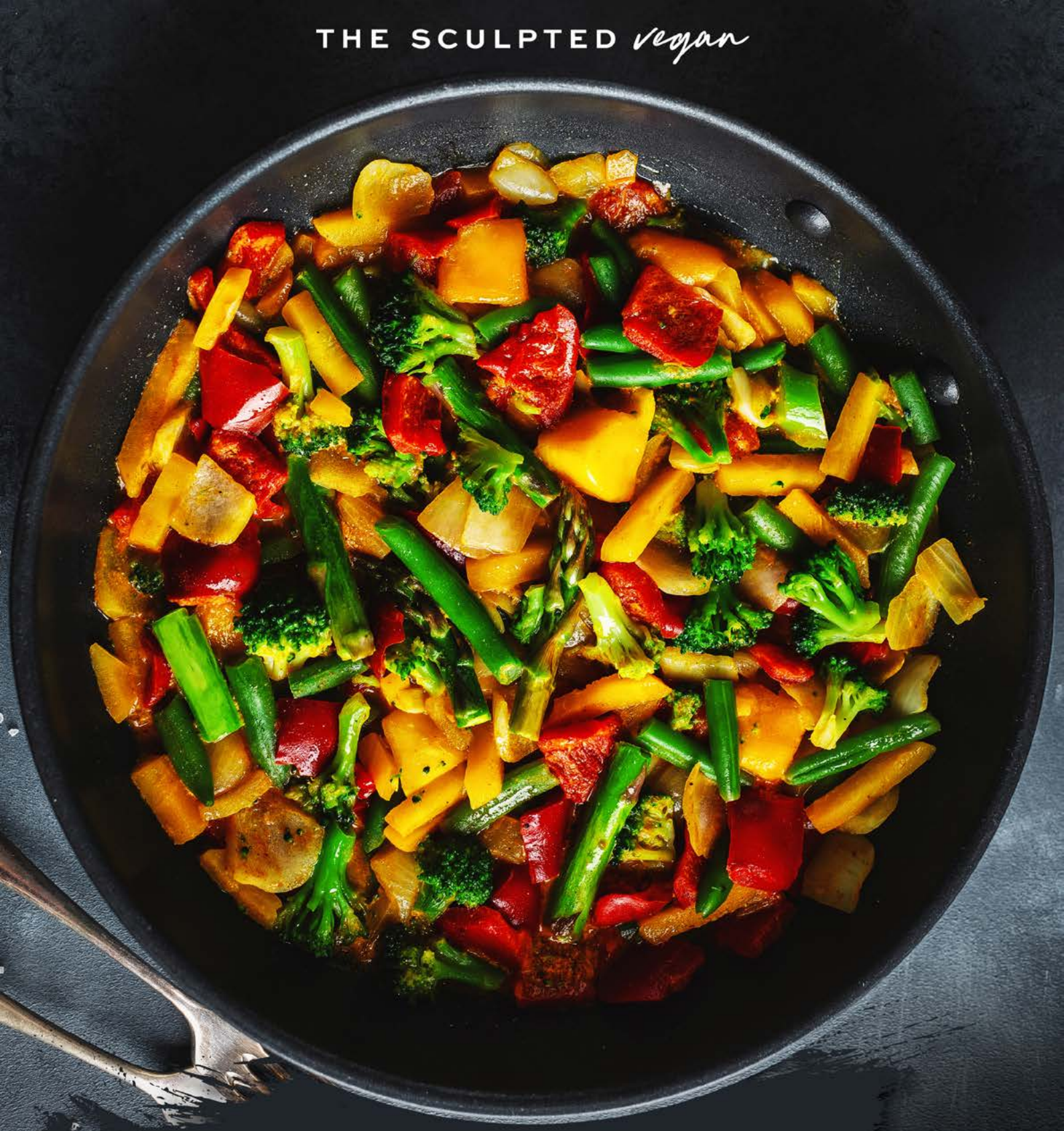
THE SCULPTED *vegan*



SOY FREE MEAL PLANS

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thesculptedvegan.com

SOY FREE MEAL PLANS

WEEK 1 & 2 1500 CALORIES
Berry Chia Seed Pudding
2 level scoops **Fyta Protein Powder**, blended with ice and water
Seitan and Red Lentil Soup
Seitan and Brown Lentil Salad
2 level scoops **Fyta Protein Powder**, blended with ice and water

WEEK 3 & 4 1400 CALORIES
Berry Oatmeal
2 level scoops **Fyta Protein Powder**, blended with ice and water
Lemon Seitan Chicken with Quinoa and Spinach
Seitan and Black Bean Salad
2 level scoops **Fyta Protein Powder**, blended with ice and water

WEEK 5 & 6 1300 CALORIES
Berry Oatmeal Delight
2 level scoops **Fyta Protein Powder**, blended with ice and water
Garlic Seitan Chicken with Green Lentils and Salad Greens
Seitan and Bean Stew
2 level scoops **Fyta Protein Powder**, blended with ice and water

WEEK 7 & 8 1200 CALORIES
Protein Packed Oatmeal
2 level scoops **Fyta Protein Powder**, blended with ice and water
Seitan Vegetable Stir Fry
Seitan and Lentil Stew
2 level scoops **Fyta Protein Powder**, 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



Simple Chicken Seitan Recipe

Below is a simple seitan chicken recipe which will form the basis of most of your protein consumption over the next eight weeks. This recipe is extremely simple to make, even though it looks daunting from the outset. I would recommend making one or two portions of the full recipe at the start of the week when meal prepping. It stores well in the freezer if you fancy making enough to last the month!

Serves 8

INGREDIENTS

- 400g (14.1 oz) can cannellini beans, liquid included
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 3 tbsp nutritional yeast
- 4 tbsp olive oil
- 1 tbsp soy free miso paste
- 380g (13.4oz) vital wheat gluten
- 280g (12.3 oz) vegan greek yogurt
- 1 tsp salt
- 1 Knorr vegetable jelly stock cube

METHOD

1. Fill a large, deep baking tray with water, around half an inch, and set a wire rack on top, making sure it doesn't touch the wire rack. The type that you use for cooling baked goods would be perfect here. Bring it to a boil.

2. Use a food processor to blend all ingredients except the vital wheat gluten, creating a paste. Add vital wheat gluten and pulse until a ball of dough forms. Pulse for 20-30 more seconds to work the gluten.

3. Divide the mixture into two portions and spread each half about half an inch thick on separate pieces of foil. Wrap each piece with the foil you placed it on. Place the wrapped seitan on the wire rack on the steaming tray.

4. Once water simmers, cover the tray fully with another large piece of foil (or use 2 pieces if needed for complete coverage) to create a steaming environment. Tuck the foil in around the edges of the top edge of the tray as much as possible.

5. Reduce heat to the lowest setting. Steam for 15 minutes on one side, then turn and steam for another 15 minutes. Seitan should feel firm and not doughy. If needed, steam for an additional 5 minutes.

6. Remove from foil and allow to cool fully. Store in the refrigerator for a week or freeze for up to 3 months. Enjoy by tearing and frying, or marinating with your favorite spices.

Each seitan chicken portion has the following macros. If you can find a similar store bought substitute, you can absolutely use that instead:

Calories:	310
Protein:	42.4g
Carbs:	13.5g
Fat:	9.4g

WEEK 1 & 2

1500 Calories

Breakfast
1 serve **Berry Chia Seed Pudding**
Post Workout
2 level scoops **Fyta Protein Powder** Blended with ice and water
Lunch
1 serve **Seitan and Red Lentil Soup**
Dinner
1 serve **Seitan and Brown Lentil Salad**
Evening snack
2 level scoops **Fyta Protein Powder** Blended with ice and water

Recipes

Berry Chia Seed Pudding

Serves 7

INGREDIENTS

- 350ml (12 fl oz) unsweetened almond milk
- 350ml (12 fl oz) water (or more if needed)
- 105g (4 oz) chia seeds
- 105g (4 oz) rolled oats
- 350g (12 oz) mixed frozen berries

METHOD

1. In a large mixing bowl, combine the unsweetened almond milk, chia seeds & oats.

2. Allow the mixture to sit in the refrigerator for at least 2 hours or overnight until it thickens.

3. Divide into 7 portions and put back into the fridge until ready to serve.

4. When serving, top each bowl with about 50g (2 oz) of mixed berries. Add more water if the consistency is too dry.

Seitan and Red Lentil Soup

Serves 7

INGREDIENTS

- 7 seitan chicken portions, chopped or pulled
- 350g (13 oz) dried red lentils
- 2 liters (67 fl oz) vegetable broth
- 2 medium onions, chopped
- 6 cloves garlic, minced
- 6 tbsp olive oil
- 6 tsp ground cumin
- 6 tsp ground coriander
- Salt and pepper, to taste

METHOD

1. In a large pot, heat the olive oil over medium heat. Add the onion and garlic, and sauté until translucent.

2. Add the seitan cubes to the pot and cook for 2-3 minutes.

3. Stir in the red lentils, cumin, and coriander, ensuring the lentils are well coated in the spices.

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

5. Once boiling, reduce the heat to low, cover, and let simmer for 25-30 minutes, or until lentils are tender.

6. Season with salt and pepper to taste and divide into 7 portions.

Seitan and Brown Lentil Salad

Serves 7

INGREDIENTS

- 7 seitan chicken portions, chopped or pulled
- 350g (13 oz) dried brown lentils
- 7 medium red bell peppers, diced
- Unlimited green beans, chopped
- Unlimited steamed broccoli florets
- 7 tbsp olive oil
- 14 tsp balsamic vinegar
- Salt and pepper, to taste

METHOD

1. In a large pot, boil the brown lentils as per the cooking instructions on the packet, for 20-25 minutes or until tender. Drain and set aside.

2. In a pan, heat half of the olive oil over medium heat. Add the seitan and cook until golden brown.

3. In a large mixing bowl, combine the cooked lentils, seitan, red bell pepper, and green vegetables.

4. In a separate bowl, whisk together the remaining olive oil and balsamic vinegar. Pour over the salad.

5. Mix well, ensuring everything is well coated in the dressing.

6. Season with salt and pepper to taste.

7. Serve immediately or refrigerate and serve cold. This would be lovely topped with fresh chopped parsley or coriander (cilantro) to taste.

One Week Shopping List

- ☐ 350ml (12 fl oz) unsweetened almond milk
- ☐ 350ml (12 fl oz) water (or more if needed)
- ☐ 105g (4 oz) chia seeds
- ☐ 105g (4 oz) rolled oats
- ☐ 350g (12 oz) mixed frozen berries
- ☐ 350g (13 oz) dried red lentils
- ☐ 2 liters (67 fl oz) vegetable broth
- ☐ 2 medium onions
- ☐ 6 cloves garlic
- ☐ 13 tbsp olive oil
- ☐ 6 tsp ground cumin
- ☐ 6 tsp ground coriander
- ☐ Salt and pepper
- ☐ 350g (13 oz) dried brown lentils
- ☐ 7 medium red bell peppers
- ☐ Unlimited green beans
- ☐ Unlimited steamed broccoli florets
- ☐ 14 tsp balsamic vinegar
- ☐ 1 x 630g (22 oz) bag **Fyta Protein Powder**, any flavor
- ☐ Salt and pepper

FOR THE SEITAN

- ☐ 800g (28.2 oz) can cannellini beans, liquid included
- ☐ 4 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ 2 tsp paprika
- ☐ 6 tbsp nutritional yeast
- ☐ 8 tbsp olive oil
- ☐ 2 tbsp soy free miso paste
- ☐ 760g (26.8 oz) vital wheat gluten
- ☐ 560g (24.6 oz) vegan greek yogurt
- ☐ 2 tsp salt
- ☐ 2 knorr vegetable jelly stock cubes

WEEK 3 & 4

1400 Calories

Breakfast
1 serve **Berry Oatmeal**
Post Workout
2 level scoops **Fyta Protein Powder** Blended with ice and water
Lunch
1 serve **Lemon Seitan Chicken with Quinoa and Spinach**
Dinner
1 serve **Seitan and Black Bean Salad**
Evening snack
2 level scoops **Fyta Protein Powder** Blended with ice and water

Recipes

Berry Oatmeal

Serves 7

INGREDIENTS

- 210g (7oz) rolled oats
- 315g (11 oz) mixed frozen berries
- 315g (11 oz) **Fyta Caramel Vanilla Protein Powder**

METHOD

1. In a large pan, add the rolled oats and enough water to cover.

2. Bring to a gentle simmer and add more water as required.

3. Cook the oat mixture for about 10 minutes, stirring occasionally, until the oats are soft and have absorbed most of the water.

4. Using a balloon whisk, stir in the protein powder until well combined.

5. Remove from heat and divide into seven portions.

6. Top each bowl with mixed berries and serve (with a splash of plant milk).

NOTE: You can add frozen riced cauliflower to your oatmeal to bulk it up after cooking! It doesn't taste at all and gives it a lovely creamy texture.

Lemon Seitan Chicken with Quinoa and Spinach

Serves 7

INGREDIENTS

- 7 portions Seitan chicken
- 7 tbsp olive oil
- 1 kg (37 oz) baby spinach
- 700g (25 oz) cooked quinoa
- Fresh or dried herbs (such as thyme, rosemary, or oregano), to taste
- Lemon juice, to taste
- Fresh ginger, grated, to taste
- Garlic, minced, to taste
- Salt and pepper to taste

METHOD

1. Rinse quinoa thoroughly under cold water. In a large pot, combine rinsed quinoa with 1.4 liters (47.34 fl oz) of salted water. Bring to a boil, then reduce heat, cover, and simmer for about 15 minutes until water is absorbed. Fluff cooked quinoa with a fork and set aside.

2. In a bowl, combine Seitan chicken with lemon juice, grated ginger, minced garlic, and herbs. Let it marinate for at least 10-15 minutes.

3. Heat a non-stick skillet over medium heat. Add the oil and when hot, add the add marinated Seitan chicken and cook for about 4-5 minutes on each side until heated through and seared. If needed, you can add a splash of water or vegetable broth to prevent sticking and help steam the seitan to keep it moist.

4. In the same skillet, add baby spinach in batches and sauté for 1-2 minutes until wilted.

5. Drizzle a little lemon juice over the seitan and quinoa for a fresh and tangy flavor. Garnish with a sprinkle of chopped fresh herbs, if available. Add a dash of freshly ground black pepper for extra seasoning.

Seitan and Black Bean Salad

Serves 7

INGREDIENTS

- 7 portions of seitan chicken, diced or pulled
- 525 g (19oz) cooked black beans
- 14 large tomatoes, diced
- 7 small cucumbers, diced
- Juice of 4 lemons
- Handfuls of fresh chopped herbs
- Salt and pepper to taste

METHOD

1. In a large salad bowl, combine the seitan, beans, tomatoes, and cucumbers.

2. Season generously with salt and pepper.

3. Squeeze the lemon over the salad and toss with the herbs until well combined.

4. Divide into seven equal portions.

5. Serve with unlimited steamed broccoli or cauliflower.

One Week Shopping List

- ☐ 210g (7 oz) rolled oats
- ☐ 315g (11 oz) mixed frozen berries
- ☐ 1 x 630g (22 oz) bag **Fyta Caramel Vanilla Protein Powder**
- ☐ 1 x 630g (22 oz) bag **Fyta Protein Powder**, any flavor
- ☐ 7 tbsp olive oil
- ☐ 1 kg (37 oz) baby spinach
- ☐ 700g (25 oz) dried quinoa
- ☐ Fresh or dried herbs (such as thyme, rosemary, or oregano)
- ☐ Lemon juice
- ☐ 1 piece fresh ginger
- ☐ Garlic, to taste
- ☐ Salt and pepper
- ☐ 525g (19 oz) cooked black beans
- ☐ 14 large tomatoes
- ☐ 7 small cucumbers
- ☐ Juice of 4 lemons
- ☐ Handfuls of fresh chopped herbs
- ☐ Salt and pepper to taste
- ☐ Frozen riced cauliflower (optional)

FOR THE SEITAN

- ☐ 800g (28.2 oz) can cannellini beans, liquid included
- ☐ 4 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ 2 tsp paprika
- ☐ 6 tbsp nutritional yeast
- ☐ 8 tbsp olive oil
- ☐ 2 tbsp soy free miso paste
- ☐ 760g (26.8 oz) vital wheat gluten
- ☐ 560g (24.6 oz) vegan greek yogurt
- ☐ 2 tsp salt
- ☐ 2 knorr vegetable jelly stock cubes

WEEK 5 & 6

1300 Calories

Breakfast
1 serve **Berry Oatmeal Delight**
Post Workout
2 level scoops **Fyta Protein Powder** Blended with ice and water
Lunch
1 serve **Garlic Seitan Chicken with Green Lentils and Salad Greens**
Dinner
1 serve **Seitan and Bean Stew**
Evening snack
2 level scoops **Fyta Protein Powder** Blended with ice and water

Recipes

Berry Oatmeal Delight

Serves 7

INGREDIENTS

- 245g (8 oz) oats
- 875ml (30 fl oz) plant milk
- 210g (7 oz) mixed frozen berries

METHOD

1. In a medium saucepan, heat the plant milk over medium heat until warm.

2. Add oats to the milk and stir constantly.

3. Cook the oats for about 10-15 minutes or until they have absorbed most of the milk and are soft. Add extra water if necessary.

4. Divide into seven portions and top with mixed berries.

6. Drizzle with maple syrup before serving.

Garlic Seitan Chicken with Green Lentils and Salad Greens

Serves 7

INGREDIENTS

- 7 portions of Seitan chicken
- 700g (25 oz) cooked green lentils (280g/10 oz dried)
- Unlimited mixed salad greens/vegetables
- 7 red bell peppers, chopped
- 7 tbsp balsamic vinegar
- Salt and pepper, to taste
- Fresh or dried herbs (such as thyme, rosemary, or oregano), to taste
- Lemon juice, to taste
- Fresh ginger, grated, to taste
- Garlic, minced, to taste
- Optional: Cauliflower florets (for extra texture and flavor)

METHOD

1. If the Seitan chicken isn't already cooked, prepare it as per your preference (grilled, baked, or sautéed) without adding any additional oil. You can marinate it with a squeeze of lemon juice, grated ginger, minced garlic, and your choice of herbs for added flavor.

2. In a large non-stick skillet, add the chopped red bell peppers and cook them over medium-high heat until they start to caramelize and soften. No oil is needed; you can use a splash of water if required.

3. Gently reheat the cooked green lentils in a separate pot. You can add a bit of water or vegetable broth to prevent sticking.

4. Once the lentils are warm, add a pinch of salt, freshly ground black pepper, and your choice of fresh or dried herbs to enhance their flavor. You can also add a small amount of lemon juice, grated ginger, and minced garlic to the lentils for a light zing.

5. Wash and dry the mixed salad greens/ vegetables thoroughly. You can use a variety of greens such as spinach, arugula, lettuce, and other cruciferous vegetables.

6. In a small bowl, mix the balsamic vinegar with a splash of lemon juice and a touch of grated ginger. This will serve as a flavorful dressing for the salad.

7. On each plate, start by placing a generous portion of the seasoned lentils as the base. Position a portion of the cooked Seitan chicken on top of the lentils. This will be the protein component of the dish. Place a portion of the sautéed red bell peppers next to the Seitan chicken. Pile a selection of mixed salad greens and cruciferous vegetables beside the lentils, creating a colorful and vibrant visual appeal.

8. Drizzle the balsamic dressing over the salad greens, lentils, and Seitan chicken. The dressing will add a tangy and aromatic touch to the dish. Garnish with any additional fresh herbs you have chosen and a sprinkle of lemon zest if desired.

Seitan and Bean Stew

Serves 7

INGREDIENTS

- 7 seitan chicken pieces, chopped
- 420g (15 oz) red kidney beans, drained & rinsed
- 7 medium-sized carrots, diced
- 7 medium-sized onions, diced
- 14 cloves of garlic, minced
- 1 liter (34 fl oz) vegetable broth
- 7 tbsp olive oil
- Unlimited green vegetables (broccoli, green beans, asparagus, etc.)
- Salt and pepper, to taste
- Fresh or dried herbs (such as thyme, rosemary, or bay leaves), to taste

METHOD

1. Heat olive oil in a large pot over medium heat. Sauté diced onions and minced garlic until translucent.

2. Add diced carrots to the pot and sauté until slightly caramelized and softened.

3. Stir in chopped seitan chicken and sauté to infuse flavors.

4. Gently fold in drained red kidney beans to distribute evenly.

5. Pour vegetable broth into the pot and bring to a gentle boil.

6. Reduce heat to low, cover, and let the stew simmer for 20-30 minutes.

7. Check the tenderness of carrots to ensure they are cooked through.

8. Season stew with salt, pepper, and fresh/ dried herbs.

9. Add a generous amount of green vegetables to the stew.

10. Optionally, add a splash of lemon juice and freshly grated ginger for extra flavor.

11. Taste and adjust seasoning if necessary.

12. Divide stew into seven portions, ensuring balanced ingredients in each.

13. Garnish with freshly chopped herbs before serving, if desired.

14. Serve the Seitan and Bean Stew hot and enjoy its rich flavors and nourishing ingredients.

One Week Shopping List

- ☐ 420g (15 oz) red kidney beans
- ☐ 7 medium-sized carrots
- ☐ 7 medium-sized onions
- ☐ 14 cloves of garlic
- ☐ 1 liter (34 fl oz) vegetable broth
- ☐ 7 tbsp olive oil
- ☐ Unlimited green vegetables (broccoli, green beans, asparagus, etc.)
- ☐ Fresh or dried herbs (such as thyme, rosemary, or bay leaves)
- ☐ 700g (25 oz) cooked green lentils (280g/10 oz dried)
- ☐ Unlimited mixed salad greens/vegetables
- ☐ 7 red bell peppers
- ☐ 7 tbsp balsamic vinegar
- ☐ Salt and pepper
- ☐ Fresh or dried herbs (such as thyme, rosemary, or oregano)
- ☐ Lemon juice
- ☐ Fresh ginger
- ☐ Garlic, to taste
- ☐ Optional: Frozen riced cauliflower
- ☐ 245g (9 oz) oats
- ☐ 875ml (30 fl oz) plant milk
- ☐ 210g (7 oz) mixed frozen berries
- ☐ 1 x 630g (22 oz) bag **Fyta Protein Powder**, any flavor

FOR THE SEITAN

- ☐ 800g (28.2 oz) can cannellini beans, liquid included
- ☐ 4 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ 2 tsp paprika
- ☐ 6 tbsp nutritional yeast
- ☐ 8 tbsp olive oil
- ☐ 2 tbsp miso paste
- ☐ 760g (26.8 oz) vital wheat gluten
- ☐ 560g (24.6 oz) vegan greek yogurt
- ☐ 2 tsp salt
- ☐ 2 knorr vegetable jelly stock cubes

WEEK 7 & 8

1200 Calories

Breakfast
1 serve **Protein Packed Oatmeal**
Post Workout
2 level scoops **Fyta Protein Powder** Blended with ice and water
Lunch
1 serve **Seitan Vegetable Stir Fry**
Dinner
1 serve **Seitan and Lentil Stew**
Evening snack
2 level scoops **Fyta Protein Powder** Blended with ice and water

Recipes

Protein Packed Oatmeal

Serves 7

INGREDIENTS

- 175g (7 oz) rolled oats
- 315g (11 oz) **Fyta Caramel Vanilla Protein Powder**
- 3.5 tsp ground cinnamon
- 3.5 tsp vanilla extract
- Pinches of salt

METHOD

1. In a saucepan, combine the rolled oats, salt, and vanilla extract and enough water to cover.

2. Bring the mixture to a boil, then reduce the heat to low.

3. Let simmer for 10 minutes, stirring occasionally until the oats are cooked and creamy. Add more water if necessary.

4. Remove from heat and whisk in the Fyta Caramel Vanilla protein powder until fully combined.

5. Divide the oatmeal into 7 servings.

Seitan Vegetable Stir Fry

Serves 7

INGREDIENTS

- 7 seitan chicken pieces, sliced
- Unlimited broccoli florets
- 7 bell peppers, sliced
- Unlimited snow peas
- 14-21 tbsp tamari or gluten-free "No Soy" soy sauce
- 7 thumb-sized pieces of fresh ginger, grated
- 14 garlic cloves, minced

METHOD

1. In a wok or large frying non-stick pan, heat a little water and tamari over medium-high heat.

2. Add the garlic and ginger and stir for 1 minute.

3. Add the seitan slices and stir-fry for 3-4 minutes, or until they begin to brown.

4. Add the broccoli, bell peppers, and snow peas. Continue to stir-fry for another 4-5 minutes, adding more water if necessary.

5. Pour in the rest of the tamari or gluten-free "No Soy" soy sauce and toss well.

6. Continue cooking for 2-3 minutes until all the vegetables are tender.

7. Sprinkle with chili flakes if you like a bit more spice.

Seitan and Lentil Stew

Serves 7

INGREDIENTS

- 7 portions of Seitan chicken, chopped or pulled
- 260g (9 oz) dried green lentils
- 750ml (25 fl oz) vegetable broth
- 700g (25 oz) tomatoes, diced
- 200g (7 oz) baby spinach
- 7 onions, diced
- 7 garlic cloves, chopped small
- 7 tsp ground cumin
- Salt and pepper to taste

METHOD

1. In a large pot, heat a little water over a medium heat.

2. Add the onions and garlic, sautéing until translucent. Add more water if necessary.

3. Add the seitan and brown for about 4-5 minutes.

4. Stir in the ground cumin.

5. Add the diced tomatoes and lentils to the pot and stir well.

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

7. Reduce the heat and let simmer for 20-25 minutes, or until lentils are tender.

8. Stir in the spinach and let it wilt in the hot stew.

9. Season with salt and pepper.

10. Serve hot with unlimited green vegetables on the side.

One Week Shopping List

- ☐ 260g (9 oz) dried green lentils
- ☐ 750ml (25 fl oz) vegetable broth
- ☐ 700g (25 oz) tomatoes
- ☐ 200g (7 oz) baby spinach
- ☐ 7 onions
- ☐ 21 garlic cloves, chopped small
- ☐ 7 tsp ground cumin
- ☐ Salt and pepper
- ☐ Unlimited broccoli florets
- ☐ 7 bell peppers
- ☐ Unlimited snow peas
- ☐ 14-21 tbsp tamari or gluten-free “No Soy” soy sauce
- ☐ 7 thumb-sized pieces of fresh ginger
- ☐ 350g (12 oz) rolled oats
- ☐ 1 x 630g (22 oz) bag **Fyta Caramel Vanilla Protein Powder**
- ☐ 1 x 630g (22 oz) bag **Fyta protein powder**, any flavor
- ☐ 3.5 tsp ground cinnamon
- ☐ 3.5 tsp vanilla extract
- ☐ Pinches of salt, to taste

FOR THE SEITAN

- ☐ 800g (28.2 oz) can cannellini beans, liquid included
- ☐ 4 tsp garlic powder
- ☐ 2 tsp onion powder
- ☐ 2 tsp paprika
- ☐ 6 tbsp nutritional yeast
- ☐ 8 tbsp olive oil
- ☐ 2 tbsp miso paste
- ☐ 760g (26.8 oz) vital wheat gluten
- ☐ 560g (24.6 oz) vegan greek yogurt
- ☐ 2 tsp salt
- ☐ 2 knorr vegetable jelly stock cubes

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**
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