

THE SCULPTED *vegan*



THE
ULTIMATE
12 WEEK
SHRED

12 WEEK MEAL PLAN & RECIPES

12 WEEK MEAL PLAN

Week 1 & 2 - 1700 Calories

Breakfast	Carbs	Fat	Protein
40g oats	24.2g	3.3g	4.4g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Mid Morning Snack			
2 heaped scoop Protein Works Wondershake	3.8g	1.6g	40g
Blended with ice and water			
Lunch			
140g extra firm tofu	4g	9.6g	17.6g
150g cooked quinoa	31.9g	2.9g	6.6g
250g steamed broccoli	7g	1.2g	8.2g
Dinner			
1 serve seitan Chicken Tender	7.3g	5.6g	33.3g
150g sweet potato	30g	0g	2.4g
Unlimited salad greens			
Evening Snack			
200g Alpro Greek Yoghurt	5.2g	6.6g	11.6g
100g fresh blueberries	14.5g	0.3g	0.7g
2 heaped scoop Protein Works Wondershake	3.8g	1.6g	40g
Extras			
1 tbsp olive oil for cooking or drizzling	0g	13.5g	0g

Week 3 & 4 - 1600 Calories

Breakfast	Carbs	Fat	Protein
30g oats	18.1g	2.5g	3.3g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Mid Morning Snack			
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			
Lunch			
140g extra firm tofu	4g	9.6g	17.6g
150g cooked red split lentils	30.1g	0.6g	14.4g
200g steamed green beans	6g	0.8g	4.2g
Dinner			
1 seitan mushroom steak	15.8g	6.7g	51g
100g cooked brown lentils	13g	0.6g	12g
150g spinach, steamed	5.4g	0.6g	4.3g
Evening Snack			
2 heaped scoop Protein Works Wondershake	3.8g	1.6g	40g
Blended with ice and water			
Extras			
1 tbsp olive oil for cooking or drizzling	0g	13.5g	0g

Week 5 & 6 - 1500 Calories

Breakfast	Carbs	Fat	Protein
40g oats	24.2g	3.3g	4.4g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Mid Morning Snack			
2 heaped scoop Protein Works Wondershake	3.8g	1.6g	40g
Blended with ice and water			
Lunch			
1 serve seitan Chicken Tender	7.3g	5.6g	33.3g
2 grilled Portobello mushrooms	1g	0.5g	3g
250g broccoli	7g	1.2g	8.2g
Dinner			
1 seitan mushroom steak	15.8g	6.7g	51g
100g cooked brown lentils	13g	0.6g	12g
150g raw spinach, steamed	5.4g	0.6g	4.3g
Evening Snack			
2 heaped scoop Protein Works Wondershake	3.8g	1.6g	40g
Blended with ice and water			
Extras			
1 tbsp olive oil for cooking or drizzling	0g	13.5g	0g

Week 7 & 8 - 1400 Calories

Breakfast	Carbs	Fat	Protein
30g oats	18.1g	2.5g	3.3g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Mid Morning Snack			
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			
Lunch			
1 serve seitan Chicken Tender	7.3g	5.6g	33.3g
150g raw spinach, steamed	7.3 g	0.8g	5.7g
Unlimited salad greens			
Dinner			
200g extra firm tofu	5.7g	13.7g	25.1g
200g cooked black beans	33.1g	0.6g	12.1g
2 cauliflower steaks	15.6g	4.7g	18.3g
Unlimited salad greens			
Evening Snack			
Healthy peanut butter mousse (see recipe)	18.7g	6.5g	30.3g
Extras			
None			

Week 9 & 10 - 1300 Calories

Breakfast	Carbs	Fat	Protein
30g oats	18.1g	2.5g	3.3g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Mid Morning Snack			
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			
Lunch			
1 seitan mushroom steak	15.8g	6.7g	51g
2 grilled Portobello mushrooms	1g	0.5g	3g
Unlimited salad greens			
Dinner			
1 serve seitan Chicken Tender	7.3g	5.6g	33.3g
150g cooked brown lentils	19.5g	0.9g	18g
10 asparagus spears	6.3g	0.2g	3.5g
Unlimited salad greens			
Evening Snack			
30g peanut butter	2.8g	14.2g	7.4g
Extras			
None			

Week 11 - 1200 Calories

Breakfast	Carbs	Fat	Protein
20g Oats	12.1g	1.6g	2.2g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Mid Morning Snack			
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			
Lunch			
140g extra firm tofu	4g	9.6g	17.6g
160g cooked chickpeas	36g	4g	14g
Unlimited salad greens			
Dinner			
1 serve seitan Chicken Tender	7.3g	5.6g	33.3g
2 grilled Portobello mushrooms	1g	0.5g	3g
200g spinach	7.3g	0.8g	5.7g
250g broccoli	7g	1.2g	8.2g
Evening Snack			
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			
Extras			
1 tbsp olive oil for cooking or drizzling	0g	13.5g	0g

Week 12 - PEAK WEEK - 1200 Calories

DAYS 1 - 4			
Breakfast	Carbs	Fat	Protein
20g Oats	12.1g	1.6g	2.2g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Mid Morning Snack			
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			
Lunch			
140g extra firm tofu	4g	9.6g	17.6g
160g cooked chickpeas	36g	4g	14g
Unlimited salad greens			
Dinner			
1 serve seitan Chicken Tender	7.3g	5.6g	33.3g
2 grilled Portobello mushrooms	1g	0.5g	3g
200g spinach	7.3g	0.8g	5.7g
250g broccoli	7g	1.2g	8.2g
Evening Snack			
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			
Extras			
1 tbsp olive oil for cooking or drizzling	0g	13.5g	0g

PEAK WEEK Carb Loading Schedule

DAYS 5 - 6			
Breakfast	Carbs	Fat	Protein
40g oats	24.2g	3.3g	4.4g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Mid Morning Snack			
1 white bagel, toasted	44g	1.2g	9.3g
1 tbsp vegan butter	0g	11g	0g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			
Lunch			
140g extra firm tofu	4g	9.6g	17.6g
150g cooked white basmati rice	45.3g	0.3g	4.6g
Unlimited salad greens			
Dinner			
150g cooked pasta	46g	1.4g	8.6g
30g fresh basil pesto (store-bought)	0.8g	12.7g	1.1g
Evening Snack			
2 slices whole-grain toast	36g	3g	8g
1 tbsp vegan butter	0g	11g	0g

DAY 7 - SHOW DAY

A bodybuilding show would normally be in the afternoon, so you would time your meals around the show. However, since you have complete control over when you take your photos, I would recommend the following:



UPON WAKING

Drink one small glass of water and a double espresso (if you are a coffee drinker).

WITHIN 30 MINUTES OF WAKING

- Eat 8 large rice cakes spread with peanut butter
- 4 pieces dark chocolate squares

MID MORNING

Apply your final layer of tan and whatever sparkle you wish! Now take your photos!

LUNCH

Go wild and eat whatever you want for the rest of the day. You have finished!

Week 1 - 12 - REFEED DAY - 1800 Calories

Breakfast	Carbs	Fat	Protein
2 slices whole-grain toast	36g	3g	8g
15g peanut butter	1.4g	7.1g	3.7g
Mid Morning Snack			
None			
Lunch			
150g cooked pasta	46g	1.4g	8.6g
1 Seitan Chicken Tender	7.3g	5.6g	33.3g
10 asparagus spears	6.3g	0.2g	3.5g
Dinner			
1 Beyond burger patty	7g	19g	20g
1 white burger bun	23g	1.5g	4g
250g sweet potato	50g	0g	4g
Unlimited salad greens			
Evening Snack			
1 white bagel, toasted	44g	1.2g	9.3g
1 tbsp vegan butter	0g	11g	0g
1 heaped scoop Protein Works Wondershake	1.9g	0.8g	20g
Blended with ice and water			

THE ULTIMATE 12 WEEK SHRED SHOPPING LISTS



Week 1 & 2

Protein Works Wondershake	60 scoops
Oats	480g
Extra Firm Tofu	1680g
Broccoli	Unlimited
Quinoa, cooked measure	1800g
Vital wheat gluten	480g
Garlic powder	2 tsp
Onion powder	2 tsp
No-chicken bouillon paste	2 tbsp
Silken Tofu	500g
Vegan Worcestershire sauce	2 tbsp
Sweet potato	1800g
Salad greens	Unlimited
Alpro greek yogurt	2400g
Fresh blueberries	1200g
Olive oil	12 tbsp

Week 3 & 4

Protein Works Wondershake	48 scoops
Oats	360g
Extra Firm Tofu	1680g
Olive oil	14 tbsp
Red lentils, cooked measure	1800g
Spinach	Unlimited
Green beans	Unlimited
Vital wheat gluten	690g
Tinned green lentils	800g
Nutritional yeast	4 tbsp
Black pepper	2 tbsp
Garlic salt (not powder)	4 tsp
Onion salt (not powder)	4 tsp
Smoked paprika	2 tsp
Chilli powder	2 tsp
Liquid smoke	4 tbsp
Chestnut mushrooms	400g
Dark soy sauce	14 tbsp
Tomato puree	8 tbsp
Maple syrup	2 tbsp
Brown lentils, cooked measure	1200g

Week 5 & 6

Protein Works Wondershake	60 scoops
Oats	480g
Broccoli	Unlimited
Vital wheat gluten	1170g
Garlic powder	2 tsp
Onion powder	2 tsp
No-chicken bouillon paste	2 tbsp
Silken Tofu	500g
Vegan Worcestershire sauce	2 tbsp
Olive oil	14 tbsp
Spinach	1800g minimum
Tinned green lentils	800g
Nutritional yeast	4 tbsp
Black pepper	2 tbsp
Garlic salt (not powder)	4 tsp
Onion salt (not powder)	4 tsp
Smoked paprika	2 tsp
Chilli powder	2 tsp
Liquid smoke	4 tbsp
Chestnut mushrooms	400g
Dark soy sauce	14 tbsp
Tomato puree	8 tbsp
Maple syrup	2 tbsp
Brown lentils, cooked measure	1200g
Portobello mushrooms	24

Week 7 & 8

Protein Works Wondershake	24 scoops
Oats	360g
Extra Firm Tofu	2400g
Vital wheat gluten	480g
Garlic powder	2 tsp
Onion powder	2 tsp
No-chicken bouillon paste	2 tbsp
Silken Tofu	500g
Vegan Worcestershire sauce	2 tbsp
Salad greens	Unlimited
Spinach	Unlimited
Black beans	2400g
Cauliflower heads	Unlimited
Any green veggie	Unlimited
Firm tofu	600g
Vanilla extract	3 tsp
liquid stevia	3 tsp
Peanut flour	540g
Almond milk (unsweetened)	1200ml

Week 9 & 10

Protein Works Wondershake	24 scoops
Oats	360g
Vital wheat gluten	1170g
Garlic powder	2 tsp
Onion powder	2 tsp
No-chicken bouillon paste	2 tbsp
Silken Tofu	500g
Vegan Worcestershire sauce	2 tbsp
Salad greens	Unlimited
Tinned green lentils	800g
Nutritional yeast	4 tbsp
Black pepper	2 tbsp
Garlic salt (not powder)	4 tsp
Onion salt (not powder)	4 tsp
Smoked paprika	2 tsp
Chilli powder	2 tsp
Liquid smoke	4 tbsp
Chestnut mushrooms	400g
Dark soy sauce	14 tbsp
Tomato puree	8 tbsp
Maple syrup	2 tbsp
Brown lentils, cooked measure	1800g
Portobello mushrooms	24
Asparagus	Unlimited
Peanut butter	360g

Week 11

Protein Works Wondershake	18 scoops
Oats	120g
Extra Firm Tofu	840g
Broccoli	Unlimited
Vital wheat gluten	240g
Garlic powder	1 tsp
Onion powder	1 tsp
No-chicken bouillon paste	1 tbsp
Silken Tofu	250g
Vegan Worcestershire sauce	1 tbsp
Salad greens	Unlimited
Olive oil	6 tbsp
Spinach	Unlimited
Portobello mushrooms	12
Chickpeas	960g

Week 12

Protein Works Wondershake	16 scoops
Oats	160g
Extra Firm Tofu	840g
Vital wheat gluten	240g
Garlic powder	1 tsp
Onion powder	1 tsp
No-chicken bouillon paste	1 tbsp
Silken Tofu	250g
Vegan Worcestershire sauce	1 tbsp
Broccoli	Unlimited
Salad greens	Unlimited
Olive oil	4 tbsp
Spinach	Unlimited
Any green veggie	Unlimited
Field mushrooms	8 large
Chickpeas	640g
White bagel	2
Vegan butter	1 small container
White basmati rice, cooked measure	300g
Plain pasta, cooked measure	300g
Basil pesto, store-bought	60g
Whole grain toast	4 slices

REFEED Weeks 1-12

Protein Works Wondershake	12 scoops
Vital wheat gluten	480g
Garlic powder	2 tsp
Onion powder	2 tsp
No-chicken bouillon paste	2 tbsp
Silken Tofu	500g
Vegan Worcestershire sauce	2 tbsp
Salad greens	Unlimited
Asparagus	120 spears
Peanut butter	180g
White bagel	12
Plain pasta, cooked measure	1800g
Whole grain toast	24 slices
Beyond Burger patty	12
White burger bun	12
Sweet potato	3000g

Show Day

Rice cakes, plain	8
Dark chocolate squares	4
Peanut butter	a few tbsp

OPTIONAL INGREDIENTS TO ADD FOR FLAVOUR

NOT ALL ARE FREE FOODS (see recipes for instructions on where to use)

Smoked paprika	Garden peas
Dried cinnamon powder	Fresh mint leaves
Ground cumin	Radishes
Cayenne pepper	Garlic powder
Curly parsley	Nutritional yeast
Fresh or powdered garlic	Onion powder
Dried turmeric	Dried thyme
Fresh coriander/cilantro leaves	Dried oregano
Sesame oil (small jar)	Mexican Spice Tajin
Lemons for serving & squeezing	Tamari
Agave nectar for drizzling	Fresh or powdered ginger
Cucumbers	Spice mix or seasoning (such as that you would put on a fajita)
Celery	Apple cider vinegar

FREE Food

Spinach	Salad greens/lettuce
Broccoli	Cucumber
Green beans	Celery
Asparagus	Radish
Courgette/zucchini	Brussel sprouts
Cauliflower	Collard greens
Kale	Cabbage - not red
Pak choi/bok choy	

RECIPES





Breakfast Oatmeal

Serves 1

Ingredients

- Meal plan quantity of dried weight oats
- Protein Works Wondershake

Method

Use whatever quantity of oats and protein powder the meal plan states when making this recipe.

To cook, place the oats in a saucepan and add just enough water to cover. Cook over medium heat until soft and creamy, then add the protein powder, whisking all the time with a balloon whisk. Add more water little by little until smooth and creamy (and to make sure the powder is broken down well). Once cooked, pour into a bowl, top with the cinnamon, and eat immediately.

*Note - it might seem like a tiny amount, but once cooked with added protein powder, it makes a much larger quantity.



Seitan Chicken Tenders

Serves 6

Ingredients

- 240g vital wheat gluten
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp salt
- 1 tbsp no-chicken bouillon paste
- 250g silken tofu
- 120ml water
- 1 tbsp vegan Worcestershire sauce, available on Amazon

Method

In a large bowl, whisk the vital wheat gluten with the garlic powder, onion powder, and salt until thoroughly combined. In a small bowl, whisk the tofu, water, no-chicken bouillon paste and vegan Worcestershire sauce until the tofu breaks down into small pieces. Stir the wet ingredients into the dry until it forms a ball. **Do not overwork the mixture, or it will become very tough! Just mix until combined and no more.**

On a clean, flat surface, dusted with vital wheat gluten, roll or press the dough into a ½-inch thick circle. The dough will keep shrinking; just continue to press it back. If the dough tears, press it back together. Using a sharp paring knife, cut the chicken cutlets into six even pieces.

Place a steaming basket in a large pot and fill with water until the water is just below the basket. You don't want water to touch the cutlets. Bring the water to a boil. Spray a light coating of oil on the basket to prevent sticking and place the cutlets on the basket. If you need to layer the cutlets, spray a light coating of oil on the bottom layer, so they don't stick together.

Reduce the water to a simmer, cover the pot, and steam for 30 minutes. Remove the cutlets from the pot, cool and refrigerate for at least an hour. This will let the seitan develop a better texture. Serve warm or sliced cold into a salad. If you like, you can pan-sear them over a hot griddle before serving.



Seitan Mushroom Steak

Serves 6

Ingredients

- 345g vital wheat gluten
- 400g can of green lentils
- 2 tbsp nutritional yeast
- 1 tbsp black pepper
- 2 tsp garlic salt (not powder)
- 2 tsp onion salt (not powder)
- 1 tsp smoked paprika
- 1 tsp chilli powder
- 1 tbsp olive oil
- 2 tbsp liquid smoke
- 12 tbsp of water
- 200g chestnut mushrooms
- 6 tbsp dark soy sauce
- 4 tbsp tomato puree
- Water for steaming

For the marinade:

- 1 tablespoon dark soy sauce
- 1 tablespoon maple syrup
- 100ml water
- *Optional* Any combo of herbs and spices

Method

Heat the oil in a non-stick pan over high heat and cook mushrooms (whole) for 5-7 mins until most of the liquid has evaporated. Turn down the heat and cook the mushrooms for another 5 minutes until slightly brown and caramelized. Take off the heat and allow it to cool.

Put all dry ingredients into a food processor and pulse for about 30 seconds on and off to

incorporate into the vital wheat gluten. Add the mushrooms, lentils, liquid smoke, water, tomato paste, and soy sauce and pulse until mixed well, stopping to scrape down the sides if necessary. *Caution* Do not overwork the dough. The longer you pulse, the tougher the seitan will be. Only do the bare minimum, so the dough is well mixed through.

Tip onto a clean, dry work surface and gently turn the dough into itself by kneading. But do NOT overwork the dough, as this will make it tough. The less you handle it, the better. Roll gently into a log and cut into six even pieces. Shape into a steak patty with your hands until about 1 inch thick. DO NOT OVERWORK THE DOUGH.

Pour 1 inch of water into a deep baking tray and place a wire rack on top. Place each steak onto a rack, and cover with tinfoil, tucking in at the edges. Cook on a gentle simmer, on the stove, for 24 minutes, turning halfway through cooking. Check the water to make sure it hasn't evaporated dry during cooking. Once cooked, leave to cool uncovered and place into a ziplock bag with the marinade. Leave to marinate for 2-3 hours or overnight.

To serve, heat a skillet over high heat and sear the seitan for about 2 minutes on each side. Be careful not to burn it! Place on a baking sheet and put into the oven at 180°C for 10 minutes.



Cauliflower Steak

Serves 6

Ingredients

- 3 large heads of cauliflower (approx 1.2kg in weight)
- 3 teaspoons garlic salt
- 2 tablespoons nutritional yeast
- 1 teaspoon dried oregano

Method

Slice the two edges of the cauliflower, about 1.5 inches diameter each. Then slice the remaining middle section into two pieces, so you have two steaks. (You can also cook the edge pieces if you wish, as cauliflower is technically a free food.

On a large baking sheet, place the cauliflower flat side down, and sprinkle with the seasonings. Turn them over and repeat on the other side making sure to divide evenly between the six steaks.

Bake in the oven at 220°C for about 20 mins, flipping half way through the baking time. Drizzle with lemon juice before serving.

Shop Bought 'Meats'

Beyond Burger

This is a shop-bought patty with the following macros. If you cannot purchase this exact one, try to find one with similar macros.

Weight of burger	113g
Carbs	3.9g
Protein	19.2g
Fat	21.4g





Additional Ideas

Mexican Spiced Baked Sweet Potato

Serves 1

Ingredients

- Meal plan weight of sweet potato, chopped into 1" cubes
- smoked paprika
- dried cinnamon powder
- ground cumin
- cayenne pepper
- salt and pepper to taste

Method

Place sweet potato cubes into a large bowl, and sprinkle generously with the spices, salt, & pepper. Add a splash of water to help coat the potato with the spices if needed. Place on a non-stick sheet of parchment paper on a large baking tray. Bake in the oven at 200°C for 30-45 minutes or until tender. Turn halfway through cooking to prevent burning.



Baked Portobello Mushrooms

Serves 6

Ingredients

- Meal plan quantity of portobello mushrooms
- ½ clove of garlic per mushroom, crushed
- 5g curly parsley, finely chopped per mushroom
- salt & pepper

Method

Place the mushrooms stalk side up on a piece of baking paper on a large baking sheet, or divide them between 2 sheets. Sprinkle with garlic, parsley, and a good grind of salt and pepper. Bake in the oven at 180°C for 40 minutes. Serve 2 mushrooms per portion.



Cooked Basmati Rice

Serves 6

Ingredients

- Basmati rice
- Double volume of water to rice, boiled
- 1 tsp salt per 50g rice

Method

Place the uncooked rice in a saucepan and wash thoroughly with cold water. Wash and drain until the water runs completely clear. Pour into a sieve to drain and repeat the process 5 or 6 times or until the water is clear. This washes all the starch off the rice and stops it from sticking together. Pour the rice into a large, non-stick saucepan and add the salt. Stir well and pour over the water. Cover, bring to a boil, and turn down the heat, so the water is barely simmering. Leave to cook for exactly 15 minutes. Do not lift the lid or stir during cooking. At the end of 15 minutes, lift the lid and tip the saucepan to the side. If there is no water left, the rice is cooked. If there is still water, cook for another few minutes.



Cooked Quinoa

Serves 6

Ingredients

- Dried quinoa
- Double the volume of water, boiled
- 1 tsp salt per 50g dried quinoa

Method

Place the quinoa in a sieve and wash well under cold running water for several minutes to wash the starch off. Pour into a saucepan, add the salt and pour over boiling water. Bring to a boil, then turn the heat down to a gentle simmer. Cook for 15 minutes, then tip the quinoa into a sieve and rinse well under cold water to stop it from cooking.



FREE FOOD

**The recipes below are all considered a free food.
Eat at your leisure and use to bulk up meals to keep hunger at bay.**

Steamed Green Beans & Asparagus

Serves 6

Ingredients

- 600g asparagus stalks
- 600g green beans
- 6 cloves garlic
- salt and pepper to taste

Method

Place the green beans in a large saucepan with 2cm of water in the bottom and sprinkle over the garlic. Season well with salt and pepper. Cook for about 5 minutes until the beans are slightly soft, then add the asparagus. Cook for another 3 minutes until the asparagus is tender. Both vegetables should be bright green in colour. Drain off any leftover water and plunge into a large bowl of iced water to stop them from cooking. Cut into small pieces to store, or leave full—Your choice.

Scented Cauliflower Rice

Serves 6

Ingredients

- 450g cauliflower florets
- 1 teaspoon dried turmeric
- 30g fresh coriander (cilantro) leaves, chopped
- ½ teaspoon sesame oil
- Salt and pepper to taste

Method

Place the cauliflower into a food processor and pulse until the cauliflower resembles rice. Heat the oil in a large non-stick frying pan and add turmeric, salt, and pepper. Tip the rice into the pan and saute over medium heat, stirring regularly for about 10 minutes. Add salt and pepper to taste. When cooked, add the chopped cilantro. Divide into 6 equal portions.



Steamed Broccoli

Serves 6

Ingredients

- 2 heads of broccoli
- 6 cloves garlic
- salt to taste

Method

Cut the end of the broccoli and cut the curly head into florets. Peel the stems with a peeler and chop them into chunks. Place into a large pan with about 1cm of water in the bottom. Sprinkle the garlic over the broccoli with a good grind of salt. Place over high heat and bring to a boil. Steam with the lid on for about 8-10 minutes or until the broccoli is bright green and tender. Make sure the broccoli doesn't steam dry. Remove from the heat and immediately plunge into a bowl of iced water. Portion into 6 even portions.

Sauteed Spinach

Serves 6

Ingredients

- 1200g baby spinach leaves
- 6 cloves garlic
- salt and pepper to taste

Method

Place spinach into a large saucepan and sprinkle over the garlic. Season well with salt and pepper. (You may have to do this in batches). Cook for about 5 minutes until the spinach has completely wilted. Squeeze all the liquid out with the back of a spoon or using your hands wearing rubber gloves. Bunch the spinach and slice into 6 even portions using a sharp knife.



Green Salad

Serves 6 (or eat it all at once!)

Ingredients

- 600g mixed salad leaves
- 1 cucumber, peeled, core removed and diced
- 3 sticks celery, finely diced
- 150g green beans, ends trimmed and finely chopped
- 2 tbsp garden peas
- 30g curly parsley, very finely chopped
- 6 mint leaves, finely chopped
- 1 lemon, cut into wedges
- Drizzle of agave nectar
- Sea salt

Method

Steam celery and green beans for 3-5 minutes with the peas until bright green. Plunge into a bowl of iced water to stop them from cooking. Place everything in a large bowl and toss together. Before serving, sprinkle over a tiny drizzle of agave nectar, a squeeze of fresh lemon juice, and sprinkle with sea salt.



Chopped Green Salad

Serves 6

Ingredients

- 1 cucumber, deseeded and chopped
- 4 sticks celery, chopped
- 10 radishes, chopped
- 100g steamed broccoli, chopped
- 100g steamed green beans, chopped
- 100g steamed asparagus, chopped
- 200g green salad leaves

Method

Mix everything well in a large bowl and store in an airtight container in the fridge. Snack from this box anytime you feel a hunger craving! Season with any of the free condiments below.

Baked Cauliflower

Ingredients

Serves 6

- 3 large heads of cauliflower, outer leaves, and stalk removed
- 3 tsp garlic powder

- 3 lemons, juiced
- 2 tsp cayenne pepper
- 3 tbsp nutritional yeast
- salt and pepper to taste

Method

Slice the cauliflower in half down the middle, and place it on a clean work surface, flat side down. Drizzle the lemon juice equally among the six halves and rub it gently using your hands. Sprinkle with the garlic powder, cayenne, and nutritional yeast, using your hands if necessary to spread the seasoning. Finish with a liberal grind of salt and pepper. Place a sheet of non-stick baking paper on a large baking sheet and sprinkle it with salt and pepper. Place the cauliflowers flat side down on the baking sheet.

Bake at 200°C/425°F for 30-45 minutes or until tender. To test for tenderness, push a sharp knife into the center of one of the cauliflower heads.



Roasted Cauliflower

Ingredients

Serves 6

- 450g cauliflower, cleaned and cut into florets
- 1 tsp ground black pepper
- 4 tbsp nutritional yeast
- 2 tsp garlic powder
- 1 tsp cayenne pepper (ground)
- 1 tsp sea salt

Method

Place the cauliflower florets into a large rimmed baking dish. Sprinkle over the salt, pepper, nutritional yeast, garlic powder, and cayenne pepper. Toss well with your hands until all the florets are coated. Add a little water if needed. Bake in a preheated oven at 220°C/425°F for about 15 minutes. Take out of the oven and gently toss, then cook for another 10 mins or until tender and golden.

Steamed Greens

Serves 6

- 600g broccoli
- 600g asparagus
- 600g green beans
- 6 cloves garlic, roughly chopped
- salt to taste

Method

Using any or all of the above, remove the stalks and place the greens into a large saucepan with about 1 cm of water. Sprinkle with salt and throw over the garlic. Place on a very high heat and bring to a rapid boil with the lid on. Steam like this for about 5 minutes until tender and bright green. Remove from the heat and run ice-cold water into the saucepan to stop the greens from cooking further. Blot with kitchen paper to remove the excess water and store it in the fridge. Alternatively, eat immediately when hot without flushing with cold water.



Refeed Day

Refeed Day Baked Sweet Potato Fries

Serves 1

Ingredients

- 1 tbsp vegetable oil
- 250g sweet potatoes, peeled and cut into ¼" strips
- 1 tsp salt
- 2 tsp paprika
- 2 tsp onion powder
- 1 tsp garlic powder
- Pinch of dried thyme
- Pinch of dried oregano
- Pinch of freshly ground black pepper
- Pinch of cayenne

Method

Place sweet potato into a large bowl. Fill the bowl with cold water and soak for 30 minutes. Drain, and thoroughly pat dry with paper towels. Return to your dried bowl.

Preheat the oven to 220°C/425°F. Coat a large rimmed baking sheet with 1 tbsp vegetable oil. Add the salt and spices to the sweet potatoes and toss well to coat. Place on the prepared baking sheet in a single layer without any overlap. Bake for 25 minutes, tossing halfway through, or until fully cooked and golden brown. Transfer to a large bowl and add a sprinkle of salt to season. Serve immediately.



Healthy Peanut Butter Mousse

Serves 1

Ingredients

- 50g firm tofu
- Pinch salt
- ¼ tsp vanilla extract
- ¼ tsp liquid stevia
- 45g peanut flour
- 100ml 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 the mixture into a glass. The mousse can be served straight away or covered with plastic wrap and stored in the refrigerator.

Protein Ice Cream

Serves 6

- 1-2 heaped scoops Protein Works Wondershake
- 2 ice cubes
- 75ml water

Method

Place the protein powder, water, and ice into a blender and blend on high speed until the ice is completely broken down. Add more water little by little until a soft ice cream texture is achieved.

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