THE SCULPTED *vegan*

THE EXTREME BODY MAKEOVER

OVER 40



1200 CALORIE NON VEGAN MEAL PLANS

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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

Blueberry Vanilla Chia Pudding Parfait

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 1 tbsp chia seeds
- 50g (2 oz) blueberries
- 25g (1 oz) rolled oats
- 25g (1 oz) Vegan Wondershake Vanilla Crème
- 50ml (2 fl oz) soya milk
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 tsp fresh mint, finely chopped
- 1 tsp fresh ginger, grated
- 1 tsp vanilla extract
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1/4 tsp ground turmeric (optional for a warm spice twist)
- A pinch of salt

METHOD

1. Prepare Chia Pudding

- In a small bowl, combine the chia seeds, soya milk, 1/2 tsp lemon juice, 1/2 tsp lime juice, and vanilla extract. Stir well to ensure there are no clumps.
- Cover and refrigerate for at least 1 hour, or overnight if possible, until the mixture thickens into a pudding-like consistency.

2. Prepare Oat Mix

- In a separate bowl, mix the rolled oats with the Vegan Wondershake Vanilla Crème, cinnamon, nutmeg, ground turmeric (if using), and a pinch of salt.
- Add a small amount of water (about 1-2 tbsp) to the oat mixture to moisten it slightly. Stir well and let it sit for about 5 minutes to soften.

Recipe Continues

3. Prepare Blueberry Compote

- In a small saucepan, combine the blueberries, grated ginger, remaining lemon juice, and lime juice. Cook over low heat, stirring occasionally, until the blueberries start to break down and form a compote (about 5 minutes). Remove from heat and let it cool slightly.

4. Assemble Parfait

- In a serving glass or bowl, start by layering half of the chia pudding at the bottom.
- Add a layer of the oat mixture on top of the chia pudding.
- Spoon half of the blueberry compote over the oats.
- Repeat the layers with the remaining chia pudding, oat mixture, and blueberry compote.

5. Garnish and Serve

- Sprinkle the finely chopped mint on top of the parfait for a fresh finish.
- Serve immediately or chill for a few more minutes if you prefer it colder.

Vanilla Blueberry Protein Overnight Oats

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 1 tbsp chia seeds
- 50g (2 oz) blueberries
- 25g (1 oz) rolled oats
- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 50ml (2 fl oz) soya milk
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 tsp fresh mint, finely chopped
- 1 tsp fresh ginger, grated
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1/4 tsp ground turmeric (optional for a warm spice twist)
- A pinch of salt

METHOD

1. Prepare Overnight Oats

- In a bowl, combine the rolled oats, Vegan Wondershake Vanilla Crème, cinnamon, nutmeg, ground turmeric (if using), and a pinch of salt.
- Add the soya milk and mix well. Cover and refrigerate for at least 1 hour, or overnight if possible, to allow the oats to soften and absorb the liquid.

2. Make Chia Pudding

- In a small bowl, mix the chia seeds with 1/2 tsp lemon juice, 1/2 tsp lime juice, and a small amount of water (about 2 tbsp). Stir well and let sit for at least 15 minutes until it forms a gel-like consistency.

3. Prepare Blueberry Compote

- In a small saucepan, combine the blueberries, grated ginger, remaining lemon juice, and lime juice. Cook over low heat, stirring occasionally, until the blueberries start to break down and form a compote (about 5 minutes). Remove from heat and let it cool slightly.

Recipe Continues ›

4. Combine Ingredients

- After the oats have soaked and the chia pudding has set, mix the chia pudding into the oat mixture thoroughly.
- Stir in the blueberry compote, ensuring it's well distributed throughout the oats.

5. Garnish and Serve

- Transfer the mixture to a serving bowl.
- Sprinkle the finely chopped mint on top for a fresh, fragrant garnish.
- Serve immediately or chill for a few more minutes if you prefer it colder.

Blueberry Vanilla Protein Pancakes

Serves 1

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

- 1 tbsp chia seeds
- 50g (2 oz) blueberries
- 25g (1 oz) rolled oats
- 25g (1 oz) Vegan Wondershake Vanilla Crème
- 50ml (2 fl oz) soya milk
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 tsp fresh mint, finely chopped (optional)
- 1 tsp fresh ginger, grated
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1/4 tsp ground turmeric (optional for a warm spice twist)
- A pinch of salt

METHOD

1. Prepare Chia Egg

- In a small bowl, mix the chia seeds with 3 tbsp of water. Stir well and let sit for at least 10 minutes until it forms a gel-like consistency, creating a chia egg substitute.

2. Prepare Pancake Batter

- In a blender, combine the rolled oats, Vegan Wondershake Vanilla Crème, soya milk, lemon juice, lime juice, cinnamon, nutmeg, ground turmeric (if using), and a pinch of salt.
- Blend until the mixture is smooth and well combined.
- Add the chia egg to the blender and blend briefly to incorporate.

Recipe Continues

3. Cook Pancakes

- Preheat a non-stick skillet or griddle over medium heat.
- Pour a portion of the batter onto the skillet to form a small pancake. Depending on the size, you can make 2-3 pancakes.
- Cook for about 2-3 minutes on one side until bubbles form on the surface and the edges start to set.
- Sprinkle some blueberries onto the uncooked side of the pancake.
- Flip the pancake and cook for another 2-3 minutes until golden brown and cooked through.
- Repeat with the remaining batter.

4. Prepare Blueberry Compote

- In a small saucepan, combine the remaining blueberries, grated ginger, and a splash of water. Cook over low heat, stirring occasionally, until the blueberries start to break down and form a compote (about 5 minutes). Remove from heat and let it cool slightly.

5. Garnish and Serve

- Stack the cooked pancakes on a plate.
- Spoon the blueberry compote over the top of the pancake stack.
- Sprinkle the finely chopped mint on top for a fresh, fragrant garnish (optional).
- Serve immediately and enjoy.

Post Workout Recipes

Vanilla Spice Protein Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 200ml (7 fl oz) cold water
- 1 tsp fresh ginger, grated
- 1 tsp lemon juice
- 1 tsp lime juice
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- A pinch of ground turmeric (optional for a warm spice twist)
- A few ice cubes

METHOD

1. Prepare the Ingredients

- Gather all the ingredients. Ensure the water is cold and ice cubes are ready to use.

2. Blend the Smoothie

- In a blender, add the Vegan Wondershake Vanilla Crème, cold water, grated ginger, lemon juice, lime juice, cinnamon, nutmeg, and a pinch of ground turmeric (if using).
- Add a few ice cubes to the blender for a chilled smoothie.

3. Blend and Serve

- Blend on high speed until the mixture is smooth and frothy.
- Pour the smoothie into a glass and serve immediately.

Vanilla Mint Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 150ml (5 fl oz) cold water
- 1 tbsp fresh mint leaves, finely chopped
- 1 tsp lemon juice
- 1 tsp lime juice
- 1/4 tsp vanilla extract
- A pinch of salt
- A few ice cubes

METHOD

1. Prepare the Mixture

- In a blender, add the Vegan Wondershake Vanilla Cème, cold water, finely chopped fresh mint leaves, lemon juice, lime juice, vanilla extract, and a pinch of salt.
- Blend until the mixture is smooth and well combined.

2. Freeze the Mixture

- Pour the blended mixture into a shallow, freezer-safe container.
- Place the container in the freezer for about 1 hour, until the edges start to freeze.

3. Mix and Refreeze

- After 1 hour, remove the container from the freezer and stir the mixture well to break up any ice crystals.
- Return the container to the freezer and repeat this process every 30 minutes for 2-3 hours, until the mixture reaches a smooth, ice cream-like consistency.

4. Serve

- Once the ice cream has reached the desired consistency, scoop it into a bowl.
- Serve immediately and enjoy.

Lunch Recipes

Lemon Herb Chicken with Greens and Spiced Couscous

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast
- 30g (1 oz) uncooked couscous
- 1 tbsp olive oil
- 30g spinach (1 oz)
- 50g shredded green cabbage (2 oz)
- 30g kale, chopped (1 oz)
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1/4 tsp cumin
- 1/4 tsp paprika
- 1/4 tsp ground coriander
- 1/4 tsp ground turmeric
- 1/4 tsp cinnamon
- 1/4 tsp black pepper
- 1/2 tsp salt
- 30ml (1 fl oz) vegetable stock (fresh or dried, prepared)
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh parsley, chopped

METHOD

1. Marinate the Chicken

- In a small bowl, combine the minced garlic, grated ginger, lemon juice, lime juice, cumin, paprika, ground coriander, turmeric, cinnamon, black pepper, and 1/4 tsp salt.
- Rub the mixture onto the chicken breast, ensuring it is well coated. Let it marinate for at least 10 minutes.

2. Prepare the Couscous

- In a small pot, bring the vegetable stock to a boil.
- Add the couscous, remove from heat, and cover. Let it sit for 5-7 minutes, then fluff with a fork.
- Stir in the chopped mint and parsley, and season with the remaining salt.

Recipe Continues

3. Cook the Greens

- In a large skillet, heat the olive oil over medium heat.
- Add the shredded green cabbage and chopped kale. Cook for about 5 minutes, stirring occasionally, until the greens are wilted.
- Add the spinach and cook for an additional 2-3 minutes until all the greens are tender.
- Season with a pinch of salt and black pepper. Remove the greens from the skillet and set aside.

4. Cook the Chicken

- In the same skillet, add the marinated chicken breast and cook for 5-6 minutes on each side, or until the chicken is cooked through and has a nice golden-brown crust.
- Remove the chicken from the skillet and let it rest for a few minutes before slicing.

5. Assemble and Serve

- Place the spiced couscous on a serving plate.
- Top with the sautéed greens.
- Slice the chicken breast and arrange it on top of the greens and couscous.
- Garnish with additional fresh herbs if desired and serve immediately, with a crisp, green salad.

Mediterranean Spiced Chicken with Roasted Broccoli and Asparagus

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast
- 30g (1 oz) uncooked couscous
- 1 tbsp olive oil
- 100g (4 oz) Brussels sprouts, halved
- 50g (2 oz) kale, chopped
- 100g (4 oz) broccoli florets
- 100g (4 oz) asparagus, trimmed
- 1 tbsp soy sauce
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1/4 tsp cumin
- 1/4 tsp paprika
- 1/4 tsp ground coriander
- 1/4 tsp ground turmeric
- 1/4 tsp cinnamon
- 1/4 tsp black pepper
- 1/2 tsp salt
- 30ml (1 fl oz) vegetable stock
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh parsley, chopped

METHOD

1. Marinate the Chicken

- In a small bowl, combine the minced garlic, grated ginger, soy sauce, cumin, paprika, ground coriander, turmeric, cinnamon, black pepper, and 1/4 tsp salt.
- Rub the mixture onto the chicken breast, ensuring it is well coated. Let it marinate for at least 10 minutes.

2. Prepare the Couscous

- In a small pot, bring the vegetable stock to a boil.
- Add the couscous, remove from heat, and cover. Let it sit for 5-7 minutes, then fluff with a fork.
- Stir in the chopped mint and parsley, and season with the remaining salt.

Recipe Continues

3. Prepare and Roast the Vegetables

- Preheat the oven to 200°C (400°F).
- In a large bowl, toss the broccoli florets, asparagus, and halved Brussels sprouts with 1/2 tbsp olive oil, 1 minced garlic clove, 1/4 tsp cumin, 1/4 tsp paprika, 1/4 tsp black pepper, and a pinch of salt.
- Spread the vegetables on a baking sheet in a single layer.
- Roast for 20-25 minutes, until the vegetables are tender and slightly crispy.

4. Cook the Chicken

- Heat the remaining 1/2 tbsp olive oil in a skillet over medium heat.
- Add the marinated chicken breast and cook for 5-6 minutes on each side, or until the chicken is cooked through and has a nice golden-brown crust.
- Remove the chicken from the skillet and let it rest for a few minutes before slicing.

5. Sauté the Kale

- In the same skillet, add the chopped kale and a splash of water. Cook for 2-3 minutes until the kale is wilted.
- Season with a pinch of salt and black pepper.

6. Assemble and Serve

- Place the spiced couscous on a serving plate.
- Top with the sautéed kale and sliced chicken breast.
- Arrange the spiced roasted broccoli and asparagus on the side.
- Garnish with additional fresh herbs if desired and serve immediately.

Spicy Ginger Chicken with Roasted Brussels Sprouts and Couscous Salad

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast
- 30g (1 oz) uncooked couscous
- 1 tbsp olive oil
- 100g (4 oz) Brussels sprouts, halved
- 50g (2 oz) lettuce, chopped
- 50g (2 oz) cucumber, sliced
- 1 tbsp soy sauce
- 1 tsp lime juice
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1/4 tsp cumin
- 1/4 tsp paprika
- 1/4 tsp ground turmeric
- 1/4 tsp chili flakes
- 1/4 tsp black pepper
- 1/2 tsp salt
- 30ml (1 fl oz) vegetable stock
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh cilantro, chopped

METHOD

1. Marinate the Chicken

- In a small bowl, combine the minced garlic, grated ginger, soy sauce, lime juice, cumin, paprika, ground turmeric, chili flakes, black pepper, and 1/4 tsp salt.
- Rub the mixture onto the chicken breast, ensuring it is well coated. Let it marinate for at least 10 minutes.

2. Prepare the Couscous

- In a small pot, bring the vegetable stock to a boil.
- Add the couscous, remove from heat, and cover. Let it sit for 5-7 minutes, then fluff with a fork.
- Stir in the chopped mint and cilantro, and season with the remaining salt.

Recipe Continues

3. Roast the Brussels Sprouts

- Preheat the oven to 200°C (400°F).
- Toss the halved Brussels sprouts with a pinch of salt, black pepper, and 1/2 tbsp olive oil.
- Spread the Brussels sprouts on a baking sheet in a single layer.
- Roast for 15-20 minutes, until the Brussels sprouts are tender and slightly crispy.

4. Cook the Chicken

- Heat the remaining 1/2 tbsp olive oil in a skillet over medium heat.
- Add the marinated chicken breast and cook for 5-6 minutes on each side, or until the chicken is cooked through and has a nice golden-brown crust.
- Remove the chicken from the skillet and let it rest for a few minutes before slicing.

5. Prepare the Salad

- In a large bowl, combine the chopped lettuce and sliced cucumber.
- Add the roasted Brussels sprouts once they are done.
- Toss the salad with a splash of lime juice and soy sauce for extra flavor.

6. Assemble and Serve

- Place the spiced couscous on a serving plate.
- Top with the crisp salad of lettuce, roasted Brussels sprouts, and cucumber.
- Slice the chicken breast and arrange it on top of the salad and couscous.
- Garnish with additional fresh cilantro and mint if desired, and serve immediately.

Dinner Recipes

Spiced Beef and Vegetable Stew with Basmati Rice and Crisp Cucumber Salad

Serves 1

Prep time: 20 minutes

Cook time: 35 minutes

INGREDIENTS

- 150g (5 oz) uncooked extra lean beef mince
- 30g (1 oz) basmati rice
- 1 tsp tomato paste
- 50g (2 oz) spinach, chopped
- 50g (2 oz) green cabbage, shredded
- 100g (4 oz) Brussels sprouts, halved
- 50g (2 oz) garden peas
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp soy sauce
- 1 tsp lemon juice
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/4 tsp ground turmeric
- 1/4 tsp cinnamon
- 1/4 tsp black pepper
- 1/2 tsp salt
- 400ml (14 fl oz) vegetable stock
- 50g (2 oz) cucumber, sliced
- 50g (2 oz) lettuce, chopped

METHOD

1. Prepare the Vegetables

- Chop the spinach and shred the green cabbage.
- Halve the Brussels sprouts.
- Slice the cucumber and chop the lettuce for the salad.
- Measure out the garden peas.

2. Cook the Beef

- In a medium pot over medium heat, add the minced garlic and grated ginger. Cook for about 1 minute until fragrant.
- Add the beef mince to the pot. Cook, breaking it up with a spoon, until it is browned all over.
- Stir in the tomato paste, cumin, paprika, ground turmeric, cinnamon, black pepper, and salt. Cook for another 2 minutes to combine the flavors.

Recipe Continues

3. Add Vegetables and Stock

- Add the halved Brussels sprouts, shredded cabbage, and garden peas to the pot. Cook for about 5 minutes, stirring occasionally, until the vegetables start to soften.
- Pour in the vegetable stock and bring to a boil. Reduce the heat to low and let it simmer for 20 minutes.

4. Cook the Rice

- While the stew is simmering, rinse the basmati rice under cold water.
- In a small pot, bring 60ml (2 oz) of water to a boil. Add the basmati rice, reduce the heat to low, cover, and cook for about 10-12 minutes until the rice is tender and water is absorbed. Remove from heat and let it sit covered for 5 minutes.

5. Finish the Stew

- Add the chopped spinach to the stew and cook for another 5 minutes until wilted.
- Stir in the soy sauce and lemon juice. Taste and adjust the seasoning if needed.

6. Prepare the Salad

- In a small bowl, combine the sliced cucumber and chopped lettuce.
- Toss with a splash of lemon juice and a pinch of salt and black pepper for seasoning.

7. Assemble and Serve

- Fluff the basmati rice with a fork and place it in a serving bowl.
- Ladle the beef and vegetable stew over the rice.
- Serve the crisp cucumber salad on the side.

Spiced Beef and Vegetable Stir-Fry with Basmati Rice

Serves 1

Prep time: 30 minutes

Cook time: 30 minutes

INGREDIENTS

- 150g (5 oz) uncooked extra lean beef mince
- 30g (1 oz) basmati rice
- 1 tsp tomato paste
- 50g (2 oz) spinach, chopped
- 50g (2 oz) green cabbage, shredded
- 100g (4 oz) Brussels sprouts, halved
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp soy sauce
- 1 tsp lime juice
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/4 tsp ground turmeric
- 1/4 tsp chili flakes (optional)
- 1/4 tsp black pepper
- 1/2 tsp salt
- 60ml (2 fl oz) vegetable stock

METHOD

1. Prepare the Vegetables

- Chop the spinach and shred the green cabbage.
- Halve the Brussels sprouts.

2. Cook the Rice

- Rinse the basmati rice under cold water.
- In a small pot, bring 60ml (2 fl oz) of water to a boil. Add the basmati rice, reduce the heat to low, cover, and cook for about 10-12 minutes until the rice is tender and water is absorbed. Remove from heat and let it sit covered for 5 minutes.

3. Cook the Beef

- In a medium pot over medium heat, add the minced garlic and grated ginger. Cook for about 1 minute until fragrant.
- Add the beef mince to the pot. Cook, breaking it up with a spoon, until it is browned all over.
- Stir in the tomato paste, cumin, paprika, ground turmeric, chili flakes (if using), black pepper, and salt. Cook for another 2 minutes to combine the flavors.

Recipe Continues

4. Add Vegetables and Stock

- Add the halved Brussels sprouts and shredded cabbage to the pot. Cook for about 5 minutes, stirring occasionally, until the vegetables start to soften.
- Pour in the vegetable stock and bring to a boil. Reduce the heat to low and let it simmer for 10 minutes.

5. Finish the Dish

- Add the chopped spinach to the pot and cook for another 5 minutes until wilted.
- Stir in the soy sauce and lime juice. Taste and adjust the seasoning if needed.

6. Assemble and Serve

- Fluff the basmati rice with a fork and place it in a serving bowl.
- Ladle the spiced beef and vegetable stir-fry over the rice.
- Serve immediately.

Savory Beef Ratatouille with Basmati Rice and Roasted Vegetables

Serves 1

Prep time: 45 minutes

Cook time: 30 minutes

INGREDIENTS

- 150g (5 oz) uncooked extra lean beef mince
- 30g (1 oz) basmati rice
- 1 tsp tomato paste
- 100g (4 oz) broccoli florets
- 100g (4 oz) zucchini, sliced
- 100g (4 oz) asparagus, trimmed
- 100g (4 oz) Brussels sprouts, halved
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp soy sauce
- 1 tsp lemon juice
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1/4 tsp black pepper
- 1/2 tsp salt
- 200ml (7 fl oz) vegetable stock
- 1 tbsp fresh parsley, chopped (optional)

METHOD

1. Prepare the Vegetables

- Cut the broccoli into florets and slice the zucchini.
- Trim the asparagus and halve the Brussels sprouts.

2. Roast the Vegetables

- Preheat the oven to 200°C (400°F).
- Arrange the asparagus, broccoli florets, and Brussels sprouts on a baking sheet.
- Sprinkle with a pinch of salt, black pepper, and dried thyme.
- Roast in the preheated oven for 20-25 minutes, until the vegetables are tender and slightly crispy.

3. Cook the Rice

- Rinse the basmati rice under cold water.
- In a small pot, bring 60ml (2 fl oz) of water to a boil. Add the basmati rice, reduce the heat to low, cover, and cook for about 10-12 minutes until the rice is tender and water is absorbed. Remove from heat and let it sit covered for 5 minutes.

Recipe Continues

4. Cook the Beef

- In a medium pot over medium heat, add the minced garlic and grated ginger. Cook for about 1 minute until fragrant.
- Add the beef mince to the pot. Cook, breaking it up with a spoon, until it is browned all over.
- Stir in the tomato paste, dried thyme, dried oregano, black pepper, and salt. Cook for another 2 minutes to combine the flavors.

5. Add Vegetables and Stock

- Add the broccoli florets and sliced zucchini to the pot. Cook for about 5 minutes, stirring occasionally, until the vegetables start to soften.
- Pour in the vegetable stock and bring to a boil. Reduce the heat to low and let it simmer for 15-20 minutes, until the vegetables are tender and the flavors are well combined.

6. Finish the Dish

- Stir in the soy sauce and lemon juice. Taste and adjust the seasoning if needed.
- If using, add the chopped fresh parsley for extra flavor.

7. Assemble and Serve

- Fluff the basmati rice with a fork and place it in a serving bowl.
- Ladle the savory beef ratatouille over the rice.
- Serve with the side of roasted asparagus, broccoli, and Brussels sprouts.
- Serve immediately.

Evening Snack Recipes

Zesty Avocado Toast with Herbs

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 1 slice of wholemeal toast
- 1/2 avocado
- 1 tsp lime juice
- 1 clove garlic, minced
- 1/4 tsp cumin
- 1/4 tsp paprika
- 1/4 tsp black pepper
- A pinch of salt
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh cilantro, chopped
- A pinch of chili flakes (optional)

METHOD

1. Prepare the Avocado Mixture

- In a small bowl, scoop out the flesh of the avocado.
- Add the lime juice, minced garlic, cumin, paprika, black pepper, and salt.
- Mash everything together until well combined but still slightly chunky.

2. Toast the Bread

- Toast the slice of wholemeal bread until it is golden brown and crispy.

3. Assemble the Snack

- Spread the mashed avocado mixture evenly over the toasted bread.
- Sprinkle the chopped fresh mint, cilantro, and a pinch of chili flakes (if using) on top.
- Serve immediately and enjoy.

Spiced Avocado Toast with Spinach and Rocket

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 1 slice of wholemeal toast
- 1/2 avocado
- 20g (1 oz) fresh spinach, chopped
- 20g (1 oz) fresh arugula, chopped
- 1 tsp lemon juice
- 1 clove garlic, minced
- 1/4 tsp cumin
- 1/4 tsp paprika
- 1/4 tsp black pepper
- A pinch of salt
- 1 tbsp fresh mint, chopped (optional)
- A pinch of chili flakes (optional)

METHOD

1. Prepare the Avocado Mixture

- In a small bowl, scoop out the flesh of the avocado.
- Add the lemon juice, minced garlic, cumin, paprika, black pepper, and salt.
- Mash everything together until well combined but still slightly chunky.

2. Toast the Bread

- Toast the slice of wholemeal bread until it is golden brown and crispy.

3. Assemble the Snack

- Spread the mashed avocado mixture evenly over the toasted bread.
- Top with the chopped spinach and rocket.
- Sprinkle with chopped fresh mint and a pinch of chili flakes (if using) on top.
- Serve immediately and enjoy.

Citrus Garlic Avocado Toast with Sautéed Spinach and Kale

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 1 slice of wholemeal toast
- 1/2 avocado
- 20g (1 oz) fresh spinach, chopped
- 20g (1 oz) fresh kale, chopped
- 1 tsp lime juice
- 1 clove garlic, minced
- 1/4 tsp ground coriander
- 1/4 tsp smoked paprika
- 1/4 tsp black pepper
- A pinch of salt
- 1 tbsp fresh cilantro, chopped
- A pinch of red pepper flakes (optional)

METHOD

1. Prepare the Avocado Mixture

- In a small bowl, scoop out the flesh of the avocado.
- Add the lime juice, ground coriander, smoked paprika, black pepper, and salt.
- Mash everything together until well combined but still slightly chunky.

2. Sauté the Spinach and Kale

- In a small pan over medium heat, add the minced garlic and cook for about 1 minute until fragrant.
- Add the chopped spinach and kale. Sauté for 2-3 minutes until wilted. Remove from heat and set aside.

3. Toast the Bread

- Toast the slice of wholemeal bread until it is golden brown and crispy.

4. Assemble the Snack

- Spread the mashed avocado mixture evenly over the toasted bread.
- Top with the sautéed spinach and kale.
- Sprinkle with chopped fresh cilantro and a pinch of red pepper flakes (if using) on top.
- Serve immediately and enjoy.
- Serve 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
9. **Get Kim's Look**
   Get the deets (AND DISCOUNTS!)

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