THE SCULPTED *vegan*

THE EXTREME BODY MAKEOVER

OVER 40



1500 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

Peanut Butter Chia Oatmeal Delight

Serves 1

Prep time: 5 minutes

Cook time: 10 minutes

INGREDIENTS

- 30g (1 oz) white rolled oats
- 1 tbsp chia seeds
- 100ml (3.4 fl oz) Alpro soya milk
- 1/2 tbsp peanut butter
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp vanilla extract

METHOD

1. Prepare the Oats and Chia Seeds

- In a small saucepan, combine the rolled oats, chia seeds, and Alpro soya milk.
- Stir in the ground cinnamon, ground nutmeg, and vanilla extract.

2. Cook the Oatmeal

- Place the saucepan over medium heat and bring the mixture to a gentle boil.
- Reduce the heat to low and simmer, stirring occasionally, for about 5-7 minutes or until the oats are cooked and the mixture has thickened.

3. Add the Peanut Butter

- Remove the saucepan from the heat and stir in the peanut butter until it is fully incorporated into the oatmeal.

4. Serve and Enjoy

- Transfer the oatmeal to a serving bowl.
- Serve warm and enjoy.

Spiced Peanut Butter Breakfast Snack Balls

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 30g (1 oz) white rolled oats
- 1 tbsp chia seeds
- 100ml (3.4 fl oz) Alpro soya milk
- 1/2 tbsp peanut butter
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1/4 tsp vanilla extract
- Stevia, to taste (optional)

METHOD

1. Prepare the Base

- In a small bowl, combine the rolled oats and chia seeds.
- Add the Alpro soya milk, ground cinnamon, ground nutmeg, ground ginger, and vanilla extract.
- Stir well to ensure all the dry ingredients are fully mixed with the milk.

2. Sweeten and Let Set

- Add the calorie-free sweetener to the mixture and stir until well incorporated.
- Let the mixture sit for about 5 minutes to allow the chia seeds to absorb some of the liquid and start to thicken.

3. Incorporate Peanut Butter

- After the mixture has started to thicken, stir in the peanut butter until it is fully combined and the mixture is smooth and creamy.

Recipe Continues

4. Form the Snack Balls

- Using your hands, form the mixture into small balls, about 1-inch in diameter. The mixture should be sticky enough to hold together. If it's too wet, you can add a bit more rolled oats or chia seeds to reach the desired consistency.

5. Chill and Serve

- Place the snack balls on a plate or tray and chill in the refrigerator for at least 30 minutes to firm up.
- Serve and enjoy.

Peanut Butter Chia Breakfast Bars

Serves 1

Prep time: 15 minutes (plus chilling time)

INGREDIENTS

- 30g (1 oz) white rolled oats
- 1 tbsp chia seeds
- 100ml (3.4 fl oz) Alpro soya milk
- ½ tbsp peanut butter
- 1/4 tsp vanilla extract
- Stevia, to taste

METHOD

1. Prepare the Base

- In a small bowl, combine the rolled oats and chia seeds.
- Add the Alpro soya milk and vanilla extract.
- Stir well to ensure all the dry ingredients are fully mixed with the milk.

2. Sweeten and Let Set

- Add Stevia to the mixture and stir until well incorporated.
- Let the mixture sit for about 5 minutes to allow the chia seeds to absorb some of the liquid and start to thicken.

3. Incorporate Peanut Butter

- After the mixture has started to thicken, stir in the peanut butter until it is fully combined and the mixture is smooth and creamy.

4. Form the Bars

- Line a small tray or container with parchment paper.
- Spread the mixture evenly in the tray, pressing it down firmly to ensure it sticks together.
- Smooth the top with a spatula or the back of a spoon.

5. Chill and Serve

- Place the tray in the refrigerator for at least 30 minutes to firm up.
- Once set, remove from the fridge and cut into bars. Serve and enjoy.

Post Workout Recipes

Vanilla Banana Protein Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 1/2 medium banana
- 200ml (6.8 fl oz) cold water
- Stevia, to taste (optional)
- Ice cubes (optional, as desired)

METHOD

1. Prepare the Ingredients

- Peel the banana and cut it into slices for easier blending.

2. Combine Ingredients

- In a blender, add the Vegan Wondershake Vanilla Crème, banana slices, cold water, and Stevia..
- Add ice cubes if you prefer a colder, thicker smoothie.

3. Blend Smoothie

- Blend all the ingredients on high speed until smooth and creamy.
- Check the consistency and add more water if you prefer a thinner smoothie.

4. Serve and Enjoy

- Pour the smoothie into a glass.
- Serve immediately and enjoy.

Banana and Vanilla Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 1/2 medium banana
- 100ml (3.4 fl oz) cold water
- Stevia, to taste (optional)
- Ice cubes (optional, as desired)

METHOD

1. Prepare the Ingredients

- Peel the banana and cut it into small slices.
- Place the banana slices on a plate or tray lined with parchment paper and freeze for at least 2 hours or until fully frozen.

2. Blend the Ingredients

- In a blender, add the frozen banana slices, Vegan Wondershake Vanilla Crème, cold water, and Stevia.
- Blend on high speed until the mixture is smooth and has the consistency of ice cream. If the mixture is too thick to blend, add a small amount of water or ice cubes gradually until the desired consistency is reached.

3. Serve the Ice Cream

- Scoop the blended mixture into a bowl.
- Serve immediately.

Vanilla Banana Protein Pudding

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 1/2 medium banana
- 150ml (5 fl oz) cold water
- Stevia, to taste (optional)

METHOD

1. Prepare the Ingredients

- Peel the banana and cut it into slices for easier blending.

2. Blend the Ingredients

- In a blender, add the banana slices, Vegan Wondershake Vanilla Crème, cold water, and Stevia.
- Blend on high speed until the mixture is smooth and well combined.

3. Chill the Pudding

- Pour the blended mixture into a small bowl or container.
- Place the bowl in the refrigerator and let it chill for at least 1 hour, or until the pudding has thickened to your desired consistency.

4. Serve and Enjoy

- Once chilled and set, stir the pudding to ensure it is smooth.
- Serve immediately.

Lunch Recipes

Thai Chicken and Vegetable Stir-Fry with Cauliflower Rice

Serves 1

Prep time: 20 minutes

Cook time: 20 minutes

INGREDIENTS

- 200g (7 oz) raw, skinless, boneless chicken breast, sliced into strips
- 1 tbsp olive oil
- 100g (4oz) mushrooms, sliced
- 100g (4oz) broccoli florets
- 100g (4oz) green beans, trimmed and cut into bite-sized pieces
- 100g (4oz) cauliflower florets, grated to make cauliflower rice
- 100g (4oz) Bok choy, chopped
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp lime juice
- 1 tbsp soy sauce
- 1 tsp fish sauce (optional for authentic Thai flavor)
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 1/4 tsp chili flakes (adjust to taste)
- 50 ml (1.7 fl oz) vegetable stock
- Fresh cilantro for garnish
- Fresh mint for garnish

METHOD

1. Marinate the Chicken

- In a small bowl, combine the lime juice, soy sauce, fish sauce (if using), minced garlic, grated ginger, ground coriander, ground cumin, and chili flakes.
- Add the sliced chicken breast to the marinade and let it sit for at least 15 minutes to absorb the flavors.

2. Cook the Chicken

- Heat a non-stick pan over medium heat and add the olive oil.
- Once the pan is hot, add the marinated chicken strips.
- Cook the chicken for about 5-7 minutes, until fully cooked and lightly browned. Remove the chicken from the pan and set aside.

Recipe Continues

3. Sauté the Vegetables

- In the same pan, add the broccoli florets, green beans, and Bok choy.
- Sauté the vegetables for about 5 minutes, or until they start to soften.
- Add the sliced mushrooms and continue to sauté for another 3-4 minutes, or until all the vegetables are tender.
- Season with a pinch of salt and pepper.

4. Prepare the Cauliflower Rice

- While the vegetables are sautéing, grate the cauliflower florets using a box grater or food processor to create rice-sized pieces.
- In a separate pan, lightly steam or sauté the cauliflower rice for about 3-4 minutes until tender. If needed, add a splash of vegetable stock for moisture.

5. Combine and Simmer

- Return the cooked chicken to the pan with the vegetables.
- Add the vegetable stock and stir to combine.
- Let it simmer for 2-3 minutes to blend the flavors and reduce the sauce slightly.

6. Serve

- Place the cooked cauliflower rice on a plate.
- Top with the Thai chicken and vegetable stir-fry.
- Garnish with fresh cilantro and mint.
- Serve immediately.

Spicy Chicken Portobello Burger with Lettuce Wraps

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

- 200g (7 oz) raw, skinless, boneless chicken breast,
- 1 tbsp olive oil
- 1 Portobello mushroom
- Pickles (amount to taste)
- 1/2 Tomato, sliced
- Shredded Lettuce
- Large lettuce leaves (for wrapping)
- 1 clove garlic, minced
- 1 tsp lemon juice
- 1 tsp soy sauce
- 1/2 tsp paprika
- 1/2 tsp onion powder
- 1/2 tsp chili powder
- 1/4 tsp cayenne pepper (adjust to taste)
- 1/4 tsp black pepper
- Salt to taste

METHOD

1. Prepare the Chicken Patty

- In a food processor, combine the chicken breast, minced garlic, lemon juice, soy sauce, paprika, onion powder, chili powder, cayenne pepper, black pepper, and salt.
- Pulse until the mixture is well combined and forms a ground meat texture.

2. Cook the Portobello Mushroom

- Heat a non-stick pan over medium heat and add the olive oil.
- Clean the Portobello mushroom and remove the stem.
- Place the mushroom cap in the pan and cook for about 5 minutes on each side, or until tender and slightly browned. Remove from the pan and set aside.

Recipe Continues

3. Cook the Chicken Patty

- Using the same pan, add the chicken mixture and form it into a patty shape.
- Cook the chicken patty for about 6-7 minutes on each side, or until fully cooked and golden brown.

4. Assemble the Burger

- Place a large lettuce leaf on a plate.
- Place the cooked chicken patty on the lettuce leaf.
- Top with the cooked Portobello mushroom, pickles, sliced tomato, and shredded lettuce.
- Cover with another large lettuce leaf to form a wrap.

5. Serve

- Serve the burger immediately with a crisp, green salad.

Ginger Soy Chicken with Cauliflower Rice

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

- 200g (7 oz) raw, skinless, boneless chicken breast, sliced into strips
- 1 tbsp olive oil
- 100g (4oz) mushrooms, sliced
- 100g (4oz) broccoli florets
- 100g (4oz) green beans, trimmed and cut into bite-sized pieces
- 100g (4oz) Bok choy, chopped
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 2 tbsp soy sauce
- 1 tbsp lime juice
- 1/2 tsp ground black pepper
- 50 ml (1.7 fl oz) vegetable stock
- Fresh cilantro for garnish
- 200g Cauliflower (7 oz), grated to make cauliflower rice

METHOD

1. Prepare the Chicken Marinade

- In a small bowl, combine the soy sauce, lime juice, minced garlic, grated ginger, and ground black pepper.
- Add the sliced chicken breast to the marinade and let it sit for at least 15 minutes to absorb the flavors.

2. Cook the Chicken

- Heat a non-stick pan over medium heat and add the olive oil.
- Once the pan is hot, add the marinated chicken strips.
- Cook the chicken for about 5-7 minutes, until fully cooked and lightly browned. Remove the chicken from the pan and set aside.

3. Sauté the Vegetables

- In the same pan, add the broccoli florets and green beans.

Recipe Continues

- Sauté the vegetables for about 5 minutes, or until they start to soften.
- Add the sliced mushrooms and chopped Bok choy, and continue to sauté for another 3-4 minutes, or until all the vegetables are tender.
- Season with a pinch of salt and pepper if needed.

4. Prepare the Cauliflower Rice

- While the vegetables are sautéing, grate the cauliflower using a box grater or food processor to create rice-sized pieces.
- In a separate pan, lightly steam or sauté the cauliflower rice for about 3-4 minutes until tender. If needed, add a splash of vegetable stock for moisture.

5. Combine and Simmer

- Return the cooked chicken to the pan with the vegetables.
- Add the vegetable stock and stir to combine.
- Let it simmer for 2-3 minutes to blend the flavors and reduce the sauce slightly.

6. Serve

- Place the cooked cauliflower rice on a plate.
- Top with the ginger soy chicken and vegetable stir-fry.
- Garnish with fresh cilantro.
- Serve immediately with a crisp, green salad.

Dinner Recipes

Delicious Fish Pie with Sweet Potato Topping

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 200g (7 oz) raw white fish filet
- 100ml (3.4 fl oz) semi-skimmed milk
- 1 medium sweet potato
- 1 tsp salted butter
- 75g (3oz) garden peas
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp lemon juice
- 1/2 tsp dried thyme
- 1/2 tsp dried parsley
- 1/4 tsp ground black pepper
- Salt to taste
- 50 ml (1.7 fl oz) vegetable stock

METHOD

1. Prepare the Sweet Potato Mash

- Peel and chop the sweet potato into small chunks.
- Place the sweet potato chunks in a pot of boiling water and cook until tender, about 10-15 minutes.
- Drain the sweet potatoes and return them to the pot.
- Add the salted butter and a small amount of semi-skimmed milk (start with 1-2 tablespoons and add more if needed).
- Mash until smooth and creamy. Season with a pinch of salt and set aside.

2. Prepare the Fish Filling

- Preheat your oven to 180°C (350°F).
- Pat the fish filet dry with kitchen paper and cut it into bite-sized pieces.
- In a small saucepan, combine the semi-skimmed milk, vegetable stock, minced garlic, grated ginger, lemon juice, dried thyme, dried parsley, ground black pepper, and a pinch of salt.

Recipe Continues

- Bring the mixture to a gentle simmer over medium heat.
- Add the fish pieces and poach for 5-7 minutes, or until the fish is cooked through and flakes easily with a fork.
- Stir in the garden peas and cook for an additional 2 minutes.
- Remove the fish and peas from the saucepan with a slotted spoon and transfer them to a small baking dish.

3. Prepare the Sauce

- Continue to simmer the liquid in the saucepan until it reduces slightly and thickens, about 3-4 minutes.
- Pour the thickened sauce over the fish and peas in the baking dish.

4. Assemble and Bake the Pie

- Spread the mashed sweet potato evenly over the fish and pea filling.
- Use a fork to create a decorative pattern on the top of the mash.
- Bake in the preheated oven for 15-20 minutes, or until the top is lightly golden and the filling is bubbling.

5. Serve

- Remove from the oven and let it cool slightly.
- Serve immediately with a crisp, green salad.

Herb-Crusted Fish with Sweet Potato Mash and Steamed Vegetables

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 200g (7 oz) raw white fish filet
- 100ml (3.4 fl oz) semi-skimmed milk
- 1 medium sweet potato
- 1 tsp salted butter
- 1 clove garlic, minced
- 1 tbsp lemon juice
- 1 tsp fresh parsley, finely chopped
- 1 tsp fresh thyme, finely chopped
- 1 tsp fresh rosemary, finely chopped
- 1/2 tsp ground black pepper
- 1/4 tsp ground paprika
- Salt to taste
- 50 ml (1.7 fl oz) vegetable stock
- 100g (4oz) broccoli florets
- 100g (4oz) asparagus spears

METHOD

1. Prepare the Sweet Potato Mash

- Peel and chop the sweet potato into small chunks.
- Place the sweet potato chunks in a pot of boiling water and cook until tender, about 10-15 minutes.
- Drain the sweet potatoes and return them to the pot.
- Add the salted butter and a small amount of semi-skimmed milk (start with 1-2 tablespoons and add more if needed).
- Mash until smooth and creamy. Season with a pinch of salt and set aside.

2. Steam the Vegetables

- While the sweet potatoes are cooking, steam the broccoli florets and asparagus spears until tender, about 5-7 minutes.
- Season with a pinch of salt and set aside.

Recipe Continues

3. Prepare the Fish

- Pat the fish filet dry with kitchen paper.
- Using a butter knife, spread a thin layer of butter on both sides of the fish.
- In a small bowl, mix together the chopped parsley, thyme, rosemary, ground black pepper, ground paprika, and a pinch of salt.
- Press the herb mixture onto both sides of the buttered fish filet, ensuring an even coating.

4. Cook the Fish

- Heat a non-stick pan over medium heat.
- Add the minced garlic and sauté for about 1 minute until fragrant.
- Place the herb-crusted fish filet in the pan.
- Pan fry the fish for about 3-4 minutes on each side, or until crispy and fully cooked. Remove the fish from the pan and set aside.

5. Prepare the Sauce

- In the same pan, add the remaining semi-skimmed milk, lemon juice, and vegetable stock.
- Bring the mixture to a gentle simmer over medium heat, stirring occasionally.
- Let it reduce slightly for 2-3 minutes until it thickens.

6. Serve

- Place the mashed sweet potato on a plate.
- Top with the herb-crusted fish filet.
- Drizzle the lemon garlic sauce over the fish.
- Arrange the steamed broccoli and asparagus on the side.
- Serve immediately.

Curried Fish and Sweet Potato Chips with Crisp Green Salad

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

- 200g (7 oz) raw white fish filet
- 1 medium sweet potato
- 1 tsp salted butter
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tsp curry powder
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp ground turmeric
- 1/4 tsp ground paprika
- Salt & pepper, to taste
- Mixed greens (lettuce, spinach, arugula) for salad
- 1 tbsp lemon juice (for salad dressing)
- 1 tsp olive oil (for salad dressing)
- 1/2 cucumber, sliced
- 1 small carrot, shredded

METHOD

1. Prepare the Sweet Potato Chips

- Preheat your oven to 200°C (400°F).
- Peel and cut the sweet potato into thin strips or wedges.
- Place the sweet potato chips on a baking sheet lined with parchment paper.
- Drizzle with olive oil and sprinkle with half of the curry powder, ground cumin, ground coriander, ground turmeric, ground paprika, salt, and pepper. Toss to coat evenly.
- Bake in the preheated oven for 25-30 minutes, turning halfway through, until crispy and golden brown.

2. Prepare the Curried Fish

- Pat the fish filet dry with kitchen paper.
- In a small bowl, mix the minced garlic, grated ginger, lemon juice, and the remaining half of the curry powder, ground cumin, ground coriander, ground turmeric, and ground paprika. Add a pinch of salt and pepper.

Recipe Continues

- Spread this spice mixture evenly over both sides of the fish filet.
- Heat a non-stick pan over medium heat and add the butter.
- Once the butter is melted and bubbling, add the fish filet.
- Cook for about 3-4 minutes on each side, or until the fish is fully cooked and has a nice crust. Remove from the pan and set aside.

3. Prepare the Salad

- In a large bowl, combine the mixed greens, sliced cucumber, and shredded carrot.
- In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper to make the dressing.
- Drizzle the dressing over the salad and toss to combine.

4. Serve

- Place the crispy sweet potato chips on one side of the plate.
- Add the curried fish filet next to the chips.
- Serve with the crisp green salad on the side.
- Serve immediately and enjoy.

Evening Snack Recipes

Spiced Peanut Butter Banana Oat Bites

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 30g (1 oz) rolled oats
- 1/2 medium banana, mashed
- 1/2 tbsp peanut butter
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Stevia, to taste (optional)

METHOD

1. Mash the Banana

- In a small bowl, mash the 1/2 medium banana until it becomes a smooth puree.

2. Mix the Ingredients

- Add the rolled oats, peanut butter, ground cinnamon, ground nutmeg, and Stevia to the mashed banana.
- Stir the mixture well until all ingredients are thoroughly combined.

3. Form the Bites

- Using your hands, form the mixture into small bite-sized balls or patties.
- Place the bites on a plate or tray lined with parchment paper.

4. Chill and Serve

- Refrigerate the bites for at least 30 minutes to firm up.
- Serve and enjoy.

Banana Oat Peanut Butter Cookies

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 30g (1 oz) rolled oats
- 1/2 medium banana, mashed
- 1/2 tbsp peanut butter
- Stevia, to taste (optional)
- 1/4 tsp vanilla extract

METHOD

1. Prepare the Dough

- Preheat your oven to 180°C (350°F) and line a baking sheet with parchment paper.
- In a small bowl, mash the 1/2 medium banana until it becomes a smooth puree.
- Add the rolled oats, peanut butter, Stevia, and vanilla extract.
- Stir the mixture well until all ingredients are thoroughly combined and form a dough-like consistency.

2. Form the Cookies

- Using a spoon or your hands, scoop small portions of the dough and form them into balls.
- Place the balls on the prepared baking sheet and flatten them slightly with the back of a spoon or your fingers to form cookie shapes.

3. Bake the Cookies

- Bake the cookies in the preheated oven for about 10-12 minutes, or until they are golden brown and firm to the touch.
- Remove the cookies from the oven and let them cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

4. Serve

- Once the cookies are completely cool, serve and enjoy.

Spiced Banana Oat Pancakes

Serves 1

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

- 30g (1 oz) rolled oats
- 1/2 medium banana, mashed
- 1/2 tbsp peanut butter
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Stevia, to taste (optional)
- 1/4 tsp vanilla extract
- 50ml (1.7 fl oz) water (or as needed to adjust batter consistency)

METHOD

1. Prepare the Batter

- In a small bowl, mash the 1/2 medium banana until it becomes a smooth puree.
- Add the rolled oats, peanut butter, ground cinnamon, ground nutmeg, Stevia, vanilla extract, and water.
- Stir the mixture well until all ingredients are thoroughly combined and you have a smooth batter. Adjust the water quantity to get the desired pancake batter consistency.

2. Cook the Pancakes

- Heat a non-stick pan over medium heat.
- Pour small portions of the batter onto the pan to form pancakes.
- Cook each pancake for about 2-3 minutes on one side, or until bubbles start to form on the surface.
- Flip the pancake and cook for another 1-2 minutes on the other side, until golden brown.

3. Serve

- Stack the cooked pancakes on a plate.
- 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
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APPAREL



















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