THE SCULPTED *vegan*



VEGAN MEAL PLANS

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VEGAN MEAL PLANS

WEEK 1 & 2 1500 CALORIES
Berry Protein Oat Bowl
2 heaped scoops **The Protein Works Wondershake**, blended with ice and water
Quinoa and Tofu Power Bowl
Lemon Seitan and Sweet Potato Medley
2 heaped scoops **The Protein Works Wondershake**, blended with ice and water

WEEK 3 & 4 1400 CALORIES
Chia Berry Breakfast Bowl
2 heaped scoops T**The Protein Works Wondershake**, blended with ice and water
Herbed Tomato and Cucumber Couscous Salad with Seitan
Lentil and Tofu Salad Bowl
2 heaped scoops **The Protein Works Wondershake**, blended with ice and water

WEEK 5 & 6 1300 CALORIES
Sweet Red Lentil Porridge
2 heaped scoops **The Protein Works Wondershake**, blended with ice and water
Seitan Chicken and Chickpea Salad
Tempeh and Mixed Vegetable Stir-Fry
2 heaped scoops **The Protein Works Wondershake**, blended with ice and water

WEEK 7 & 8 1200 CALORIES
Cinnamon Spice Oatmeal
2 heaped scoops **The Protein Works Wondershake**, blended with ice and water
Herbed Seitan and Sweet Potato Medley
Quinoa and Tofu Superfood Bowl
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



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 miso paste
- 380g (13.4oz) vital wheat gluten
- 349g (12.3 oz) silken tofu
- 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 Protein Oat Bowl**
Post Workout
2 heaped scoops **The Protein Works Wondershake** Blended with ice and water
Lunch
1 serve **Quinoa and Tofu Power Bowl**
Dinner
1 serve **Lemon Seitan and Sweet Potato Medley**
Evening snack
2 heaped sc**oops The Protein Works Wondershake** Blended with ice and water

Recipes

Berry Protein Oat Bowl

Serves 7

INGREDIENTS

- 210g (7 oz) oats
- 350g (12 oz) frozen berries
- 210g (7 oz) **The Protein Works Wondershake, vanilla flavor**
- 1 tsp cinnamon (optional)
- Stevia or any other calorie-free sweetener to taste (optional)
- Fresh mint leaves, for garnish (optional)

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 and a sprinkle of cinnamon if desired).

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.

Quinoa and Tofu Power Bowl

Serves 7

INGREDIENTS

- 1050g (37 oz) cooked quinoa (approx 350g (12 oz) dried)
- 1050g (37 oz) tofu
- 350g (12 oz) mixed cruciferous vegetables (such as broccoli, cauliflower, and Brussels sprouts), chopped
- 350g (12 oz) mixed salad vegetables (such as lettuce, cucumber), chopped
- 2 tsp mixed herbs (such as thyme, oregano, and basil), dried
- 2 tsp smoked paprika
- Salt and pepper to taste

METHOD

1. Prepare the tofu by pressing it to remove excess moisture. Cut the tofu into cubes.

2. In a large bowl, combine the cooked quinoa, tofu cubes, mixed cruciferous vegetables, and mixed salad vegetables.

3. In a small bowl, mix the calorie-free sweetener, mixed herbs, smoked paprika, salt, and pepper to create a flavorful seasoning blend.

4. Sprinkle the seasoning blend over the quinoa, tofu, and vegetables. Gently toss to ensure everything is coated evenly with the seasoning.

5. Divide the seasoned quinoa and tofu mixture into 7 serving bowls.

6. Serve the Quinoa and Tofu Power Bowl immediately, or refrigerate for a refreshing cold salad option. Enjoy the combination of protein-packed tofu, nutrient-rich quinoa, and a variety of vegetables for a satisfying and healthy meal.

Lemon Seitan and Sweet Potato Medley

Serves 7

INGREDIENTS

- 7 portions seitan chicken
- 1400g (49 oz) sweet potatoes
- 350g (12 oz) mixed cruciferous vegetables (such as broccoli, cauliflower, and Brussels sprouts), chopped
- 350g (12 oz) mixed salad vegetables (such as lettuce, cucumber), chopped
- 2 tsp mixed herbs (such as thyme, oregano, and basil), dried
- 2 tsp smoked paprika
- Juice & zest of 4 unwaxed lemons
- Salt and pepper to taste

METHOD

1. Preheat the oven to 200°C (392°F). Chop or slice the seitan and place in a freezer bag. Season well with salt and pepper and squeeze over the juice and zest of the other two lemons. Leave to marinate for at least 15 minutes, or longer if possible.

2. Prepare the sweet potatoes by peeling and chopping them into bite-sized pieces. In a large bowl, toss the sweet potato pieces with salt and pepper and the juice and zest of two of the lemons.

3. Spread the sweet potato pieces on a baking sheet lined with parchment paper. Roast them in the preheated oven for about 20-25 minutes or until they are tender and slightly caramelized.

4. While the sweet potatoes are roasting, tip the seitan into a non-stick pan and dry fry until cooked through, about 5 minutes in total. Set aside to cool.

5. In a large bowl, combine the cooked seitan chicken, roasted sweet potatoes, mixed cruciferous vegetables, and mixed salad vegetables.

6. In a small bowl, mix the calorie-free sweetener, mixed herbs, smoked paprika, salt, and pepper to create a flavorful seasoning blend.

7. Sprinkle the seasoning blend over the seitan chicken, sweet potatoes, and vegetables. Gently toss to ensure everything is coated evenly with the seasoning.

8. Divide the Seitan and Sweet Potato Medley into 7 serving plates.

One Week Shopping List

- ☐ 210 g (7 oz) oats
- ☐ 350 g (12 oz) frozen berries
- ☐ 750g (26 oz) tub **The Protein Works Wondershake, vanilla flavor**
- ☐ 1 tsp cinnamon
- ☐ Fresh mint leaves (optional)
- ☐ 1050 g (37 oz) cooked quinoa (approx 350g (12 oz) dried)
- ☐ 1050 g (37 oz) tofu
- ☐ 700 g (24 oz) mixed cruciferous vegetables (broccoli, cauliflower, Brussels sprouts), chopped
- ☐ 700 g (24 oz) mixed salad vegetables (such as lettuce, cucumber)
- ☐ 2 tsp mixed herbs (thyme, oregano, basil), dried
- ☐ 2 tsp smoked paprika
- ☐ Salt and pepper to taste
- ☐ Juice & zest of 4 unwaxed lemons
- ☐ 1400 g (49 oz) sweet potatoes
- ☐ Stevia or any other calorie-free sweetener to taste (optional)

FOR THE SEITAN

- ☐ 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 miso paste
- ☐ 380g (13.4 oz) vital wheat gluten
- ☐ 349g (12.3 oz) silken tofu
- ☐ 1 knorr vegetable jelly stock cube

WEEK 3 & 4

1400 Calories

Breakfast
1 serve **Chia Berry Breakfast Bowl**
Post Workout
2 heaped scoops **The Protein Works Wondershakee** Blended with ice and water
Lunch
1 serve **Herbed Tomato and Cucumber Couscous Salad with Seitan**
Dinner
1 serve **Lentil and Tofu Salad Bowl**
Evening snack
2 heaped sc**oops The Protein Works Wondershake** Blended with ice and water

Recipes

Chia Berry Breakfast Bowl

Serves 7

INGREDIENTS

- 210g (7 oz) chia seeds
- 70g (2.4 oz) oats
- 1050ml (35 oz) almond milk
- Water (as needed for desired consistency)
- 350g (12 oz) frozen berries
- 7 tsp calorie-free sweetener (e.g., stevia)
- 2 tsp mixed herbs (such as mint or basil), finely chopped (optional)

METHOD

1. In a large mixing bowl, combine the chia seeds and oats.

2. Add the almond milk to the chia seed and oat mixture. Mix well to ensure even distribution. If the mixture is too thick, you can add water gradually until you reach your desired consistency.

3. Let the mixture sit for about 15-20 minutes, stirring occasionally. The chia seeds will absorb the liquid and create a thick pudding-like texture.

4. While the chia mixture is setting, let the frozen berries thaw slightly at room temperature.

5. Once the chia mixture has thickened, divide it into 7 serving bowls and top with berries and sweetener, if using.

Herbed Tomato and Cucumber Couscous Salad with Seitan

Serves 7

INGREDIENTS

- 7 portions seitan chicken
- 875g (31 oz) cooked couscous (about 145g (5 oz) uncooked)
- Unlimited green cruciferous vegetables (such as broccoli, kale, and spinach)
- 7 ripe tomatoes, diced
- 2 large cucumbers, diced
- 2 cups mixed fresh herbs (such as parsley, mint, and basil), chopped
- 2 tsp mixed herbs (such as thyme or rosemary), dried
- Salt and pepper to taste

METHOD

1. Prepare the couscous according to package instructions. Fluff it with a fork after cooking.

2. Steam or sauté the green cruciferous vegetables until they are tender. You can use as much as needed to suit your taste and the number of servings.

3. Prepare the seitan chicken according to the package instructions. Once cooked, slice or shred the seitan chicken into bite-sized pieces.

4. In a large mixing bowl, combine the cooked couscous, seitan chicken, cooked green cruciferous vegetables, diced tomatoes, diced cucumbers, and mixed fresh herbs.

5. In a small bowl, mix the dried mixed herbs, salt, and pepper to create a flavorful seasoning blend.

6. Sprinkle the seasoning blend over the couscous salad. Gently toss to ensure everything is coated evenly with the seasoning.

7. Divide the Herbed Tomato and Cucumber Couscous Salad into 7 serving plates.

Lentil and Tofu Salad Bowl

Serves 7

INGREDIENTS

- 1050g (37 oz) extra firm tofu
- 1050g (37 oz) cooked green lentils (approx 420g (14 oz) dried)
- Unlimited mixed cruciferous vegetables (such as broccoli, kale, and Brussels sprouts), chopped
- Unlimited mixed salad vegetables (such as lettuce, cucumber), chopped
- 2 tsp mixed herbs (such as thyme, oregano, and basil), dried
- 2 tsp smoked paprika
- Salt and pepper to taste

METHOD

1. Prepare the extra firm tofu by pressing it to remove excess moisture. Cut the tofu into cubes.

2. In a large mixing bowl, combine the tofu cubes and cooked green lentils.

3. Steam or sauté the mixed cruciferous vegetables until they are tender. You can use as much as needed to suit your taste and the number of servings.

4. In a separate bowl, combine the mixed salad vegetables.

5. In a small bowl, mix the dried mixed herbs, smoked paprika, salt, and pepper to create a flavorful seasoning blend.

6. Sprinkle the seasoning blend over the tofu and lentil mixture. Gently toss to ensure everything is coated evenly with the seasoning.

7. Assemble the Lentil and Tofu Salad Bowl by layering the seasoned tofu and lentils, cooked cruciferous vegetables, and mixed salad vegetables.

One Week Shopping List

- ☐ 210g (7 oz) chia seeds
- ☐ 70g (2 oz) oats
- ☐ 1050ml (35 oz) almond milk
- ☐ 350g (12 oz) frozen berries
- ☐ 7 tsp calorie-free sweetener (e.g., stevia)
- ☐ Mixed herbs (such as mint or basil), finely chopped (optional)
- ☐ 875g (31 oz) cooked couscous (about 145g (5 oz) uncooked)
- ☐ Unlimited green cruciferous vegetables (such as broccoli, kale, spinach)
- ☐ 7 ripe tomatoes
- ☐ 2 large cucumbers
- ☐ Unlimited mixed fresh herbs (such as parsley, mint, basil)
- ☐ 2 tsp dried mixed herbs (such as thyme or rosemary)
- ☐ Salt and pepper to taste
- ☐ 1050g (37 oz) extra firm tofu
- ☐ 1050g (37 oz) cooked green lentils (approx 350g (12 oz) dried)
- ☐ Unlimited mixed salad vegetables (such as lettuce, cucumber)
- ☐ 2 tsp mixed herbs (such as thyme, oregano, and basil), dried
- ☐ 2 tsp smoked paprika
- ☐ 750g (26 oz) tub **The Protein Works Wondershake, any flavor**
- ☐ 1 tsp cinnamon
- ☐ Fresh mint leaves

FOR THE SEITAN

- ☐ 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 miso paste
- ☐ 380g (13.4 oz) vital wheat gluten
- ☐ 349g (12.3 oz) silken tofu
- ☐ 1 knorr vegetable jelly stock cube

WEEK 5 & 6

1300 Calories

Breakfast
1 serve **Sweet Red Lentil Porridge**
Post Workout
2 heaped scoops **The Protein Works Wondershake** Blended with ice and water
Lunch
1 serve **Seitan Chicken and Chickpea Salad**
Dinner
1 serve **Tempeh and Mixed Vegetable Stir-Fry**
Evening snack
2 heaped sc**oops The Protein Works Wondershake** Blended with ice and water

Recipes

Sweet Red Lentil Porridge

Serves 7

INGREDIENTS

- 315g (11 oz) dried red lentils
- 7 cups water
- 7 tsp cinnamon
- 7 tsp vanilla extract
- A few drops calorie-free sweetener (optional)

METHOD

1. Rinse the red lentils thoroughly under cold water.

2. In a large pot, combine the rinsed lentils and water. Bring to a boil over medium-high heat.

3. Reduce the heat to low, cover the pot, and let the lentils simmer for about 20-25 minutes, or until they are soft and cooked through. Stir occasionally to prevent sticking.

4. Once the lentils are cooked and the mixture has thickened, remove the pot from the heat.

5. Stir in the calorie-free sweetener (if using), cinnamon, and vanilla extract. Adjust the sweetness and flavorings to your taste.

6. Divide the Sweet Red Lentil Porridge into 7 serving bowls.

Seitan Chicken and Chickpea Salad

Serves 7

INGREDIENTS

- 7 portions seitan chicken
- 1050g (37 oz) chickpeas
- Unlimited mixed cruciferous vegetables (such as broccoli, cauliflower, and Brussels sprouts), chopped
- Unlimited mixed salad vegetables (such as lettuce, cucumber), chopped
- 2 tsp mixed herbs (such as thyme, oregano, and basil), dried
- 2 tsp smoked paprika
- Juice of 2 lemons
- Salt and pepper to taste

METHOD

1. Slice or shred the seitan chicken into bite-sized pieces.

2. Drain and rinse the chickpeas thoroughly.

3. In a large mixing bowl, combine the seitan chicken and chickpeas.

4. Steam or sauté the mixed cruciferous vegetables until they are tender. You can use as much as needed to suit your taste and the number of servings.

5. In a separate bowl, combine the mixed salad vegetables.

6. In a small bowl, mix the dried mixed herbs, smoked paprika, lemon juice, calorie-free sweetener, salt, and pepper to create a zesty dressing.

7. Pour the dressing over the seitan chicken and chickpeas mixture. Gently toss to ensure everything is coated evenly.

8. Assemble the Seitan Chicken and Chickpea Salad by layering the dressed mixture, cooked cruciferous vegetables, and mixed salad vegetables.

Tempeh and Mixed Vegetable Stir-Fry

Serves 7

INGREDIENTS

- 700g (25 oz) tempeh
- Unlimited mixed cruciferous vegetables (such as broccoli, cauliflower, and Brussels sprouts), chopped
- Unlimited mixed salad vegetables (such as lettuce, cucumber), chopped
- 2 tsp mixed herbs (such as thyme, oregano, and basil), dried
- 2 tsp smoked paprika
- Juice of 3 lemons
- Salt and pepper to taste

METHOD

1. Prepare the tempeh by cutting it into bite-sized cubes or slices.

2. Steam or sauté the mixed cruciferous vegetables until they are tender. You can use as much as needed to suit your taste and the number of servings.

3. In a separate bowl, combine the mixed salad vegetables.

4. In a large mixing bowl, combine the tempeh, cooked cruciferous vegetables, and mixed salad vegetables.

5. In a small bowl, mix the dried mixed herbs, smoked paprika, lemon juice, calorie-free sweetener, salt, and pepper to create a zesty dressing.

6. Pour the dressing over the tempeh and vegetable mixture. Gently toss to ensure everything is coated evenly.

7. Divide the Tempeh and Mixed Vegetable Stir-Fry into 7 serving plates.

One Week Shopping List

- ☐ 315g (11 oz) dried red lentils
- ☐ 700g (25 oz) tempeh
- ☐ 1050g (37 oz) chickpeas
- ☐ Unlimited mixed cruciferous vegetables (such as broccoli, cauliflower, and Brussels sprouts)
- ☐ Unlimited mixed salad vegetables (such as lettuce, cucumber)
- ☐ 14 tsp calorie-free sweetener (e.g., stevia)
- ☐ 7 tsp cinnamon
- ☐ 9 tsp vanilla extract
- ☐ 2 tsp mixed herbs (such as thyme, oregano, and basil), dried
- ☐ 4 tsp smoked paprika
- ☐ Juice of 5 lemons
- ☐ 750g (26 oz) tub **The Protein Works Wondershake, any flavor**
- ☐ Salt and pepper

FOR THE SEITAN

- ☐ 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 miso paste
- ☐ 380g (13.4 oz) vital wheat gluten
- ☐ 349g (12.3 oz) silken tofu
- ☐ 1 knorr vegetable jelly stock cube

WEEK 7 & 8

1200 Calories

Breakfast
1 serve **Cinnamon Spice Oatmeal**
Post Workout
2 heaped scoops **The Protein Works Wondershake** Blended with ice and water
Lunch
1 serve **Herbed Seitan and Sweet Potato Medley**
Dinner
1 serve **Quinoa and Tofu Superfood Bowl**
Evening snack
2 heaped sc**oops The Protein Works Wondershake** Blended with ice and water

Recipes

Cinnamon Spice Oatmeal

Serves 7

INGREDIENTS

- 210g (7 oz) oats
- Water
- Zero-calorie sweetener (such as stevia) or ground cinnamon, to taste

METHOD

1. In a large saucepan, bring water to a boil. Use a ratio of approximately 2:1 water to oats, depending on your preferred oatmeal consistency.

2. Once the water is boiling, stir in the oats and reduce the heat to medium-low. Let the oats simmer, stirring occasionally, for about 5-7 minutes or until they are cooked to your desired thickness.

3. Remove the saucepan from the heat. Add your choice of zero-calorie sweetener for sweetness or ground cinnamon for flavor. Begin with a small amount and adjust according to taste.

4. Stir well to evenly distribute the sweetener or cinnamon throughout the oatmeal.

5. Divide the oatmeal into 7 serving bowls.

Herbed Seitan and Sweet Potato Medley

Serves 7

INGREDIENTS

- 7 servings seitan chicken
- 1050g (37 oz) sweet potatoes
- Unlimited mixed cruciferous vegetables (such as broccoli, cauliflower, and Brussels sprouts), chopped
- Unlimited mixed salad vegetables (such as lettuce, cucumber), chopped
- Juice of 3 lemons
- 2 tsp mixed herbs (such as thyme, oregano, and basil), dried
- Salt and pepper to taste

METHOD

1. Prepare the sweet potatoes by peeling and chopping them into bite-sized pieces.

2. Steam or sauté the mixed cruciferous vegetables until they are tender. Use as much as needed to suit your taste and the number of servings.

3. In a separate bowl, combine the mixed salad vegetables.

4. Prepare the seitan chicken according to package instructions. Once cooked, slice or shred the seitan chicken into bite-sized pieces.

5. In a large mixing bowl, combine the cooked seitan chicken, cooked sweet potatoes, cooked cruciferous vegetables, and mixed salad vegetables.

6. In a small bowl, mix the juice of lemons, calorie-free sweetener, dried mixed herbs, salt, and pepper to create a zesty dressing.

7. Pour the dressing over the mixture in the large bowl. Gently toss to ensure everything is coated evenly.

8. Divide the Herbed Seitan and Sweet Potato Medley into 7 serving plates.

Quinoa and Tofu Superfood Bowl

Serves 7

INGREDIENTS

- 700g (25 oz) cooked quinoa (approx 350g (12 oz) dried)
- 1400g (50 oz) extra firm tofu
- Unlimited mixed cruciferous vegetables (such as broccoli, cauliflower, and Brussels sprouts), chopped
- Unlimited mixed salad vegetables (such as lettuce, cucumber), chopped
- Juice & zest of 4 lemons
- 2 tsp mixed herbs (such as thyme, oregano, and basil), dried
- Salt and pepper to taste

METHOD

1. Prepare the extra firm tofu by pressing it to remove excess moisture. Cut the tofu into cubes.

2. Steam or sauté the mixed cruciferous vegetables until they are tender. Use as much as needed to suit your taste and the number of servings.

3. In a separate bowl, combine the mixed salad vegetables.

4. In a large mixing bowl, combine the cooked quinoa, tofu cubes, cooked cruciferous vegetables, and mixed salad vegetables.

5. In a small bowl, mix the juice of lemons, dried mixed herbs, salt, and pepper to create a zesty dressing.

6. Pour the dressing over the mixture in the large bowl. Gently toss to ensure everything is coated evenly.

7. Divide the Quinoa and Tofu Superfood Bowl into 7 serving plates.

One Week Shopping List

- ☐ 210g (7 oz) oats
- ☐ Zero-calorie sweetener (such as stevia) or ground cinnamon, to taste
- ☐ 1050g (37 oz) sweet potatoes
- ☐ Unlimited mixed cruciferous vegetables (such as broccoli, cauliflower, and Brussels sprouts) ☐
- ☐ Unlimited mixed salad vegetables (such as lettuce, cucumber)
- ☐ Juice of 4 lemons
- ☐ 7 teaspoons calorie-free sweetener (e.g., stevia)
- ☐ Salt and pepper to taste
- ☐ 700g (25 oz) cooked quinoa (approx 350g (12 oz) dried)
- ☐ 1400g (50 oz) extra firm tofu
- ☐ 4 teaspoons mixed herbs (such as thyme, oregano, and basil), dried
- ☐ 750g (26 oz) tub **The Protein Works Wondershake, any flavor**
- ☐ Salt and pepper to taste

FOR THE SEITAN

- ☐ 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 miso paste
- ☐ 380g (13.4 oz) vital wheat gluten
- ☐ 349g (12.3 oz) silken tofu
- ☐ 1 knorr vegetable jelly stock cube

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.

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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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