THE SCULPTED *vegan*

THE EXTREME BODY MAKEOVER

OVER 40



1200 CALORIE NON VEGAN MEAL PLANS

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OUR GIFT TO YOU



How to use this meal plan

The recipes in this meal plan constitute one day of eating and you will eat five times a day.

The five meal categories that comprise your daily calorie intake are:

- **Breakfast**
- **Post Workout**
- **Lunch**
- **Dinner**
- **Evening Snack**

Choose one recipe from each meal category option and eat at any time of the day, within a 24 hour period.

If you prefer to batch cook, simply multiply the ingredients by seven and that will make seven meals. Put half in the fridge, and freeze the rest. Take your frozen meals out the night before you need them.

You cannot replace a meal with one from another category. For example, you cannot have two lunch meals instead of a breakfast meal as this will throw the macros off. One meal must be chosen from each category for each meal. You can, of course, change the order of the meals. You just cannot skip choosing from one category. You cannot swap recipes between plans, such as the vegan and non vegan plan.

NOTE: As we are a vegan company, we request that when you discuss these meal plans in The Sculpted Vegan communities or coaching calls, you use the wording “non-vegan protein” rather than the specifics of eggs, chicken, etc., to be respectful to our vegan members. We would really appreciate it. Thank you!

Breakfast Recipes

Spicy Herb Egg White Scramble with Spinach and Kale

Serves 1

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

- 135g (5 oz) egg whites
- 1 tsp salted butter
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 1 small green chili, finely chopped
- 1/4 tsp ground cumin
- 1/4 tsp ground turmeric
- 1/4 tsp ground paprika
- 1/4 tsp ground coriander
- 1/4 tsp ground black pepper
- 1/2 tsp soy sauce
- 1 tsp lemon juice
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh mint, chopped
- 15g (1 oz) fresh spinach, chopped
- 15g (1 oz) fresh kale, chopped
- Salt to taste

METHOD

1. Prepare Aromatics

- Heat a non-stick skillet over medium heat.
- Add the salted butter and let it melt.
- Add the finely minced garlic and grated ginger, sauté for 1 minute until fragrant.

2. Add Spices and Chili

- Add the finely chopped green chili, ground cumin, turmeric, paprika, coriander, and black pepper to the skillet.
- Sauté for another 1-2 minutes until the spices are well combined and aromatic.

3. Cook Spinach and Kale

- Add the chopped spinach and kale to the skillet.
- Sauté for 2-3 minutes until the greens are wilted and tender.

Recipe Continues

4. Cook Egg Whites

- Pour the egg whites into the skillet, stirring constantly to prevent sticking.
- Cook for about 3-4 minutes, or until the egg whites are fully set and cooked through.

5. Season and Finish

- Add the soy sauce and lemon juice, mixing well.
- Stir in the chopped cilantro and mint.
- Taste and add salt as needed.

6. Serve

- Plate the scramble and garnish with a few extra herbs if desired.
- Serve hot and enjoy.

Herb-Infused Egg Muffin

Serves 1

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

- 135g (5 oz) egg whites
- 1 tsp salted butter
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 1 small green chili, finely chopped
- 1/2 tsp soy sauce
- 1 tsp lemon juice
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh mint, chopped
- 7g (1/4 oz) fresh spinach, chopped
- 7g (1/4 oz) fresh kale, chopped
- Salt & pepper, to taste

METHOD

1. Prepare Aromatics and Greens

- Preheat the oven to 180°C (350°F).
- Heat a non-stick skillet over medium heat.
- Add the salted butter and let it melt.
- Add the finely minced garlic and grated ginger, sauté for 1 minute until fragrant.
- Add the finely chopped green chili to the skillet and sauté for another 1-2 minutes.
- Add the chopped spinach and kale to the skillet, sauté for 2-3 minutes until the greens are wilted and tender.

2. Mix Egg Whites and Season

- In a mixing bowl, combine the egg whites, soy sauce, lemon juice, chopped cilantro, and chopped mint.
- Add the sautéed spinach and kale mixture to the egg whites.
- Stir well to ensure all ingredients are evenly distributed.
- Taste the mixture and add salt and pepper as needed.

Recipe Continues

3. Bake the Muffin

- Lightly grease a muffin tin with a bit of the melted butter from the skillet.
- Pour the egg mixture into the muffin tin, filling it about 3/4 full.
- Bake in the preheated oven for 12-15 minutes, or until the egg muffin is set and lightly golden on top.
- Remove from the oven and let it cool slightly before removing it from the tin.

4. Serve

- Plate the egg muffin and garnish with a few extra herbs if desired.
- Serve hot and enjoy.

Herb-Spiced Vegetable Egg White Omelet

Serves 1

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

- 135g (5 oz) egg whites
- 1 tsp salted butter
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 1 small green chili, finely chopped
- 7g (1/4 oz) fresh kale, chopped
- 7g (1/4 oz) fresh spinach, chopped
- 7g (1/4 oz) green cabbage, finely shredded
- 1/4 tsp ground cumin
- 1/4 tsp ground turmeric
- 1/4 tsp ground paprika
- 1/4 tsp ground coriander
- 1/4 tsp ground black pepper
- 1/2 tsp soy sauce
- 1 tsp lemon juice
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh mint, chopped
- Salt to taste

METHOD

1. Prepare Aromatics and Vegetables

- Heat a non-stick skillet over medium heat.
- Add the salted butter and let it melt.
- Add the finely minced garlic and grated ginger, sauté for 1 minute until fragrant.
- Add the finely chopped green chili, ground cumin, turmeric, paprika, coriander, and black pepper to the skillet.
- Sauté for another 1-2 minutes until the spices are well combined and aromatic.
- Add the chopped kale, spinach, and shredded green cabbage to the skillet.
- Sauté for 2-3 minutes until the vegetables are wilted and tender.
- Remove the vegetables from the skillet and set aside.

2. Cook Egg Whites

- In a mixing bowl, combine the egg whites, soy sauce, and lemon juice.
- Pour the egg white mixture into the skillet, swirling to evenly coat the bottom of the pan.

Recipe Continues

- Cook on medium-low heat without stirring until the egg whites begin to set around the edges, about 2-3 minutes.

3. Add Vegetables and Herbs

- Once the egg whites are mostly set but still slightly runny on top, evenly spread the sautéed vegetable mixture over one half of the omelet.
- Sprinkle the chopped cilantro and mint over the vegetables.

4. Fold and Finish

- Carefully fold the other half of the omelet over the vegetables.
- Continue to cook for another 1-2 minutes until the omelet is fully set and cooked through.
- Remove the omelet from the skillet and slide it onto a plate.

5. Serve

- Garnish with additional fresh herbs if desired.
- Serve hot and enjoy.

Post Workout Recipes

Vanilla Spice Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 120ml (4 fl oz) water
- 1/2 tsp fresh ginger, finely grated
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground turmeric
- 1 tbsp fresh mint leaves, finely chopped
- 1 tbsp lemon juice
- 1 tbsp lime juice
- Pinch of salt

METHOD

1. Prepare the Mixture

- In a mixing bowl, combine the Vegan Wondershake Vanilla Crème, water, finely grated fresh ginger, ground cinnamon, ground nutmeg, and ground turmeric.
- Add the finely chopped fresh mint leaves, lemon juice, lime juice, and a pinch of salt.
- Whisk the mixture until smooth and well combined.

2. Freeze the Mixture

- Pour the mixture into a shallow, freezer-safe container.
- Place the container in the freezer.
- After 30 minutes, take the container out and stir the mixture to break up any ice crystals.
- Repeat this process every 30 minutes for 2-3 hours, until the mixture reaches a smooth, ice cream-like consistency.

3. Serve

- Scoop the ice cream into a bowl.
- Garnish with a few extra mint leaves if desired.
- Serve immediately and enjoy.

Vanilla Cinnamon Protein Pudding

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 120ml (4 fl oz) water
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1/4 tsp ground cardamom
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 tsp fresh mint leaves, finely chopped
- Pinch of salt

METHOD

1. Prepare the Mixture

- In a mixing bowl, combine the Vegan Wondershake Vanilla Crème, water, ground cinnamon, ground nutmeg, ground ginger, and ground cardamom.
- Add the lemon juice, lime juice, finely chopped fresh mint leaves, and a pinch of salt.
- Whisk the mixture until smooth and all ingredients are well incorporated.

2. Chill the Pudding

- Pour the mixture into a small serving dish or bowl.
- Cover the dish and refrigerate for at least 2 hours, or until the pudding is set and chilled.

3. Serve

- Once the pudding is set, remove it from the refrigerator.
- Garnish with a sprinkle of ground cinnamon and a few mint leaves if desired.
- Serve immediately and enjoy.

Vanilla Mint Protein Smoothie

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 120ml (8 fl oz) water
- 1 tbsp fresh mint leaves, finely chopped
- 1 tsp fresh ginger, finely grated
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 tbsp lemon juice
- 1 tbsp lime juice
- Pinch of salt

METHOD

1. Prepare Ingredients

- Gather all ingredients: Vegan Wondershake Vanilla Crème, water, finely chopped fresh mint leaves, finely grated fresh ginger, ground cinnamon, ground nutmeg, lemon juice, lime juice, and a pinch of salt.

2. Blend Ingredients

- In a blender, add the water, Vegan Wondershake Vanilla Creme protein powder, finely chopped mint leaves, finely grated ginger, ground cinnamon, ground nutmeg, lemon juice, lime juice, and a pinch of salt.

3. Blend Smoothie

- Blend all the ingredients together on high speed until smooth and creamy.
- If the smoothie is too thick, add a little more water to achieve the desired consistency.

4. Serve

- Pour the smoothie into a glass.
- Garnish with a sprig of fresh mint if desired.
- Serve immediately and enjoy.

Lunch Recipes

Spiced Chicken and Bean Salad with Greens

Serves 1

Prep time: 20 minutes

Cook time: 25 minutes

INGREDIENTS

- 112g (4 oz) raw, boneless, skinless chicken breast
- 80g (3 oz) black beans, drained and rinsed
- 50g (2 oz) cherry tomatoes, halved
- 1/2 avocado, diced
- 1 tsp olive oil
- 60g (2 oz) canned chickpeas, drained and rinsed
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/4 tsp ground turmeric
- 1/4 tsp ground coriander
- 1/4 tsp ground black pepper
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh mint, chopped
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 30g (1 oz) fresh lettuce, chopped
- 15g (1/2 oz) fresh spinach, chopped
- 15g (1/2 oz) fresh kale, chopped
- Salt to taste

METHOD

1. Prepare and Cook Chicken

- Season the chicken breast with salt, ground cumin, ground paprika, ground turmeric, ground coriander, and ground black pepper.
- Heat a non-stick skillet over medium heat.
- Add the olive oil and let it heat up.
- Add the finely minced garlic and grated ginger, sauté for 1 minute until fragrant.
- Add the seasoned chicken breast to the skillet and cook for 6-8 minutes on each side, or until fully cooked through and browned.
- Remove the chicken from the skillet and let it rest for a few minutes, then dice it into bite-sized pieces.

Recipe Continues

2. Prepare the Salad

- In a large bowl, combine the black beans, chickpeas, cherry tomatoes, diced avocado, chopped cilantro, and chopped mint.
- Add the diced chicken to the bowl.
- Add the chopped lettuce, spinach, and kale.

3. Season and Mix

- In a small bowl, whisk together the lemon juice, lime juice, and a pinch of salt.
- Pour the dressing over the salad and toss to combine all ingredients thoroughly.

4. Serve

- Transfer the salad to a serving plate or bowl.
- Garnish with extra cilantro and mint if desired.
- Serve immediately and enjoy.

Spiced Baked Chicken with Bean Medley and Cruciferous Salad

Serves 1

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast
- 80g (3 oz) black beans, drained and rinsed
- 50g (2 oz) cherry tomatoes, halved
- 1/2 avocado, diced
- 1 tsp olive oil
- 60g (2 oz) canned chickpeas, drained and rinsed
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/4 tsp ground turmeric
- 1/4 tsp ground coriander
- 1/4 tsp ground black pepper
- 1 tbsp fresh cilantro, chopped
- 1 tbsp lemon juice
- 1 tbsp lime juice
- Salt to taste

METHOD

1. Prepare and Marinate Chicken

- Preheat the oven to 200°C (400°F).
- In a small bowl, mix the garlic, ginger, ground cumin, ground paprika, ground turmeric, ground coriander, ground black pepper, and salt.
- Rub the spice mixture onto the chicken breast, ensuring it is well-coated.
- Place the chicken breast in a baking dish.

2. Prepare Bean Medley

- In a mixing bowl, combine the black beans, chickpeas, and cherry tomatoes.
- Add the olive oil, lemon juice, and a pinch of salt. Toss to combine.
- Spread the bean medley around the chicken in the baking dish.

Recipe Continues

3. Bake the Chicken and Beans

- Place the baking dish in the preheated oven.
- Bake for 20-25 minutes, or until the chicken is cooked through and reaches an internal temperature of 75°C (165°F).
- Remove from the oven and let it rest for a few minutes.

4. Prepare Cruciferous Salad

- While the chicken and beans are baking, prepare the cruciferous salad.
- In a large bowl, mix chopped cruciferous vegetables such as kale, broccoli, and Brussels sprouts.
- Add the lemon juice, lime juice, chopped cilantro, and a pinch of salt. Toss to combine.

5. Serve

- Plate the baked chicken and bean medley.
- Add the diced avocado on top of the bean medley.
- Serve with the fresh cruciferous salad on the side.
- Garnish with additional fresh cilantro if desired.
- Serve and enjoy.

Herb-Crusted Chicken and Bean Zucchini Pasta with Roasted Broccoli

Serves 1

Prep time: 20 minutes

Cook time: 35 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast
- 80g (3 oz) black beans, drained and rinsed
- 50g (2 oz) cherry tomatoes, halved
- 1/2 avocado, diced
- 1 tsp olive oil
- 60g (2 oz) canned chickpeas, drained and rinsed
- 1 medium zucchini, spiralized into noodles
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/4 tsp ground turmeric
- 1/4 tsp ground coriander
- 1/4 tsp ground black pepper
- 1 tbsp fresh cilantro, chopped
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tbsp soy sauce
- 1 cup broccoli florets
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp fresh rosemary, chopped
- Salt to taste

METHOD

1. Prepare and Roast Broccoli

- Preheat the oven to 200°C (400°F).
- Place the broccoli florets on a baking sheet.
- Drizzle with half of the olive oil and season with salt and pepper.
- Roast in the preheated oven for 15-20 minutes, until tender and slightly crispy.

2. Prepare and Cook Herb-Crusted Chicken

- In a small bowl, combine the chopped parsley, thyme, rosemary, salt, and black pepper.
- Coat the chicken breast with the herb mixture, pressing gently to adhere.
- Heat a non-stick skillet over medium heat.
- Add the remaining olive oil and let it heat up.
- Add the finely minced garlic and grated ginger, sauté for 1 minute until fragrant.
- Add the herb-crusted chicken breast to the skillet and cook for 6-8 minutes on each side, or until fully cooked through and browned.

Recipe Continues

- Remove the chicken from the skillet and let it rest for a few minutes, then dice it into bite-sized pieces.

3. Prepare the Zucchini Pasta

- While the chicken is cooking, spiralize the zucchini into noodles using a spiralizer.
- In the same skillet, add the zucchini noodles and sauté for 2-3 minutes until just tender but still firm (al dente).
- Remove the zucchini noodles from the skillet and set aside.

4. Prepare Bean Medley

- In the same skillet, add the black beans, chickpeas, and cherry tomatoes.
- Add the soy sauce, lemon juice, and lime juice.
- Cook for 3-4 minutes until heated through and well combined.
- Add the diced chicken back into the skillet and stir to combine with the bean medley.

5. Combine and Serve

- Add the zucchini noodles back into the skillet and toss everything together.
- Sprinkle the fresh cilantro over the top.
- Plate the zucchini pasta, topping it with the diced avocado.
- Serve immediately with the roasted broccoli on the side.
- Serve and enjoy.

Herb Turkey and Potato Pie with Roasted Broccoli and Cauliflower

Serves 1

Prep time: 25 minutes

Cook time: 30 minutes

INGREDIENTS

- 140g (5 oz) raw turkey breast, diced
- 1 tsp olive oil
- 200 g (7 oz) uncooked white potato, peeled and diced
- 100g (4 oz) broccoli florets
- 100g (4 oz) cauliflower florets
- 1 clove garlic, finely minced
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp lemon juice
- Salt & pepper, to taste

METHOD

1. Prepare and Cook Turkey Filling

- Preheat the oven to 200°C (400°F).
- Heat a non-stick skillet over medium heat.
- Add the olive oil and let it heat up.
- Add the finely minced garlic and sauté for 1 minute until fragrant.
- Add the diced turkey breast to the skillet and cook for 5-7 minutes until browned and cooked through.
- Season with salt & pepper, to taste and remove from heat.

2. Prepare Potato Topping

- In a pot, bring water to a boil and add the diced potatoes.
- Cook the potatoes for 10-12 minutes, or until tender.
- Drain the potatoes and mash them until smooth.
- Mix in the chopped parsley, chopped thyme, and lemon juice.
- Add salt to taste and set aside.

Recipe Continues

3. Assemble and Bake the Pie

- Transfer the cooked turkey mixture to a small oven-safe dish.
- Spread the mashed potato mixture evenly over the turkey filling.
- Place the dish in the preheated oven and bake for 20-25 minutes, or until the top is golden brown.

4. Prepare and Roast Broccoli and Cauliflower

- While the pie is baking, place the broccoli and cauliflower florets on a baking sheet.
- Drizzle with a small amount of lemon juice and season with salt.
- Roast in the preheated oven for 15-20 minutes, or until tender and slightly crispy.

5. Serve

- Remove the turkey and potato pie from the oven and let it cool slightly.
- Plate the pie and serve with the roasted broccoli and cauliflower on the side.
- Serve and enjoy.

Herb-Roasted Turkey and Potatoes with Garlic Asparagus

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 140g (5 oz) raw turkey breast, diced
- 1 tsp olive oil
- 200g (7 oz) uncooked white potato, peeled and diced
- 100g (4 oz) asparagus, trimmed
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/4 tsp ground turmeric
- 1/4 tsp ground coriander
- 1/4 tsp ground black pepper
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp lemon juice
- Salt to taste

METHOD

1. Prepare and Roast Potatoes

- Preheat the oven to 200°C (400°F).
- In a bowl, toss the diced potatoes with half of the olive oil, ground cumin, ground paprika, ground turmeric, ground coriander, and salt to taste.
- Spread the potatoes on a baking sheet in a single layer.
- Roast in the preheated oven for 20-25 minutes, or until the potatoes are golden brown and tender.

2. Prepare and Cook Turkey

- In a non-stick skillet over medium heat, add the remaining olive oil.
- Add the finely minced garlic and grated ginger, sauté for 1 minute until fragrant.
- Add the diced turkey breast to the skillet and cook for 5-7 minutes until browned and cooked through.
- Add salt, ground black pepper, and lemon juice, and stir to combine.
- Remove from heat and set aside.

Recipe Continues

3. Prepare and Cook Garlic Asparagus

- In the same skillet used for the turkey, add the trimmed asparagus.
- Sauté over medium heat for 5-7 minutes until tender but still crisp.
- Add the finely minced garlic in the last 2 minutes of cooking and sauté until fragrant.
- Season with salt and lemon juice to taste.

4. Combine and Serve

- Plate the roasted potatoes and top with the cooked turkey.
- Garnish with chopped parsley and thyme.
- Serve with the garlic asparagus on the side.
- Serve and enjoy.

Spicy Turkey with Mashed Potatoes and Roasted Vegetables

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 140g (5 oz) raw turkey breast, diced
- 1 tsp olive oil
- 200g (7 oz) uncooked white potato, peeled and diced
- 100g (4 oz) broccoli florets
- 100g (4 oz) cauliflower florets
- 100g (4 oz) Brussels sprouts, halved
- 1 clove garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/4 tsp ground turmeric
- 1/4 tsp ground coriander
- 1/4 tsp ground cayenne pepper (adjust to taste)
- 1 tbsp lemon juice
- 1 tbsp fresh cilantro, chopped
- Salt to taste

METHOD

1. Prepare and Roast Vegetables

- Preheat the oven to 200°C (400°F).
- Place the broccoli florets, cauliflower florets, and halved Brussels sprouts on a baking sheet.
- Drizzle with half of the olive oil, season with salt, and toss to coat.
- Roast in the preheated oven for 20-25 minutes, or until the vegetables are tender and slightly crispy.

2. Prepare and Cook Spicy Turkey

- In a bowl, combine the diced turkey breast with ground cumin, ground paprika, ground turmeric, ground coriander, ground cayenne pepper, and salt to taste.
- Heat a non-stick skillet over medium heat.
- Add the remaining olive oil and let it heat up.
- Add the finely minced garlic and grated ginger, sauté for 1 minute until fragrant.
- Add the spiced turkey to the skillet and cook for 5-7 minutes until browned and cooked through.

Recipe Continues

- Add the lemon juice and stir to combine.
- Remove from heat and set aside.

3. Prepare Mashed Potatoes

- In a pot, bring water to a boil and add the diced potatoes.
- Cook the potatoes for 10-12 minutes, or until tender.
- Drain the potatoes and mash them until smooth.
- Season with salt to taste and mix well.

4. Serve

- Plate the mashed potatoes and top with the spicy turkey.
- Garnish with chopped fresh cilantro.
- Serve with the roasted broccoli, cauliflower, and Brussels sprouts on the side.
- Serve and enjoy.

Evening Snack Recipes

Spiced Peanut Butter Toast

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 1 slice of wholemeal toast
- 1 tbsp peanut butter
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1 tsp lemon juice
- 1 tsp fresh mint leaves, finely chopped
- Pinch of salt

METHOD

1. Prepare Toast and Peanut Butter

- Toast the slice of wholemeal bread until it is crispy and golden brown.
- In a small bowl, combine the peanut butter with ground cinnamon, ground nutmeg, ground ginger, lemon juice, finely chopped mint leaves, and a pinch of salt. Mix well until all ingredients are thoroughly incorporated.

2. Assemble the Snack

- Spread the spiced peanut butter mixture evenly over the toasted slice of wholemeal bread.

3. Serve

- Place the prepared toast on a plate.
- Serve immediately and enjoy.

Lemon Mint Peanut Butter Bites

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 1 slice of wholemeal toast
- 1 tbsp peanut butter
- 1 tsp lemon juice
- 1 tsp fresh mint leaves, finely chopped
- Pinch of salt

METHOD

1. Prepare the Lemon Mint Peanut Butter

- In a small bowl, combine the peanut butter, lemon juice, finely chopped mint leaves, and a pinch of salt. Mix well until all ingredients are thoroughly incorporated.

2. Prepare the Toast

- Toast the slice of wholemeal bread until it is crispy and golden brown.
- Let the toast cool slightly, then cut it into bite-sized squares.

3. Assemble the Bites

- Spread a small amount of the lemon mint peanut butter mixture on each square of toast.
- Arrange the peanut butter bites on a plate.

4. Serve

- Serve immediately and enjoy.

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. **Ask a Coach Call**
   Get advice from our team of trained experts with our weekly ASK A COACH Zoom Call
4. **The Sculpted Vegan YouTube**
   For training videos, instructional resources and much more!
5. **Training to Failure**
   Dive deep with me in my personal training sessions as I show you what it really takes!
6. **Training with Mark Getty**
   Join heavyweight pro bodybuilder Mark Gettymy personal trainer, as we discuss supplements, protein, training and more.
7. **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
8. **Free Resources**
   Download training and meal plans for free
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