THE SCULPTED vegan™

HARD BUILD EATING GUIDE

20-25% BODY FAT

THE EXTREME BODY MAKEOVER OVER 40 HARD BUILD EATING GUIDE

Use this guide to build your meals with no macro and calorie counting but being mindful of nutrient timing and portion size - Make protein, slow carbs and green cruciferous vegetables the star of the show. Aim to eat 30g protein with every meal, breakfast, lunch and dinner with unlimited slow carbs and green cruciferous veg. The everyday carbs can be consumed at any time of the day, with the after-training carbs to be consumed within 30 minutes of training. Be mindful and practice decorum with your fruit and fat intake. While there's not really a need for a cheat day each week because you can have most things in moderation, I know people like the thought of one. Once a week, enjoy a healthy, on plan breakfast and then eat and drink whatever soothes your soul.

CLICK HERE to watch this video

THE RULES

RULE #1 Eat 30g protein within 30 minutes of waking. This can be a protein shake, or some form of protein eaten as breakfast.

RULE #2 Consume any after training carbs i.e., starchy carbohydrates such as bread, pasta, rice, potatoes, or grains within 30 minutes of resistance training to replace depleted glycogen stores and fuel muscle growth.

RULE #3 Practise decorum with your fat and starchy carb amounts. The calories can very easily stack up, especially with fats. While you have more choice in your food list, don't go crazy.

RULE #4 You can consume small amounts of fruit but stick to a handful of raspberries, strawberries or blueberries. The primary sugar in fruit is fructose. The only organ in the body that can store fructose is the liver. The rest goes straight to fat store. These berries are best as they are low sugar and high fiber.

THE MEALS

Build each of your meals from the list below, picking items from each of the groups. Proteins, carbs and greens should make up every meal with small amounts of fats and fruit being consumed less frequently.

PROTEINS

Seitan
Tempeh
Sunflower haché
Protein powder
Lean faux meat
(Look for more than 10g protein and less than 2g fat and 3g carbs per 100g)
Tofu*
Non vegan protein

**Tofu is high in fat so don't eat more than 140g per day*



SLOW CARBS

Lentils *(any colour)*
Black beans
Pinto beans
Kidney beans
Lima beans
Cannellini beans

EVERYDAY CARBS

Oats
Sweet Potato

AFTER TRAINING CARBS

White potato
Bread
Rice
Pasta
Quinoa
Couscous

GREENS

Spinach
Broccoli
Green beans
Asparagus
Courgette *(zucchini)*
Cauliflower
Pak choi / bok choy
Salad greens/ lettuce
Cucumber
Celery
Brussels sprouts
Collard greens
Peas
Kale

Make green cruciferous vegetables the star of the show but you can add in other vegetables for variety.

FATS

Avocado
Nut butters
Plant milks
Soya yoghurt
Vegan butter
Coconut / olive oil
Vegan dark chocolate

FRUIT

Raspberries
Strawberries
Blueberries



KEEP IT SIMPLE

You can eat as much as you like on this diet if you **keep it simple.** Pick three or four meals and eat them every day for best results. See the sample meal plan below.

BREAKFAST
Tofu scrambled with nutritional yeast and a drizzle of garlic oil, chillies and cilantro. Wilted spinach & ½ an avocado.

POST WORKOUT SNACK
Protein shake and a bowl of oats with a handful of berries.

LUNCH
Sliced seitan steak, sweet potato and a whole head of roasted broccoli.

DINNER
Marinated seitan chicken, steamed greens, side of black beans & a huge green salad.

EVENING SNACK
Protein shake and a teaspoon of peanut butter.

COMMIT FOR 12 WEEKS

If you are committed to seeing the best results possible, be committed with your diet. Training is the easy part, diet is the hard part. When it comes to body transformation, if you want to have what you've never had, you have to do what you've never done. And this may mean eating more calories, but it's not junk, it's whole and nutritious food.

Phase one is a build phase and I want you to put your food to good use and beast it in the gym. Focus solely on building muscle over the next 12 weeks and trust that any body fat will be shredded away in phase two.

HOW TO KNOW IF YOU ARE EATING TOO MUCH OR TOO LITTLE

Take weekly progress photos and analyze them with a critical eye for body fat changes and muscle growth.

EATING TOO LITTLE: If you see that you have dropped body fat after a series of weeks, then eat more. You may lose some body fat as you clean up your diet at the start of this phase, but shredding is not your main goal. This phase is about maintaining your body fat as you build muscle. If you are losing body fat it means that your body is having to use fat stores for energy as there isn't enough food. Which means there won't be enough fuel for optimal muscle growth. If you are under eating, slightly increase your carbs, add in more protein shakes or add in more fats for an easy calorie boost.

EATING TOO MUCH: If you see that you have put on a lot of body fat after a series of weeks, then eat less. In this phase, you want to be consuming enough food to fuel your muscle growth, which means you might notice a slight fluctuation of body fat if you have been previously undereating. But if your body fat has greatly increased then you are eating far more than what your body needs as it's had to store the excess energy as fat. If you have been over eating, look at your portion sizes of starchy carbs and fats, and keep track of the amounts coming in from liquid calories or snacks. It's very easy for body fat to creep on from these little extras.

