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# MENOPAUSE SHRED

12 WEEKS TO RAPID FAT LOSS IN MENOPAUSE

THE SCULPTED *vegan*



# RECIPES

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## RECIPES

My personal Chef, Lee Mullan, has created this comprehensive recipe book based on the five menopause shred nutrition principles of eating. You can choose your meals from any of the options provided without having to portion control or macro- and calorie-count. You will notice nutritional information for each recipe, but **you do not need to adhere to the calories or macros**. We have simply added them for education because people often ask for a nutritional breakdown.

There are six breakfast, lunch, dinner, and snack options to select from, and It is entirely up to you how you create your own meal plan. You might decide to choose one set of recipes and repeat them for six days, or you might choose to eat a different recipe each day. You have complete freedom to do what feels suitable for your schedule and your life. You will notice that most recipes serve two, except where it would be impossible to create a recipe for two. If the recipe serves six, simply portion out and freeze for a later date.

### **Rule No 1: Drink 30g protein within 30 mins of waking**

I want you to start your days by consuming **a protein shake within 30 minutes of waking**. Consuming protein first thing in the morning will help boost your metabolism and maximize your body's fat-burning potential. The protein powder recommended on this plan is [Wondershake by The Protein Works](#). Use code **TSV60 to get 60% off or TSV65 to get 65% off orders over \$100/£50**. (Codes are valid on all vegan products)

If you're not able to purchase this one for any reason, you can choose another one with similar macros and calories.

Each breakfast, lunch, dinner and snack has been specifically designed to be protein-rich and nutrient dense. Any meals containing carbs will be slow carbs to give you a steady drip of energy throughout the day without the insulin spike and fat storage. We will be **avoiding any carbs that are white, were white, or could have been white**. So no brown bread, brown pasta, brown rice etc. You will also avoid any pastas made from beans or lentils as these have had all the fiber removed. Green cruciferous vegetables are classed as 'free' food, which means you can eat unlimited amounts of them.

There is no portion control when it comes to the meals, and I want you to fill up on the delicious breakfasts, lunches, and dinners. A common problem that I see is women consciously consuming smaller meal portion sizes in an attempt to decrease calories. But, this causes them to mindlessly snack and consume more calories than they realize. When you choose to fill up on filling, high-protein, high-fiber meals, the urge to snack dramatically decreases. But, don't worry, snacking is allowed! The low-calorie snack options have been designed to satisfy any sweet cravings with zero guilt or sugar crash. Consume a snack wherever you feel you need it.







## Is fruit making you fat?

There will be no fruit in the recipes. While fruit is very healthy, it is not beneficial to menopausal fat loss. The primary sugar in fruit is fructose, which cannot be converted to usable energy for the muscles or heart. The only organ that can utilize fructose is the liver, which can store about a handful of blueberries' worth of sugar at any one time. The minute you eat fruit, it is converted to triglycerides and transported through the bloodstream to fat stores. I assure you that you will be getting all the nutrients you need from green vegetables. Many women are addicted to the sugar in fruit and feel that they actually might die without their daily fruit/sugar hit. I can assure you, you will not die without fruit.

The recipes are designed to manage menopausal insulin resistance and the subsequent weight gain. To do this, we need to look at what we eat AND drink. Don't drink fruit juice or any other liquid calories—no creamer in your coffee or steamed milk in your latte, or add any plant milk (in addition to the recipes). Instead, drink as much water, unsweetened tea, or coffee as you like. I want you to avoid drinking diet sodas or artificially sweetened drinks between meals. We are meant to have an insulin response when we eat, but let's try and avoid it happening in-between.

Remember: once a week, you can have a re-feed day where you can eat anything you want and as much as you want! **Simply consume your waking protein plus eat a nutritious, on plan breakfast, then eat whatever you want for the rest of the day.**

While the food on this plan will be delicious, we all need to relax and let loose at times. You can eat any carbohydrates on refeed day. They don't have to be slow carbs! You can have as much pizza and pasta as you want. Let's plan to relax a little and have fun while still staying within our plan.





# BREAKFAST RECIPES

## PROTEIN SHAKE RECIPES

### Protein Shake

(within 30 minutes of waking)

Serves 1

#### Ingredients

- 37.5g\* The Protein Works Wondershake (Any Flavor)
- Water
- Ice
- \*37.5g weight = 30g protein

#### Method

Place 37.5g of protein powder into a blender with about 200-400ml water, depending on how thick you like it. Blend together in a high-speed blender and serve immediately. Consume within 30 minutes of waking.

### Iced Coffee Protein Shake

Serves 1

#### Ingredients

- 37.5g\* The Protein Works Vanilla Wondershake
- 1 cup coffee, cooled
- Ice
- \*37.5g weight = 30g protein

#### Method

Brew your favorite cup of coffee and let it cool. Place 37.5g of protein powder into a blender with your cooled cup of coffee and ice. Blend together in a high-speed blender and serve immediately. Consume within 30 minutes of waking or throughout the day.

Nutritional Information
Protein 31.5g
Carbohydrates 2g
Fat 1g

Nutritional Information
Protein 31.5g
Carbohydrates 2g
Fat 1.2g

# APPLE & CINNAMON PROTEIN PUDDING

## Apple & Cinnamon Overnight Protein Chia Seed Pudding

**Serves 2**

### Ingredients

- 60g The Protein Works Vegan Wondershake - apple & cinnamon
- 6 tablespoons black chia seeds
- 2 teaspoons vanilla extract
- 300ml almond milk (unsweetened)
- ½ teaspoon ground cinnamon
- 90ml water
- 20g pecan nuts, chopped

### Method

Mix all ingredients (except pecans) in a mixing bowl, cover the bowl with plastic wrap and store in the fridge to thicken for 1 hour. After 1 hour stir again and separate into 2 serving dishes or mason jars, wrap with plastic wrap and store in the fridge overnight.

Top each portion with chopped pecan nuts when serving.

Nutritional Information
Protein 31.9g
Carbohydrates 16.8g
Fat 18.8g
Calories 352



# SPICY VEGAN FRY

## Scrambled Tofu

Serves 2

### Ingredients

- 1 tablespoon olive oil
- 120g white onion, finely sliced
- 5g garlic, crushed
- ½ teaspoon turmeric
- 1 teaspoon cumin
- ½ teaspoon smoked sweet paprika
- Pinch salt
- 280g firm tofu, crumbled
- 5g Fresh flat leaf parsley, chopped

### Method

In a deep, non-stick pot, over a low heat, add olive oil and onion. Saute for 5-10 minutes until soft and starting to turn golden brown. Add garlic, turmeric, cumin, sweet paprika and salt. Saute for a further 1 minute and add remaining ingredients. Cook for further 2-3 minutes and serve.

Nutritional Information
Protein 12.9g
Carbohydrates 11.4g
Fat 13.6g
Calories 213

## Grilled Field Mushrooms

Serves 2

### Ingredients

- 4 field mushrooms (portobello mushrooms)
- Pinch salt
- Pinch pepper

### Method

Preheat the oven to 350F/175C.

Place mushrooms on a baking tray and season with salt and pepper. Bake for 5-7 minutes.

Nutritional Information
Protein 3g
Carbohydrates 1g
Fat 0.5g
Calories 21

# SPICY VEGAN FRY

## Wilted Spinach

Serves 2

### Ingredients

- 200g spinach
- 15ml water
- Pinch salt
- Pinch crushed black pepper

### Method

In a non-stick pan, over a medium heat, add water and spinach. Cook for 1-2 minutes, stirring frequently, until spinach is wilted. Remove from heat and season with salt and pepper.

Nutritional Information
Protein 2.9g
Carbohydrates 3.7g
Fat 0.4g
Calories 23

**Meal served with 15g sriracha sauce and 4 pioneer vegan bacon rashers (per portion)**

(Note: serve 4 pioneer vegan bacon rashers per portion, grilled as per packaging. if you can not get pioneer plant based bacon rashers get one as close to the macros as possible, 4 slices = 122 calories, 8.6 protein, 7.4 fat, 4.5 carbs)

# BACON AND MUSHROOM OMELETTE

## Vegan Omelette

Serves 2

### Ingredients

- 340g silken tofu (can be substituted for soft tofu if you cannot get silken tofu)
- 2 tablespoons soy milk
- 2 tablespoons nutritional yeast
- 2 tablespoons cornstarch/cornflour
- 2 teaspoons tahini
- ¼ teaspoon onion powder
- ¼ teaspoon turmeric
- ½ teaspoon salt
- Pinch kala namak salt
- ½ tablespoon olive oil

### Method

Note: This recipe serves 2 so you can decide to either half the ingredients to make 2 small individual omelettes or make one large omelette and slice in half when serving.

In a blender, blend all ingredients (except oil) together until smooth. In a non-stick frying pan, on a low heat, add oil. Pour batter into the pan, cook 2-3 minutes until golden. Flip over and cook the other side for 1-2 minutes until golden. Remove from heat and serve.

Nutritional Information
Protein 14.6g
Carbohydrates 13.1g
Fat 12g
Calories 219



# BACON AND MUSHROOM OMELETTE

## Garlic Mushrooms and Spinach

**Serves 2**

### Ingredients

- 1 teaspoon olive oil
- 200g button mushrooms, sliced
- 50g spinach
- 5g garlic, crushed
- Pinch salt
- Pinch Crushed black pepper

### Method

In a large non-stick pan, on a high heat, add olive oil. Once the olive oil is hot, add mushrooms and caramelize for 1-2 minutes until mushrooms are starting to weep. Add fresh spinach, garlic and season with salt and pepper. Cook for approx 2-3 minutes until mushrooms are soft and spinach is wilted.

Nutritional Information
Protein 4g
Carbohydrates 3.8g
Fat 2.7g
Calories 51

### Meal served with 4 pioneer vegan bacon rashers (per portion)

(Note: serve 4 pioneer vegan bacon rashers per portion, grilled as per packaging. if you can not get pioneer plant based bacon rashers get one as close to the macros as possible, 4 slices = 122 calories, 8.6 protein, 7.4 fat, 4.5 carbs)

# RED SPLIT LENTIL PORRIDGE

## Breakfast Red Split Lentil Porridge

**Serves 2**

### Ingredients

- 160g red split lentils
- 360ml almond vanilla milk
- 360ml water
- ½ teaspoon ground cinnamon
- 2 teaspoons vanilla extract
- 8 teaspoons Lakanto monkfruit sweetener
- Pinch ground nutmeg
- 30ml coconut milk (unsweetened)

### Method

In a saucepan, over a high heat, stir together all ingredients (except coconut milk). Bring to the boil and then reduce heat to medium-low. Cook for 10-15 minutes, stirring frequently, until creamy and tender. Once cooked, portion into 2 bowls and drizzle the coconut milk over the top.

Nutritional Information
Protein 19.8g
Carbohydrates 46.8g
Fat 3.2g
Calories 303

# SPICED SCRAMBLED EGG & EGGY EGGPLANT

## Scrambled Harissa Tofu

Serves 2

### Ingredients

- ½ tablespoon olive oil
- 130g white onion, finely sliced
- 280g silken tofu (can be substituted for soft tofu if you cannot get silken tofu)
- 5g harissa paste
- Pinch salt

### Method

In a small deep pan, on a low heat, add olive oil and onions. Sweat onions until golden brown and tender (approx 5 minutes). While stirring, add tofu, harissa paste and salt. Cook for a further 1-2 minutes and serve.

Nutritional Information
Protein 10.2g
Carbohydrates 9.4g
Fat 7.8g
Calories 146

## Eggy Eggplant

Serves 2

### Ingredients

- 200g eggplant/aubergine, cut into 1-1.5cm discs
- ½ tablespoon olive oil
- Pinch salt
- Pinch crushed black pepper
- Pinch kala namak salt
- ½ tablespoon nutritional yeast

### Method

Preheat the oven to 360F/180C

Place eggplant on a lined baking tray. Drizzle with olive oil and season with salt, crushed black pepper and kala namak salt. Bake for 5-7 minutes. Once slightly tender, sprinkle over nutritional yeast and bake for a further 2-3 minutes or until tender.

Nutritional Information
Protein 1.3g
Carbohydrates 6.5g
Fat 3.7g
Calories 6



# CHOCOLATE BREAKFAST POT

## Overnight Chocolate Chia Seed Breakfast Pots

**Serves 2**

### Ingredients

- 25g The Protein Works Vegan Wondershake - vanilla
- 15g dark cocoa powder
- 1 tablespoon maple syrup
- ¼ teaspoon ground cinnamon
- ¼ teaspoon vanilla extract
- Pinch salt
- 160ml almond milk
- 90ml water
- 40g black chia seeds

### Method

Sift cocoa powder and protein powder into a bowl. Add maple syrup, ground cinnamon, salt and vanilla extract then whisk until combined. Add almond milk and water, a little at a time, while whisking until a smooth paste forms. Add chia seeds and whisk to combine. Cover bowl with plastic wrap and refrigerate for 1 hour. Do 1 final whisk of the mixture and separate into 2 serving bowls or mason jars and refrigerate for at least 3-5 hours, ideally overnight.

Nutritional Information
Protein 15.5g
Carbohydrates 18.3g
Fat 8.9g
Calories 186







# LUNCH RECIPES

## CRISPY BLACKBEAN FALAFEL SALAD

### Crispy Blackbean Falafel

Serves 2

#### Ingredients

- 40g red onion
- ½ teaspoon garlic powder
- ¼ teaspoon cumin
- 60g pumpkin seeds
- ¼ teaspoon chili powder
- ½ lime, juice only
- Pinch salt
- Pinch crushed black pepper
- 5g fresh cilantro/coriander
- 400g can/tin of black beans, drained
- 1 teaspoon avocado oil

#### Method

Place all ingredients, except avocado oil, in a food processor and pulse until a thick paste. Take out of the blender and form 8 patties. (4 patties per portion). Place patties in the freezer, on a tray, for 1 hour. Preheat the oven to 360F/180C. Place patties on a baking tray and drizzle with avocado oil., Bake for 10-12 minutes.

Nutritional Information
Protein 15.3g
Carbohydrates 18.9g
Fat 18.1g
Calories 345

### Butterbean Hummus

Serves 2

#### Ingredients

- ¼ lemon, juice only
- ¼ tablespoon tahini
- 3g garlic
- 2 tablespoons water
- 120g canned/tinned butter beans, drained
- Pinch salt
- Pinch cumin
- 1 teaspoon olive oil

#### Method

Place all ingredients in a food processor and blend until a smooth puree.

Nutritional Information
Protein 4.2g
Carbohydrates 9.1g
Fat 2.9g
Calories 86



# CRISPY BLACKBEAN FALAFEL SALAD

## Harissa Onions

Serves 2

### Ingredients

- 1 teaspoon olive oil
- 200g white onion, finely sliced
- 1 teaspoon rose harissa paste
- Pinch salt

### Method

In a medium saucepan, over a low heat, add olive oil and onions. Sweat for 5-10 minutes until golden brown. Add harissa paste and salt and mix well. Remove from heat and serve.

Nutritional Information
Protein 1.1g
Carbohydrate 11.2g
Fat 2.6g
Calories 70

## French Bean Salad

Serves 2

### Ingredients

- 1000ml water
- 200g french beans, ends trimmed
- 1 teaspoon salt
- 1 tablespoon apple cider vinegar
- Pinch crushed black pepper
- 5g fresh basil, chopped
- Unlimited salad leaves

### Method

In a large pot, bring water to a boil, add french beans, salt and cook until tender (approx 4-5 minutes). Remove from heat and drain water. Place french beans in a bowl, add apple cider vinegar, crushed black pepper and chopped basil and toss. These can be served hot or cold and can be served with unlimited salad leaves.

Tip: If serving cold, when removing french beans from boiling water once cooked, drain water using a colander and run cold water over them until cool.

Nutritional Information
Protein 2.4g
Carbohydrates 7.2g
Fat 1.2g
Calories 30

# CRISPY BLACKBEAN FALAFEL SALAD

## Wilted Spinach

Serves 2

### Ingredients

- 200g spinach
- 15ml water
- Pinch salt
- Pinch crushed black pepper

### Method

In a non-stick pan, over a medium heat, add water and spinach. Cook for 1-2 minutes and stir frequently, until spinach is wilted. Remove from heat and season with salt and crushed black pepper.

Nutritional Information
Protein 2.9g
Carbohydrates 3.7g
Fat 0.4g
Calories 23

# SPICY CAJUN CHICKEN, RAINBOW 'SLAW & BAKED BROCCOLI

## Rainbow Coleslaw

**Serves 2**

### Ingredients

- 3 small radishes, grated
- ¼ lime, juice only
- 1 tablespoon fresh basil, chopped
- 25g red cabbage, finely sliced
- 25g white cabbage, finely sliced
- 50g carrots, grated
- 35g red onion, finely sliced
- 35g red bell peppers, diced
- 20g fennel, finely sliced
- 2g fresh flat leaf parsley, chopped
- 2g fresh mint, chopped
- ½ tablespoon pine nuts
- ½ teaspoon hemp seeds
- 1 tablespoon vegan oatly yogurt
- ¼ teaspoon dijon mustard
- ¼ teaspoon agave
- ½ teaspoon tahini paste
- Pinch salt

### Method

Add all ingredients in a large bowl, mix well and leave in the fridge for 20-30 minutes before serving.

Nutritional Information
Protein 3.1g
Carbohydrates 14.1g
Fat 2.9g
Calories 85



# SPICY CAJUN CHICKEN, RAINBOW 'SLAW & BAKED BROCCOLI

## Cajun Seitan Chicken

Serves 2

### Ingredients

- 200g canned/tinned butter beans, drained and rinsed
- 2 tablespoons nutritional yeast
- ½ teaspoon garlic powder
- Pinch salt
- 2 tablespoons soy sauce
- 50g tomato paste (UK tomato puree)
- ¼ teaspoon paprika
- Pinch crushed black pepper
- ½ tablespoon dijon mustard
- 125g vital wheat gluten
- Marinade
- 2 teaspoons cajun spice
- 70ml water
- ¼ tablespoon maple syrup
- ¾ tablespoon olive oil

### Method

First prepare the cajun seitan chicken. Place butter beans in a food processor with nutritional yeast, garlic powder, salt, soy sauce, tomato paste, paprika, crushed black pepper and dijon mustard. Blend until smooth and transfer into a mixing bowl. Add vital wheat gluten and mix until combined, knead dough for 1-2 minutes until softened. Do not over knead! Split dough into 2 portions, flatten and

shape dough until 2 cm thick and resemble chicken breasts.

Place a pot of water on a medium - high heat and place steamer insert on top, the water should not come above the steamer insert. Once water is simmering, place chicken into the steamer pot, cover with aluminum foil, turn heat to low and steam for 30 minutes, turning chicken half way through.

While the chicken is cooking, make the marinade. Add the cajun spice, water and maple syrup to a medium ziplock bag. Once chicken is cooked, remove from the steamer and when fully cooled, add to the marinade and allow to marinate for a minimum of 2 hours ( the longer the better). Once chicken is marinated, place a pan on a medium to high heat, add olive oil. Once oil is hot, sear chicken steaks on both sides (approx 1-2 minutes on each side). Turn heat down to low, cook until chicken is hot in the middle (approximately 4-5 minutes) then remove from heat and serve.

Nutritional Information
Protein 57g
Carbohydrates 27.8g
Fat 7.4g
Calories 410

# SPICY CAJUN CHICKEN, RAINBOW 'SLAW & BAKED BROCCOLI

## Baked Garlic Broccoli

Serves 2

### Ingredients

- 200g tenderstem broccoli
- ½ tablespoon olive oil
- 1 clove garlic, finely chopped
- Pinch salt
- Pinch pepper

### Method

Preheat oven to 350F/180C. Place broccoli on a baking tray and drizzle with olive oil. Sprinkle garlic, salt and pepper over the broccoli and toss. Bake for 10-12 minutes or until tender in the center, tossing broccoli half way through.

Nutritional Information
Protein 2.9g
carbohydrate 7.2g
Fat 3.8g
Calories 66

Served with 2 teaspoons cholula hot sauce (per serving).

# LEMON & GARLIC CHICKEN SALAD

## Lemon, Garlic and Parsley Seitan Chicken

**Serves 2**

### Ingredients

- 200g canned/tinned butter beans, drained and rinsed
- 2 tablespoons nutritional yeast
- ½ teaspoon garlic powder
- Pinch salt
- 2 tablespoons of soy sauce
- 50g tomato paste (UK tomato puree)
- ¼ teaspoon paprika
- Pinch crushed black pepper
- ½ tablespoon dijon mustard
- 125g vital wheat gluten
- Marinade
- 10g garlic, finely chopped
- 10g fresh flat leaf parsley, chopped
- ½ lemon, juice and zest
- ¾ tablespoon olive oil

### Method

Firstly prepare the chicken. Place butter beans in a food processor with nutritional yeast, garlic powder, salt, soy sauce, tomato paste, paprika, crushed black pepper and dijon mustard. Blend until smooth and transfer into a mixing bowl. Add vital wheat gluten and mix until combined, knead dough for 1-2 minutes until softened. Do not over knead! Split dough into 2 portions, flatten and

shape dough until 2 cm thick and resemble burger patties.

Place a pot of water on a medium - high heat and place steamer insert on top, the water should not come above the steamer insert. Once water is simmering, place chicken patties into the steamer pot, cover with aluminum foil, turn heat to low and steam for 30 minutes, turning chicken half way through.

While the chicken is cooking, make the marinade. Add the garlic, parsley, grated zest and juice of the lemon to a medium ziplock bag. Once chicken is cooked and fully cooled add to the marinade and allow to marinade for a minimum of 2 hours ( the longer the better). Once chicken is marinated, place a pan on a medium to high heat, add olive oil. Once oil is hot, sear chicken steaks on both sides (approx 1-2 minutes on each side). Turn heat down to low, add any remaining marinade and cook until chicken is hot in the middle (approximately 4-5 minutes). Serve with the rest of the meal.

Nutritional Information
Protein 57.6g
Carbohydrates 29.2g
Fat 7.5g
Calories 417



# LEMON & GARLIC CHICKEN SALAD

## Green Bean Salad, Mustard Seeds and Tarragon

**Serves 2**

### Ingredients

- 1 teaspoon salt
- 125g french beans, ends trimmed
- 125g romanesco
- 1 teaspoon coriander seeds
- 1 teaspoon mustard seeds
- 1 ½ tablespoons olive oil
- 5g nigella seeds
- 40g red onion, thinly sliced
- 5g fresh green chili, chopped
- 4g garlic, crushed
- 1 tablespoon fresh tarragon, chopped
- ¼ lemon, zest
- Unlimited salad leaves

nigella seeds, red onion, chili, garlic, tarragon and lemon zest to the bowl and mix. Just before serving mix with unlimited salad leaves (tip: red chard would go great with this recipe)

Nutritional Information
Protein 4.1g
Carbohydrate 12.1g
Fat 11.2g
Calories 160

### Method

Fill a medium saucepan with water, add salt and bring to a boil. Blanche the french beans for 4 minutes, then run them under cold water to refresh them and drain excess water. In the same pot of water, blanche the romanesco for 4-5 minute and then follow the same process as before, to refresh. Add all greens to a large mixing bowl. In a small saucepan, over a low heat, add coriander seeds, mustard seeds and olive oil. Once they begin to pop, pour the seeds over the greens. Add

# SMOKY TEMPEH CAESAR SALAD

## WITH STUFFED ZUCCHINI

### Smoky Bacon Tempeh

**Serves 2**

#### Ingredients

- 200g fresh tempeh, sliced into thin strips
- 1 teaspoon avocado oil
- 1 tablespoon coconut aminos
- ¾ teaspoon maple syrup
- 1 teaspoon liquid smoke
- ¼ teaspoon smoked paprika
- Pinch crushed black pepper

#### Method

Add all ingredients to a bowl and mix well, then add in tempeh and mix to coat. Allow to marinate for at least an hour. Preheat the oven to 400F/200C. Transfer tempeh to a baking tray lined with parchment paper. Drizzle remaining marinade over tempeh and bake for 7-10 minutes.

Nutritional Information
Protein 19g
Carbohydrates 32g
Fat 8.8g
Calories 199

### Vegan Caesar Salad

**Serves 2**

#### Ingredients

- 1 teaspoon worcester sauce
- 2 tablespoons vegan mayo
- 1 teaspoon dijon mustard
- 1 clove garlic
- 3 tablespoons water
- 1 tablespoon nutritional yeast
- ½ lemon, juice only
- 600g Cos lettuce

#### Method

Place all ingredients (except cos lettuce) in a food processor and blend until combined to form caesar dressing. Wash and cut lettuce to desired size and toss in dressing before serving.

Nutritional Information
Protein 2.3g
Carbohydrates 4g
Fat 1.9g
Calories 38

# SMOKY TEMPEH CAESAR SALAD WITH STUFFED ZUCCHINI

## Stuffed Smoky Baked Bean Zucchini

**Serves 2**

### Ingredients

- 1 teaspoon olive oil
- 30g shallots, finely diced
- 1 clove of garlic, crushed
- 1 teaspoon smoked paprika
- Pinch crushed black pepper
- ¼ teaspoon salt
- 1 teaspoon tomato ketchup
- 1 tablespoon tomato paste (UK Tomato puree)
- ½ teaspoon sugar
- 60ml vegetable stock
- ¼ teaspoon liquid smoke
- 250ml tomato sauce (UK tomato passata)
- 150g mixed beans (canned/tinned), drained and rinsed
- 350g zucchini/courgette, halved and centers scraped out

(except zucchini), cook for a further 20-25 minutes until it becomes a consistency of baked beans and remove from heat.

Place zucchini on a baking tray and bake in the center of the oven for 5-10 minutes, then stuff zucchini with the baked bean mix and bake for a further 5 minutes. Any beans that don't fit into the zucchini shells can be served on the side.

Nutritional Information
Protein 10g
Carbohydrate 32.8g
Fat 4.3g
Calories 199

### Method

Preheat the oven to 350F/175C. In a large non-stick pan, over a low heat, add olive oil and shallots and sweat for 2-3 minutes. Add garlic and cook for a further 1 minute. Add all spices and continue to cook for another 2 minutes. Add all remaining ingredients

**Served with 300g cos lettuce per portion**



# JAMAICAN JERK TOFU & RICE

## Jerk Tofu and Jackfruit

**Serves 2**

### Ingredients

- 50g jackfruit
- ½ tablespoon coconut oil
- 20g spring onion/green onions, sliced
- 100g yellow bell pepper, diced
- 5g fresh ginger, grated
- 10g garlic, crushed
- 5g fresh red chili, sliced
- ¼ teaspoon allspice
- ½ teaspoon ground cinnamon
- 1 teaspoon fresh thyme leaves, chopped
- 2 tablespoons tomato paste (UK tomato puree)
- 300g firm tofu, crumbled
- 1 ½ tablespoon coconut sugar
- 100g black beans (canned/tinned), drained and rinsed
- 1 ½ tablespoons soy sauce
- 120ml pineapple juice
- 100ml water
- 1 lime, juice only
- 1 teaspoon salt
- Pinch crushed black pepper

dish or frying pan over a medium heat, add coconut oil, followed by spring/green onions, yellow bell pepper, ginger, garlic and chili. Allow mixture to cook and soften for 3 minutes then add allspice, cinnamon and thyme, cook for a further 2 minutes, stirring regularly. Add jackfruit and cook for further 3-4 minutes. Next add the tomato paste, tofu, coconut sugar and black beans. Keep stirring while adding soy sauce, pineapple juice, water, lime juice and cover with a lid. Cook on a low heat for 10-12 minutes (stirring regularly). Remove from heat, season with salt and crushed black pepper and serve.

Nutritional Information
Protein 31.7g
Carbohydrates 67.8g
Fat 12.4g
Calories 495

### Method

Place jackfruit between 2 paper towels to get rid of excess water, then flake and set aside. Place a large casserole

# JAMAICAN JERK TOFU & RICE

## Jamaican Red Cauliflower Rice

**Serves 2**

### Ingredients

- 400g cauliflower, roughly chopped
- 1 tablespoon coconut oil
- 75g white onion, sliced
- 2 cloves of garlic, crushed
- 1 tablespoon tomato paste (UK tomato puree)
- 1 teaspoon adobo seasoning
- 2 bay leaves
- Pinch cayenne pepper
- Pinch crushed black pepper
- 150ml coconut milk (unsweetened)
- ¼ teaspoon salt

### Method

In a food processor, pulse cauliflower to resemble rice, set aside.

Place a deep pan or wok over a low heat, add coconut oil and white onion, saute for 3-5 minutes. Add crushed garlic, tomato paste, adobo, bay leaves, cayenne pepper, crushed black pepper and cook for a further 1 minute. Add cauliflower rice, stir for 1-2 minutes and add coconut milk. Once cauliflower is cooked and tender, season to taste with salt.

Nutritional Information
Protein 4.7g
Carbohydrates 16.4g
Fat 9g
Calories 151

# TIKKA TOFU SKEWERS & BAKED TARKA DAAL

## Tikka Tofu Skewers

**Serves 2**

### Ingredients

- 300g firm tofu, dried and cut in 1.5cm cubes
- 5g fresh cilantro/coriander, finely chopped
- Pinch salt
- Pinch crushed black pepper
- 20g Oatly vegan greek yogurt
- 1 clove garlic, crushed
- ½ teaspoon garam masala
- 1 teaspoon chili powder
- ¼ lime, juice only

### Method

Place all ingredients in a bowl and mix tofu until coated, marinate for 2-3 hours (in the fridge).

Preheat the oven to 360F/180C, put marinated tofu onto 4 skewers (2 skewers per serving) and place skewers on a baking tray. Bake for 10-15 minutes.

## Minty Leaves

### Ingredients

- 120g mixed salad leaves
- 10g fresh mint

### Method

Finely chop mint, chop salad to your preference and in a large bowl toss mint and salad leaves together.

Nutritional Information
Protein 0.6g
Carbohydrates 2.2g
Fat 0.4g
Calories 12

Nutritional Information
Protein 19.4g
Carbohydrates 7g
Fat 11.4g
Calories 206



# TIKKA TOFU SKEWERS & BAKED TARKA DAAL

## Baked Tarka Daal Cauliflower

Serves 2

### Ingredients

- 20g fresh ginger, finely chopped
- 10g garlic, finely chopped
- 5g fresh red chili, finely chopped
- ½ tablespoon olive oil
- 1 cinnamon stick
- 1 teaspoon black mustard seeds
- 300g cauliflower, chopped into small chunks
- 130g white onion, diced
- 1 teaspoon curry powder
- ½ liter vegetable stock
- 50ml water
- 100g canned/tinned chopped tomatoes
- 125g yellow split peas, rinsed
- 7g fresh cilantro/coriander, chopped

for 10 minutes and then transfer to the oven for 40 minutes. Remove the pan from the oven and pour half of the mixture (avoiding the cinnamon stick) into a blender and blitz until smooth and add back into the pan. Stir mixture and add a splash of water if necessary to loosen and fresh cilantro/coriander, return to the oven and cook for a further 40 minutes or until thick and a crust has formed.

Nutritional Information
Protein 8.8g
Carbohydrate 31.1g
Fat 6.4g
Calories 199

### Method

Preheat the oven to 400F/200C.

Place ginger, garlic and red chili in a large ovenproof casserole pan over a medium heat with olive oil, cinnamon stick and mustard seeds, stirring frequently for 1-2 minutes. Add cauliflower, onions and curry powder to the pan and cook for 5 minutes, stirring regularly. Next add vegetable stock, water, tomatoes and split peas. Bring mixture to the boil and simmer



# DINNER RECIPES

## SMOKY CHICKEN 'N' CHIPS

### Smoky Seitan Chicken

**Serves 2**

#### Ingredients

- 200g canned/tinned butter beans, drained and rinsed
- 2 tablespoons nutritional yeast
- ½ teaspoon garlic powder
- Pinch salt
- 2 tablespoons soy sauce
- 50g tomato paste (UK tomato puree)
- 1 teaspoon smoked paprika
- ¼ teaspoon ground black pepper
- ½ tablespoon dijon mustard
- 125g vital wheat gluten

#### Marinade

- 2 tablespoons soy sauce
- 70ml water
- 1 teaspoon smoked paprika
- ¼ tablespoon maple syrup
- ¾ tablespoon olive oil

#### Method

Firstly prepare the smoky seitan chicken. Place butter beans in a food processor with nutritional yeast, garlic powder, salt, 2 tablespoons soy sauce, tomato paste, smoked paprika, black pepper and dijon mustard. Blend until smooth and transfer into a mixing bowl. Add vital wheat gluten and mix

until combined, knead dough for 1-2 minutes until softened. Do not over knead! Split dough into 2 portions, flatten and shape dough until 2 cm thick and resemble burger patties.

Place a pot of water on a medium - high heat and place steamer insert on top, the water should not come above the steamer insert. Once water is simmering, place chicken patties into the steamer, cover with aluminum foil, turn heat to low and steam for 30 minutes, turning chicken half way through.

While the chicken is cooking, make the marinade. Add the soy sauce, water, smoked paprika and maple syrup to a medium ziplock bag. Once chicken is cooked and fully cooled add to the bag and allow to marinade for a minimum of 2 hours (the longer the better). Once chicken is marinated, place a pan on a medium to high heat, add olive oil. Once oil is hot, sear chicken steaks on both sides (approx 1-2 minutes on each side). Turn heat down to low, cook until chicken is hot in the middle (approximately 4-5 minutes). Serve with the rest of the meal

Nutritional Information
Protein 59.5g
Carbohydrates 30.3g
Fat 7.7g
Calories 434



# SMOKY CHICKEN 'N' CHIPS

## Curried Celeriac Chips

Serves 2

### Ingredients

- 500g celeriac/celery root
- 1 liter water
- 1 tablespoon olive oil
- 1 teaspoon curry powder
- Pinch salt
- Pinch crushed black pepper

### Method

Prepare celeriac by slicing and cutting off brown edges, then cut into chunky chips. Put water in a large pot, over a high heat until water is boiling. Add celeriac, boil for 5 minutes, drain and then allow the celeriac to cool completely. Once cooled place in a mixing bowl with all other ingredients, tossing to completely coat the chips in the seasoning. Place celeriac in the air fryer and cook at 320F/160C for 15-20 minutes until tender, then increase to 390F/200C for a further 5-7 minutes until edges are golden. (If you do not have an air fryer you can do the same in an oven - placing celeriac on a baking tray in the center of the oven.)

Nutritional Information
Protein 3.8g
Carbohydrates 23g
Fat 7.5g
Calories 175

## Baked Zucchini Batons

Serves 2

### Ingredients

- 300g zucchini/courgette
- Pinch salt
- Pinch crushed black pepper

### Method

Preheat the oven to 320F/180C. Cut courgettes into batons, place on a baking tray and season with salt and crushed black pepper. Bake in the oven for 3-5 minutes

Nutritional Information
Protein 2.7g
Carbohydrates 6.8g
Fat 0g
Calories 41

# SMOKY CHICKEN 'N' CHIPS

## Chimichurri Sauce

**Serves 2**

### Ingredients

- 20g fresh flat leaf parsley, chopped
- 2 cloves of garlic, finely chopped
- ½ teaspoon dried oregano
- 2 tablespoons of olive oil
- 1 tablespoon red wine vinegar
- Pinch salt
- Pinch crushed black pepper
- 2g dried chili flakes

### Method

Add all ingredients to a bowl and mix well and leave to marinate for at least 1 hour.

Nutritional Information
Protein 0.5g
Carbohydrates 2.6g
Fat 13.7g
Calories 134



# PULLED UN PORK & MEXICAN STEAK

## Pulled Un Pork

### Ingredients

- 118ml water (extra water also needed for cooking to cover pork)
- 1 tablespoon sugar
- ½ tablespoon soy sauce
- ½ teaspoon liquid smoke
- 1 teaspoon onion powder
- 1 teaspoon salt
- 125g vital wheat gluten
- 2 teaspoons BBQ seasoning
- 50ml olive oil

### Method

Mix 118ml water, 40ml olive oil, sugar, liquid smoke, soy sauce, onion powder and half of the salt in a bowl. Add vital wheat gluten a little at a time and mix well. Place on a clean counter top and knead until combined. (try not to over knead - you want it to be a little stringy)

Heat a deep skillet, over a medium heat, with remaining olive oil. Sprinkle pork with the BBQ seasoning and fry on both sides until golden brown. Cover pork with water and remaining salt. Place lid on skillet and simmer for 30 - 60 minutes until cooked throughout. Once cooked and cooled slightly, place on a chopping board and shred.

Nutritional Information
Protein 51.5g
Carbohydrates 19.8g
Fat 4.6g
Calories 293

# PULLED UN PORK & MEXICAN STEAK

## Mexican Cauliflower Steak

Serves 2

### Ingredients

- 600g cauliflower, cut into 2 steaks
- 1 tablespoon olive oil
- 1 tablespoon agave
- 1 teaspoon garlic powder
- ¼ teaspoon cumin
- 1 teaspoon smoked paprika
- Pinch chili powder
- Pinch salt
- Pinch crushed black pepper
- ¼ teaspoon tajin
- 150ml water
- 1 lime, juice only
- 10g cilantro/coriander, chopped

### Method

In a medium sized pan, on a low heat, add olive oil and caramelize cauliflower on both sides until golden brown. In a separate bowl add all remaining ingredients except lime juice and cilantro/coriander to create the Mexican drizzle. Once cauliflower is caramelized, pour the Mexican drizzle over the cauliflower. Place a lid on the pan and cook for 10-15 minutes until tender (add more water if needed). Once cooked, remove from the pan and reduce any remaining liquid and drizzle over the cauliflower. Sprinkle cauliflower with chopped cilantro/coriander and lime juice.

Nutritional Information
Protein 6.4g
Carbohydrate 25.1g
Fat 7.7g
Calories 175

# PULLED UN PORK & MEXICAN STEAK

## Chunky Salsa

**Serves 2**

### Ingredients

- ¼ tablespoon red wine vinegar
- 40g red onion, diced
- 10g spring onion/green onion, chopped
- 180g tomatoes, diced
- 4g garlic, finely chopped
- 10g fresh cilantro/coriander, chopped
- 5g fresh red chili, finely chopped
- ¼ teaspoon salt
- 1 lime, juice only
- 100g avocado, chopped

### Method

In a bowl add red wine vinegar and soak red onion for 3-4 minutes and then add in all remaining ingredients and mix well.

Nutritional Information
Protein 2.7g
Carbohydrates 12.6g
Fat 7.7g
Calories 119

# VEGAN BOLOGNESE WITH ZUCCHINI TAGLIATELLE

## Lentil Bolognese

**Serves 2**

### Ingredients

- 150g white onion, roughly chopped
- 3 cloves garlic
- 100g carrots, roughly chopped
- 150g red bell pepper, roughly chopped
- 30g celery, roughly chopped
- 1 tablespoon olive oil
- 2 teaspoons dried mixed herbs
- 2 tablespoons tomato paste (UK tomato puree)
- ½ teaspoon miso paste
- 400g canned/tinned chopped tomatoes
- 200ml water
- 120ml red wine
- 100g canned/tinned green lentils, drained and rinsed
- ½ teaspoon crushed black pepper
- ½ teaspoon salt
- 1 tablespoon nutritional yeast

puree/paste and cook for 2-3 minutes. Add miso, chopped tomatoes, water and red wine, allow sauce to simmer for 20 minutes, stirring regularly. Add in the lentils and cook for a further 5 minutes, you can cook for longer if you want to reduce the sauce to a thicker consistency. Remove from heat and season with salt and crushed black pepper. Sprinkle the tablespoon of nutritional yeast over the top when serving.

Nutritional Information
Protein 8.5g
Carbohydrates 44.3g
Fat 7.9g
Calories 572

### Method

Place onion, garlic, carrot, red pepper and celery into a blender and blend until finely chopped.

Place a large pot over a low heat with olive oil and add the blended vegetables. Saute for 5-8 minutes until softened. Add the mixed herbs, tomato

# VEGAN BOLOGNESE WITH ZUCCHINI TAGLIATELLE

## Zucchini and Asparagus Tagliatelle

### Ingredients

- 20ml water
- 150g asparagus
- 400g zucchini/courgette
- ½ lemon, juice only
- Pinch salt
- Pinch crushed black pepper

### Method

With a potato peeler, peel zucchini and asparagus to form ribbons. In a medium pot, over a high heat, add water. Once water is boiling add asparagus and zucchini and season with salt, crushed black pepper and lemon juice. Cook until tender or if you prefer, you can undercook slightly to have a slight crunch in the zucchini/asparagus. Remove from heat and drain any excess water.

Nutritional Information
Protein 4.2g
Carbohydrates 10.4g
Fat 0.8g
Calories 53



# INDIAN FAKEAWAY

## Indian Cauliflower Rice

Serves 2

### Ingredients

- 400g cauliflower
- 1 teaspoon coconut oil
- 2g cumin seeds
- ¼ teaspoon turmeric
- Pinch crushed black pepper
- 20ml water
- Pinch salt
- 5g fresh coriander/cilantro, chopped
- ½ lemon, juice only

### Method

Cut cauliflower into florets, put in a food processor and pulse until it resembles rice, set aside. Meanwhile, in a large pot, over low heat add coconut oil, cumin seeds, turmeric and crushed black pepper, toast for 1 minute. Add cauliflower and water, season with salt and cook for 4-5 minutes until tender. Remove from heat, draining any excess water and season with lemon juice and chopped fresh cilantro/coriander.

Nutritional Information
Protein 4.1g
Carbohydrates 11.8g
Fat 1.9g
Calories 67

# INDIAN FAKEAWAY

## Tofu Madras

Serves 2

### Ingredients

- ¼ teaspoon cinnamon
- 1 ½ tablespoons madras curry powder
- Pinch crushed black pepper
- ¼ teaspoon fenugreek seeds
- 1 tablespoon olive oil
- 150g white onion, diced
- 2 cloves of garlic, crushed
- 400g firm tofu, dried and cubed
- 10g fresh ginger, grated
- ½ tablespoon tomato paste (UK tomato puree)
- 100ml coconut milk (unsweetened)
- 200ml tomato sauce (UK tomato passata)
- ½ teaspoon salt
- 10g fresh cilantro/coriander, chopped

### Method

In a medium, non-stick pan over a low heat, add cinnamon, madras curry powder, crushed black pepper and fenugreek seeds and toast for 1-2 minutes. Place spice mixture in a bowl and leave to one side. Using the same pan, over a low heat, add olive oil and diced onion and sweat for 5-6 minutes. Once onions begin to turn golden add garlic, tofu, ginger, tomato paste, then the prepared spice mixture and cook for a further 1-2 minutes. Add coconut milk, tomato sauce and season with salt. Cook for 15-20 minutes - the longer you cook the thicker the consistency. 2 minutes before finishing cooking add the chopped cilantro/coriander, cook for the remaining 2 minutes and remove from the heat.

Nutritional Information
Protein 27.9g
Carbohydrates 23.7g
Fat 26.3g
Calories 396

# ROAST LICKIN FRICKEN, VEG 'N' CHIPS

## Roast Lickin Fricken

**Note: this recipe serves 4, so freeze 2 portions**

### Ingredients

- 150g firm tofu
- 200g butter beans (canned/tinned)
- 1 tablespoon vegan better than chicken bouillon
- 2 tablespoons olive oil
- ½ teaspoon salt
- ½ tablespoon miso paste
- 1 teaspoon apple cider vinegar
- 175g vital wheat gluten

### Marinade

- 2 cloves of garlic, crushed
- 30ml balsamic vinegar
- 1 tablespoon soy sauce
- 1 teaspoon dried parsley
- 1 teaspoon dried thyme
- Pinch crushed black pepper
- 1 tablespoon olive oil
- 1 tablespoon cranberry sauce
- 4 tablespoons of water

### Method

Place tofu, butter beans (including water from butter beans), bouillon, olive oil, salt, miso paste and apple cider vinegar in a food processor and blend until smooth and creamy. Add

vital wheat gluten and blend on a low speed until it comes together. Remove dough from the blender and separate into 4 portions and shape into chicken breast shapes. Wrap each chicken breast individually in greaseproof paper and then in heat proof plastic wrap. Set up the steamer and steam for 1 hour. Once steamed, leave to cool for 20 mins (keep chicken wrapped). Preheat the oven to 360F/180C. Place garlic, balsamic vinegar, soy sauce, parsley, thyme, crushed black pepper, olive oil, cranberry sauce and water in a bowl, mix well and cover chicken in marinade. Allow to marinate in a fridge for 1-2 hours. Place chicken in a roasting tin and pour over the marinade. Roast the chicken for 20 minutes or until browning on the outside.

Nutritional Information
Protein 41.7g
Carbohydrates 18g
Fat 13.9g
Calories 370

# ROAST LICKIN FRICKEN, VEG 'N' CHIPS

## Sweetheart Cabbage Wedges

Serves 2

### Ingredients

- 600g sweetheart cabbage
- 1 tablespoon olive oil
- 15g vegan butter
- ½ teaspoon onion powder
- ¼ teaspoon dijon mustard
- ¼ teaspoon wholegrain mustard
- Pinch salt
- Pinch crushed black pepper
- 5g fresh chives, chopped
- 150ml water

### Method

Cut cabbage in 4 quarters lengthwise. In a medium non-stick pan, on a low heat, add olive oil and cabbage, caramelize on all sides until golden brown. In a separate bowl melt vegan butter, then add all ingredients to cabbage, place lid on pan. Cook on a medium -low heat for 10-12 minutes or until tender.

Nutritional Information
Protein 5.6g
Carbohydrates 14.1g
Fat 13.5g
Calories 211

## Parsnip Chips

Serves 2

### Ingredients

- 300g parsnips
- ¼ teaspoon thyme leaves, finely chopped
- Pinch salt
- Pinch crushed black pepper
- ½ tablespoon olive oil
- ½ tablespoon agave

### Method

Preheat the oven to 260F/130C. Cut parsnips into long french fries. In a bowl add parsnips, thyme, salt, crushed black pepper and olive oil. Tossing, until parsnips are coated. Place parsnips on a baking tray and cook for 10-12 minutes or until tender. Glaze parsnips with agave, turn oven up to 360F/180C, and cook for a further 3-5 minutes.

Nutritional Information
Protein 2.7g
Carbohydrate 22.8g
Fat 5g
Calories 150

# CAFE DE PARIS STEAK ON STEAK

## Charred Broiled Hasselback Steak

**Note: this recipe serves 4, so freeze 2 portions**

### Ingredients

- 50ml red wine
- 55g raw red beetroot
- 70g canned/tinned cannellini beans, drained
- 20g tomato paste (UK tomato puree)
- 85g cremini/chestnut mushrooms
- 30g garlic
- 50g miso paste
- 1 teaspoon soy sauce
- 15g vegan better than beef bouillon
- 11g smoked paprika
- 11g onion powder
- Pinch salt
- 2 ½ tablespoons olive oil
- 1 teaspoon ground black pepper
- 220g vital wheat gluten

### Method

Start by preparing the steak. Add all ingredients, except vital wheat gluten, half the ground black pepper and ½ tablespoon of olive oil, to a blender and blend until smooth. Pour mixture into a large bowl, add vital wheat gluten and stir with a wooden spoon until well mixed. Turn out the mixture onto a clean surface and knead for 2 minutes until it forms a dough. Do

not over knead! Roll dough into a ball and cut into 4 quarters. Roll each quarter into a loaf shape. Wrap in tinfoil, making sure it is tightly sealed around the edges. Prepare a steamer by putting a wire rack at the bottom of a roasting tray, place steaks on to the wire rack, cover with tinfoil again and bring to a simmer. Steam for 1 hour - 1 hour 20 minutes. Once cooked, take out tinfoil and leave to cool for 10-15 minutes. Once cooled, slice as you would a loaf of bread but not going the whole way through (like a hasselback potato).

Preheat the oven to 355F/180C. Place steaks (carved side up) on a baking tray. Drizzle steaks with remaining oil, salt and ground black pepper and bake for 15-20 minutes.

Nutritional Information
Protein 46.3g
Carbohydrates 22.5g
Fat 12.7g
Calories 377



# CAFE DE PARIS STEAK ON STEAK

## Grilled Celeriac

Serves 2

### Ingredients

- 550g celeriac/celery root
- 1 tablespoon olive oil
- Pinch crushed black pepper
- Pinch salt

### Method

Preheat the oven to 315F/160C. Wash the celeriac but keep on the skin and pat dry. Drizzle half the olive oil over the celeriac and place on a baking tray. Bake for 2-2 ½ hours, if it starts to go golden brown, cover with tinfoil. Check if the celeriac is tender the whole way through by piercing the center with a skewer. Once cooked, leave to cool for 5-10 minutes and slice into 1 1/2 cm steaks. Place on a baking tray, drizzle with remaining oil, season with salt and crushed black pepper and grill for 8-10 minutes until golden brown.

Nutritional Information
Protein 4.1g
Carbohydrates 25.3g
Fat 7.6g
Calories 175

## Cafe de Paris Glaze

Serves 2

### Ingredients

- 1 tablespoon capers, chopped
- 3g fresh dill, chopped
- 3g fresh flat leaf parsley, chopped
- 3g fresh tarragon, chopped
- ¼ teaspoon curry powder
- Pinch salt
- Pinch crushed black pepper
- Pinch chili powder
- ¼ lemon, juice only
- 1 tbsp water

### Method

Add all ingredients together in a bowl. Leave for 5-10 minutes. Drizzle over hasselback steak after it's finished cooking and when serving.

Nutritional Information
Protein 0.6g
Carbohydrates 2.9g
Fat 0.2g
Calories 12

**Serve with unlimited steamed cruciferous vegetables**





# SNACK RECIPES

## Healthy Peanut Butter Mousse

Serves 2

### Ingredients

- 100g firm tofu
- Pinch salt
- ½ teaspoon vanilla extract
- ½ teaspoon liquid stevia
- 85g peanut flour
- 185ml almond milk (unsweetened)

### Method

Cut tofu into 4 pieces and between 2 paper towels, press out as much liquid as possible. Add all ingredients to a blender and blend until a smooth, thick mousse-like consistency (scraping sides if necessary). Pour mixture into 2 serving bowls. The mousse can be served straight away or covered with plastic wrap and stored in the refrigerator.

Nutritional Information
Protein 30.3g
Carbohydrates 18.7g
Fat 6.5g
Calories 217

## Overnight Peanut Butter No Oats

Serves 2

### Ingredients

- 120ml coconut milk (unsweetened)
- 200ml water
- 25g The Protein Works Vegan Wondershake - white chocolate and peanut
- 30g pecan nuts
- 3 tablespoons black chia seeds
- 3 tablespoons hemp seeds
- 3 tablespoons flax seeds
- 2 tablespoons coconut nectar
- 1 tablespoon peanut butter
- 1 teaspoon vanilla extract

### Method

**Mix all ingredients until well combined, portion into 2 bowls. Cover bowls with plastic wrap and store in the fridge overnight. When serving, if the mixture has become too thick you can loosen it with a little water.**

Nutritional Information
Protein 22.6g
Carbohydrates 27.5g
Fat 30g
Calories 468

## Double Chocolate Almond Butter Bars

Serves 4

### Ingredients

- 130g almond butter
- 12g coconut flour
- 7g Lakanto monkfruit sweetener
- 5g dark cocoa powder
- 10g The Protein Works Vegan Wondershake - Vanilla
- 2 tablespoons water

### Method

Preheat the oven to 350F/175C. In a bowl add half of the almond butter, half of coconut flour, half monk fruit sweetener and half protein powder. In a separate bowl place all remaining ingredients. Mix each bowl separately with a fork and knead to combine. Line a small oven proof dish (2 1/2 " x 3") with parchment paper and place the first mixture in, ensuring it is evenly spread and top with the second mixture to create a two layer bar. Bake for 10-15 minutes or until browning around edges and set. Remove from oven and allow to cool to room temperature before cutting into 4 bars

Nutritional Information
Protein 9.8g
Carbohydrates 15g
Fat 17.6g
Calories 215

## Protein Peanut Butter Brownie

Serves 4

### Ingredients

- 35g peanut butter
- 5 teaspoons Lakanto monk fruit sweetener
- 45g The Protein Works Vegan Wondershake - chocolate
- 1 tablespoon coconut flour
- 5 teaspoons cocoa powder
- 1 teaspoon baking powder
- 200ml water

### Method

Preheat oven to 300F/150C

Add peanut butter and monk fruit sweetener to a bowl and mix to combine. Sieve in protein powder, coconut flour, cocoa powder and baking powder, mix to combine. While mixing, add a little water at a time until a smooth batter is formed. Place in a small baking tray and bake for 10- 12 minutes. Once cooked and cooled, cut into 4 portions.

Nutritional Information
Protein 22.2g
Carbohydrates 8.8g
Fat 4.4g
Calories 163

## Banana Toffee Mud Cake

Serves 2

### Ingredients

- 50g The Protein Works Vegan Wondershake - banana & toffee
- 30g vital wheat gluten
- 2 teaspoons baking powder
- 180ml light soy milk
- Pinch of ground cinnamon (optional)

### Method

Mix all ingredients in a medium size bowl until it resembles a muffin batter consistency. If you think it's too thick, add a little water. Place into 2 microwavable cups. Microwave for 60-90 seconds, keeping a close eye so it doesn't over spill. Once cooked be careful of the hot mud center, the mud cake will deflate once cooked - this is normal. The goal isn't to have a perfect cake, it's to have a delicious sweet treat when shredding. Optional: you can top with a sprinkle of cinnamon.

Nutritional Information
Protein 27g
Carbohydrates 11.6g
Fat 2.7g
Calories 175

## Coconut Protein Balls

Serves 2

### Ingredients

- 50g coconut butter
- 1 teaspoon Lakanto monkfruit sweetener
- 1 tablespoon maple syrup
- 3 tablespoons water
- 1 teaspoon ground cinnamon
- 45g The Protein Works Vegan Wondershake - vanilla
- 25g hemp seeds
- 10g cocoa powder
- 20g Organic desiccated coconut

### Method

In a medium sized bowl add coconut butter and monk fruit sweetener, whisk to combine. Add all remaining ingredients and form 8 balls. Tip: if the mixture is dry you can add a little water to help combine.

Nutritional Information
Protein 26.5g
Carbohydrates 31.3g
Fat 18.3g
Calories 397



# SHOPPING LIST

## Store Cupboard Staples

- ☐ Salt
- ☐ Crushed black pepper
- ☐ 375ml Olive oil
- ☐ 10ml Avocado oil
- ☐ 27.5ml Coconut oil
- ☐ 2 tsp BBQ seasoning
- ☐ ½ tsp Garam masala
- ☐ 3 tsp Ground cinnamon
- ☐ 1 Cinnamon stick
- ☐ 1 ¼ tsp Turmeric
- ☐ 1 tsp Kala namak salt
- ☐ 2 tsp Cumin
- ☐ ½ tsp Smoked sweet paprika
- ☐ 6 ½ tsp Smoked paprika
- ☐ ¾ tsp Paprika
- ☐ 25g Onion powder
- ☐ 10g Garlic powder
- ☐ 2 tsp Cajun spice
- ☐ Pinch ground nutmeg
- ☐ ¼ tsp Allspice
- ☐ 1 tsp Adobo seasoning
- ☐ Pinch cayenne pepper
- ☐ 2g Chili flakes
- ☐ 2 tsp Chili powder
- ☐ ¼ tsp Tajin
- ☐ 12g Curry powder
- ☐ 1 ½ tbsp Madras curry powder
- ☐ 1 ¼ tsp Ground black pepper
- ☐ 2 Bay leaves
- ☐ 3g Dried oregano
- ☐ 2 tsp Dried thyme
- ☐ 2 tsp Dried mixed herbs
- ☐ 1 tsp Dried parsley
- ☐ 157g Nutritional yeast
- ☐ 220g Black chia seeds
- ☐ 60g Pumpkin seeds
- ☐ 1 tsp Black mustard seeds
- ☐ 1 tsp Mustard seeds
- ☐ 1 tsp Coriander seeds
- ☐ 5g Nigella seeds
- ☐ 3 tbsp Flax seeds
- ☐ 2g Cumin seeds
- ☐ ¼ tsp Fenugreek seeds
- ☐ 90g Hemp seeds
- ☐ 50g Pecan Nuts
- ☐ ½ tbsp Pine nuts
- ☐ 1 tbsp Capers
- ☐ 70g Miso paste
- ☐ 5g Harissa paste
- ☐ 1 ¼ tsp Ground black pepper
- ☐ 1 tsp Dried parsley
- ☐ 1 tsp Rose harissa paste
- ☐ 45g Dijon mustard
- ☐ ¼ tsp Wholegrain mustard
- ☐ 1 tbsp Cranberry sauce
- ☐ 50g Peanut butter
- ☐ 3 ½ tsp Tahini
- ☐ 2 tbsp Vegan mayo
- ☐ 30g Sriracha sauce
- ☐ 4 tsp Cholula hot sauce
- ☐ 1 tsp Tomato ketchup
- ☐ 148ml Soy sauce
- ☐ 1 tbsp Coconut aminos
- ☐ 8ml Liquid smoke
- ☐ 5ml Worcester sauce
- ☐ 560ml Vegetable stock
- ☐ 1 tbsp Vegan better than chicken bouillon
- ☐ 15g Vegan better than beef bouillon
- ☐ 20ml Apple cider vinegar
- ☐ 19ml Red wine vinegar
- ☐ 30ml Balsamic vinegar
- ☐ 33ml Vanilla extract
- ☐ ½ tsp Liquid stevia
- ☐ 2 tbsp Agave
- ☐ 22g Coconut sugar
- ☐ 17.5g Sugar
- ☐ 2 tbsp Coconut nectar
- ☐ 49ml Maple syrup
- ☐ 77g Lakanto monkfruit sweetener
- ☐ 925g Vital wheat gluten
- ☐ 200g Sunflower mince/hache
- ☐ 85g Peanut flour
- ☐ 3 tsp Baking powder
- ☐ 2 tbsp Cornstarch/Cornflour
- ☐ 27g Coconut flour
- ☐ 20g Dark cocoa powder
- ☐ 23g Cocoa powder
- ☐ 20g Organic desiccated coconut
- ☐ 160g Red split lentils
- ☐ 125g Yellow split peas
- ☐ 100g Green lentils (canned/tinned)
- ☐ 500g Black beans (canned/tinned)
- ☐ 70g Cannellini beans (canned/tinned)
- ☐ 920g Butter beans (canned/tinned)
- ☐ 150g Mixed beans (canned/tinned)
- ☐ 450ml Tomato sauce (UK tomato passata)
- ☐ 270g Tomato paste (UK tomato puree)
- ☐ 500g Chopped tomatoes (canned/tinned)
- ☐ 50g Jackfruit
- ☐ 170ml Red wine

# SHOPPING LIST

## From The Fridge

- ☐ 1530g Firm tofu
- ☐ 620g Silken tofu (can be substituted for soft tofu)
- ☐ 200g Fresh tempeh
- ☐ 485ml Almond milk (unsweetened)
- ☐ 160ml Almond milk
- ☐ 30ml Soy milk
- ☐ 180ml Light soy milk
- ☐ 360ml Almond vanilla milk
- ☐ 400ml Coconut milk (unsweetened)
- ☐ 1 tbsp Vegan oatly yogurt
- ☐ 20g Vegan oatly greek yogurt
- ☐ 15g Vegan butter
- ☐ 130g Almond butter
- ☐ 50g Coconut butter
- ☐ 120ml Pineapple juice
- ☐ 16 Plant Pioneers vegan bacon rashers

(Note: serve 4 pioneer vegan bacon rashers per portion, grilled as per packaging. if you can not get pioneer plant based bacon rashers get one as close to the macros as possible, 4 slices = 122 calories, 8.6 protein, 7.4 fat, 4.5 carbs)

## Fresh Produce

- ☐ 955g White onion
- ☐ 155g Red onion
- ☐ 30g Shallots
- ☐ 30g Fresh ginger
- ☐ 170g Garlic
- ☐ 30g Spring onions/Green

- onions
- ☐ 55g Fresh Red beetroot
- ☐ 1700g Cauliflower
- ☐ 450g Spinach
- ☐ 4 Field mushrooms (portobello mushrooms)
- ☐ 200g Button mushrooms
- ☐ 85g Cremini/chestnut mushrooms
- ☐ 5g Fresh green chili
- ☐ 15g Fresh red chili
- ☐ 180g Tomatoes
- ☐ 200g Eggplant/aubergine
- ☐ 1050g Zucchini /courgette
- ☐ 4 Limes
- ☐ 4 Lemons
- ☐ 325g French beans
- ☐ 3 Small radishes
- ☐ 600g Sweetheart cabbage
- ☐ 25g Red cabbage
- ☐ 25g White cabbage
- ☐ 150g Carrots
- ☐ 300g Parsnips
- ☐ 185g Red bell pepper
- ☐ 100g Yellow bell pepper
- ☐ 200g Tenderstem broccoli
- ☐ 20g Fennel
- ☐ 1050g Celeriac/Celery Root
- ☐ 100g Avocado
- ☐ 150g Asparagus
- ☐ 30g Celery
- ☐ 40g Fresh flat leaf parsley
- ☐ 3g Fresh Dill
- ☐ 12g Fresh Mint
- ☐ 52g Fresh Cilantro/coriander
- ☐ 10g Fresh Basil
- ☐ 8g Fresh Tarragon
- ☐ 1 ¼ tsp Fresh Thyme
- ☐ 5g Fresh Chives

- ☐ 125g Romanesco
- ☐ 1200g Cos lettuce
- ☐ Unlimited Cruciferous vegetables
- ☐ Unlimited Salad leaves

## From The Protein Works

- ☐ 60g The Protein Works Vegan Wondershake - apple and cinnamon
- ☐ 117.5g The Protein Works Vegan Wondershake - Vanilla
- ☐ 50g The Protein Works Vegan Wondershake - banana & toffee
- ☐ 25g The Protein Works Vegan wondershake - white chocolate and peanut
- ☐ 45g The Protein Works Vegan Wondershake - chocolate
- ☐ 30g The Protein Works Vegan Wondershake of your choice



## SUPPLEMENTS OVERVIEW

Whether you're considering traditional hormone replacement therapy or want to try a more holistic approach, smart supplementation can also help manage the many symptoms of menopause. I have created this supplement guide to help you navigate this new stage of your life so that you feel supported, understood, and like you have the tools to cope with anything life throws at you.

Every woman's experience of menopause symptoms is completely unique, and unfortunately, there is no way to predict how many symptoms you will experience or for how long. It is not necessary to take ALL the supplements that are listed. Simply choose the ones that are best suited to your particular symptoms and budget. *Please note that the supplement suggestions included in this guide are not medical advice and should never replace your doctor's advice.*

### Supplements for Muscle Growth & Repair

#### Protein Powder

It's tough for a vegan to hit their protein targets without supplementing with protein powder. It is essential for reaching higher protein goals while keeping

calories low. I love the [Wondershake](#) from **The Protein Works**—the macros are fantastic! It is very low-calorie with a substantial amount of protein in those calories. If you're not able to purchase this one for any reason, you can choose another one. Just be sure you are getting *at least* 20g protein. In the meal plans,



we will be using different flavors of protein powder for a wide range of recipes. If you feel that your budget doesn't allow for this, simply sub with another flavor.

#### Average Wondershake Macros:

- 21g protein
- 0.7g fat
- 1.3g carbs
- 89 calories

My favorite protein company is [The Protein Works](#). Use code TSV60 to get 60% off or TSV65 to get 65% off orders over \$100/£50. (Codes are valid on all vegan products)

#### **Branched Chain Amino Acids (BCAA)**

BCAA is considered the perfect supplement for people looking to put on muscle.



BCAA supplements can also help to reduce tiredness, which can significantly boost your workout. *Take 5g – 15g in 600/1000ml water with the juice of half a lemon (for flavor) and drink during your workout or throughout the day.*

### **Supplements for Perimenopause**

- **Agnus Castus (vitex, chaste berry, or chaste-tree)**

The hormone-balancing effects of Vitex Agnus-Castus may help relieve symptoms of perimenopause. In one study, vitex oils were given to 23 women in menopause. Women reported improved symptoms, including better mood and sleep, and some even regained their period. It can be used for PMS, irritability, low mood, and irregular periods. *Take 60mg a day.*

- **Dong Quai**

Herbalists prescribe Dong Quai to women who need to “enrich” their blood. Its nickname is the “female ginseng.” Enriching or nourishing your blood means increasing the quality of your blood. Women may find the most benefits from Dong Quai during and after menstruation for issues like PMS, menopause, and cramps. Some women take Dong Quai to treat hot flashes. *Take 1000mg a day.*

- **Red Raspberry**

Red raspberry leaf tea effectively reduces heavy menstrual flows or helps





regulate irregular periods—especially those at the onset of perimenopause for many women. *Drink as a tea in the morning.*

## Supplements for Hot Flashes

- **Black Cohosh**

Black Cohosh is a member of the buttercup family. It has been widely studied as an alternative to HRT (hormone replacement therapy) to alleviate symptoms of menopause, such as hot flashes, night sweats, and low mood. It is beneficial in improving sleep quality by reducing hot flashes. *Take 6.5g a day or drink as a tea.*

- **Sage**

Sage has been traditionally used to alleviate menopausal symptoms. It's believed that compounds in sage have estrogen-like properties, allowing them to bind to specific receptors in your brain to help improve memory and treat



hot flashes and excessive sweating. *Take 1600mg a day.*

## Supplements for Low Mood, Anxiety & Stress

- **St. John's Wort**

St. John's Wort is a traditional herbal medicinal product that has been used for many years to relieve the symptoms of slightly low mood and mild anxiety. It can also be taken for hot flashes and insomnia. Before using St. John's Wort,

please check with your doctor, as it can interfere with other drugs, including those used to treat breast cancer (such as tamoxifen) and antidepressants.

*Take 250mg a day.*

- **Ashwagandha**

Ashwagandha, also known as Indian Ginseng, is used in traditional Ayurvedic practice. It has become an increasingly popular herbal supplement among women of different ages in the modern world. It can help with poor sleep, anxiety, and stress. *Take 1000mg a day.*

## Supplements for Reduced Tiredness & Fatigue

- **Rhodiola**

Rhodiola is an adaptogenic plant that balances stress responses and supports brain, liver, and heart health. The plant is traditionally used in Chinese medicine to stimulate the nervous system to improve performance and is recommended for fatigue, low mood, and stress. *Take 500mg a day.*

- **Vitamin B12**

Low Vitamin B12 can mimic the symptoms of dementia, with studies showing that approximately 20% of people aged 60 and older are deficient. This is one of my most recommended supplements but especially for menopausal women. Vitamin B12 improves energy levels, nerve conduction, concentration, and more! I recommend that everyone take this supplement



for general health as it is quickly depleted with stress, caffeine, and alcohol.  
*Take 1000mcg a day.*

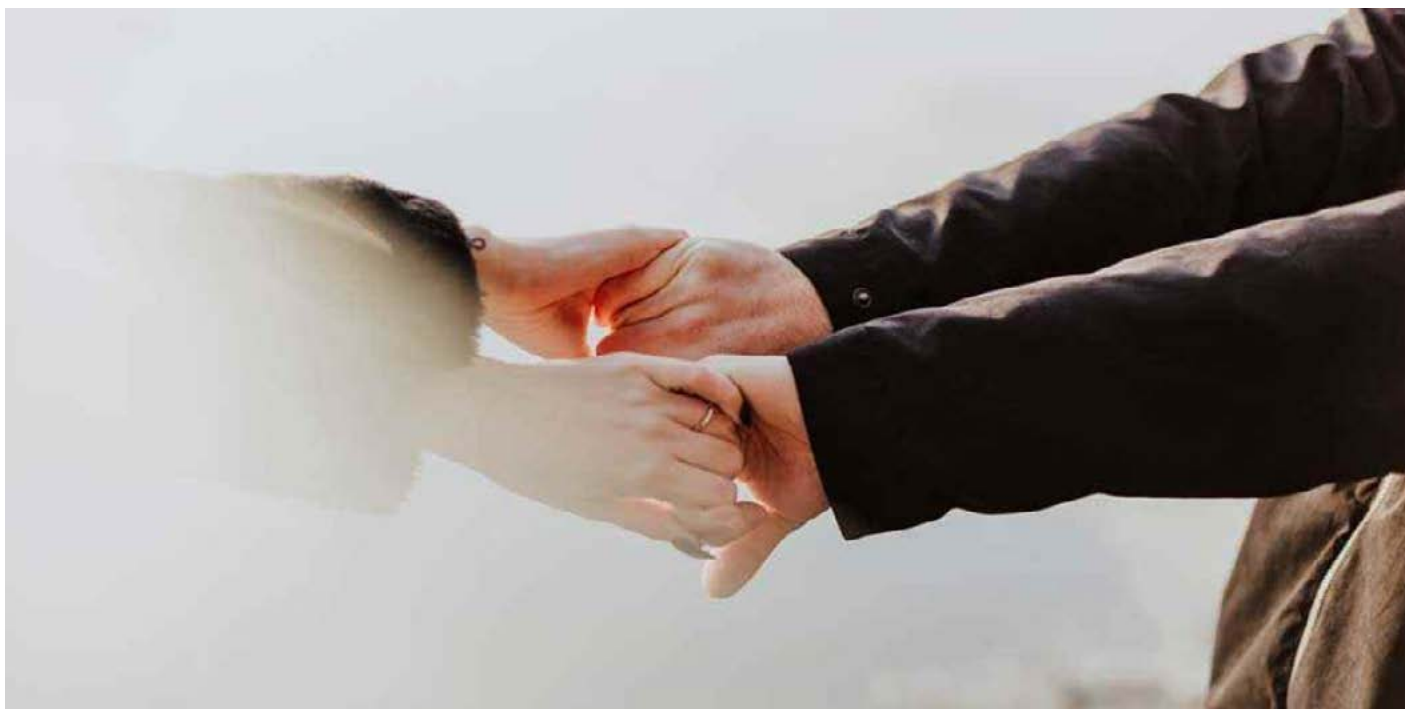
## Supplements for Sleep Quality

- **Valerian Root**

Valerian Root is a traditional herbal medicinal product used to relieve sleep disturbances due to symptoms of mild anxiety temporarily. Studies have shown that taking Valerian extract before bed helps you fall asleep faster and improves sleep quality. *Take 400mg before bed.*

- **Montgomery Tart Cherry Juice Concentrate**

Tart cherry juice is high in melatonin's sleep-promoting chemical and has anti-inflammatory properties (inflammation can disrupt sleep). Research



shows that older women slept better and longer if they drank it before bed. For best results, *sip an ice-cold glass 30 minutes before bed to help your core temperature drop and help send you to sleep.*

## Supplements for Libido

- **Maca**

Multiple studies have found that Maca helps alleviate menopausal symptoms, including hot flashes and interrupted sleep. A 2018 study found that post-





menopausal women who took Maca had reduced anxiety and lower measures of “sexual dysfunction.” It can be used for hot flashes, night sweats, insomnia, libido, and stress. ***Take 5000mg a day.***

## Supplements for Memory & Cognitive Function

- **Ginkgo Biloba**

Ginkgo Biloba has been found to contain phytoestrogens and raise estrogen levels, naturally improving hormonal imbalances. Studies have found that one week of treatment with Ginkgo Biloba improved post-menopausal women’s attention, memory, and mental flexibility. ***Take 600mg a day.***

- **Holy Basil**

Holy Basil, also known as Tulsi, has been revered for thousands of years as part of the Indian system of Ayurveda. As an adaptogen, Holy Basil has powerful anti-stress properties, and it is primarily used to support the body in dealing with stress, memory, and cognitive function. It supports the adrenal system, which fluctuates hormonally during menopause. ***Take 500mg a day.***

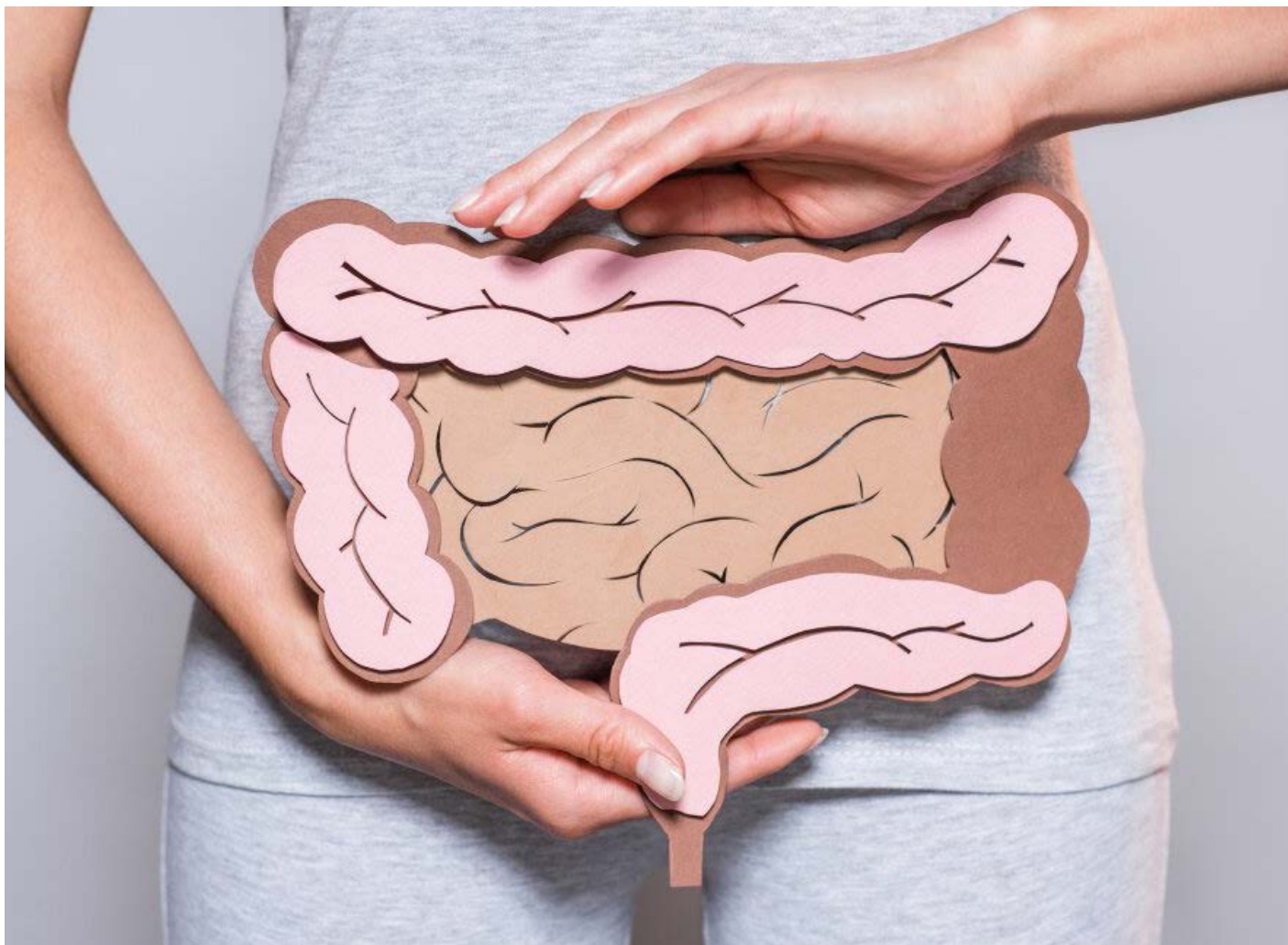
## Supplements for Bone Health

- **Red Clover**

Red Clover is considered one of the richest sources of isoflavones, which are water-soluble chemicals that act like estrogens (known collectively

as phytoestrogens). Menopause increases a woman's risk of developing osteoporosis (significant bone loss). Some studies suggest that Red Clover isoflavones may slow bone loss and boost bone mineral density in pre- and peri-menopausal women. Several studies indicate that Red Clover may significantly reduce hot flashes in menopausal women. ***Take 1000mg a day.***

- **Vitamin D3**



Vitamin D3 is essential for promoting calcium absorption in the gut and maintaining bone health. It helps with immune function and reduces inflammation. Low Vitamin D can mimic early stage perimenopause symptoms. ***Get in spray form preferably and take 4000IU every morning.***

## **Supplements for Digestion**

- **Ginger**

Ginger tea is an excellent digestive aid. Use it to curb lesser-known menopause symptoms such as nausea or vomiting or to help settle an upset stomach. It may also help relieve stomach-churning menopause stress and anxiety. It is anti-inflammatory and can reduce joint pain and stiffness, and



can be helpful to curb sugar cravings as it regulates blood sugar. *Taken as a tea, to make;* take a piece of fresh ginger, peel it, chop it, or grate it, add it to a cup of water in a pan, and let it simmer gently for 10-15 minutes. Then strain it, and add either a little bit of honey or a squeeze of lemon juice. ***Drink one cup in the morning or when needed to aid digestion.***

- **L-Glutamine**

L-Glutamine can help gut function, the immune system, and other essential processes in the body, especially in times of stress. The gut produces around 95% of the body's feel-good hormone 'serotonin'. We can manage the low moods that many women experience during menopause by looking after our gut. Glutamine can be taken first thing in the morning to help rebuild the lining of the digestive system. ***Take up to 15g per day, spread over the day.***

(For example, I take 5g in a smoothie or porridge in the morning and 10g in my post-workout smoothie.)

## **Supplements for Fat Burning**

- **Alpha Lipoic Acid (ALA)**

ALA is a unique antioxidant that dissolves in both water and fat, allowing it to recycle vitamins C and E and do the work of other antioxidants when the body is deficient in them. ALA also produces Glutathione, which dissolves toxic substances in the liver. Studies show that ALA increases Glut-4 transporters on the outside of muscle cells and away from fat cells, an increase of 50-60%, making it an excellent glucose regulator. Taking an ALA tablet with food shuttles more of the food into muscle and away from fat cells. ***Take one capsule before each meal.***

- **L-Carnitine**

L-Carnitine carries fat to cell mitochondria to be converted into usable energy, increasing your energy level and improving your health. It decreases cravings while increasing your metabolic rate. It helps to lower cholesterol and triglyceride levels and improve cardiac performance. ***Take two L-Carnitine tablets 30 minutes before working out to maximise benefits.***

- **Green Tea**

Green Tea contains theanine, a compound that reduces cortisol (a stress hormone). It also has antioxidants that reduce inflammation and lower the risk of disease. Studies have shown that Green Tea can help strengthen

bone metabolism and decrease the risk of bone fractures, especially in women experiencing menopause. Green Tea has also been shown to boost metabolism; it can be a great fat-burning alternative for those sensitive to caffeine. *Take up to 200mg a day.*

## Supplements for General Health

- **Omega-3 Algae Oil**

Omega-3 Algae Oil helps treat a range of menopausal symptoms, such as Hypertriglyceridemia. Postmenopausal women may have higher triglyceride concentrations than premenopausal women, exposing them to an increased risk of coronary heart disease. Unfortunately, cardiovascular disease is the number one cause of death in women, so it is essential to care about heart health. Research suggests that Omega-3 could be helpful for depression, anxiety, eye, heart, and brain health. *Take 400mg a day.*

- **Magnesium**

Magnesium helps regulate muscle contraction and relaxation for muscle cramps and spasms. It regulates blood pressure and cholesterol and strengthens the bones by improving bone mineral density. It also plays a vital role in carbohydrate metabolism as it influences the release and activity



# 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. **The Sculpted Vegan YouTube**  
For training videos, instructional resources and much more!
4. **Training to Failure**  
Dive deep with me in my personal training sessions as I show you what it really takes!
5. **Training with Mark Getty**  
Join heavyweight pro bodybuilder Mark Getty- my personal trainer, as we discuss supplements, protein, training and more.
6. **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
7. **Free Resources**  
Download training and meal plans for free
8. **Get Kim's Look**  
Get the deets (AND DISCOUNTS!)

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