wrap</p>	 <p>Rare Roast Beef, Avocado & Cottage Cheese Wrap</p>	 <p>Wasabi & Soy Marinated Salmon with Noodles</p>	 <p>Shredded Slaw, Cheese & Black Bean wrap</p>	 <p>Spaghetti with Red Sauce</p>	 <p>Leftover's with Salad</p>	 <p>Broccoli & Mushroom Rice Cakes</p>
Dinner	 <p>Lamb with Spiced Rice</p>	 <p>Wasabi & Soy Marinated Salmon with Noodles</p>	 <p>Chicken & Leek Pie with Mushy Peas</p>	 <p>Spaghetti with Red Sauce</p>	 <p>Bean Nachos with Chilli Guacamole</p>	 <p>Treat Meal</p>	 <p>Beef Pad See Ew</p>

Breakfast



Apple and
Banana Bircher

Lunch



Greek-Style
Chicken Salad

Dinner



Fish Goujons with
Vegetable Medley

Dessert



Crustless Blueberry
Cheesecake

Tip #1

My plans are 100% customisable with over 1300 recipes to choose from.

Tip #2

Each week, we generate an automated shopping list tailored to your meal plan. Plus, you can have your ingredients delivered straight to your door by our partner, Woolworths!

Tip #3

Choose from four different Meal Preferences - Classic, Budget, Low Carb or Time Saver and choose if you're cooking for 1 or 2. If you're a vegetarian, we have a meal plan for you.

Apple and Banana Bircher

2 SERVES

15 MIN PREP

403 CAL / SERVE



Ingredients

- 4 Cups Low Fat Natural Yoghurt (240g)
- 1/2 Cups Rolled Oats (40g)
- 1 Banana (101g), Sliced
- 30g Pepitas
- 1/2 Red Apple (62g), Cored, sliced into rounds with mandolin
- 1/2 Teaspoons Ground Cinnamon (1g)
- 1 Teaspoons Vanilla Essence (5g)
- 30g Flaked Almonds
- 1/4 Cups Water, Tap (60g)

Method

- 1 Add 1/4 cup of water, oats, half the yoghurt, vanilla, cinnamon and apple to the bowl and stir until well combined. Cover and chill overnight (or for at least 8 hours).
- 2 The next morning, add the remaining yoghurt to the bircher and stir until well combined. Divide evenly among serving bowls and top with the banana, pepita seeds and flaked almonds.

Nutritional Information Per Serve*

Calories 403
Protein 18.2g
Fat Total 19.1g
Fat Saturated 2.6g
Carbohydrates 35.7g
Sugars 18.7g
Sodium 106.0mg
Dietary Fibre 5.7g

- ⬆ High in Protein
- ⬇ Low in Carbohydrates
- ⬇ Low in Sodium

*This recipe has 2 serves

Greek-Style Chicken Salad

2 SERVES

10 MIN PREP

399 CAL / SERVE



Ingredients

- 200g Lean Chicken Breast, cooked and chopped
- 2 Tomato (334g), chopped
- 1 Lebanese Cucumber (135g), chopped
- 1 Red Capsicum (155g), chopped
- 1/2 Red Onion (73g), finely sliced
- 30g Kalamata Olives, Pitted, sliced
- 40g Low Fat Feta
- 2 Tablespoons Lemon Juice (40g)
- 2 Slices Wholemeal Pita Bread (80g)

Method

- 1 Combine chicken, tomato, cucumber, capsicum, onion and olives in a large bowl. Crumble feta over salad and drizzle with lemon juice.
- 2 Toss to combine. Divide between bowls, and season with freshly ground black pepper. Serve with pita bread.

Nutritional Information Per Serve*

Calories 399
Protein 42.6g
Fat Total 9.8g
Fat Saturated 5.2g
Carbohydrates 30.2g
Sugars 11.8g
Sodium 708.5g
Dietary Fibre 8.0g

- ⬆️ High in Protein
- ⬇️ Low in Carbohydrates
- ⬆️ High in Fibre
- ⬇️ Low in Fat

*This recipe has 2 serves

Mish Tips

- ✓ If making ahead, pack into an airtight container and keep chilled.
- ✓ To cook chicken ahead of time, poach a breast fillet in a pan of simmering water for 10-15 minutes, depending on size. Cool and refrigerate for up to 3 days.
- ✓ Use barbecue chicken with the skin removed, if you like.

Fish Goujons with Vegetable Medley

2 SERVES

20 MIN PREP

40MIN COOKING

405 CAL / SERVE



Ingredients

- 280g Flathead Fillets, Remove skin
- 2 Cage Free Eggs (118g)
- 1 Garlic (3g)
- 1 Tablespoons Chives (3g), Finely chopped
- 1 Cups Panko Breadcrumbs (60g)
- 250g Sweet Potato, Skin on, scrubbed, cut into 1 cm thick wedges
- Red Onion (56g), Cut into thick wedges
- 2 Carrot (120g), peeled and quartered lengthways
- 150g Zucchini, Cut into 3 cm pieces
- 1g Olive Oil Spray
- 1/2 Teaspoons Ground Allspice (1g)
- 80g Rocket, To serve

Method

- 1 Preheat the oven to 200°C [180°C fan-forced]. Line two large baking trays with non-stick baking paper.
- 2 Cut the fish into 5 cm strips.
- 3 Whisk the egg whites, garlic and chives together in a bowl until frothy, then season to taste.
- 4 Add the fish strips to the bowl, turning to coat, then add the breadcrumbs. Toss to coat, pressing the breadcrumbs on firmly. Transfer to a plate, cover and chill for at least 20 minutes to set.
- 5 Meanwhile, place the sweet potato, onion, carrot and zucchini on one of the prepared trays. Spray with oil and sprinkle with the spice mix. Season to taste and toss well to combine, then shake the tray to make sure the vegetables are in a single layer.
- 6 Bake on the top rack of the oven for 20 minutes, then turn the vegetables over.
- 7 Transfer the crumbed fish to the remaining prepared tray. Spray lightly with oil.
- 8 Transfer the tray of vegetables to the bottom rack of the oven and place the fish fingers on the top rack. Bake for 20 minutes, turning the fish once, or until cooked and golden.
- 9 Serve the fish goujons and veggie wedges with the baby rocket alongside.

Nutritional Information Per Serve*

Calories 405
 Protein 43.9g
 Fat Total 3.6g
 Fat Saturated 0.8g
 Carbohydrates 45.4g
 Sugars 14.2g
 Sodium 426.8g
 Dietary Fibre 8.0g

- ⬆️ High in Protein
- ⬇️ Low in Carbohydrates
- ⬆️ High in Fibre
- ⬇️ Low in Sodium

*This recipe has 2 serves

Mish Tips

- ✓ You can freeze the crumbed, uncooked fish fingers.

Crustless Blueberry Cheesecake

👤 10 SERVES

🕒 10 MIN PREP

🕒 35 MIN COOKING

🍽️ 121 CAL / SERVE



Ingredients

- 1g Olive Oil Spray
- 210g Light Cream Cheese
- 200g Low Fat Greek Yoghurt
- 1/3 Cups Sugar (69g)
- 2 Cage Free Eggs (102g)
- 2 Tablespoons Plain Flour (22g)
- 1 Tablespoons Lemon Juice (21g)
- 2 Teaspoons Vanilla Essence (10g)
- 1/2 Cups Frozen Blueberries (80g)
- 50g Fresh Blueberries

Method

- 1 Preheat oven to 160C. Spray 10 small ramekins or ovenproof dishes with oil spray.
- 2 Place the cream cheese, yoghurt, sugar, eggs, flour, lemon juice and vanilla essence in a large bowl and whisk until smooth. Add the blueberries and stir through until well combined.
- 3 Divide the mixture between the ramekins.
- 4 Bake for 35 minutes or just until firm in the centre. Set aside for 1 hour to cool, then place in the fridge to chill.
- 5 Serve the cheesecakes with extra fresh or frozen blueberries.

Nutritional Information Per Serve*

Calories 111
 Protein 4.3g
 Fat Total 5.0g
 Fat Saturated 1.1g
 Carbohydrates 12.3g
 Sugars 10.6g
 Sodium 80.4g
 Dietary Fibre 0.3g

- ⬇️ Low in Carbohydrates
- ⬇️ Low in Fat
- ⬇️ Low in Sodium

*This recipe has 10 serves

Mish Tips

- ✓ Member tip: It's a bit tricky to remove the cheesecakes so I prefer to serve them in the ramekin.
- ✓ Try these yummy cheesecakes using raspberries or a combination of both.

STARTING SLOW

Warm-up (active stretches)

5 MINS

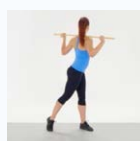
No, this isn't a mistake, today you're starting with your Abs. Switching on your core before ANY workout, including endless loads of washing and making beds is vital to a productive, pain-free day.



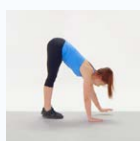
Side Bend
30 secs (alternate L/R)



Knee Hug
This is a great balance exercise too.
30 secs (alternate L/R)



Spinal Rotations
You don't need a stick, just slowly warm up and rotate your trunk a little more each rep.
30 secs (alternate L/R)



Inch Worm
Do a modified inch worm where you go down on your knees first and slow walk the arms forward.
30 secs



Sumo Squat
Add in big circles with your arms.
30 secs



Sumo Squat
Go a little deeper with these Squats and add in even bigger arm circles.
30 secs



Hip Flexor Stretch
Add in a gentle rock forward to slowly open up the hips.
30 secs (each side)

Cardio Workout

6 MINS

Each exercise only goes for 30 secs and there's no law against pausing if you feel it's too tough.



March On The Spot
With PFM engaged march those arms and legs strong and proud.
30 secs



Squat
Add in a lift up on your toes and even an reach up with your arms.
30 secs



Touch Knees, Touch Sky
30 secs



Step Touch
Just step these initial, we will build up to a jump later. Cross your arms in front for extra cardio.



Butt Kicks
Make this more of a side-to-side movement and add in a tap with your opposite hand. The amount of impact is up to you.
30 secs



Walking Forwards And Back
March forwards and do a heel tap, then march backwards heel tap with opposite foot.
30 secs

Tip #1

Choose where and when you work out. This workout is designed to be done at home, but you also have the option to choose workouts tailored for the gym.

Tip #2

The Menopause Method exercise plan features workouts across resistance, cardio, circuit and yoga. The key to success for this program will be slow and regular increases in weight distribution and strengthening and low-impact cardio with a strong focus on balance, coordination and pelvic floor.



Lunge - Backward
Start shallow and gradually get deeper if your legs can handle it. You can use a chair for more stability.
30 secs (alternate L/R)



High Knees - On The Spot
Reach up with your arms for an extra cardio overload.
30 secs

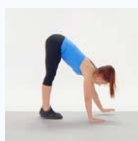


March On The Spot
Get back to a high march on the spot.
30 secs

Final Cardio

3 MINS

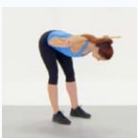
Keep up the good work you're nearly finished!



Inch Worm
To make these doable go down onto your knees and come up using your knees, you will only get out 2 or 3 in the 30 secs.



Squat
Keep your hands behind your head pump out as many squats as you can.
30 secs



Good Mornings
With your hands behind your head pivot only from the hips.
30 secs



March On The Spot
Go back to a March on the Spot for an active recovery.
30 secs

Cool Down

8 MINS

Take a few deep breaths as you hold each stretch for at least 20 secs.



Back Twist Stretch
20 secs (each side)



Quadricep Stretch
20 secs (each side)



Glute Stretch
20 secs (each side)



Shoulder Stretch
20 secs (each side)



Hamstring Stretch (Lying)
20 secs (each side)



Tricep Stretch
20 secs (each side)



Sit and Reach Stretch
20 secs



Side Stretch
20 secs (each side)



Inner Thigh Stretch
20 secs (each side)



Chest Stretch
20 secs



Hip Flexor Stretch
20 secs (each side)

12WBT



12 weeks **TO TRANSFORM YOUR LIFE**

Now that you've had a taste of what 12WBT is all about, why not join our next round at 12wbt.com.

My program is all about helping you find the right balance of food and exercise, to make sure you're living the best version of yourself. Remember, fate has nothing to do with it. Intention, choice, decisions; these are the things that make a difference. So join me and my team to become a healthier, happier and stronger you.

Mish Xx