THE SCULPTED *vegan*

THE EXTREME BODY MAKEOVER

OVER 40



1400 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

Spiced Egg White and Spinach Over Wholemeal Toast

Serves 1

Prep time: 5 minutes

Cook time: 10 minutes

INGREDIENTS

- 1/2 tbsp unsalted butter
- 1 slice wholemeal bread
- 60g egg whites (2 oz)
- 30g fresh spinach, chopped (1 oz)
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- 1/4 tsp ground cumin
- 1/4 tsp ground paprika
- 1/4 tsp ground turmeric
- 1 tsp fresh lemon juice
- 1 tbsp chopped fresh mint
- Salt & pepper, to taste
- Fresh herbs for garnish (optional, e.g., parsley or cilantro)

METHOD

1. Prepare the Toast

- Melt 1/2 tbsp of unsalted butter in a non-stick pan over medium heat. Once melted, add the wholemeal bread slice to the pan. Toast until golden brown and crisp on both sides, then set aside.

2. Prepare the Spiced Spinach

- In the same pan, add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.
- Add the ground cumin, paprika, and turmeric, stirring well to combine with the garlic and ginger mixture. Cook for another 1 minute to toast the spices slightly.
- Add the chopped spinach to the pan and cook until wilted, about 2-3 minutes.

Recipe Continues

3. Cook the Egg Whites

- Pour the egg whites into the pan with the spiced spinach, stirring gently. Cook until the egg whites are just set but still soft, about 2-3 minutes.

4. Season and Garnish

- Remove the pan from heat and stir in the lemon juice and chopped fresh mint. Adjust seasoning with additional salt and pepper if needed.

5. Assemble the Dish

- Place the toasted wholemeal bread on a plate and top it with the spiced egg white and spinach mixture.
- Garnish with fresh herbs and serve.

Spiced Egg White Frittata with Sautéed Greens on Toast

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 1/2 tbsp unsalted butter
- 1 slice wholemeal bread
- 60 g egg whites (2 oz)
- 30 g fresh spinach, chopped (1 oz)
- 2 cloves garlic, minced
- 1/2 tsp grated ginger
- 1/4 tsp ground cumin
- 1/4 tsp ground paprika
- 1/4 tsp ground turmeric
- 1 tsp fresh lemon juice
- 1 tsp soy sauce
- 1 tbsp chopped fresh mint
- Salt & pepper, to taste
- Fresh herbs for garnish (optional, e.g., parsley or cilantro)

METHOD

1. Prepare the Toast

- Toast the wholemeal bread slice in a toaster until golden brown and crisp. Spread the unsalted butter on the toast while it's still hot. Set aside.

2. Sauté the Greens

- In a non-stick pan over medium heat, add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.
- Add the ground cumin, paprika, and turmeric, stirring well to combine with the garlic and ginger mixture. Cook for another 1 minute to toast the spices slightly.
- Add the chopped spinach to the pan. Sauté until the greens are wilted and tender, about 3-4 minutes.
- Stir in the soy sauce and lemon juice. Adjust seasoning with salt and pepper. Remove from heat and set aside.

Recipe Continues

3. Prepare the Frittata Mixture

- In a bowl, whisk together the egg whites, a pinch of salt, and pepper. Add the sautéed greens and mix well to combine.

4. Cook the Frittata

- Preheat a non-stick skillet over medium heat.
- Pour the egg white mixture into the skillet, spreading it evenly.
- Cook the frittata for about 5-7 minutes, or until the egg whites are set and cooked through. You can cover the skillet with a lid to help the top set if needed.

5. Assemble the Dish

- Place the buttered wholemeal toast on a plate.
- Carefully slide the frittata on top of the toast.
- Garnish with chopped fresh mint and additional fresh herbs, if using, and serve.

Egg White and Greens Muffin

Serves 1

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

- 1/2 tbsp unsalted butter
- 1 slice wholemeal bread
- 60g egg whites (2 oz)
- 30g fresh spinach, chopped (1/4 oz)
- 1 clove garlic, minced
- 1 tsp fresh lemon juice
- 1 tsp soy sauce
- 1 tbsp chopped fresh mint
- Salt & pepper, to taste

METHOD

1. Prepare the Bread Crumbs

- Preheat the oven to 350°F (175°C).
- Toast the wholemeal bread slice in a toaster until golden brown and crisp.
- Crumble the toasted bread into fine crumbs. Mix the bread crumbs with the unsalted butter until evenly coated. Set aside.

2. Prepare the Greens

- In a non-stick pan over medium heat, add the minced garlic, sautéing until fragrant, about 1-2 minutes.
- Add the chopped spinach, kale to the pan. Sauté until the greens are wilted and tender, about 3-4 minutes.
- Stir in the soy sauce and lemon juice. Adjust seasoning with salt and pepper. Remove from heat and set aside.

3. Assemble the Muffin

- Line a muffin tin with paper muffin liners.
- In a bowl, whisk the egg whites with a pinch of salt and pepper.
- Mix the sautéed greens into the egg whites, ensuring they are evenly distributed.
- Pour the egg white and greens mixture into the prepared muffin tin, filling it about 3/4 full.
- Top with the buttered bread crumbs.

4. Bake the Muffin

- Bake in the preheated oven for 15-20 minutes, or until the egg whites are fully set and the top is golden brown.
- Remove from the oven and let it cool slightly before removing the muffin from the tin.
- Serve warm and enjoy.

Post Workout Recipes

Blueberry Protein Smoothie

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 200g (7 oz) frozen cauliflower
- 50g (2 oz) blueberries
- 1/2 tsp grated ginger
- 1 tbsp fresh lemon juice
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cardamom
- 1 cup cold water
- Fresh mint leaves for garnish (optional)

METHOD

1. Prepare the Ingredients

- Measure out the Vegan Wondershake Vanilla Crème protein powder, frozen cauliflower, and blueberries.
- Grate the ginger and set aside.

2. Blend the Ingredients

- In a high-speed blender, add the frozen cauliflower, blueberries, grated ginger, lemon juice, ground cinnamon, nutmeg, and cardamom.
- Pour in the cold water.
- Add the Vegan Wondershake Vanilla Crème protein powder.
- Blend on high until the mixture is smooth and creamy. If the smoothie is too thick, add more water a little at a time until desired consistency is reached.

3. Serve the Smoothie

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

Blueberry Protein Bites

Serves 1

Prep time: 15 minutes

Chill time: 30 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 200g (7 oz) frozen cauliflower, thawed and well-drained
- 50g (2 oz) blueberries
- 1/2 tsp grated ginger
- 1 tbsp fresh lemon juice
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cardamom

METHOD

1. Prepare the Ingredients

- Measure out the Vegan Wondershake Vanilla Crème, thawed and well-drained cauliflower, and blueberries.
- Grate the ginger and set aside.

2. Blend the Ingredients

- In a high-speed blender, add the thawed cauliflower, blueberries, grated ginger, lemon juice, ground cinnamon, nutmeg, and cardamom.
- Add the Vegan Wondershake Vanilla Crème.
- Blend on high until the mixture is smooth and well-combined. If the mixture is too thick, add a small amount of water, one teaspoon at a time, until a thick, dough-like consistency is reached.

3. Form the Bites

- Using a spoon or your hands, scoop out small portions of the mixture and roll them into bite-sized balls.
- Place the protein bites on a parchment-lined plate or tray.

4. Chill the Bites

- Place the tray of protein bites in the refrigerator and let them chill for at least 30 minutes, or until firm.

5. Serve the Snack

- Once chilled and firm, remove the protein bites from the refrigerator.

Blueberry Protein Cookies

Serves 1

Prep time: 10 minutes

Bake time: 15 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 200g (7 oz) frozen cauliflower, thawed and well-drained
- 50g (2 oz) blueberries
- 1/2 tsp grated ginger
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1/4 tsp ground cloves
- 1/4 tsp ground allspice
- 1/4 tsp ground coriander

METHOD

1. Prepare the Ingredients

- Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
- Measure out the Vegan Wondershake Vanilla Crème, thawed and well-drained cauliflower, and blueberries.
- Grate the ginger and lemon zest, then set aside.

2. Blend the Ingredients

- In a high-speed blender, add the thawed cauliflower, blueberries, grated ginger, lemon juice, lemon zest, ground cloves, ground allspice, and ground coriander.
- Add the Vegan Wondershake Vanilla Crème.
- Blend on high until the mixture is smooth and well-combined. If the mixture is too thick, add a small amount of water, one teaspoon at a time, until a thick, dough-like consistency is reached.

Recipe Continues ›

3. Form the Cookies

- Using a spoon, scoop out portions of the mixture and place them onto the prepared baking sheet.
- Flatten each scoop slightly with the back of the spoon to form a cookie shape.

4. Bake the Cookies

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

5. Serve

- Serve and enjoy while still warm.

Lunch Recipes

Spiced Chicken with Basmati Rice and Sautéed Greens

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 112g (4 oz) raw, skinless, boneless chicken breast
- 1 tbsp olive oil
- 30g (1 oz) dry basmati rice
- 50g (2 oz) fresh spinach, chopped
- 50g (2 oz) kale, chopped
- 100g (4 oz) Brussel sprouts, halved
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- 1 tbsp soy sauce
- 1 tsp fresh lime juice
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- 1/4 tsp ground paprika
- 1/4 tsp ground turmeric
- 1/4 tsp ground black pepper
- 1/4 tsp dried chili flakes
- Salt to taste
- Fresh cilantro for garnish (optional)

METHOD

1. Marinate the Chicken

- In a bowl, combine the chicken breast with soy sauce, lime juice, ground cumin, ground coriander, ground paprika, ground turmeric, ground black pepper, dried chili flakes, and a pinch of salt. Let it marinate for at least 15 minutes.

2. Cook the Basmati Rice

- Rinse the basmati rice under cold water until the water runs clear.
- In a small pot, bring 60ml (2 fl oz) of water to a boil. Add the rice, reduce the heat to low, cover, and simmer for about 15 minutes or until the rice is tender and the water is absorbed. Remove from heat and let it sit covered for an additional 5 minutes.

Recipe Continues

3. Cook the Chicken

- Heat the olive oil in a non-stick pan over medium heat. Add the marinated chicken breast and cook for about 5-7 minutes on each side, or until fully cooked through and golden brown on the outside. Remove from the pan and let it rest for a few minutes before slicing.

4. Sauté the Greens

- In the same pan, add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.
- Add the halved Brussel sprouts and cook for about 5 minutes until they begin to soften and brown slightly.
- Add the chopped kale and spinach, stirring until the greens are wilted and tender, about 3-4 minutes. Season with salt to taste.

5. Assemble the Dish

- Serve the cooked basmati rice on a plate. Top with sliced chicken breast.
- Add the sautéed greens and Brussel sprouts on the side.
- Garnish with fresh cilantro if desired.

Chicken and Greens Stir Fry with Basmati Rice

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

- 112g (4 oz) raw, boneless, skinless chicken breast, sliced into thin strips
- 1 tbsp olive oil
- 30g (1 oz) dry basmati rice
- 50g (2 oz) fresh spinach, chopped
- 50g (2 oz) kale, chopped
- 50g (2 oz) cabbage, shredded
- 100g (4 oz) brussels sprouts, halved
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- 1 tbsp soy sauce
- 1 tsp fresh lime juice
- 1/4 tsp ground black pepper
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- Salt to taste
- Fresh cilantro or mint for garnish (optional)

METHOD

1. Cook the Basmati Rice

- Rinse the basmati rice under cold water until the water runs clear.
- In a small pot, bring 60ml (2 fl oz) of water to a boil. Add the rice, reduce the heat to low, cover, and simmer for about 15 minutes or until the rice is tender and the water is absorbed. Remove from heat and let it sit covered for an additional 5 minutes.

2. Prepare and Cook the Chicken

- Season the sliced chicken breast with ground black pepper, ground cumin, and ground coriander.
- Heat the olive oil in a non-stick pan or wok over medium-high heat. Add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.
- Add the seasoned chicken strips to the pan and stir-fry until fully cooked and golden brown, about 5-7 minutes. Remove the chicken from the pan and set aside.

Recipe Continues

3. Stir Fry the Vegetables

- In the same pan, add the halved brussels sprouts and shredded cabbage, and stir-fry for about 3-4 minutes until they begin to soften and brown slightly.
- Add the chopped kale and spinach, stirring until the greens are wilted and tender, about 2-3 minutes.
- Return the cooked chicken to the pan, then add the soy sauce and fresh lime juice. Stir well to combine and heat through for another 1-2 minutes. Adjust seasoning with salt to taste.

4. Assemble the Dish

- Serve the cooked basmati rice on a plate.
- Top with the chicken and greens stir fry.
- Garnish with fresh cilantro or mint if desired.
- Serve with a crisp, green salad.

Chicken and Greens Paella

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 112g (4 oz) raw, boneless, skinless chicken breast, diced
- 1 tbsp olive oil
- 30g (1 oz) dry basmati rice
- 50g (2 oz) fresh spinach, chopped
- 50g (2 oz) kale, chopped
- 100g (4 oz) brussels sprouts, halved
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp ground turmeric
- 1/4 tsp ground black pepper
- 1/4 tsp dried thyme
- 1/4 tsp dried rosemary
- 60ml (2 fl oz) vegetable stock
- 1 tsp fresh lemon juice
- Salt to taste
- Fresh parsley or cilantro for garnish (optional)

METHOD

1. Prepare the Chicken

- Season the diced chicken breast with ground cumin, smoked paprika, ground turmeric, ground black pepper, dried thyme, and dried rosemary. Mix well to coat evenly.

2. Cook the Chicken

- Heat the olive oil in a non-stick pan over medium heat. Add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.
- Add the seasoned chicken to the pan and cook until browned and cooked through, about 5-7 minutes. Remove the chicken from the pan and set aside.

3. Cook the Vegetables

- In the same pan, add the halved brussels sprouts and cook for about 3-4 minutes until they begin to soften and brown slightly.
- Add the chopped kale and spinach, stirring until the greens are wilted and tender, about 2-3 minutes.

Recipe Continues

4. Cook the Rice

- Add the dry basmati rice to the pan with the vegetables, stirring to combine.
- Pour in the vegetable stock and bring to a simmer. Reduce the heat to low, cover, and cook for about 15 minutes or until the rice is tender and the liquid is absorbed. If needed, add a little more vegetable stock or water to ensure the rice cooks fully.

5. Combine and Finish

- Return the cooked chicken to the pan and stir to combine with the rice and vegetables.
- Add the fresh lemon juice and season with salt to taste.
- Cook for an additional 1-2 minutes to heat everything through and allow the flavors to meld together.

6. Serve

- Serve the chicken and greens paella on a plate.
- Garnish with fresh parsley or cilantro if desired.
- Serve with a crisp, green salad.

Dinner Recipes

Spiced Beef Chilli with Cauliflower Rice and Steamed Broccoli

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

- 150g (5 oz) raw extra lean beef mince
- 200g (7 oz) crushed canned tomatoes
- 1 tsp tomato paste
- 100g (4 oz) zucchini, diced
- 1/2 tbsp olive oil
- 1 raw medium carrot, diced
- 50g (2 oz) fresh spinach, chopped
- 50g (2 oz) kale, chopped
- 100g (4 oz) brussel sprouts, halved
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/2 tsp ground turmeric
- 1/2 tsp chili powder
- 1/4 tsp ground black pepper
- 1 tsp fresh lime juice
- Salt to taste
- 100g (4 oz) broccoli florets
- Fresh cilantro for garnish (optional)

METHOD

1. Prepare the Vegetables

- Dice the zucchini and carrot.
- Halve the brussel sprouts.
- Chop the spinach and kale.
- Mince the garlic and grate the ginger.

2. Cook the Beef

- Heat the olive oil in a non-stick pan over medium heat. Add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.
- Add the beef mince to the pan and cook until browned, breaking it up with a spoon as it cooks, about 5-7 minutes.

3. Add Vegetables and Spices

- Add the diced carrot, diced zucchini, and halved Brussel sprouts to the pan with the browned beef. Cook for about 5 minutes until the vegetables start to soften.
- Stir in the ground cumin, paprika, turmeric, chili powder, and ground black pepper. Cook for another 1-2 minutes to toast the spices.

Recipe Continues

4. Simmer the Chilli

- Add the crushed canned tomatoes and tomato paste to the pan, stirring well to combine. Bring to a simmer and let it cook for about 15 minutes, stirring occasionally, until the vegetables are tender and the flavors are well combined.
- Stir in the chopped spinach and kale, cooking for an additional 2-3 minutes until the greens are wilted.
- Add fresh lime juice and season with salt to taste.

5. Prepare the Cauliflower Rice

- While the chili is simmering, prepare the cauliflower rice. (If you have fresh or frozen cauliflower, you can pulse it in a food processor until it resembles rice grains and then steam or microwave it until tender.)

6. Steam the Broccoli

- While the chili is simmering, steam the broccoli florets until tender, about 5-7 minutes. You can use a steamer basket over boiling water or microwave them in a covered dish with a small amount of water.

7. Assemble the Dish

- Serve the spiced beef chili over the cauliflower rice.
- Add the steamed broccoli on the side.
- Garnish with fresh cilantro if desired and serve.

Spiced Beef Bolognese with Zucchini Spaghetti

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 150g (5 oz) raw extra lean beef mince
- 200g (7 oz) crushed canned tomatoes
- 1 tsp tomato paste
- 100g (4 oz) zucchini (for spaghetti)
- 1/2 tbsp olive oil
- 1 raw medium carrot, diced
- 50g (2 oz) fresh spinach, chopped
- 50g (2 oz) kale, chopped
- 100g (4 oz) brussel sprouts, halved
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/2 tsp ground turmeric
- 1/2 tsp chili powder
- 1/4 tsp ground black pepper
- 1 tsp fresh lemon juice
- Salt to taste
- Fresh basil or cilantro for garnish (optional)

METHOD

1. Prepare the Zucchini Spaghetti

- Use a spiralizer or a vegetable peeler to create zucchini spaghetti. Set aside.

2. Cook the Beef

- Heat the olive oil in a non-stick pan over medium heat. Add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.
- Add the beef mince to the pan and cook until browned, breaking it up with a spoon as it cooks, about 5-7 minutes.

3. Add Vegetables and Spices

- Add the diced carrot and halved Brussel sprouts to the pan with the browned beef. Cook for about 5 minutes until the vegetables start to soften.
- Stir in the ground cumin, paprika, turmeric, chili powder, and ground black pepper. Cook for another 1-2 minutes to toast the spices.

Recipe Continues

4. Simmer the Bolognese

- Add the crushed canned tomatoes and tomato paste to the pan, stirring well to combine. Bring to a simmer and let it cook for about 15 minutes, stirring occasionally, until the vegetables are tender and the flavors are well combined.
- Stir in the chopped spinach and kale, cooking for an additional 2-3 minutes until the greens are wilted.
- Add fresh lemon juice and season with salt to taste.

5. Cook the Zucchini Spaghetti

- In a separate pan, lightly sauté the zucchini spaghetti over medium heat for 2-3 minutes until just tender but still firm (al dente). Season with a pinch of salt and pepper if desired.

6. Assemble the Dish

- Serve the spiced beef Bolognese over the zucchini spaghetti.
- Garnish with fresh basil or cilantro if desired.
- Serve with a crisp, green salad.

Herb-Infused Beef with Cauliflower Rice, Garlic Broccoli, and Asparagus

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 150g (5 oz) raw extra lean beef mince
- 200g (7 oz) crushed canned tomatoes
- 1 tsp tomato paste
- 100g (4 oz) cauliflower (for rice)
- 1/2 tbsp olive oil
- 1 raw medium carrot, diced
- 50g (2 oz) broccoli florets
- 50g (2 oz) cabbage, shredded
- 100g (4 oz) Brussel sprouts, halved
- 100g (4 oz) asparagus, trimmed
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 1/2 tsp dried oregano
- 1/4 tsp ground black pepper
- 1 tsp fresh lemon juice
- Salt to taste
- Fresh parsley for garnish (optional)

METHOD

1. Prepare the Cauliflower Rice

- Pulse the cauliflower in a food processor until it resembles rice grains. Set aside.

2. Cook the Beef

- Heat half of the olive oil in a non-stick pan over medium heat. Add half of the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.
- Add the beef mince to the pan and cook until browned, breaking it up with a spoon as it cooks, about 5-7 minutes.

3. Add Vegetables and Herbs

- Add the diced carrot, shredded cabbage, and halved Brussel sprouts to the pan with the browned beef. Cook for about 5 minutes until the vegetables start to soften.
- Stir in the dried thyme, rosemary, oregano, and ground black pepper. Cook for another 1-2 minutes to infuse the flavors.

Recipe Continues

4. Simmer the Sauce

- Add the crushed canned tomatoes and tomato paste to the pan, stirring well to combine. Bring to a simmer and let it cook for about 15 minutes, stirring occasionally, until the vegetables are tender and the flavors are well combined.
- Add fresh lemon juice and season with salt to taste.

5. Cook the Cauliflower Rice

- In a separate pan, lightly sauté the cauliflower rice over medium heat for 3-5 minutes until tender. Season with a pinch of salt and pepper if desired.

6. Prepare the Garlic Broccoli and Asparagus

- In another pan, heat the remaining olive oil over medium heat. Add the remaining minced garlic and sauté until fragrant, about 1-2 minutes.
- Add the broccoli florets and asparagus, sautéing until they are tender but still crisp, about 5-7 minutes. Season with salt to taste.

7. Assemble the Dish

- Serve the herb-infused beef and vegetable sauce over the cauliflower rice.
- Plate the garlic broccoli and asparagus on the side.
- Garnish with fresh parsley if desired.
- Serve and enjoy.

Evening Snack Recipes

Spiced Peanut Butter Rice Cakes

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 3 rice cakes
- 1 tbsp peanut butter
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/2 tsp fresh lemon juice
- 1 tsp honey (optional)

METHOD

1. Prepare the Spiced Peanut Butter

- In a small bowl, combine the peanut butter with ground cinnamon, ground ginger, and fresh lemon juice. Mix well until the spices are evenly distributed. If desired, stir in the honey for added sweetness.

2. Spread the Peanut Butter Mixture

- Spread the spiced peanut butter mixture evenly over the top of each rice cake.

3. Garnish and Serve

- Arrange the rice cakes on a plate and serve immediately.

Peanut Butter Rice Cake Bars

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 3 rice cakes
- 1 tbsp peanut butter
- 1 tsp fresh lemon juice
- Stevia, to taste (optional)

METHOD

1. Prepare the Peanut Butter Mixture

- In a small bowl, combine the peanut butter with fresh lemon juice and the stevia. Mix well until the ingredients are evenly distributed.

2. Prepare the Rice Cake Base

- Crush the rice cakes into small pieces and place them in a mixing bowl.
- Pour the peanut butter mixture over the crushed rice cakes. Mix thoroughly until the rice cake pieces are evenly coated with the peanut butter mixture.

3. Form the Bars

- Line a small dish or container with parchment paper.
- Press the rice cake and peanut butter mixture firmly into the dish, spreading it evenly to form a solid layer.
- Chill the mixture in the refrigerator for about 30 minutes, or until it is firm and set.

4. Cut and Serve

- Once set, remove the mixture from the dish and cut it into bar shapes.
- Serve warm or cool and enjoy.

Peanut Butter Ginger Rice Cake Bites

Serves 1

Prep time: 15 minutes (plus chilling time)

INGREDIENTS

- 3 rice cakes
- 1 tbsp peanut butter
- 1/2 tsp grated fresh ginger
- 1 tsp fresh lime juice
- Stevia, to taste (optional)

METHOD

1. Prepare the Peanut Butter Mixture

- In a small bowl, combine the peanut butter with grated fresh ginger, fresh lime juice, and the stevia. Mix well until the ingredients are evenly distributed.

2. Prepare the Rice Cake Mixture

- Crush the rice cakes into small pieces and place them in a mixing bowl.
- Pour the peanut butter mixture over the crushed rice cakes. Mix thoroughly until the rice cake pieces are evenly coated with the peanut butter mixture.

3. Form the Bites

- Using your hands, shape the mixture into small bite-sized balls. Press firmly to ensure they hold together.
- Place the peanut butter rice cake bites on a plate or tray lined with parchment paper.
- Chill the bites in the refrigerator for about 30 minutes, or until they are firm and set.

4. Serve the Bites

- Serve immediately.

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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