

A woman with long dark hair, wearing a black sports bra, is shown from the waist up. She is looking off to the side with a slight smile. Her arms are crossed in front of her, and her hands are clenched into fists. The background is dark and textured.

THE SCULPTED *vegan*™

THE PHYSIQUE ATHLETE

7 DAY PLAN

LEARN THE SECRETS OF SCULPTING
A PHYSIQUE ATHLETE'S BODY ON
A VEGAN DIET

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Introduction

Hey there! I'm Kim Constable, founder of *The Sculpted Vegan*, professional vegan bodybuilder, wife of Ryan Constable and mum to Corey, Kai, Maya, and Jack.

For those who don't know me, let me tell you the story of how *The Sculpted Vegan* company was born.

When I was thirteen years old, I saw a picture of Sarah Connor (played by Linda Hamilton) from the movie *Terminator 2*. She looked totally badass with her sunglasses, muscle top, and sculpted physique. I was blown away by how good she looked! I kept staring at her gorgeous biceps and I knew then that I wanted muscles.

I stuck the picture on my bedroom wall and stared at it every day whilst doing bicep curls with my step-dad's dumbbells. I also started working out in the gym and loved the shape my body started to take on. But like many active gym goers, I had no idea how to train effectively, or which muscle groups I should be targeting. No matter how hard I tried, I just couldn't shift the stubborn layer of body fat that hugged my belly and my butt in the most inconvenient of places. I didn't follow a gym program, I simply showed up, used the machines and hoped for the best.



In my late teens to early twenties, I left the gym to ride horses competitively but I never stopped loving muscles and my dream of having a lean, toned physique never left me. In my mid-twenties, I was working away from home in England with a top show jumper who also happened to be the worst boss I could ever have asked for. I was totally miserable and went on a binge of eating and drinking to make myself feel better. And as a result, I gained about an extra 14lbs in weight!

When I finally gave up the job and returned home six months later, no one recognized me. The lean, toned woman who had left for England had returned several pounds heavier and no matter how hard I tried, I couldn't shift the weight.

Upon my return to Belfast, I went back to the gym and I started training with a powerlifter. I just wanted to get back to feeling "me" again after losing myself over the past six months in that awful job. But I found that powerlifting was not something that I loved.

I also hadn't lost the thing I wanted to lose, which was the layer of fat covering my butt, thighs, and belly. I wasn't hugely overweight, but I knew that I wasn't at my ideal weight and I hated feeling like I wasn't in the best shape I could be in.

Soon after this, I discovered Ashtanga yoga, which ignited a fire in me that I couldn't ignore. The workout was challenging and rewarding, the weight started to drop off and my body started to take on beautiful shape and poise. But, I also began to look skinny! Yoga gives you lovely, long, lean muscles but it does not give you shape. My butt went from being FAT, to FLAT! And I had no idea how to change it.

After practicing for six years, I trained to become a yoga instructor and turned to veganism. I began teaching privately from my home yoga studio, as well as running sold out detox yoga workshops and online programs.

However, it all changed for me when I turned thirty seven years old. I walked past the mirror in my yoga room wearing only a thong and bra, and I caught sight of my butt in the harsh daylight. I was horrified!

Although small and flat, there was absolutely NO muscle definition to fill out the bottom part. As a result, the skin had started to sag and create an old age, rippled effect.

I did not want to have a saggy butt like that. I wanted to have a lovely, full rounded butt like the fitness models that I admired on Instagram. So, with the help of a trainer, I began to design a gym program for myself that would give me the beautiful, toned body I had always dreamed of. I hadn't worked out in the gym for a long time, but once I started back, I realized how much I loved it. My butt started to fill out and I lost the little pocket of fat that had accumulated around my belly button after my four kids were born.

My results were so astounding, in fact that I trained my body all the way to the competition stage. I went from being a slightly overweight woman, to being an elite athlete (and a vegan one at that!) and stood on stage amongst some incredible competitors. My body fat dropped to an all time low and my figure was in the best shape that it's ever been in my life. **I went from skinny yoga teacher with no muscle to physique athlete, in less than 12 months.**

When I started training with my first physique trainer, I was the only vegan he had ever been asked to prep. I don't think he had ever even met a vegan before which was not surprising as veganism was not as common in Belfast at this time. He was very honest with me and told me that while he could give me advice on calories and macros, meal plan wise he had no idea of what to advise me as a vegan bodybuilder. So we made an agreement that he would provide me with the calorie and macronutrient guidance to follow and I would take care of the actual food that I was going to eat. I thought this would be no problem, I would

just go on the internet and find a program to tell me what to do. So I went on google and typed in "vegan bodybuilder" and nothing came up. So I tried again and typed "vegan muscle building program" there was nothing. I tried "How to eat like a vegan bodybuilder?" again, nothing. **I literally tried every google search I could think of and still NOTHING.**

That's when I realized that the answer to my question didn't yet exist. No one had created a program for a vegan bodybuilder before now. And that was how The Sculpted Vegan was born.

Fast forward to the current day and 'The Sculpted Vegan' is now the world's largest vegan bodybuilding company with an 8 figure turnover. In 2020 alone, we sold over 38,000 vegan bodybuilding programs to customers all around the world.

In the last 5 years, I have competed on stage as a physique athlete, achieving PRO card status in my 3rd ever show and the position of 5th in the world in my federation. I can now safely say that I have achieved all of my professional bodybuilding goals and I retired last year.

So If you are at the very start of your journey and you look at my physique now and feel like it is unachievable, please know that we all have to start somewhere. You just have to start. ANYONE can complete this program, whether experienced gym goer or complete newbie.

I have created this Physique Athlete Program to include two plans for both home trainers and gym goers alike. With this program there really is no excuse. My team of experienced coaches and I will be with you every step of the way during your journey.

All you have to do is show up, commit to the process and give it your all, I can't wait to see your results.

Kim xo



WHAT IS THE PHYSIQUE ATHLETE PLAN?

The Physique Athlete Plan is unlike anything you've ever experienced. It's a week in the life of me, vegan bikini PRO champion Kim Constable, and founder of *The Sculpted Vegan*. But it's more than an exclusive sneak-peek into my life. It's also a complete muscle-building program, merging my best workouts with my personal shred plan and supplement schedule. It's a raw look at my life and your chance to eat, train, and live like a PRO Vegan Bodybuilder.

I live by consistency and dedication. My life is a structured combination of eating, sleeping, and training. I live vibrantly. I work hard and train harder. My physique may have won contests, but a strong mentality and determination in every area of my life is what I also believe has led to my success. From homeschooling my four kids to competing on stage every year as a vegan physique athlete. All the while creating and running a multi-million dollar empire, with a team of 30 full-time employees all around the globe. In this program I'm delighted to share tools from my own life to enrich your own.

Building muscle takes more than physical fortitude. It takes a certain mindset and drive to create an elite body. Even if you lift big, you won't sculpt an incredible body if you don't know how to think big. That's your first lesson from this plan. There are many women who have the potential to have some of the best physiques in the world, but they don't have the mental capabilities to push themselves to do what needs to be done. You can't have a world class physique in your 30s, 40s, 50s, 60s or 70s if you don't have the mental toughness to work at it, day in and day out. And yes I said 70s!! Age is just a number in *The Sculpted Vegan*, we have strong and sexy ladies who have completed the programs in their 70s.





How does the plan work?

This program is the exact way that I eat and train if I feel I have put on a little bit more body fat than what I am comfortable with. I like to stay around 15-16% body fat for the majority of the year. But we all know that a little bit of body fat can go on after over indulgences around Christmas or vacation time. Maybe you have a beach vacation coming up or just want to be a little bit leaner, this shred plan will help you look your best. This program is designed to be used for 7 days but could be cycled up to 4 times.

The Physique Athlete Plan is a 1600 macro and calorie counted meal plan. If you start, you don't need to do anything but follow the meal plan to the letter. As well as the meal plan there are strength training sessions and cardio sessions. This means there is a massive calorie output combined with a lower calorie input which is why it is so effective in the short term.

Short term diets DO work. Contrary to what the uneducated think, they don't damage the

metabolism, they don't wreck your body and are very useful to achieve a short term goal. This is the exact plan and process that I follow, day in, day out when I want to shred and I must warn you that this program is going to be hard, especially if you are completely new to training and shredding. **But you are tougher than life is hard.**

Anyone coming into this program eating more than 2000 calories will have better results than someone who is currently only eating 1400-1600 calories. If you are thinking 1600 is a lot of calories, let me tell you 1600 is LOW for me! I normally eat 2500-3000 calories a day.

By Failing to Prepare, You Are Preparing to Fail

Please read this program in its entirety **at least three times**. Yes, three. I also recommend that you watch all the exercise instructional videos for the whole program **before** your first session so you are not having to search for how to do an exercise in the middle of your workout.

MINDSET

THINK LIKE A PHYSIQUE ATHLETE

1. Master Your Mind

The mentality needed to be a competitive bodybuilder can be applied to many aspects of life: relationships, business, training, working, and more. You can't be normal and you can't strive to be. You have to enjoy never being satisfied. The drive to better yourself physically, mentally, emotionally, or even financially can make an enormous difference in the success you have in the gym and life.

2. Find Balance

Although work is important and part of your path toward success, you can't forget to enjoy the ride and have some fun. I never look at myself and think, 'I'm obsessed'. I always try to have balance. This is a career. If you go at it full-tilt all the time, you're going to burn yourself out. Sleep and rest are two of the most important aspects of bodybuilding as muscles only grow when you're resting, not when you're in the gym. Achieving equilibrium is easier said than done, but getting adequate rest will help you become a healthier, happier and stronger person.

3. Own It

Success should be measured by how you see yourself, not by how others see you. Not everyone loves my physique and I get many hurtful comments on Facebook that I look "like a man" or "anorexic" (this one makes me laugh as I'm the furthest from anorexic you'll ever see - but okay then!). I've learned not to listen to what others think because truly, what others think doesn't matter. I'm proud of who I am and what I've accomplished. The more successful I get the more hate I get. I can honestly say I don't care anymore, the only person's opinion that matters, is my own. No matter what you've done in your life, or what you're trying to do, it's important to feel a sense of pride.



4. Work Hard

Whatever you want to do with your life, you won't get there without hard work. Physique athletes know how much time and effort goes into being a champ. When it comes the time to get down to business, we make sacrifices and do what needs to be done. In fact, they don't even seem like sacrifices because you know you're working towards a long-term goal. Enjoying your life is important, but so is the exertion you put into your goals. Success is earned, not given and there are no shortcuts. You, like everyone else, must serve your time.

5. Believe to Achieve

Even if you're not headed for the bodybuilding stage, the success of your endeavours depends almost entirely upon your desire to succeed. You don't want to go into a show just to stand up there. That's not how an athlete or a champion bodybuilder trains or thinks. You always want to think about winning and bringing your absolute best. It takes a huge amount of mental commitment to train the way we do. If your mindset is not set on winning (even if it's just winning on a personal best in squats) then you'll never achieve your highest potential.

NUTRITION

EAT LIKE A PHYSIQUE ATHLETE



1. Nutrition Always Wins

You can kill yourself in the gym all day long, but if you don't have the nutrition to back it up, you'll never see your body change. You must put as much effort, if not MORE, into your diet as you do into your weight training. Whether an athlete, bodybuilder, or fitness enthusiast, your job includes eating the right amount of calories and number of protein, carbs, and healthy fats.

2. Supplement Smart

Supplements are not essential and will never replace consistent diet and training. But athletes are always looking for that 1% competitive edge for superior results. I approach my goals with an athlete's mindset and if there is a small chance that a supplement stack could give me that 1% edge, then I am all over it! You have to find ways to budget and be able to fit that extra stuff in there.

3. Schedule Time For Meals

Most people who want to build muscle simply eat too little. Although it might be difficult on a busy schedule, scheduling time to eat is essential. The average person working this program needs at least five meals per day. Unless you're a pro bodybuilder,

you don't have to spend eight hours of your day preparing and eating meals, but even the average Jane needs the right number of calories to build serious muscle.

4. Learn From Experts

I think I've had the best advisors from the day I started. You might as well do it right, because nutrition is more important than weight training. I try to put as much knowledge about nutrition into all of my programs. Read all the program information, ask questions and do research to learn as much as you can about which foods have the right effect on your body. Your success depends on it.

5. Carbs Aren't Evil

If you want to build muscle, you need to eat carbs. Building muscle takes the right combination of macronutrients. It's not a "protein-only" magic trick. I eat a huge amount of carbs to keep my muscles full. And when I cut for a show, the first thing I cut down on is fat, not carbs. Fat calories are more calorific than carbs are, which many people don't seem to understand. To grow, you can't skimp out on any macronutrient. You need the right ratio.

TRAINING

TRAIN LIKE A PHYSIQUE ATHLETE

1. Basics Are Best

People think pro bodybuilders have top-secret training protocols. In reality, most bodybuilders follow basic training and nutrition programs with extreme dedication. I've stuck with a basic diet and training since the beginning, and found great success. There's no need for gadgets or starvation diets if you're consistent about your training and nutrition.

2. Eat, Sleep, Grow

I like to eat a big carb and protein meal before I hit the gym as it's important to fuel your workouts. You can't hope to hit total muscle failure unless you have energy. Rest is equally critical, especially sleep. If you put it in the training time, make sure you put equal emphasis on recovery.

3. Face Your Weaknesses

We all have body parts that are stronger than others both physically and in terms of how they balance our body. I train my arms hard, but my back and leg training is *really hard and heavy* because I love to have big quads and booty, and nice wide lats to balance my shape. Even the greenest athlete can improve her physique by keeping a critical eye, training for symmetry, and pulverizing weak points.

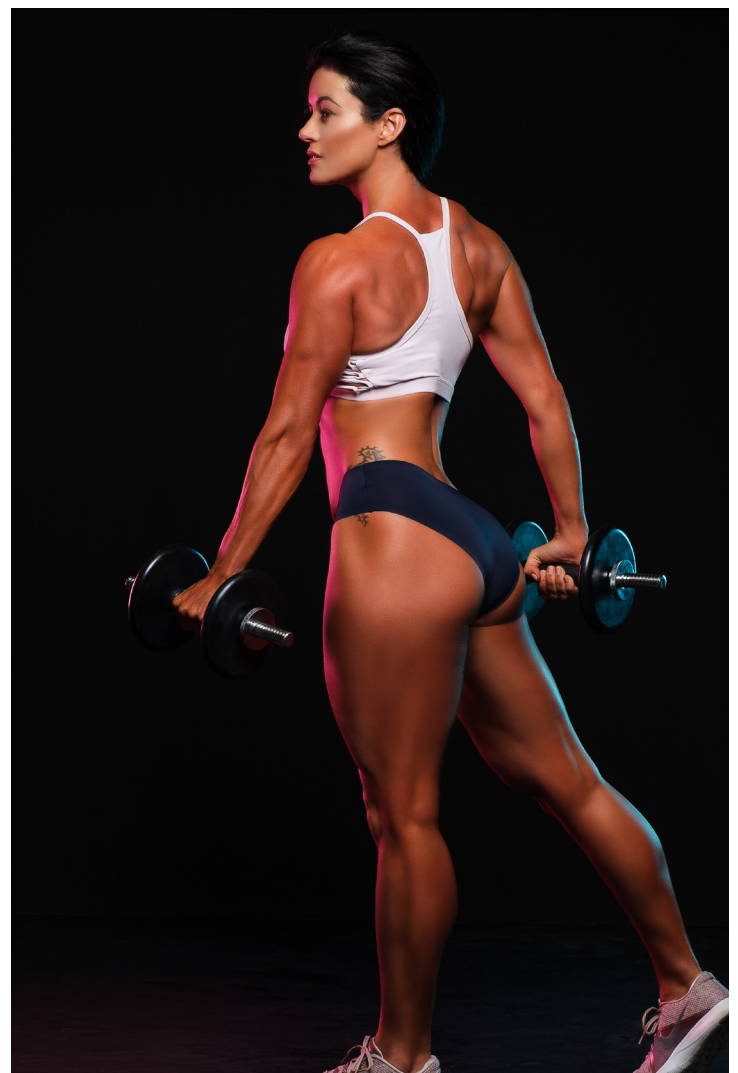
4. Schedule Your Training

When it comes to training there aren't many specific rules carved into stone. But finding a schedule that works for you is key. If you like training as soon as you wake up, do it! If you like training at noon, train at noon. I have a set schedule of what I have found works for me and my busy schedule. Upon waking I like to do a hour's cardio with my husband Ryan around 630/700am. We then come home, have

breakfast and then train in the gym around gam. This schedule does not change Monday-Friday every week. So my advice is that when it comes to your training, find a schedule that suits you and stick to it.

5. Train in the hypertrophy range of 8-12

If you want to train like me, keep the weight heavy and the rep range lower. You won't ever catch me lifting light weight for sets of 50 reps. When you train with as much weight as I do, you can't do as many reps or you'll just burn yourself out. To build muscle quickly you must throw some heavy weight around and make sure you progressively increase how much you lift.



HOW TO MEASURE YOUR PROGRESS

PROGRESS PICTURES

The most accurate way to track your progress is by taking pictures. Take a selfie with your smartphone or camera. Either snap it in the mirror, or set the timer on your phone. Don't flex, tense or try to suck in your stomach. You need to see the reality of your situation!

Take full length body pictures

- Front with arms relaxed beside your body
- Back with arms relaxed beside your body
- Side facing left and facing right



Now here's the exciting part!! You can upload your progress pictures right here inside the app! No more downloading picture editing apps and fiddling about trying to line up your pictures to compare. We have done all the hard work for you to make taking progress pictures as painless as possible. Please don't worry about anyone else having access to your pictures. Our customers' privacy and data security is one of our highest values, all personal data including pictures is encrypted and only able to be accessed by yourself.

Try to take your progress pictures at the same time of the day, in the same outfit, in the same light, in the same place. For example, I take my progress pics every Saturday morning as soon as I get up. I literally roll out of bed, pee, put on my bikini and take my photos. Your body does not usually hold a lot of water in the morning so it is the most accurate time to take progress shots. Take them at the start and end of the plan and chart your progress through the app.



Measurements

The only way to get to where you want to go is to get real about where you are now. This is your starting point. The measurement data you collect is the first step to taking ownership of your reality. The measurements that you will take are your concrete data of where you are right now and your choice to take action of where you want your body to go. Take measurements of your choice and easily record and track them in *The Sculpted Vegan* app. Take them at the start and end of the plan and chart your progress through the app.

NUTRITION OVERVIEW

On this plan, you will eat the same thing every day for one week. You can eat the food at any time in a 24 hour period, switching lunch for dinner, and vice versa. Eat in the way that best serves your lifestyle. Shred meal plans are not meant to be exciting; they are designed to be simple. Bodybuilders eat the same food over and over again, as it's the best way to ensure consistency and tracking. To make your meal prep even easier, I suggest batch cooking for the week and storing the food in airtight containers.



What are Macronutrients?

Macronutrients are protein, carbohydrates and fat. Each macronutrient has an important role that it plays in the body. We will intelligently manipulate and time these macronutrients in this program for maximum success.

Protein

Protein is one of the most critical macronutrients on this, and all of my programs. Many people believe that plant-based athletes do not need as much protein as their meat eating counterparts. However, I have never subscribed to this theory. I eat a significant amount of protein to achieve my physique goals and my health and kidneys have never suffered as a result of it. Muscle tissue is effectively just protein which is why it's so essential for muscle growth, recovery and tissue repair.

Fat

Although fats are essential for good health, eating too many calories from fat is one of the main reasons I see people fail in their fat loss efforts. Fats keep our bones healthy by helping with calcium absorption, lower risk of heart disease and lower cholesterol levels. Fats are important for our brain health and for women they play an important role in hormone balance. We most definitely need fats in our diet but we just need to be aware of the amounts we are consuming and that they are inline with our goals.

Carbohydrates

Carbohydrates' main job is to provide energy to the body and they are good for very little else. Unlike fats and proteins which contain essential amino acids that your body cannot make and must obtain through food. Carbs do not contain any essential amino acids which is why you can eat less of them for great fat loss results.

THE MEAL PLAN



I usually am not a fan of prescriptive meal plans, as they aren't ideal for hands-on learning in the trenches. But I realize that many people just prefer to be told what to eat and when. The meal plan is a 1600 calorie count with a macro split of **45% protein, 25% fat and 30% carbohydrate**. I have created the meal plan for this program in such a way that you should aim to eat your largest carbohydrate meals before and after training. (Training, meaning strength training, not cardio). So even though the meal plans are structured with five meals per day, it's up to you to change the order of the food to suit your own training schedule. If you prefer to train in the morning I would recommend eating carbs after your morning cardio session - but before strength training - and then again after your strength training session.

Free Food

Throughout the day you can fill up on green cruciferous vegetables with your meals as this will keep you feeling full but not risk conversion to fat. These calories will be the only calories that you consume that will be considered "free". Free calories can be eaten at any time, in any amount. I want you to utilize these free calories to your advantage. They will be invaluable for combating hunger pangs while boosting your daily fiber intake.

The Importance of Water

On this program you should aim to drink 2-3L of water daily. This will help your digestive system to function efficiently and also help your body to flush out extra water that may accumulate in fat cells once your body has depleted them of fat.

SUPPLEMENTS



Note- Make sure when you are searching for your supplements to purchase that they are labelled Vegan. Non Vegan supplements of amino acids can be made from animal hair and feathers. If you buy capsules, make sure they are free from gelatine. Do your research carefully!

When it comes to building muscle, there's nothing more important than hard work and quality food. I train like a beast and eat like a horse, but I also recognize the value of smart supplementation. All supplements are optional and will never replace intense training and clean nutrition but they can augment your diet and help you hit your fitness goals.

Protein Powder - A good vegan protein powder blend is a must when weight training to ensure that you hit your protein goals each day. I absolutely love the **Wondershake** from The Protein Works, especially during a shred—the macros are fantastic!

My favorite protein company is The Protein Works (use the code TSV55 at checkout for 55% off sitewide).

Vitamin B Complex - improves energy levels, nerve conduction, concentration and much more! Take 100mg per day.

L Glutamine - Repairs the gut lining and repairs muscle tissue. Take 10g post workout.

BCAA - (Branched Chain Amino Acids) can be drunk in water during the day to stop the body breaking down amino acids for energy. Take 5 – 15g in 600/1000ml water with the juice of half a lemon (for flavor) and drink during your workout or throughout the day.

ALA - Alpha Lipoic Acid - This amino is very useful during a shred as it helps to shuttle nutrients away from fat stores and into muscle tissue. Take 1-2, 300mg capsules before each large meal.

Caffeine - Helps to stimulate you during your workout and helps raise the metabolism. Take 1-2 caffeine tablets in the morning or before training. If you are caffeine sensitive, leave it out.



TRAINING OVERVIEW

This program is the exact way that I build muscle WHILE shredding body fat at the same time. If you have already been under-eating and have a down regulated metabolism, you may not experience as much fat loss as someone who is overweight and has a fully functioning metabolism.

In this program you will do the strength training program for 5 days and do cardio every day! You'll hit every body part in the gym as well as moving your body with your daily cardio. It will be labor intensive and tiring. But this is what it takes to build the body of a physique athlete. The number one reason people don't see the results they crave is because they don't push hard enough. Not only do people not push hard enough, but they don't truly understand how hard "hard" really is. They think that the moment they feel uncomfortable during a set, that means they've pushed hard, and the set stops there. But when it starts to feel hard, that is not when we stop, that is when the work begins!

In all of my programs, we train to failure in the final set of an exercise. Training to failure is how you can completely transform your body in the fastest amount of time. Failure is reached when your neuromuscular system can no longer generate enough force to move a load. If the muscles you're working aren't trembling from sheer misery and torment on your final (failure) set, you haven't challenged them nearly enough. If you stop when the pain starts, you are missing out on valuable muscle growth potential.

SOME POINTS FOR YOU TO REMEMBER:

1. First set is a warm up. You should easily have another 10-15 reps in reserve.
2. Second set is also warm up, You should have 5-10 reps in reserve.
3. Third set is the first working set. You should only have 2-3 reps in reserve.
4. Final set is the failure set. You should hit total muscle failure around 6-10 reps, but if you have a spotter, you aim for forced reps.
5. If you don't hit concrete muscle failure and you've got more reps in the tank:
 - (A) Do more reps!
 - (B) You finish your 10 reps, you re-rack the bar, you put more weight on it and you go again. Even if you only hit 5 or 6 reps, if you go to failure, your body will have recruited as many muscle fibers as it possibly can and your muscle will grow.



Cardio overview

On this program you will be doing LISS cardio (Low Intensity Steady State cardio) and this will be done daily in addition to your gym or home workout program.

It's important to remember that cardio serves a purpose far different from resistance training. While resistance training is essential for stimulating your muscle tissue to the point of strength and growth, cardio does not do this. **Cardio is strictly for fat loss!**

When you first start doing slow steady cardio your body immediately taps into any stored glycogen for its energy source. It generally takes about 20 minutes before your body registers that there aren't enough demands being placed on the muscles, so it switches to burning fat instead. This is why it's so great at preserving muscle tissue.

You will be performing Low-Intensity, Steady-State cardio (LISS) for the seven days of this program. It doesn't matter so much the *kind* of LISS you do, as long as you do it correctly and consistently. You can do it at any point in your day, just do it whenever you can fit it in.

LISS Cardio Options

Any cardio that keeps your HR steady at around 70% of your maximum is perfect. The fat burning zone is between 130-145pm for most people. You have a range of LISS Cardio options you can choose from. I want you to try and choose the same thing each day whenever possible:

- Stairmaster
- Uphill or flat treadmill walking
- Elliptical
- Stair stepper
- Stationary bike
- Lightly jogging in place
- Power walking outdoors

How will you know that you are at around 70% of your maximum? Your body will tell you!

- You're slightly out of breath
- You have a thin layer of sweat on your back
- It's hard to hold a conversation without drawing your breath in periodically

TRAINING PROGRAMS

GYM PROGRAM

Day 1 - Chest & Triceps

Exercise	Sets	Reps	Notes
Incline Dumbbell Bench Press	4	10	Final set to failure
Flat Barbell Bench Press	3	10	Final set to failure
Cable Crossover Flyes	4	10	Squeeze hard into chest
Triceps Cable Pushdown	4	10	Keep chest high
Overhead Cable Triceps Extension	3	10	Fully extend into arms
Triceps Cable Rope Pushdown	3	10	Final set to failure

Day 2 - Quad focused legs

Exercise	Sets	Reps	Notes
Leg Extensions	5	10	Final set to failure
Barbell Back Squat	4	10	Squat below parallel
Deadlift	3	10	First rep is the hardest!
Step Back Barbell Lunge	3	10	Knee should touch floor
Lying Leg Curl	3	10	Partial reps to failure

Day 3 - Back			
Exercise	Sets	Reps	Notes
Wide Grip Lat Pulldown	5	10	Keep chest high
Reverse Grip Bent Over Row	3	10	Squeeze elbows back
Wide Grip Cable Landmine Row	4	10	Close grip is also fine
One Arm Dumbbell Row	3	10	Squeeze elbow back
Close Grip Lat Pulldown	3	10	Squeeze elbows back

Day 4 - Shoulders & Biceps			
Exercise	Sets	Reps	Notes
Dumbbell Shoulder Press	4	10	Bench at slight angle
Dumbbell Fly Both Arms	3	10	Little finger leads
Cable Rear Delt Fly	3	10	Slight bend in elbows
Rope Cable Front Raise	3	10	Extend fully into arms
EZ Bar Cable Upright Row	4	10	Keep elbows high
EZ Bar Cable Biceps Curl	4	10	Squeeze bicep at top
Dumbbell Biceps Curl	3	10	Curl to shoulder at top
One Arm Preacher Curl	3	10	Fully extend into arm

Day 5 - Glute & Hamstrings

Exercise	Sets	Reps	Notes
Lying Leg Curl	5	10	Last set to failure
Dumbbell Deadlift	4	10	Hinge at hips
Barbell Glute Bridge	4	10	Keep chin close to chest
Single Leg Cable Kickback	3	10	Squeeze glutes hard
Single Lying Leg Curl	3	10	Final set to failure

Days 6 & 7 - Active Recovery

HOME PROGRAM

For this program you will need long looped resistance bands in varying strengths, a pull up bar and a pole.

Day 1- Chest & Triceps			
Exercise	Sets	Reps	Notes
Push Ups	4	10-15	Drop back a level to finish set
Tricep Dips	3	10-15	Elevate feet to increase difficulty
Decline Push Up	3	10-15	Knees bent is easier
Triceps Push Up	4	8-15	These are hard! Keep going
Incline Push Up	4	10-12	Keep legs straight if possible

Day 2- Quad focused legs			
Exercise	Sets	Reps	Notes
Banded Good Morning	4	10-15	Push hips back and hinge
Reverse Lunge with Forward Lean	4	10-12	Lean forward to hit the glutes
Banded Squats	4	20	Hold weight if possible
Elevated Goblet Squat	4	15	Stretch back into glutes hard
Single Leg Deadlift	3	10-15	Hold weight if possible

Day 3-Back & Biceps			
Exercise	Sets	Reps	Notes
Australian Pull Ups	4	10-15	Knees bent is easier
Banded Bent Over Row	4	10-15	Keep elbows close to body
Banded One Arm Row	3	10-15	Increase resistance each set
Bar Bicep Curl	4	10-15	Straight legs is harder
Band Bicep Curl	4	10-15	Squeeze bicep hard at top
Chin Up	3	10-12	Use bands if necessary

Day 4- Shoulders			
Exercise	Sets	Reps	Notes
Band Front Raise	4	10-15	Keep control on the negative rep
Band Side Lateral Raises	4	10-15	Little finger always leading
Banded Rear Delt Fly	4	10-15	Squeeze hard in to the rear delt
Band Upright Row	4	10-15	Keep elbows high
Handstand Push Up	4	10-15	Drop back a level to finish set

Day 5 - Glutes & Hamstrings

Exercise	Sets	Reps	Notes
Banded Deadlifts	4	10-12	Keep chest high at all times
Banded Squat	4	10-20	Sit back into the squat
Single Leg Glute Bridge	3	30 reps	Perform 30 each leg
Reverse lunge with Forward Lean	4	10-12	Lean forward to hit the glutes
Frog Pump Glute Bridge	4	20	Squeeze glutes hard

Days 6 & 7 - Active Recovery

CARDIO SCHEDULE

Day	Cardio	Duration
1	Slow steady	60 minutes x 1 per day
2	Slow steady	60 minutes x 1 per day
3	Slow steady	60 minutes x 1 per day
4	Slow steady	60 minutes x 1 per day
5	Slow steady	60 minutes x 1 per day
6	Slow steady	60 minutes x 1 per day
7	Slow steady	60 minutes x 1 per day

THE PHYSIQUE ATHLETE

MEAL PLAN

Breakfast	
Breakfast Smoothie	1 serve
Post Workout	
Peanut Butter & Chia Overnight Oats	1 serve
The Protein Works Vegan Wondershake	2 scoops
Lunch	
Lemon & Herb Seitan Chicken	1 serve
Roasted Cauliflower	1 serve
Baked Courgette Batons	1 serve
Dinner	
Easy Marinated Tofu	140g
Green Cruciferous Vegetables & Salad	Unlimited
Evening Snack	
The Protein Works Vegan Wondershake	2 scoops
Light Soya/Plant Milk	200ml
(Blend together with ice)	

RECIPES

OATS, SMOOTHIES, SEEDS & CAKES

Breakfast Smoothie

Serves 1

Ingredients

- 2 scoops TPW Strawberries & Cream Wondershake
- 10g quick cook oats
- 60g banana
- 6 pecan halves (pecan nuts in the UK)
- 200ml light soya milk *
- 2 medium strawberries
- 6 cubes ice

Method

Put everything in the blender and blend on high speed until smooth. The fruit can be sliced and frozen into small containers in advance. Omit the ice cubes if you do this. Serve immediately or keep in the fridge for later.

*If you can't find soya light simply mix 30ml unsweetened soya milk with 30ml water as a substitute. One part milk and one part water.

Calories	385
Fat	9g
Carbs	30.5g
Protein	47.8g

Peanut Butter & Chia Overnight Oats

Serves 1

Dry Ingredients

- ¼-½ tsp, cinnamon (or to taste)
- 30g rolled oats
- 1 tbsp chia seeds

Wet ingredients

- 60ml Alpro soya light milk*
- 120ml water depending on how wet you like them
- 1/2 vanilla extract (or to taste)
- 66g banana, mashed (approx half a small banana)
- 1 tbsp peanut butter powder + 1tbsp water

Method

Measure the dry ingredients into a jar, distributing evenly. In a bowl, mix PB powder with water, until creamy.

Each night before bed, mix in the soya light milk, water, vanilla, mashed banana and peanut butter to one jar. Cover tightly and shake until combined.

In the morning, if the oats seem too dry for your liking, just add in a couple splashes of water to loosen.

*If you can't find soya light simply mix 30ml unsweetened soya milk with 30ml water as a substitute. One part milk and one part water.

Calories	323
Fat	9g
Carbs	48.9g
Protein	12.3g

SEITAN RECIPES



Seitan Chicken Tenders

Serves 7

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

Method

In a large bowl, whisk the vital wheat gluten with the 1 tsp garlic powder, 1 tsp onion powder and ½ tsp salt until they're completely combined. In a small bowl, whisk the tofu, water, no chicken bouillon paste, and vegan Worcestershire sauce (available on Amazon) 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 out the chicken cutlets into 7 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 the water to touch the cutlets. Bring the water to a boil. Spray a light coating of oil on the basket to prevent the cutlets from 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 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.

Calories	153
Fat	1.7g
Carbs	6g
Protein	28.7g



Lemon & Herb Chicken

Serves 7

Ingredients

- 7 Seitan Chicken tenders (homemade)
- Juice of 3 lemons
- 4 garlic cloves, crushed
- 6 tbsp chopped fresh herbs
- Salt & pepper
- Chilli flakes *optional

Method

Place the chicken substitute pieces in a plastic food bag, or glass container. Add all the other ingredients with a good sprinkle of salt and several grinds of black pepper.

For the herbs use any mixture of green herbs such as parsley, coriander, oregano, thyme etc. Some chilli flakes would also be nice if you like a kick in your food. Close the bag tightly and rub the mixture all over, and leave to marinate at least for an hour, but preferably overnight. To cook, simply pan fry for a few minutes each side, with no extra oil, or bake at 180°C for about 12 minutes. Serve hot or allow to cool and eat cold.

Calories	153
Fat	1.7g
Carbs	6g
Protein	28.7g

TOFU RECIPES



Easy Marinated Tofu

Serves 2

This recipe marinates a 280g block of tofu. One serve is usually 140g. Please check the meal plan for how many serves you need to eat that day.

Use any of the marinades below with this recipe for a delicious dish. Simply mix the marinades in a small bowl. Slice a block of extra firm tofu into 1cm thick slices. Pour over the marinade and coat both sides well. Leave to marinate for at least an hour but preferably overnight. To cook either pan fry dry for about 5 minutes each side, or place on a baking sheet and bake in a hot oven (about 200C / 400F) for 8 minutes each side.

Lemon garlic and herb

Zest and juice of two lemons
3 tablespoons flat leaf parsley
Tablespoon of chives
Half teaspoon of black pepper
3 cloves of garlic salt to taste. .

Cajun, lime and coriander

2 tablespoons of cajun powder
zest and juice of two limes
Salt and pepper
Teaspoon of smoked paprika
2 garlic cloves
2 tablespoons of coriander...

Truffle and wild mushroom

2 teaspoons of truffle salt
Half teaspoon of black pepper
2 teaspoons of dried mushroom powder (dried porcini mushroom in blender blitz to a dust)
2 clove of smoked garlic
2 spring onion chopped
2 teaspoon and flat leaf parsley 2 teaspoon of tarragon

VEGETABLES & FREE FOOD

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

Roasted Cauliflower

Serves 1

Ingredients

- 75g cauliflower, cleaned and cut into florets
- ¾ tbsp nutritional yeast
- ¼ tsp garlic powder
- ¼ tsp cayenne pepper (ground)
- Salt and black pepper

Method

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

Baked Courgette (Zucchini) Batons

Serves 1

Ingredients

- 2 courgettes (zucchini)
- 1 clove garlic
- Salt and pepper
- Juice of 1/2 lemon

Method

Cut the courgette in half then slice lengthwise down the middle, and slice each quarter lengthwise again until you have batons. Place in an ovenproof dish and sprinkle liberally with salt and pepper. Bake in a preheated oven at about 180C/400F for 15-20 minutes or until tender. Remove from the oven and squeeze over the lemon juice.

Steamed Greens

Makes about 4 servings

- 100g broccoli
- 100g asparagus
- 100g green beans
- 2-3 cloves garlic, roughly chopped
- Salt to taste

Using any or all of the above, remove the stalks and place the greens into a large saucepan with about a centimetre 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 in the fridge. Alternatively, eat immediately when hot without flushing with cold water.

Wilted Spinach

Serves 1

Ingredients

- 100g organic, baby leaf spinach
- 1 clove garlic, crushed or chopped
- Wedge of lemon to serve

Method

Place the spinach into a large saucepan over a high heat and add a clove of crushed garlic. Cook until wilted, about 3-5 minutes. Serve with a squeeze of lemon juice to taste.



Zero Calorie Dressing

Serves 7 salads

Ingredients

- 2 tbsp white wine vinegar
- ¼ tsp mustard powder
- ½ tsp paprika
- Stevia drops to taste
- Salt to taste

Method

Add all the ingredients to a small bowl and whisk well until combined. Store in an airtight jar in the fridge.

Green Cruciferous Vegetables

The following are considered free food. Eat as many as you need to feel full and satisfied at any time of the day.

- Spinach
- Broccoli
- Green beans
- Asparagus
- Courgette (zucchini)
- Cauliflower
- Kale
- Pak choi
- Salad greens/lettuce
- Cucumber
- Celery
- Radish
- Brussel sprouts
- Collard greens

Free Flavorings

You can use any of the following to flavor your food:

- Mexican Spice Tajin (this is AMAZING for flavoring food!)
- Tamari/soy sauce/liquid aminos/liquid smoke
- Spices, fresh or dried
- Herbs
- Fresh or powdered garlic
- Fresh or powdered ginger
- Spice mix or seasoning (such as that you would put on a fajita)
- Apple cider vinegar
- Fresh lemon or lime juice

SHOPPING LIST

Protein:

Extra Firm Tofu	980g
Silken Tofu	250g

Vegetables:

Cauliflower	Unlimited
Courgette	Unlimited
Salad Greens	Unlimited
Green Cruciferous Vegetables	Unlimited

Fruit

Bananas	7 medium
Strawberries	14 medium
Lemons	7

Nuts

Pecan Halves (Pecan nut in UK)	42
Chia Seed	7 tbsp

Spices, Herbs & Seasoning

Cinnamon	1 packet
Fresh Herbs	Unlimited
Cayenne Pepper	1 packet
Garlic Powder	1 packet
Garlic Cloves	4
Chilli Flakes (optional)	1 packet
Sea Salt	1 packet
Black Pepper	1 packet
Onion Powder	1 packet

Oats

Quick Cook or Jumbo Oats	280g
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Plant Milk

Light Soya milk	4 litres
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*If you cannot find light milk, dilute regular unsweetened soy milk with half water

Miscellaneous

Ice Cubes	42
Vanilla Extract	1 small bottle
Olive Oil	1 bottle
Nutritional Yeast	1 tub
Vital Wheat Gluten	240g
No Chicken Bouillon Paste	1 tub
Vegan Worcestershire Sauce	1 bottle
Peanut Butter Powder	2 containers

Supplements

[The Protein Works Wondershake](#) (use code TSV55 at checkout for 55% off)

Strawberries & Cream	1kg
Vanilla Creme	1kg

Optional

Vitamin B Complex	700mg
L Glutamine	70g
BCAA's	250g packet
ALA	2100mg-4200mg
Caffeine	14 tablets (leave out if sensitive)

WANT A MORE PERSONALIZED PLAN?

We have a team of highly experienced coaches ready to carve a personalised plan just for you! If you would like to book a one to one coaching session with a coach, [simply click here](#).

To finish, can I say your focus, drive, and determination in this plan has been so admirable. I cannot wait to hear all about your results. I hope you will share your pictures and brag about yourself because what you've done is something only 10% of the people who start a plan actually finish! I am so proud of you!

If you would like to find another plan to continue your body sculpting journey, you can visit the app program page to find another plan.

With love
Kim xo



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