



**RECIPES &  
SHOPPING  
LISTS**

THE 4 WEEK

# SUMMER SHRED

**GET BUFF, BRONZED AND BIKINI READY**

THE SCULPTED *vegan*™

[WWW.THESCULPTEDVEGAN.COM](http://WWW.THESCULPTEDVEGAN.COM)

# MEAL PLANS: WEEK 1 - 4

Week 1	1500 calories
Breakfast	200g Simple scrambled tofu, 100g sauteed spinach, 56g sourdough bread, cut 1 inch thick
Post Workout	2 scoops (50g ) Wondershake protein powder blended with ice and water
Lunch	1 serve Teriyaki Tempeh, 120g cooked white rice, unlimited salad greens
Dinner	1 serve Vegan cauliflower curried soup, 75g avocado, unlimited salad greens or steamed vegetables
Evening Snack	2 scoops (50g) Wondershake protein powder blended with ice and water

Week 2	1400 calories
Breakfast	Breakfast oatmeal
Post Workout	Breakfast smoothie
Lunch	200g Chilli & Coriander Tofu w) unlimited steamed green veg
Dinner	2 cups lentil soup w) 75g avocado
Evening Snack	2 scoops (50g) Wondershake protein powder blended with ice and water

Week 3	1300 calories
Breakfast	Vegan Omelette
Post Workout	Breakfast oatmeal
Lunch	1 serve Blackbean soup, 1 serve coleslaw, 1 vegan burger patty
Dinner	140g Simple Scrambled Tofu with unlimited green vegetables
Evening Snack	2 scoops (50g) Wondershake protein powder blended with ice and water

Week 4	1200 calories
Breakfast	Breakfast smoothie
Post Workout	Breakfast oatmeal
Lunch	1 serve Blended broccoli soup, 140g tofu
Dinner	1 vegan burger patty, unlimited salad and greens
Evening Snack	2 scoops (50g) Wondershake protein powder blended with ice and water

Refeed Day	2172 calories
Breakfast	50g quick cook oatmeal cooked with water and 1 scoop (25g) Wondershake protein powder
Post Workout	Post workout fuel smoothie
Lunch	1 vegan burger patty in a white bun, 1 serve coleslaw, unlimited salad, pickles, tomato, 350g white potato cut into wedges, drizzled with 1 tbsp olive oil and baked
Dinner	1 serve tofu quinoa scramble
Evening Snack	1 white bagel with a spread of vegan butter, 15g peanut butter

# RECIPES: SMOOTHIES & OATMEAL



## Breakfast Oatmeal

### Serves 1

- 20g dried weight quick cook oatmeal (not steel cut or jumbo oats)
- 1 scoop (25g) TPW Vanilla Wondershake protein powder
- 50g blueberries
- Sprinkle of cinnamon

### Method

Place the oats in a saucepan and cover with water. Cook over medium heat until soft and creamy, then add the protein powder. Stir well and add more water, little by little, until smooth and creamy. You can use a whisk to make sure the powder is broken down well. Once cooked, pour into a bowl, top with the blueberries and cinnamon, and eat immediately. \*Note - 20g might seem like a very small amount, but once cooked with the protein powder added, it makes a much larger quantity.

## Breakfast Smoothie

### Serves 1

- 3 scoops (75g) TPW Strawberries & Cream Wondershake
- 10g oatmeal
- 60g banana
- 6 pecan halves
- 200ml light soya milk
- 2 medium strawberries
- 6 cubes ice

### Method

Place all the ingredients in a high-speed blender and blend until smooth. Serve immediately or keep in the fridge for later.

## Post Workout Fuel Smoothie

### Serves 1

- 2 scoops (50g) TPW Wondershake
- 1 medium banana
- Water
- Ice

### Method

Blend together in a high-speed blender and serve immediately, or keep in the fridge for later.



# RECIPES: SOUPS

## Blackbean Soup

### Serves 4

- 4 stalks celery, diced
- 1 red bell pepper, diced
- 1 brown onion, diced
- 2 x 400g tins of black beans
- 1 tsp smoked paprika
- 1/4 tsp ground cinnamon
- 1 tsp ground cumin
- 1/4 tsp cayenne pepper (or to taste)
- 600ml vegetable stock
- 2 tbsp fresh coriander, chopped

### Method

Pour a little of the vegetable stock into a large saucepan and add the onion, celery, and pepper. Sauté over low heat for about 5 minutes or until the onion is translucent. Drain the beans and rinse with cold water. Add to the vegetables and stir to combine. Sprinkle over the spices and mix well with a wooden spoon. Then slowly pour on the stock, stirring all the time. Cover and bring to a boil, then turn down the heat and simmer for 30 minutes over low heat. Serve sprinkled with fresh coriander. If you want to make this thicker and more like a stew, simply reduce the amount of stock.

## Blended Broccoli Soup

### Serves 4

- 1 tablespoon coconut oil
- 3/4 medium spring onions, finely sliced
- 2 cloves garlic, crushed
- Large head of fresh broccoli, coarsely chopped (including stalk)
- 2 large handfuls of spinach
- 1 tablespoon dried basil
- 1 litre vegetable stock
- 2 cups of almond milk
- 1 tsp sea salt

### Method

In a large pan, heat the oil and sauté the onions and garlic for 1-2 minutes. Stir in the broccoli and salt and sauté until bright green in colour, then cover and cook over a medium heat for 5 minutes. Add the spinach and basil and recover for another 5 minutes. Transfer to a food processor, or blender, with one cup of stock and blend until smooth. Return to the pan and add the remaining stock and the almond milk.

# Vegan Cauliflower Curried Soup

## Serves 3

- 1 red onion, diced
- 1 1/2 inch peeled and minced fresh ginger
- 5 large cloves garlic, minced
- 1 tablespoon curry powder
- 1/2 teaspoon garam masala (optional)
- 600ml water
- 400ml canned "lite" coconut milk
- 4 tbsp tomato paste
- 450g frozen cauliflower florets
- 1 teaspoon salt
- 100g frozen chopped spinach

## Method

Have all your veggies chopped and ingredients ready to go. The first few steps are quick. Add the onion and ginger to a medium pot with a splash of water over medium heat. Bring to a simmer and cook 5-8 minutes until tender, stirring often. Add the garlic and cook for another couple of minutes. Add the curry powder and garam masala (if using) and cook for about 30 seconds, stirring constantly, until fragrant and absorbing the moisture.

Add the tomato paste, water, coconut milk and salt and stir well until all the paste is evenly dissolved. Stir in the cauliflower. Bring to a high boil, cover and reduce the heat to medium and simmer for 10-15 minutes until the cauliflower is tender. Add the spinach and cook for another 3-5 minutes, stirring until wilted. Allow the soup to sit for about 10 minutes. The soup is piping hot, so letting it sit this time allows it to cool a bit and also it will thicken up more as it sits to the perfect consistency. Taste and add any salt if needed or a squeeze of lemon, if desired.

# Lentil Soup

**Serves 4 (Makes 8 cups)**

- 1 tablespoon of coconut oil
- 1 medium onion, diced
- 1 celery stalk, finely diced
- 1 garlic clove, crushed
- 1 litre vegetable stock
- 4oz lentils (3/4 cup)
- 1 small tomato, chopped
- 1 teaspoon red wine vinegar
- 1/2 teaspoon salt
- 30g coriander, chopped

## Method

Warm the oil in the soup pan over a medium heat and add the onion and celery. Fry for about 3-4 minutes until soft and translucent, then add the garlic and cook for 1 minute more.

Add the lentils and stir well, then pour in the stock. Reduce the heat and simmer, covered for around 20 minutes or until the lentils are almost tender. Add the tomato, cover and cook for another 15 minutes. Remove from the heat and stir in the vinegar and salt to taste. Stir the coriander through and serve.



# RECIPES: TOFU

# Vegan Omelette

## Serves 1

- 225g organic silken tofu
- 1 tbsp soya milk
- 1 tbsp nutritional yeast
- 1 tbsp cornstarch (corn flour)
- 1 tsp tahini (optional)
- 1/8 tsp onion powder
- 1/8 tsp turmeric
- 1/4-1/2 teaspoon salt, or to taste
- 1 pinch smoked paprika (optional)
- 1 pinch kala namak (black salt)
- 3 mushrooms, finely sliced
- 100g spinach, wilted
- 1/4 white onion, diced
- 1 clove garlic, diced

## Method

Place a little water into a saucepan and add the onion and garlic. Cook for 3 minutes on a medium heat, then add the mushrooms and season well with salt and pepper. Cook for 5 minutes more and add the spinach. Put on a lid, take off the heat and set aside. The spinach will wilt in the heat.

Blend together all the other ingredients until smooth, in a small blender. Drizzle a little oil into a large non-stick skillet or frying pan, and place on a high heat until very hot. Pour the batter into the center of the skillet and tip the skillet in a circular motion to coat the pan. Use a spoon to smooth it over if necessary. Spread the mushroom, onion and spinach mixture over the top and reduce the heat to medium low. Cover and cook for around 3 minutes. When the edges look a little dry and the liquid has dried out in the middle. Lift one of the edges with a spatula to see if it is slightly brown and cooked. When it's ready, gently tip the pan to one side, and slide the edge of the omelette onto the spatula, then flip it in half. You have to do this swiftly and bravely! Cook for about another minute, then serve.

## Tofu Quinoa Scramble

### Serves 1

- 140g extra firm tofu
- 1 tsp garlic oil
- 2 cloves garlic, minced
- 2 tsp tamari or light soy sauce
- 125g cooked quinoa
- 2 tbsp frozen petit pois
- 2 tbsp, nutritional yeast
- Vegetable broth

### Method

Cook the quinoa by placing the dried quinoa into a saucepan and covering it with double the amount of vegetable broth to water ratio. Bring to the boil, turn the heat down to a gentle simmer, and allow to simmer for 10 minutes. Take off the heat and tip into a sieve, then rinse under cold water. Set aside.

Pour the garlic oil into a non-stick skillet. Squeeze the tofu in between your hands to get rid of excess water then crumble into the hot oil. Sprinkle over the tamari. Cook for about 5-7 minutes over very high heat to crisp up the outsides. Sprinkle over the nutritional yeast. Add the frozen peas and cook for 2 minutes more, before adding the cooked quinoa. Stir well until quinoa is cooked through then serve. Add more tamari if required.

## Simple Scrambled Tofu

### Serve as per meal plan

- 280g extra firm tofu
- 1 tsp ground turmeric
- 2 shallots, finely diced (or 2 tbsp white onion)
- 1 garlic clove, crushed
- 2 tbsp water (or more if required)
- 2 tbsp nutritional yeast
- 1 tsp black salt

### Method

Pour the water into a non-stick skillet and heat over medium heat. Add the shallots or onion and garlic and cook until translucent. Sprinkle over the turmeric. Squeeze the tofu in between your hands to get rid of excess water, then crumble it into the hot pan. Cook for about 5-7 minutes over very high heat to crisp up the outsides. Sprinkle over the nutritional yeast and black salt. Stir well and serve.

# Chili & Coriander Tofu

## Serves 1

- 200g extra firm tofu
- 6 spring (green) onions, finely sliced
- 2 chillies, sliced with seeds intact
- 1 clove garlic, chopped
- 30g coriander (cilantro), stalks and leaves finely chopped
- 1 tbsp oil (or garlic oil)
- 2 tbsp light soy sauce or liquid aminos
- 2 tbsp nutritional yeast
- Lime wedge, to serve

## Method

Heat 1/2 the oil in a large, non-stick skillet or frying pan with deep sides until hot, but not smoking. Add the onions, garlic and chilli and cook for around 5 minutes until soft. Remove from the pan and set aside. Add the rest of the oil to the pan and turn the heat up high (but do not let it smoke).

Slice the tofu packet around three sides, and squeeze the excess liquid out over a sink, using your hands. Remove from the packet and still using your hands, crumble the tofu into the hot oil, breaking up a little more with a wooden spoon. Sprinkle over the light soy sauce (or aminos if using) and stir well. Continue to cook the tofu, turning frequently until it crisps up on all sides. When cooked well, return the onion, garlic and chilli mixture to the pan and combine with the tofu. Sprinkle over the nutritional yeast and stir well, Add the coriander and cook for a further 2-3 minutes. Serve with a lime wedge to squeeze over.

A top-down view of a dark-colored bowl filled with a meal. On the right side is a mound of white, fluffy rice. To the left of the rice is a pile of bright green broccoli florets, some of which are slightly charred. In the foreground, several strips of golden-brown, textured tempeh are arranged. The entire dish is garnished with a mix of white and black sesame seeds. The text 'RECIPES: TEMPEH' is overlaid in the upper center of the image.

# RECIPES: TEMPEH

## Teriyaki Tempeh

**Serves 2**

- 225g organic tempeh
- 1 tbsp olive oil

### Tempeh Marinade

- 3 tbsp veggie broth
- 1 tbsp tamari (or soy sauce if not gf)
- 1/2 tsp garlic powder
- 1/4 tsp onion powder

### Teriyaki Sauce

- 4 tbsp tamari (or soy sauce if not gf)
- 1 tsp sesame or olive oil
- 2 tbsp maple syrup
- 1 tsp sriracha (or hot sauce)
- 1 tsp rice wine or apple cider vinegar
- 1/2 tsp garlic powder
- 1/2 tsp cornstarch
- 1/4 tsp liquid smoke (optional)

### Method

Cut tempeh into triangles or squares and steam in a steamer basket for 10 minutes. Add all ingredients for the marinade into a bowl and whisk together. Place tempeh into a dish and pour marinade over. Marinate for at least 20 mins. Place olive oil in a pan and sear the tempeh for 3-5 minutes on each side until crispy.

Mix teriyaki sauce ingredients in a large bowl. Once the tempeh is cooked, add tempeh to teriyaki sauce, covering the tempeh. Take tempeh out of the sauce (leaving the extra sauce in the bowl) and add it back to the pan. Heat tempeh again for about 30 seconds on each side to caramelize the sauce on the tempeh. Turn off the heat and pour the remaining sauce over the tempeh in the pan. **Leave for about a minute for the rest of the sauce to thicken a bit. Then serve.**

## Coleslaw

**Serves 4**

- 85g grated carrot
- 1 small head of white cabbage, finely sliced (about 750g)
- 4 tbsp vegan mayonnaise (15g per serve)

### Method

Combine the carrot and cabbage and store in an airtight container. Just before serving, add the vegan mayo. If you add the mayo at the time of prep, it will split and go runny. Only add when serving.

# SHOPPING LISTS

**YELLOW HIGHLIGHTED ITEMS ARE TO BE PURCHASED ONLY  
ONCE FOR THE ENTIRE 4 WEEKS**

- |   |
|---|
| <input type="checkbox"/> Turmeric, ground 1 small container (for all 4 weeks)         |
| <input type="checkbox"/> Curry Powder 1 small container (for all 4 weeks)             |
| <input type="checkbox"/> Garam Masala 1 small container (for all 4 weeks)             |
| <input type="checkbox"/> Cumin 1 small container (for all 4 weeks)                    |
| <input type="checkbox"/> Cinnamon 1 small container (for all 4 weeks)                 |
| <input type="checkbox"/> Cayenne Pepper 1 small container (for all 4 weeks)           |
| <input type="checkbox"/> Garlic Powder 1 small container (for all 4 weeks)            |
| <input type="checkbox"/> Maple Syrup 1 small container (for all 4 weeks)              |
| <input type="checkbox"/> Onion Powder 1 small container (for all 4 weeks)             |
| <input type="checkbox"/> Smoked Paprika, optional 1 small container (for all 4 weeks) |
| <input type="checkbox"/> Vegan Butter 1 container (for all 4 weeks)                   |
| <input type="checkbox"/> Sriracha 1 container (for all 4 weeks)                       |
| <input type="checkbox"/> Nutritional Yeast 1 container (for all 4 weeks)              |
| <input type="checkbox"/> Corn Starch/Corn Flour 1 small box (for all 4 weeks)         |
| <input type="checkbox"/> Black Salt 1 small container (for all 4 weeks)               |
| <input type="checkbox"/> Dried Basil 1 small container (for all 4 weeks)              |
| <input type="checkbox"/> Sea Salt 1 small container (for all 4 weeks)                 |

## Week 1 - 1500 Calories (not including refeed)

- ☐ Avocado 450g
- ☐ Cauliflower florets, frozen 900g
- ☐ Coconut Milk, lite, canned 800ml
- ☐ Garlic Cloves 16
- ☐ Ginger fresh, small chunk
- ☐ Green cruciferous veg, unlimited
- ☐ Liquid Smoke 3/4 tsp (optional)
- ☐ Maple Syrup 6 tbsp
- ☐ Olive Oil 3 tbsp
- ☐ Red Onion 2
- ☐ Rice Wine Vinegar or ACV 3 tsp
- ☐ Salad green, unlimited
- ☐ Sauteed spinach 600g
- ☐ Sesame oil 3 tsp
- ☐ Shallots 12
- ☐ Sourdough bread 336g
- ☐ Spinach, frozen 200g
- ☐ Tamari or Soy Sauce 15 tbsp
- ☐ Tempeh, organic 675g
- ☐ Tofu, extra firm 1200g
- ☐ Tomato Paste 8 tbsp
- ☐ TPW Wondershake any flavor 24 scoops or 600g
- ☐ Vegetable Broth 9 tbsp
- ☐ White rice, cooked measure 720g

## Week 2 - 1400 Calories (not including refeed)

- ☐ Avocado 450g
- ☐ Banana 360g
- ☐ Blueberries 300g
- ☐ Celery Stalks 2
- ☐ Chili Peppers 12
- ☐ Coconut Oil 1.5 tbsp
- ☐ Coriander/Cilantro 225g
- ☐ Garlic Cloves 8
- ☐ Garlic Oil, optional 6 tbsp
- ☐ Green Cruciferous Veg unlimited
- ☐ Lentils, dry 6 oz/170g
- ☐ Limes 3
- ☐ Oil, any (for cooking) 6 tbsp
- ☐ Onion 1.5 medium
- ☐ Pecan Halves 36
- ☐ Quick Oats, dry measure 180g
- ☐ Red Wine Vinegar 1.5 tsp
- ☐ Soy Sauce, light 12 tbsp
- ☐ Soya Milk, light 1200ml
- ☐ Spring onions 36
- ☐ Strawberries, whole 12 medium
- ☐ Tofu, extra firm 1200g
- ☐ Tomatoes 2
- ☐ TPW Wondershake any flavour 12 scoops or 300g
- ☐ TPW Wondershake Strawberries & Cream 18 scoops or 450g
- ☐ TPW Wondershake Vanilla 6 scoops or 150g
- ☐ Vegetable Stock 1.5 litres

## Week 3 - 1300 Calories (not including refeed)

- ☐ Black Beans, canned 1200g
- ☐ Blueberries 300g
- ☐ Brown Onion 2 whole
- ☐ Cabbage, white, 2 heads
- ☐ Carrots, grated 128g
- ☐ Celery Stalks 6
- ☐ Coriander/Cilantro 3 tbsp chopped
- ☐ Garlic Cloves 9
- ☐ Green Cruciferous Veg unlimited
- ☐ Mushrooms 18
- ☐ Quick Oats, dry measure 120g
- ☐ Red Bell Pepper 2 whole
- ☐ Shallots 6
- ☐ Soya Milk 6 tbsp
- ☐ Spinach 600g
- ☐ Tahini 6 tsp (optional)
- ☐ Tofu, Extra Firm 840g
- ☐ Tofu, Silken 1350g
- ☐ TPW Wondershake any flavor 12 scoops or 300g
- ☐ TPW Wondershake Vanilla 6 scoops or 150g
- ☐ Vegan Burger Patty\*\* 6 \*\* (Naked Glory brand or similar macros of 16g protein, 8.7g fat, 9.9g carbs, 191 calories)
- ☐ Vegan Mayo 6 tbsp
- ☐ Vegetable Stock 900ml
- ☐ White Onion 2

## Week 4 - 1100 Calories (not including refeed)

- ☐ Almond Milk 3 cups
- ☐ Banana 360g
- ☐ Basil, dried 1.5 tbsp
- ☐ Blueberries 300g
- ☐ Broccoli 2 heads
- ☐ Coconut Oil 1.5 tbsp
- ☐ Garlic Cloves 3
- ☐ Pecan Halves 36
- ☐ Quick Oats, dry measure 180g
- ☐ Salad Greens unlimited
- ☐ Soya Milk, light 1200ml
- ☐ Spinach unlimited
- ☐ Spring Onions 2 medium
- ☐ Strawberries, whole 12 medium
- ☐ Tofu, extra firm 840g
- ☐ TPW Wondershake any flavour 12 scoops or 300g
- ☐ TPW Wondershake Strawberries & Cream 18 scoops or 450g
- ☐ TPW Wondershake Vanilla 6 scoops or 150g
- ☐ Vegan Burger Patty 6 (Naked Glory brand or similar macros of 16g protein, 8.7g fat, 9.9g carbs, 191 calories)
- ☐ Vegetable Stock 1.5 litres

## Refeed Day - 2172 Calories

### (includes all 4 weeks)

- ☐ Banana 4
- ☐ Cabbage, white 1 head
- ☐ Carrots, grated 85g
- ☐ Garlic Cloves 8
- ☐ Garlic Oil 4 tsp
- ☐ Olive Oil 4 tbsp
- ☐ Peanut Butter 60g
- ☐ Peas/Petit Pois, frozen 8 tbsp
- ☐ Pickles unlimited (for burgers)
- ☐ Quick Oats, dry measure 200g
- ☐ Quinoa, dry measure 500g
- ☐ Salad Greens, unlimited
- ☐ Tamari or Soy Sauce 8 tsp
- ☐ Tofu, extra firm 560g
- ☐ Tomato unlimited (for burgers)
- ☐ TPW Wondershake any flavor 12 scoops or 300g
- ☐ Vegan Burger Patty 4  
(Naked Glory brand or similar macros of 16g protein, 8.7g fat, 9.9g carbs, 191 calories)
- ☐ Vegan Mayo 4 tbsp
- ☐ Vegetable Broth 1 small container
- ☐ White Bagel 4
- ☐ White Bun 4
- ☐ White Potato 1400g

# 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

# THE SCULPTED VEGAN APPAREL



SHOP NOW



THE 4 WEEK

# SUMMER SHRED

GET BUFF, BRONZED AND BIKINI READY

THE SCULPTED *vegan*™