THE SCULPTED vegan™

LEAN BUILD EATING GUIDE

25-35% BODY FAT

THE EXTREME BODY MAKEOVER
OVER 40 LEAN BUILD EATING GUIDE

Stick strictly to the principles in this guide with no macro and calorie counting - Make protein, green cruciferous vegetables and slow carbs the star of the show. Eat until you feel comfortably full and enjoy no portion control. You don't need to count any calories, simply follow the principles and eat whatever you want from the list. The beauty of these foods is that they are calorie light but nutritionally dense, meaning you can eat tons of food and not put on body fat. Follow these principles to the letter, you will not only lose body fat, but you'll keep it off forever.

As a lean builder, you can have a small amount of starchy carbs, 30 minutes after training to replace depleted glycogen in the muscles. Stick to the carbs on the list and don't go crazy! Make sure you have earned them by training hard and heavy.

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 Avoid white starchy carbohydrates such as bread, pasta, rice, potatoes, or grains. Ask yourself "Is it white, was it white or could it be white?" If the answer is yes, avoid it. No liquid calories. Avoid milk, juices, sodas and alcohol. The after training carbs are an exception to this rules.

RULE #3 No liquid calories. Avoid milk, juices, sodas and alcohol.

RULE #4 No fruit. 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.

RULE #5 Enjoy one cheat day per week, provided you have strictly followed the clean eating rules all week. Have a healthy, on plan breakfast and then eat and drink whatever soothes your soul.

THE MEALS

Build each of your meals from the list below, picking one item from each of the three groups. Do not add any extra fat to your diet. Fat is full of calories. If you need to add flavour use herbs, spices or lemon juice.

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
(red/black/green/brown)

Black beans
Pinto beans
Kidney beans
Lima beans
Cannellini beans

AFTER TRAINING CARBS

(consume within 30 minutes of training)

Oats *(Rolled or steel cut)*
Sweet Potato
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



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. On this plan, breakfast becomes more like a lunch meal. See the sample meal plan below.

BREAKFAST
Sliced seitan steak, lentils and sauteed spinach.

POST WORKOUT SNACK
Protein oats (Cook 30g oats with a scoop of protein powder or enjoy separately).

LUNCH
Tofu scrambled with nutritional yeast and a drizzle of garlic oil, chillies and cilantro. Eat with a whole head of steamed broccoli & a portion of beans or lentils.

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

EVENING SNACK
Protein Ice cream (Blend your protein powder with ice and a splash of water.)

COMMIT FOR 12 WEEKS

If you are committed to seeing the best results possible, be strict 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.

Phase one is a build phase but you will experience fat loss if you commit to being super strict to these principles for 12 weeks. A safe and sustainable weight loss is 1-2lbs per week. But be realistic about what you can achieve and remember that nothing good happens overnight.

HOW TO FILL YOUR PLATE

PROTEIN - 20% of your plate
Eat 30g with every meal, breakfast, lunch and dinner. Any lean protein that is low in both fat and carbs is fine. (Note: Beans, lentils, nuts, chickpeas and quinoa are CARB sources, not protein sources.)

SLOW CARBS - 70% of your plate
While I say 70% to give you a guide, you really can eat unlimited amounts of green cruciferous vegetable, beans and lentils. You're not aiming for high fiber, you're aiming for NO STARCH.Ask yourself, "Is it white, was it white or could it be white?" If the answer is yes, avoid it.

DO NOT EAT: Chickpeas (they have a lot of starch), split peas, edamame (they are a protein and fat source), carrots, beets, yams, turnip, pumpkin, parsnips, potatoes, breads, pasta, lentil pasta, black bean pasta, ezekiel bread, sprouted bread, sprouted oats, bell peppers, aubergine, tomatoes, fruit etc.

FAT - 10% The only fat you should be adding to your diet is a drizzle of olive oil on salad or to cook with. Avocado is fine in small amounts. Chia seeds are also fine, especially to make chia seed pudding.

DO NOT EAT or SNACK ON: Yoghurt, fruit, crackers, cheese (vegan or otherwise), hummus, nuts, seeds, fruit juices, sodas, alcohol, milk (plant or otherwise).

If you have to ask "Can I have?" don't eat it. Garbanzo beans are not allowed as they act like a white starchy carb. Pastas made from beans or tofu? Not allowed.

