THE SCULPTED *vegan*

THE EXTREME BODY MAKEOVER

OVER 40



1300 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

Lemon Blueberry Chia Pudding

Serves 1

Prep time: 15 minutes (plus chilling time)

INGREDIENTS

- 2 tbsp chia seeds
- 15g (0.5 oz) cooked rolled oats
- 1 tsp maple syrup
- 30ml (1 fl oz) lemon juice
- 50g (2 oz) blueberries
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/2 tsp vanilla extract
- Stevia, to taste (optional)
- 120 ml (4 fl oz) water

METHOD

1. Prepare the Chia Pudding Base

- In a small mixing bowl, combine the chia seeds, lemon juice, water, ground cinnamon, ground ginger, and vanilla extract.
- Stir well to ensure the chia seeds are evenly distributed.
- Let the mixture sit for about 10 minutes, stirring occasionally, until it begins to thicken. If needed, add a bit more water to reach your desired consistency.

2. Add Sweetness and Flavor

- Once the chia mixture has thickened, add the maple syrup and Stevia (if using) to the bowl. Mix thoroughly to incorporate.

3. Combine with Cooked Oats

- Fold the cooked rolled oats into the chia pudding mixture. This will add texture and make the pudding more substantial.

Recipe Continues

4. Incorporate the Blueberries

- Gently fold in the blueberries, ensuring they are evenly distributed throughout the mixture.

5. Chill the Pudding

- Transfer the mixture to a serving bowl or jar. Cover and refrigerate for at least 1 hour, or overnight if preparing in advance, to allow the flavors to meld and the pudding to fully set.

6. Serve and Enjoy

- Once chilled, give the pudding a quick stir. Garnish with a sprinkle of cinnamon, if desired, before serving.

Lemon Blueberry Chia Snack Bar

Serves 1

Prep time: 20 minutes (plus chilling time)

INGREDIENTS

- 2 tbsp chia seeds
- 15g (0.5 oz) cooked rolled oats
- 1 tsp maple syrup
- 30ml (1 fl oz) lemon juice
- 50g (2 oz) blueberries
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/2 tsp vanilla extract
- Stevia, to taste (optional)
- 1 tbsp water

METHOD

1. Prepare the Chia Mixture

- In a small bowl, combine the chia seeds, lemon juice, water, ground cinnamon, ground ginger, and vanilla extract.
- Stir well to mix all the ingredients thoroughly.
- Allow the mixture to sit for about 10 minutes, stirring occasionally, until it starts to thicken.

2. Mash the Blueberries

- In a separate bowl, mash the blueberries with a fork until they are broken down into small pieces and slightly juicy.

3. Combine Ingredients

- Add the mashed blueberries, cooked rolled oats, maple syrup, and Stevia (if using) to the chia mixture.
- Mix thoroughly to ensure all ingredients are well combined.

Recipe Continues

4. Form the Snack Bar

- Line a small container or a section of a container with parchment paper.
- Pour the mixture into the lined container and press it down firmly to form an even layer.

5. Chill and Set

- Cover the container and refrigerate for at least 1 hour, or until the mixture has firmed up enough to hold its shape.

6. Cut and Serve

- Once set, remove the snack bar from the container using the parchment paper to lift it out.
- Cut into a bar shape and serve immediately.

Blueberry and Lemon Baked Oatmeal

Serves 1

Prep time: 10 minutes

Cook time: 25 minutes

INGREDIENTS

- 2 tbsp chia seeds
- 15g (0.5 oz) cooked rolled oats
- 1 tsp maple syrup
- 30ml (1 fl oz) lemon juice
- 50g (2 oz) blueberries
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/2 tsp vanilla extract
- Stevia, to taste (optional)
- 60 ml (2 fl oz) water

METHOD

1. Preheat Oven

- Preheat your oven to 350°F (175°C).
- Grease a small oven-safe dish or ramekin with a bit of water or lemon juice to prevent sticking.

2. Prepare the Chia Mixture

- In a small bowl, combine the chia seeds, lemon juice, water, ground cinnamon, ground ginger, and vanilla extract.
- Stir well and let it sit for about 10 minutes, stirring occasionally, until it starts to thicken.

3. Combine Ingredients

- Once the chia mixture has thickened, add the cooked rolled oats, maple syrup, and Stevia (if using). Mix well.
- Gently fold in the blueberries, ensuring they are evenly distributed.

Recipe Continues

4. Transfer to Baking Dish

- Pour the mixture into the prepared baking dish, spreading it evenly.

5. Bake the Oatmeal

- Place the dish in the preheated oven and bake for 20-25 minutes, or until the top is golden brown and the mixture is set.

6. Cool and Serve

- Remove from the oven and let it cool for a few minutes before serving.
- Serve warm and enjoy.

Post Workout Recipes

Vanilla Peanut Smoothie Bowl

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 37.5g (1.3 oz) **Vegan Wondershake Vanilla Crème**
- 200g (7 oz) frozen riced cauliflower
- 1 tsp peanut butter
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 30 ml (1 fl oz) lemon juice
- Stevia, to taste (optional)
- 120 ml (4 fl oz) water

METHOD

1. Blend the Cauliflower Base

- In a blender, combine the frozen riced cauliflower, water, and lemon juice.
- Blend until smooth and creamy. If needed, add more water to reach your desired consistency.

2. Add Flavor and Protein

- Add the Vegan Wondershake Vanilla Crème, peanut butter, ground cinnamon, ground ginger, and Stevia (if using) to the blender.
- Blend again until all ingredients are well combined and the mixture is smooth.

3. Serve the Smoothie Bowl

- Pour the smoothie into a bowl.
- Optionally, top with a sprinkle of ground cinnamon for added flavor.

Spicy Peanut Butter Bites

Serves 1

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

- 37.5g (1.3 oz) **Vegan Wondershake Vanilla Crème**
- 200g (7 oz) frozen riced cauliflower
- 1 tsp peanut butter
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp ground turmeric
- 1/4 tsp ground ginger
- 1/4 tsp garlic powder
- 1 tbsp lime juice
- 1 tsp soy sauce
- Stevia, to taste (optional)
- Fresh cilantro (for garnish)

METHOD

1. Preheat Oven

- Preheat your oven to 375°F (190°C).
- Line a baking sheet with parchment paper.

2. Prepare the Cauliflower Mixture

- In a mixing bowl, combine the frozen riced cauliflower, peanut butter, Vegan Wondershake Vanilla Crème, ground cumin, ground coriander, ground turmeric, ground ginger, and garlic powder.
- Add lime juice, soy sauce, and Stevia (if using).
- Mix thoroughly until all ingredients are well combined and the cauliflower is evenly coated with the spices and peanut butter.

3. Form and Bake the Bites

- Using your hands, form the cauliflower mixture into small bite-sized balls or patties.
- Place the bites on the prepared baking sheet, spacing them evenly.
- Bake in the preheated oven for 20 minutes, or until the bites are golden brown and slightly crispy on the outside.

4. Garnish and Serve

- Remove the bites from the oven and let them cool slightly.
- Garnish with fresh cilantro before serving.

Spiced Protein Muffin

Serves 1

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

- 37.5g (1.3 oz) **Vegan Wondershake Vanilla Crème**
- 200g (7 oz) frozen riced cauliflower
- 1 tsp peanut butter
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1 tsp lemon juice
- Stevia, to taste (optional)
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt

METHOD

1. Preheat Oven and Prepare Muffin Tin

- Preheat your oven to 350°F (175°C).
- Grease a single muffin cup with a bit of lemon juice or line with a muffin liner.

2. Prepare the Cauliflower Mixture

- In a microwave-safe bowl, microwave the frozen riced cauliflower for about 2-3 minutes until thawed and slightly tender.
- Allow to cool slightly, then transfer to a clean kitchen towel or cheesecloth. Squeeze out as much moisture as possible to ensure a good texture in the muffin.

3. Mix Dry Ingredients

- In a separate bowl, mix the Vegan Wondershake Vanilla Crème, ground cinnamon, ground ginger, ground nutmeg, baking powder, baking soda, and salt.

Recipe Continues

4. Combine Wet Ingredients

- In another bowl, mix the squeezed cauliflower, peanut butter, lemon juice, and Stevia (if using).
- Stir until well combined.

5. Combine Wet and Dry Mixtures

- Add the dry mixture to the wet mixture, stirring until just combined. The batter will be thick.

6. Bake the Muffin

- Spoon the batter into the prepared muffin cup, filling it to the top.
- Bake in the preheated oven for 20-25 minutes, or until a toothpick inserted into the center comes out clean and the top is golden brown.

7. Cool and Serve

- Remove the muffin from the oven and let it cool in the tin for a few minutes.
- Transfer to a wire rack to cool completely before serving.

Spiced Herb Fish with Basmati Rice and Steamed Vegetables

Serves 1

Prep time: 20 minutes

Cook time: 25 minutes

INGREDIENTS

- 200g (7 oz) frozen white fish
- 30g (1 oz) dry basmati rice
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp grated fresh ginger
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp ground turmeric
- 1/4 tsp ground paprika
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh mint, chopped
- 60ml (2 fl oz) vegetable stock
- 100g (3.5 oz) Brussels sprouts, halved
- 100g (3.5 oz) cabbage, chopped
- 100g (3.5 oz) broccoli florets
- Salt & pepper, to taste

METHOD

1. Cook the Basmati Rice

- Rinse the basmati rice under cold water until the water runs clear.
- In a small pot, bring the vegetable stock to a boil.
- Add the rinsed basmati rice to the pot, reduce the heat to low, cover, and simmer for 15-20 minutes, or until the rice is tender and the liquid is absorbed.
- Fluff the rice with a fork and set aside.

2. Prepare and Cook the White Fish

- While the rice is cooking, thaw the frozen white fish if necessary and pat dry with paper towels.
- In a small bowl, mix together the minced garlic, grated ginger, ground cumin, ground coriander, ground turmeric, ground paprika, salt, and pepper to make a spice paste.
- Rub the spice paste evenly over both sides of the white fish filet.

Recipe Continues

3. Cook the Spiced Fish

- Heat 1 tbsp of olive oil in a non-stick skillet over medium heat.
- Add the spiced fish filet to the skillet and cook for 4-5 minutes on each side, or until the fish is cooked through and flakes easily with a fork.
- Remove the fish from the skillet and set aside.

4. Steam the Vegetables

- In a large pot, bring water to a boil and place a colander or steaming basket over it, ensuring the bottom does not touch the water.
- Add the Brussels sprouts, cabbage, and broccoli florets to the colander or steaming basket.
- Cover with a lid or aluminum foil and steam for 8-10 minutes, or until the vegetables are tender but still vibrant in color.

5. Serve the Dish

- Plate the cooked basmati rice.
- Place the cooked white fish on top of the rice.
- Arrange the steamed Brussels sprouts, cabbage, and broccoli around the fish and rice.
- Garnish with chopped fresh cilantro and mint.

Asian-Inspired Soy Ginger White Fish with Basmati Rice and Stir-Fried Vegetables

Serves 1

Prep time: 20 minutes

Cook time: 25 minutes

INGREDIENTS

- 200g (7 oz) frozen white fish
- 30g (1 oz) dry basmati rice
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp grated fresh ginger
- 1 tbsp soy sauce
- 1/2 tsp ground coriander
- 1/4 tsp ground turmeric
- 1/4 tsp ground white pepper
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh basil, chopped
- 60ml (2 fl oz) vegetable stock
- 100g (3.5 oz) Brussels sprouts, halved
- 100g (3.5 oz) cabbage, chopped
- 100g (3.5 oz) broccoli florets
- 1 tsp lime juice
- Salt & pepper, to taste

METHOD

1. Cook the Basmati Rice

- Rinse the basmati rice under cold water until the water runs clear.
- In a small pot, bring the vegetable stock to a boil.
- Add the rinsed basmati rice to the pot, reduce the heat to low, cover, and simmer for 15-20 minutes, or until the rice is tender and the liquid is absorbed.
- Fluff the rice with a fork and set aside.

2. Prepare and Marinate the White Fish

- While the rice is cooking, thaw the frozen white fish if necessary and pat dry with paper towels.
- In a small bowl, mix together the minced garlic, grated fresh ginger, soy sauce, ground coriander, ground turmeric, ground white pepper, and lime juice to make a marinade.
- Rub the marinade evenly over both sides of the white fish filet.
- Allow the fish to marinate for 10 minutes.

Recipe Continues

3. Cook the Marinated Fish

- Heat 1 tbsp of olive oil in a non-stick skillet over medium heat.
- Add the marinated fish filet to the skillet and cook for 4-5 minutes on each side, or until the fish is cooked through and flakes easily with a fork.
- Remove the fish from the skillet and set aside.

4. Stir-Fry the Vegetables

- In the same skillet, add the Brussels sprouts, cabbage, and broccoli florets.
- Stir-fry over medium-high heat for 5-7 minutes, or until the vegetables are tender but still vibrant in color.
- Season with a little salt & pepper, to taste.

5. Serve the Dish

- Plate the cooked basmati rice.
- Place the cooked white fish on top of the rice.
- Arrange the stir-fried Brussels sprouts, cabbage, and broccoli around the fish and rice.
- Garnish with chopped fresh cilantro, mint, and basil.
- Serve with a green salad.

Greek-Style White Fish with Basmati Rice and Spicy Cruciferous Vegetables

Serves 1

Prep time: 25 minutes

Cook time: 30 minutes

INGREDIENTS

- 200g (7 oz) frozen white fish
- 30g (1 oz) dry basmati rice
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp ground black pepper
- 1 tbsp fresh lemon juice
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped
- 60ml (2 fl oz) vegetable stock
- Salt to taste

For the Spicy Cruciferous Vegetables:

- 100g (3.5 oz) broccoli florets
- 100g (3.5 oz) cauliflower florets
- 100g (3.5 oz) Brussels sprouts, halved
- 1 clove garlic, minced
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 tsp chili flakes
- 1 tbsp fresh lemon juice
- Salt & pepper, to taste

METHOD

1. Cook the Basmati Rice

- Rinse the basmati rice under cold water until the water runs clear.
- In a small pot, bring the vegetable stock to a boil.
- Add the rinsed basmati rice to the pot, reduce the heat to low, cover, and simmer for 15-20 minutes, or until the rice is tender and the liquid is absorbed.
- Fluff the rice with a fork and set aside.

2. Prepare and Marinate the White Fish

- While the rice is cooking, thaw the frozen white fish if necessary and pat dry with paper towels.
- In a small bowl, mix together the minced garlic, dried oregano, dried thyme, ground cumin, ground coriander, ground black pepper, fresh lemon juice, and salt to taste.
- Rub the marinade evenly over both sides of the white fish filet.
- Allow the fish to marinate for 10 minutes.

Recipe Continues

3. Cook the Marinated Fish

- Heat 1 tbsp of olive oil in a non-stick skillet over medium heat.
- Add the marinated fish filet to the skillet and cook for 4-5 minutes on each side, or until the fish is cooked through and flakes easily with a fork.
- Remove the fish from the skillet and set aside.

4. Prepare the Spicy Cruciferous Vegetables

- While the fish is cooking, bring a pot of water to a boil.
- Add the broccoli, cauliflower, and Brussels sprouts to the boiling water and cook for 3-4 minutes until tender but still crisp.
- Drain the vegetables and set aside.

5. Cook the Spicy Cruciferous Vegetables

- In a large skillet, add the minced garlic, ground cumin, smoked paprika, and chili flakes.
- Stir-fry over medium heat for 1-2 minutes until fragrant.
- Add the cooked vegetables to the skillet and toss to coat evenly with the spices.
- Drizzle with fresh lemon juice and season with salt & pepper, to taste.
- Cook for another 2-3 minutes until the vegetables are well-coated and heated through.

6. Serve the Dish

- Plate the cooked basmati rice.
- Place the cooked white fish on top of the rice.
- Arrange the spicy cruciferous vegetables on the side.
- Garnish with chopped fresh parsley and mint.

Dinner Recipes

Spicy Chicken Sweet Potato Pie with Steamed Cruciferous Vegetables

Serves 1

Prep time: 25 minutes

Cook time: 35 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast, diced
- 200g (7 oz) sweet potato, peeled and cubed
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1/2 tsp onion powder
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp smoked paprika
- 1/4 tsp ground turmeric
- 1/4 tsp chili powder
- 230ml (7.7 fl oz) vegetable stock
- 1 tbsp fresh cilantro, chopped
- Salt & pepper, to taste

For the Steamed Cruciferous Vegetables:

- 100g (3.5 oz) broccoli florets
- 100g (3.5 oz) cauliflower florets
- 100g (3.5 oz) Brussels sprouts, halved
- 1 tbsp fresh lime juice
- Salt & pepper, to taste

METHOD

1. Preheat Oven and Prepare Filling

- Preheat your oven to 375°F (190°C).
- Heat the olive oil in a non-stick skillet over medium heat.
- Add the minced garlic and onion powder, sautéing until fragrant.
- Add the cubed sweet potato and cook for 5 minutes until slightly softened.
- Add the diced chicken breast, ground cumin, ground coriander, smoked paprika, ground turmeric, and chili powder.
- Cook until the chicken is browned and cooked through, about 5-7 minutes.

2. Prepare the Pie Filling

- Pour in the vegetable stock and bring the mixture to a simmer.
- Reduce the heat and let it cook until the sweet potatoes are tender and the sauce has thickened, about 10 minutes.
- Season with salt & pepper, to taste.
- Stir in the chopped fresh cilantro.

Recipe Continues

3. Bake the Chicken Pie

- Transfer the chicken and sweet potato mixture into a small oven-safe dish.
- Spread the mixture evenly in the dish.
- Place the dish in the preheated oven and bake for 15-20 minutes, or until the top is slightly crispy and golden.

4. Steam the Cruciferous Vegetables Using Microwave

- Place the broccoli florets, cauliflower florets, and halved Brussels sprouts in a microwave-safe bowl.
- Add 2 tbsp of water to the bowl.
- Cover the bowl with a microwave-safe lid or plastic wrap with a small vent.
- Microwave on high for 3-5 minutes, or until the vegetables are tender but still vibrant in color.
- Drizzle with fresh lime juice and season with salt & pepper, to taste.

5. Serve the Dish

- Plate the chicken sweet potato pie.
- Arrange the steamed cruciferous vegetables on the side.
- Serve and enjoy.

Chili Lime Chicken with Sweet Potato and Green Cruciferous Salad

Serves 1

Prep time: 25 minutes

Cook time: 35 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast, diced
- 200g (7 oz) sweet potato, peeled and cubed
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp ground cumin
- 1/2 tsp chili powder
- 1/2 tsp smoked paprika
- 1/4 tsp ground coriander
- 1/4 tsp ground turmeric
- 1 tsp lime zest
- 1 tbsp fresh lime juice
- 230ml (7.7 fl oz) vegetable stock
- 1 tbsp fresh cilantro, chopped
- Salt & pepper, to taste

For the Green Cruciferous Salad:

- 50g (1.8 oz) kale, chopped
- 50g (1.8 oz) arugula
- 50g (1.8 oz) broccoli florets, finely chopped
- 50g (1.8 oz) cauliflower florets, finely chopped
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh lime juice
- 1 tsp olive oil
- Salt & pepper, to taste

METHOD

1. Preheat Oven and Prepare Chicken and Sweet Potato

- Preheat your oven to 375°F (190°C).
- Heat the olive oil in a non-stick skillet over medium heat.
- Add the minced garlic and sauté until fragrant.
- Add the cubed sweet potato and cook for 5 minutes until slightly softened.
- Add the diced chicken breast, ground cumin, chili powder, smoked paprika, ground coriander, ground turmeric, lime zest, and lime juice.
- Cook until the chicken is browned and cooked through, about 5-7 minutes.

2. Bake the Chicken and Sweet Potato

- Transfer the chicken and sweet potato mixture into a small oven-safe dish.
- Pour in the vegetable stock and spread the mixture evenly in the dish.
- Place the dish in the preheated oven and bake for 15-20 minutes, or until the sweet potatoes are tender and the top is slightly crispy.

Recipe Continues

3. Prepare the Green Cruciferous Salad

- In a large bowl, combine the chopped kale, arugula, broccoli florets, cauliflower florets, chopped mint, and chopped parsley.
- In a small bowl, whisk together the fresh lime juice, olive oil, salt, and pepper to create a dressing.
- Pour the dressing over the salad and toss well to combine.

4. Serve the Dish

- Plate the chili lime chicken and sweet potato.
- Serve with the crisp green cruciferous salad on the side.

Mediterranean Chicken Burger with Spiced Vegetables

Serves 1

Prep time: 30 minutes

Cook time: 35 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast, ground
- 200g (7 oz) sweet potato, peeled and cubed (divided)
- 1 tbsp olive oil
- 1 clove garlic, minced (divided)
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp smoked paprika
- 1/4 tsp ground cinnamon
- 1 tbsp fresh lemon juice (divided)
- 1 tbsp fresh mint, chopped
- 50g (1.8 oz) shredded lettuce
- 2-3 large lettuce leaves for the bun
- 2-3 pickle slices
- 50g (1.8 oz) broccoli florets
- 50g (1.8 oz) kale, chopped
- 50g (1.8 oz) garden peas
- Salt & pepper, to taste

METHOD

1. Preheat Oven and Prepare Sweet Potato

- Preheat your oven to 375°F (190°C).
- Toss half of the cubed sweet potato (100g) with half of the minced garlic, a pinch of salt, and pepper.
- Spread the sweet potato on a baking sheet and bake for 20-25 minutes until tender and slightly crispy.

2. Prepare the Chicken Patty

- In a bowl, combine the ground chicken breast, ground cumin, ground coriander, smoked paprika, ground cinnamon, fresh mint, salt, and pepper.
- Mix well and form into a patty.
- Heat 1/2 tbsp of olive oil in a non-stick skillet over medium heat.
- Cook the chicken patty for 5-6 minutes on each side, or until cooked through and golden brown.

Recipe Continues

3. Prepare the Vegetables

- In the same skillet, add the remaining 1/2 tbsp of olive oil and the rest of the minced garlic.
- Sauté the garlic until fragrant.
- Add the remaining 100g of cubed sweet potato and cook for 5-7 minutes until slightly softened.
- Add the broccoli florets and cook for 3-4 minutes.
- Add the chopped kale and garden peas, cooking for an additional 2-3 minutes until the vegetables are tender.
- Drizzle with the fresh lemon juice, and season with salt & pepper, to taste.

4. Assemble the Burger

- Place one large lettuce leaf on a plate to serve as the bottom "bun."
- Add the chicken patty on top of the lettuce leaf.
- Top the patty with shredded lettuce and pickle slices.
- Place another large lettuce leaf on top to serve as the top "bun."

5. Serve the Dish

- Plate the spiced vegetables (sweet potato, broccoli, kale, and garden peas) alongside the chicken burger.
- Serve with a green salad.

Evening Snack Recipes

Vanilla Spice Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 100g (4 oz) frozen cauliflower
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/2 tsp vanilla extract
- 1 tbsp fresh lemon juice
- 1-2 tbsp water (as needed)
- Stevia, to taste (optional)

METHOD

1. Prepare the Ingredients

- Ensure the cauliflower is thoroughly frozen.

2. Blend the Ingredients

- In a high-speed blender or food processor, combine the frozen cauliflower, Vegan Wondershake Vanilla Crème, ground cinnamon, ground ginger, vanilla extract, and fresh lemon juice.
- Blend until smooth and creamy. If the mixture is too thick, add water 1 tablespoon at a time to reach the desired consistency.
- Taste and add a sweetener of your choice if needed.

3. Freeze the Mixture

- Pour the blended mixture into a freezer-safe container.
- Freeze for 1-2 hours or until the mixture is firm enough to scoop like ice cream. Stir the mixture every 30 minutes to ensure even freezing and to prevent ice crystals from forming.

4. Serve the Ice Cream

- Once the mixture has reached the desired consistency, scoop the ice cream into a bowl.
- Optionally, sprinkle with a pinch of ground cinnamon or garnish with fresh mint leaves for extra flavor.

Vanilla Mint Protein Smoothie

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 100g (4 oz) frozen cauliflower
- 1 tbsp fresh mint leaves
- 1 tsp fresh lime juice
- 1/2 tsp vanilla extract
- 200ml (7 fl oz) cold water
- Stevia, to taste (optional)
- Extra fresh mint leaves, for garnish (optional)

METHOD

1. Prepare the Ingredients

- Ensure the cauliflower is thoroughly frozen. If using fresh cauliflower, steam it first and then freeze it for at least 4 hours or overnight.

2. Blend the Ingredients

- In a high-speed blender, combine the frozen cauliflower, Vegan Wondershake Vanilla Crème, fresh mint leaves, fresh lime juice, vanilla extract, and cold water.
- Blend until smooth and creamy. If the mixture is too thick, add more cold water until you reach your desired consistency.
- Taste and add Stevia, if needed.

3. Serve the Smoothie

- Pour the smoothie into a glass.
- Garnish with extra fresh mint leaves if desired.

Vanilla Lemon Protein Cookies

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 100g (4 oz) frozen cauliflower, thawed and finely mashed
- 1/2 tsp vanilla extract
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp ground ginger
- Stevia, to taste (optional)
- A pinch of salt

METHOD

1. Preheat Oven

- Preheat your oven to 350°F (175°C).
- Line a baking sheet with parchment paper or a silicone baking mat.

2. Prepare the Dough

- In a bowl, combine the Vegan Wondershake Vanilla Crème, mashed cauliflower, vanilla extract, fresh lemon juice, lemon zest, baking powder, baking soda, and ground ginger.
- Mix well until all ingredients are thoroughly combined.
- Taste the dough and add Stevia, if desired. Add a pinch of salt to enhance the flavors.

3. Shape the Cookies

- Scoop spoonfuls of the dough and place them on the prepared baking sheet.
- Flatten each dough ball slightly with the back of a spoon to form cookie shapes.

4. Bake the Cookies

- Bake in the preheated oven for 15-20 minutes, or until the edges are golden brown and the cookies are set.
- Remove from the oven and let the cookies cool on the baking sheet for a few minutes before transferring to a wire rack to cool completely.
- 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**
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