THE SCULPTED *vegan*



GLUTEN FREE MEAL PLANS

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GLUTEN FREE MEAL PLANS

WEEK 1 & 2 1500 CALORIES
Berry Vanilla Chia Pudding
2 heaped scoops **The Protein Works Wondershake**, blended with ice and water
Tofu & Red Lentil Soup
Tempeh & Bean Salad
2 heaped scoops **The Protein Works Wondershake**, blended with ice and water

WEEK 3 & 4 1400 CALORIES
Overnight Berry Quinoa
2 heaped scoops **The Protein Works Wondershake**, blended with ice and water
Tempeh Salad Bowl
Tofu and Lentil Stew
2 heaped scoops **The Protein Works Wondershake**, blended with ice and water

WEEK 5 & 6 1300 CALORIES
Berry Oatmeal with Vanilla Crème Protein
2 heaped scoops **The Protein Works Wondershake**, blended with ice and water
Tofu Vegetable Stir-Fry
Tempeh and Red Lentil Soup
2 heaped scoops **The Protein Works Wondershake**, blended with ice and water

WEEK 7 & 8 1200 CALORIES
Berry Vanilla Chia Pudding
2 heaped scoops **The Protein Works Wondershake**, blended with ice and water
Herb-Infused Roasted Sweet Potato and Tofu Bowl
Tempeh and Asparagus Stir-Fry with Peas
2 heaped scoops **The Protein Works Wondershake**, blended with ice and water

BULK INGREDIENTS SHOPPING LIST

We have created a one-click Amazon shopping list of ingredients that are most cost effective to order in bulk to last you for the eight weeks.

amazon	amazon	amazon
US customers **CLICK HERE**	UK customers **CLICK HERE**	AU customers **CLICK HERE**

OUR GIFT TO YOU



WEEK 1 & 2

1500 Calories

Breakfast
1 serve **Berry Vanilla Chia Pudding**
Post Workout
2 heaped scoops **The Protein Works Wondershake** Blended with ice and water
Lunch
1 serve **Tofu & Red Lentil Soup**
Dinner
1 serve **Tempeh & Bean Salad**
Evening snack
2 heaped scoops **The Protein Works Wondershake** Blended with ice and water

Recipes

Berry Vanilla Chia Pudding

Serves 7

INGREDIENTS

- 105g (4 oz) chia seeds
- 210g (8 oz) oats
- 700ml (24 fl oz) almond milk, unsweetened
- 210g (7 oz) **The Protein Works Wondershake Vanilla Crème protein powder**
- 350g (12 oz) frozen mixed berries

METHOD

1. In a large mixing bowl, combine chia seeds, oats and almond milk. Stir well to ensure chia seeds are thoroughly soaked.

2. Add the protein powder to the mixture and mix until well combined.

3. Divide the mixture into seven serving glasses or bowls.

4. Refrigerate for a minimum of 3 hours, or overnight for best results.

5. Before serving, top each serving with an even amount of mixed berries.

Tofu & Red Lentil Soup

Serves 7

INGREDIENTS

- 1.05 kg (37 oz) extra firm tofu, cubed
- 350g (12 oz) dried red lentils
- 1.5 liters (45 fl oz) vegetable broth
- 4 medium onions, chopped
- 7 garlic cloves, minced
- 4 red bell peppers, chopped

METHOD

1. Heat a little water in a large pot over medium heat.

2. Sauté onion and garlic until translucent, about 3-4 minutes. Add more water if necessary.

3. Add the red bell pepper and continue sautéing for an additional 2 minutes.

4. Add the red lentils and vegetable broth. Bring the mixture to a boil.

5. Once boiling, reduce the heat and simmer for about 20 minutes, or until lentils are tender.

6. Add the cubed tofu and cook for another 5 minutes, ensuring the tofu is heated throughout.

7. Season with salt and pepper to taste, and serve.

Tempeh & Bean Salad

Serves 7

INGREDIENTS

- 700g (25 oz) tempeh, cubed
- 1.4 kg (50 oz) black beans
- 700g (25 oz) cooked broccoli florets
- 700g (25 oz) cooked cauliflower florets
- 700g (259 oz) raw spinach, chopped

METHOD

1. Heat a little water in a skillet over medium heat.

2. Add tempeh cubes and sauté until golden brown, about 5-6 minutes.

3. In a large bowl, combine the black beans, broccoli, cauliflower, and spinach.

4. Once the tempeh is cooked, add it to the bowl with the other ingredients. Toss to combine.

5. Season well with salt and pepper, and divide into seven portions.

One Week Shopping List

- ☐ 105g (4 oz) chia seeds
- ☐ 210g (8 oz) oats
- ☐ 700ml (24 fl oz) unsweetened almond milk
- ☐ 750g (26 oz) tub **The Protein Works Wondershake, any flavour**
- ☐ 750g (26 oz) tub **The Protein Works Wondershake Vanilla Crème flavour**
- ☐ 350g (12 oz) frozen mixed berries
- ☐ 1.05 kg (37 oz) extra firm tofu
- ☐ 350g (12 oz) dried red lentils
- ☐ 1.5L (45 fl oz) vegetable broth
- ☐ 4 medium onions
- ☐ 7 cloves garlic
- ☐ 4 red bell peppers
- ☐ 700g (25 oz) tempeh
- ☐ 1.4 kg (49 oz) black beans
- ☐ 700g (25 oz) broccoli florets
- ☐ 700g (25 oz) cauliflower florets
- ☐ 700g (25 oz) raw spinach
- ☐ salt and pepper

WEEK 3 & 4

1400 Calories

Breakfast
1 serve **Overnight Berry Quinoa**
Post Workout
2 heaped scoops **The Protein Works Wondershake** Blended with ice and water
Lunch
1 serve **Tempeh Salad Bowl**
Dinner
1 serve **Tofu and Lentil Stew**
Evening snack
2 heaped scoops **The Protein Works Wondershake** Blended with ice and water

Recipes

Overnight Berry Quinoa

Serves 7

INGREDIENTS

- 700g (25 oz) cooked quinoa (approx 350g (12 oz) dried weight)
- 1050ml (36 fl oz) almond milk
- 350g (12 oz) mixed berries (blueberries, raspberries)
- 210g (7 oz) **The Protein Works Wondershake Vanilla Crème protein powder**

METHOD

1. In a large bowl, mix together the cooked quinoa and almond milk until well combined.

2. Gently fold in the mixed berries.

3. Add protein powder, stirring until there are no lumps.

4. Divide the mixture into seven serving bowls or jars and place them in the refrigerator overnight.

5. In the morning, stir the mixture and serve it cold.

Tempeh Salad Bowl

Serves 7

INGREDIENTS

- 700g (25 oz) tempeh, cubed
- 350g (12 oz) mixed salad greens
- 175g (7 oz) cherry tomatoes, halved
- 175g (7 oz) cucumber, diced
- 7 tbsp olive oil
- 7 tbsp balsamic vinegar
- Salt and pepper to taste

METHOD

1. Heat a non-stick pan over medium heat. Add the tempeh cubes and cook until golden brown on all sides.

2. In a large bowl, combine the mixed salad greens, cherry tomatoes & cucumber.

3. Add the cooked tempeh on top.

4. In a small bowl, whisk together olive oil and balsamic vinegar to make the dressing.

5. Drizzle the dressing over the salad, and season with salt and pepper to taste.

6. Toss everything together and enjoy your flavorful Tempeh Salad Bowl!

Tofu and Lentil Stew

Serves 7

INGREDIENTS

- 1050g (37 oz) extra firm tofu, cubed
- 525g (19 oz) dried green lentils
- 2 L (67 fl oz) vegetable broth
- 2 onions, chopped
- 7 garlic cloves, minced
- 4 carrots, diced
- 4 zucchinis, diced
- 4 tsp ground cumin
- 4 tsp paprika
- 2 tsp turmeric
- Salt and pepper, to taste
- Fresh cilantro or parsley, for garnish

METHOD

1. In a large pot, heat a little water and sauté the chopped onions and minced garlic until fragrant.

2. Add the diced tofu, green lentils, diced carrots, and ⅔ of the vegetable broth. Bring to a simmer.

3. Stir in the ground cumin, paprika, turmeric, salt, and pepper.

4. Cover and let the stew simmer for about 20-25 minutes, until lentils are tender. Add the rest of the stock if needed.

5. Add the diced zucchinis and cook for an additional 5 minutes.

6. Adjust seasoning if needed.

7. Divide into 7 portions, garnished with fresh cilantro or parsley.

One Week Shopping List

- ☐ 700g (25 oz) cooked quinoa (approx 350g (12 oz) dried weight)
- ☐ 1050ml (36 fl oz) almond milk
- ☐ 350g (12 oz) mixed berries (blueberries, raspberries)
- ☐ 750g (26 oz) tub **The Protein Works Wondershake, any flavour**
- ☐ 750g (26 oz) tub **The Protein Works Wondershake Vanilla Crème flavour**
- ☐ 700g (25 oz) tempeh
- ☐ Unlimited mixed salad greens
- ☐ 175g (7 oz) cherry tomatoes
- ☐ 2-3 whole cucumbers
- ☐ 7 tbsp olive oil
- ☐ 7 tbsp balsamic vinegar
- ☐ salt and pepper
- ☐ 1050g (37 oz) extra firm tofu
- ☐ 525g (19 oz) dried green lentils
- ☐ 2 L (67 fl oz) vegetable broth
- ☐ 2 onions
- ☐ 7 garlic cloves
- ☐ 4 carrots
- ☐ 4 zucchinis
- ☐ 4 tsp ground cumin
- ☐ 4 tsp paprika
- ☐ 2 tsp turmeric
- ☐ fresh cilantro or parsley

WEEK 5 & 6

1300 Calories

Breakfast
1 serve **Berry Oatmeal with Vanilla Crème Protein**
Post Workout
2 heaped scoops **The Protein Works Wondershake** Blended with ice and water
Lunch
1 serve **Tofu Vegetable Stir-Fry**
Dinner
1 serve **Tempeh and Red Lentil Soup**
Evening snack
2 heaped scoops **The Protein Works Wondershake** Blended with ice and water

Recipes

Berry Oatmeal with Vanilla Crème Protein

Serves 7

INGREDIENTS

- 210g (8 oz) gluten-free rolled oats
- 210g (7 oz) **The Protein Works Wondershake Vanilla Crème protein powder**
- 350g (13 oz) mixed berries (raspberries, blueberries, blackberries)

METHOD

1. In a pot, combine the gluten-free oats and add enough water to cover.

2. Cook for 10-12 minutes or until the oats have absorbed the water and are fully cooked.

3. Remove from heat and whisk in the Vanilla Crème protein powder.

4. Divide the oatmeal into 7 portions and top each with mixed berries.

5. Serve warm.

Tofu Vegetable Stir-Fry

Serves 7

INGREDIENTS

- 1050g (37 oz) extra firm tofu, cubed
- Unlimited green beans, trimmed
- 7 red bell pepper, sliced
- Unlimited broccoli florets
- 14 garlic cloves, minced
- 14 tbsp gluten-free soy sauce or tamari (or to taste)
- 7 tbsp olive oil
- 7 tbsp freshly grated ginger

METHOD

1. Press tofu to remove excess water and then cube.

2. In a large skillet or wok, heat the olive oil over medium-high heat.

3. Add tofu cubes and cook until golden brown on all sides, approximately 6-8 minutes.

4. Add garlic and ginger, stir-fry for another 2 minutes.

5. Add green beans, red bell pepper, and broccoli. Stir-fry for 5-7 minutes or until vegetables are tender yet crisp.

6. Drizzle with soy sauce or tamari and toss to coat all ingredients.

7. Serve warm.

Tempeh and Red Lentil Soup

Serves 7

INGREDIENTS

- 700g (25 oz) tempeh, crumbled
- 350g (12 oz) dried red lentils
- 1 litre (36 fl oz) vegetable broth
- 7 onions, diced
- 14 garlic cloves, minced
- 7 tsp cumin
- Salt and pepper to taste

METHOD

1. In a large pot, heat a little of the vegetable broth over medium heat.

2. Add onions and garlic, and sauté until translucent, about 3-4 minutes.

3. Add crumbled tempeh and cook for another 3-4 minutes.

4. Stir in red lentils, cumin, salt, and black pepper.

5. Pour in the vegetable broth and bring the mixture to a boil.

6. Reduce heat and let simmer for 20-25 minutes, or until lentils are soft. Add more broth if needed.

7. Adjust seasoning if necessary.

8. Serve hot.

One Week Shopping List

- ☐ 210g (8 oz) gluten-free rolled oats
- ☐ 750g (26 oz) tub **The Protein Works Wondershake, any flavour**
- ☐ 750g (26 oz) tub **The Protein Works Wondershake Vanilla Crème flavour**
- ☐ 350g (12 oz) mixed berries (raspberries, blueberries, blackberries)
- ☐ 1050g (37 oz) extra firm tofu
- ☐ Unlimited green beans
- ☐ 7 red bell pepper
- ☐ Unlimited broccoli florets
- ☐ 14 garlic cloves
- ☐ 14 tbsp gluten-free soy sauce or tamari
- ☐ 7 tbsp olive oil
- ☐ 1 large piece of fresh ginger
- ☐ 1700g (25 oz) tempehr
- ☐ 350g (12 oz) dried red lentils
- ☐ 1000ml (36 fl oz) vegetable broth
- ☐ 7 onions
- ☐ 7 tsp cumin
- ☐ Salt and pepper

WEEK 7 & 8

1200 Calories

Breakfast
1 serve **Berry Vanilla Chia Pudding**
Post Workout
2 heaped scoops **The Protein Works Wondershake** Blended with ice and water
Lunch
1 serve **Herb-Infused Roasted Sweet Potato and Tofu Bowl**
Dinner
1 serve **Tempeh and Asparagus Stir-Fry with Peas**
Evening snack
2 heaped scoops **The Protein Works Wondershake** Blended with ice and water

Recipes

Berry Vanilla Chia Pudding

Serves 7

INGREDIENTS

- 105g (4 oz) chia seeds
- 525ml (18 fl oz) almond milk
- 4 tsp vanilla extract
- 210g (7 oz) **The Protein Works Wondershake Vanilla Crème protein powder**
- 350g (12 oz) mixed berries (strawberries, raspberries, blueberries)

METHOD

1. In a bowl, combine chia seeds, almond milk, vanilla extract, and the protein powder.

2. Stir the mixture thoroughly to ensure even distribution of chia seeds.

3. Cover the bowl and refrigerate for at least 3 hours, preferably overnight.

4. Before serving, stir the mixture again and check the consistency. Add more water if necessary.

5. Top with mixed berries and serve chilled.

Herb-Infused Roasted Sweet Potato and Tofu Bowl

Serves 7

INGREDIENTS

- 1400g (49 oz) sweet potato
- 1050g (37 oz) extra firm tofu
- Unlimited broccoli
- Unlimited green beans
- Fresh or dried herbs (e.g., thyme, rosemary, oregano, basil) - to taste
- Juice of 7 lemons
- Salt and pepper to taste

METHOD

1. Preheat the oven to 200°C (392°F). Peel and dice the sweet potato into bite-sized cubes. Cut the extra firm tofu into bite-sized cubes. Cut the broccoli into florets. Trim the ends of the green beans.

2. In a mixing bowl, toss the sweet potato cubes and tofu cubes with your choice of herbs, salt, and pepper. You can use a mixture of herbs like thyme, rosemary, oregano, and basil for a fragrant aroma. Drizzle the lemon juice over the seasoned sweet potato and tofu mixture.

3. Line a baking sheet with parchment paper or use a non-stick baking mat. Arrange the seasoned sweet potato and tofu on the baking sheet, ensuring they are spread out in a single layer.

4. Place the baking sheet in the preheated oven and roast for about 25-30 minutes or until the sweet potatoes are tender and slightly caramelized. You can give them a gentle toss halfway through the roasting time for even cooking.

5. While the sweet potato and tofu are roasting, prepare a pot of boiling water. Add the broccoli florets and green beans to the boiling water and blanch for about 2-3 minutes, or until they are vibrant and slightly tender. Immediately transfer the blanched vegetables to a bowl of ice water to stop the cooking process. This helps retain their bright color and crisp texture.

6. When the sweet potato and tofu are done roasting, remove them from the oven. In food prep containers, arrange the roasted sweet potato and tofu alongside the blanched broccoli and green beans. If desired, sprinkle a bit more of the chosen herbs over the vegetables and tofu for an extra burst of flavor. Season with additional salt and pepper to taste.

7. Serve the Herb-Infused Roasted Sweet Potato and Tofu Bowl with a wedge of lemon on the side for an added zing.

Tempeh and Asparagus Stir-Fry with Peas

Serves 7

INGREDIENTS

- 700g (25 oz) tempeh
- Unlimited asparagus
- Unlimited frozen peas
- Fresh herbs or spices (e.g., thyme, oregano, garlic powder) - to taste
- Juice of 7 lemons
- Salt and pepper to taste

METHOD

1. Cut the fresh tempeh into bite-sized cubes. Trim the asparagus and cut into 2-inch pieces. Rinse frozen peas under cold water to thaw.

2. In a bowl, marinate tempeh with chosen herbs, spices, salt, and pepper, Drizzle with lemon juice.

3. Heat a non-stick skillet over medium-high heat. Add marinated tempeh and stir-fry for 4-5 minutes until golden and slightly crisp.

4. Push tempeh to one side, add asparagus, and stir-fry for 2-3 minutes until tender-crisp.

5. Push tempeh and asparagus to one side, add thawed peas, and stir-fry 2-3 minutes.

6. Adjust seasoning with salt, pepper, or lemon juice.

7. Toss ingredients together in the skillet.

8. Plate the stir-fried mixture, garnish with fresh herbs or spices, and serve.

One Week Shopping List

- ☐ 105g (4 oz) chia seeds
- ☐ 1050ml (36 fl oz) almond milk
- ☐ 4 tsp vanilla extract
- ☐ 750g (26 oz) tub **The Protein Works Wondershake, any flavour**
- ☐ 750g (26 oz) tub **The Protein Works Wondershake Vanilla Crème flavour**
- ☐ 350g (12 oz) mixed berries (strawberries, raspberries, blueberries)
- ☐ 1400g (49 oz) sweet potato
- ☐ 1050g (37 oz) extra firm tofu
- ☐ Unlimited broccoli
- ☐ Unlimited green beans
- ☐ Fresh or dried herbs (e.g., thyme, rosemary, oregano, basil)
- ☐ 14 lemons
- ☐ salt and pepper
- ☐ 700g (25 oz) tempeh
- ☐ Unlimited asparagus
- ☐ Unlimited frozen peas
- ☐ Fresh herbs or spices (e.g., thyme, oregano, garlic powder)

MEAL PLANNING GUIDELINES

Welcome to your personalized meal plan designed to optimize your fat loss journey while ensuring balanced nutrition and convenience. Here's a comprehensive guide to help you successfully implement your meal plan for the upcoming week.

1. UNLIMITED GREEN GOODNESS

Enjoy a plethora of green vegetables and salad greens throughout the week. These nutrient-packed foods can be consumed in unlimited quantities, ensuring you stay satisfied and nourished.

2. CAULIFLOWER POWER

Maximize the bulk and nutritional content of your meals by incorporating frozen riced cauliflower. Blend it into smoothies for added creaminess and thickness, or mix it into your oatmeal recipes for extra fiber and nutrients.

3. RECIPES FOR SEVEN

All recipes are designed to yield seven servings. This simplifies your planning and preparation process, allowing you to enjoy consistent meals without hassle.

4. PREP FOR SUCCESS

Prepare your meals in advance to set yourself up for a successful week. Spend some time on a designated day to cook and portion your meals. This will save time during busy weekdays and ensure you stick to your plan.

5. ULTRA-LOW FAT FOCUS

This meal plan prioritizes low-fat options to optimize your fat loss results. Choose lean proteins, limit added oils and fats, and focus on whole-food sources to fuel your body while promoting fat loss.

6. PERFECT MACRO BALANCE

The scoop size for this protein powder is (very annoyingly) smaller than the serving size. One level scoop is only 18g of weight. To achieve the correct weight of 30g, you must use one heaped scoop. This is ONLY for the Wondershake, not for Fyta protein powder.

YOUR ONE-WEEK MEAL PREP GUIDE

STEP 1: PLAN YOUR MENU

Review the recipes provided in your meal plan and create a shopping list of all the required ingredients.

STEP 2: SHOP SMART

Head to the grocery store with your shopping list in hand. Stick to the list to avoid impulse purchases that may derail your plan.

STEP 3: BATCH COOKING

Set aside a block of time, such as a Sunday afternoon, to cook your meals for the week. Use multiple pots and pans simultaneously to save time.

STEP 4: PORTION CONTROL

Divide each recipe into seven equal portions. This makes it easy to grab a pre-portioned meal throughout the week.

STEP 5: STORAGE

Store your prepared meals in airtight containers in the fridge. If some recipes are freezer-friendly, consider freezing a portion for later in the week to maintain freshness.

STEP 6: DAILY MEAL ASSEMBLY

Each day, simply select the pre-portioned meals you want to enjoy. Add any additional fresh ingredients, if desired, to keep your meals interesting.

STEP 7: STAY HYDRATED

Don't forget to stay hydrated by drinking plenty of water throughout the day. Water supports your metabolism and overall well-being.

STEP 8: LISTEN TO YOUR BODY

While following the meal plan, listen to your body's hunger and fullness cues. If needed, you can split meals into two, so you're eating 10 times a day instead of 5. You can also save food during the day to eat in the evening, if this is when you would normally get hungry.

STEP 9: REVIEW AND ADAPT

At the end of the week, take a moment to reflect on what worked well and what could be improved. Use this feedback to refine your meal plan for the following week.

By following these guidelines, you're setting yourself up for a successful week of balanced nutrition and optimized fat loss results. Remember, consistency is key, and your dedication to this meal plan will yield positive changes over time.

By following these guidelines, you're setting yourself up for a successful week of balanced nutrition and optimized fat loss results. Remember, consistency is key, and your dedication to this meal plan will yield positive changes over time.

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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APPAREL

















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THE 4 WEEK SHREDDED BODY CHALLENGE

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