THE SCULPTED *vegan*

THE EXTREME BODY MAKEOVER

OVER 40



1600 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

Herb Scrambled Eggs with Spinach

Serves 1

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

- 2 large eggs
- 100g (4 oz) baby spinach
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh chives, chopped
- 1 tsp lemon juice
- Salt & pepper, to taste

METHOD

1. Prepare the Ingredients

- Wash and dry the baby spinach. Roughly chop if leaves are large.
- Mince the garlic and ginger.
- Chop the fresh parsley and chives.

2. Cook the Spinach

- Heat a non-stick pan over medium heat.
- Add the minced garlic and ginger to the pan. Cook for 1 minute until fragrant.
- Add the baby spinach to the pan and cook, stirring frequently, until wilted. This should take about 2-3 minutes.
- Transfer the cooked spinach to a plate and set aside.

Recipe Continues

3. Scramble the Eggs

- In a bowl, crack the two large eggs. Add the lemon juice and a pinch of salt and pepper. Whisk until well combined.
- Pour the egg mixture into the same pan over medium heat.
- Stir continuously with a spatula, scraping the eggs from the edges to the center until they begin to set but are still slightly runny.

4. Combine and Finish

- Once the eggs are mostly cooked but still a bit runny, add the wilted spinach back to the pan.
- Sprinkle in the chopped parsley and chives.
- Continue to cook for another minute, stirring gently, until the eggs are fully cooked and the herbs are well incorporated.
- Adjust seasoning with additional salt and pepper if needed.

5. Serve

- Transfer the scrambled eggs and spinach to a plate.

Poached Eggs with Garlic Spinach

Serves 1

Prep time: 15 minutes

Cook time: 10 minutes

INGREDIENTS

- 2 large eggs
- 100g (4 oz) baby spinach
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh chives, chopped
- 1 tsp lemon juice
- Salt & pepper, to taste
- 1 tsp white vinegar (optional, for poaching eggs)

METHOD

1. Prepare the Spinach

- Wash and dry the baby spinach. Roughly chop if leaves are large.
- Mince the garlic and ginger.

2. Cook the Spinach

- Heat a non-stick pan over medium heat.
- Add the minced garlic and ginger to the pan. Cook for 1 minute until fragrant.
- Add the baby spinach to the pan and cook, stirring frequently, until wilted. This should take about 2-3 minutes.
- Add the lemon juice, salt, and pepper to taste. Stir to combine.
- Transfer the cooked spinach to a plate and set aside.

Recipe Continues

3. Poach the Eggs

- Fill a saucepan with about 3 inches of water and bring it to a gentle simmer. If desired, add 1 tsp of white vinegar to help the eggs hold their shape.
- Crack each egg into a small bowl or ramekin.
- Create a gentle whirlpool in the water with a spoon and carefully slide one egg into the center of the whirlpool. Repeat with the second egg.
- Poach the eggs for 3-4 minutes, or until the whites are set but the yolks are still runny.
- Using a slotted spoon, carefully remove the poached eggs from the water and drain on a paper towel.

4. Assemble and Serve

- Place the cooked spinach on a serving plate.
- Gently place the poached eggs on top of the spinach.
- Sprinkle with chopped parsley, and add Salt & pepper, to taste.
- Serve immediately.

Eggs & Spinach Nargesi

Serves 1

Prep time: 15 minutes

Cook time: 10 minutes

INGREDIENTS

- 2 large eggs
- 100g (4 oz) baby spinach
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tbsp fresh parsley, chopped
- 1 tsp lemon juice
- 1/4 tsp ground cumin
- 1/4 tsp ground turmeric
- Salt & pepper, to taste

METHOD

1. Prepare the Ingredients

- Wash and dry the baby spinach. Roughly chop if leaves are large.
- Mince the garlic and ginger.
- Chop the fresh parsley.

2. Cook the Spinach

- Heat a non-stick pan over medium heat.
- Add the minced garlic and ginger to the pan. Cook for 1 minute until fragrant.
- Add the baby spinach to the pan and cook, stirring frequently, until wilted. This should take about 2-3 minutes.
- Add the lemon juice, ground cumin, ground turmeric, salt, and pepper. Stir to combine.

3. Prepare the Eggs

- Push the spinach mixture to the sides of the pan, creating a well in the center.
- Crack the two large eggs into the well. Season the eggs with a pinch of salt and pepper.
- Cover the pan with a lid and cook on low heat until the egg whites are set but the yolks are still runny, about 3-4 minutes.

4. Combine and Serve

- Gently spoon the spinach mixture over the cooked eggs.
- Sprinkle with chopped parsley.
- Serve immediately.

Post Workout Recipes

Vanilla Banana Overnight Oats

Serves 1

Prep time: 10 minutes (plus overnight chilling)

INGREDIENTS

- 15g (1/2 oz) rolled oats
- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 1/2 medium banana, mashed
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Stevia, to taste (optional)
- 120ml (4 oz) water

METHOD

1. Prepare the Base

- In a bowl or jar, combine the rolled oats and Vegan Wondershake Vanilla Crème. Stir to mix well.

2. Add the Flavorings

- Add the mashed banana, ground cinnamon, ground nutmeg, and Stevia (if using) to the oats and protein powder mixture. Stir until all ingredients are well combined.

3. Combine with Liquid

- Pour in the water and stir thoroughly to ensure all the dry ingredients are fully incorporated and there are no lumps.
- Cover the bowl or jar with a lid or plastic wrap.

4. Chill Overnight

- Place the covered bowl or jar in the refrigerator and let it chill overnight, or for at least 4 hours, to allow the oats to soften and the flavors to meld.

5. Serve

- In the morning, give the oats a good stir. If the mixture is too thick, you can add a bit more water to reach your desired consistency.
- Serve cold and enjoy.

Vanilla Banana Protein Bites

Serves 1

Prep time: 10 minutes (plus chilling time)

INGREDIENTS

- 15g (1/2 oz) rolled oats
- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 1/2 medium banana, mashed
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Stevia, to taste (optional)

METHOD

1. Prepare the Base

- In a bowl, combine the rolled oats and Vegan Wondershake Vanilla Crème. Stir to mix well.

2. Add the Banana and Spices

- Add the mashed banana, ground cinnamon, ground nutmeg, and Stevia (if using) to the oats and protein powder mixture. Stir until all ingredients are well combined and form a dough-like consistency.

3. Form the Bites

- Using your hands, shape the mixture into small, bite-sized balls (about 1 inch in diameter). You should be able to make around 4-6 bites depending on the size.

4. Chill and Serve

- Place the protein bites on a plate and refrigerate for at least 30 minutes to firm up. Enjoy.

Vanilla Banana Protein Cookies

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 15g (1/2 oz) rolled oats
- 50g (2 oz) **Vegan Wondershake Vanilla Crème**
- 1/2 medium banana, mashed
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Stevia, to taste (optional)
- 1/2 tsp baking powder
- 1/4 tsp vanilla extract (optional)
- 60ml (2 oz) water

METHOD

1. Preheat Oven and Prepare Ingredients

- Preheat your oven to 350°F (175°C).
- In a bowl, combine the rolled oats, Vegan Wondershake Vanilla Crème, ground cinnamon, ground nutmeg, baking powder, and the Stevia (if using).

2. Mix Wet Ingredients

- In a separate bowl, mash the banana. Add the vanilla extract (if using) and water, then mix until well combined.

3. Combine Wet and Dry Ingredients

- Pour the wet ingredients into the dry ingredients. Stir until you have a thick, well-combined dough.

4. Form and Bake Cookies

- Line a baking sheet with parchment paper.
- Scoop the dough onto the baking sheet to form 2-3 small cookies, flattening them slightly with the back of a spoon.
- Bake in the preheated oven for 12-15 minutes, or until the cookies are set and slightly golden brown around the edges.

5. Cool and Serve

- Allow the cookies to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.
- Enjoy your delicious cookies.

Lunch Recipes

Lemon Herb Chicken with Rice

Serves 1

Prep time: 30 minutes

Cook time: 25 minutes

INGREDIENTS

- 200g (7 oz) raw, boneless, skinless chicken breast
- 25g (1 oz) uncooked rice
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tbsp fresh parsley, chopped
- 1 tsp lemon juice
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 50ml (1.7 fl oz) vegetable stock

METHOD

1. Marinate the Chicken

- In a bowl, mix together the minced garlic, minced ginger, lemon juice, ground cumin, ground paprika, ground black pepper, and salt.
- Add the chicken breast to the bowl and coat it thoroughly with the marinade. Let it sit for at least 10 minutes to absorb the flavors.

2. Cook the Rice

- Rinse the uncooked rice under cold water until the water runs clear.
- In a small saucepan, bring 50ml (1.7 fl oz) of vegetable stock to a boil.
- Add the rice to the boiling stock, reduce the heat to low, cover, and let it simmer for about 15-20 minutes or until the rice is cooked and the liquid is absorbed. Remove from heat and let it sit covered for an additional 5 minutes.

Recipe Continues

3. Cook the Chicken

- While the rice is cooking, heat 1 tbsp of olive oil in a non-stick skillet over medium heat.
- Add the marinated chicken breast to the skillet and cook for about 5-7 minutes on each side, or until the chicken is fully cooked and has a nice golden-brown crust.
- Remove the chicken from the skillet and let it rest for a few minutes before slicing it.

4. Serve

- Fluff the cooked rice with a fork and place it on a serving plate.
- Slice the cooked chicken breast and arrange it over the rice.
- Sprinkle the chopped parsley over the top for a fresh, vibrant garnish.
- Serve immediately with as many green cruciferous vegetables as you like!

Spanish-Style Chicken and Rice

Serves 1

Prep time: 10 minutes

Cook time: 30 minutes

INGREDIENTS

- 200g (7 oz) raw, boneless, skinless chicken breast
- 25g (1 oz) uncooked rice
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/4 tsp turmeric
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 1/2 small onion, finely chopped
- 1/2 small tomato, finely chopped
- 1/2 small zucchini, chopped
- 50ml (1.7 fl oz) vegetable stock
- 1 tbsp fresh parsley, chopped
- 1 tsp lemon juice

METHOD

1. Marinate the Chicken

- In a bowl, mix together the minced garlic, smoked paprika, ground cumin, ground black pepper, and salt.
- Add the chicken breast to the bowl and coat it thoroughly with the spice mixture. Let it sit for at least 10 minutes to absorb the flavors.

2. Cook the Rice

- In a small saucepan, bring 50ml (1.7 fl oz) of vegetable stock to a boil.
- Add the uncooked rice, reduce the heat to low, cover, and let it simmer for about 15-20 minutes or until the rice is cooked and the liquid is absorbed. Remove from heat and let it sit covered for an additional 5 minutes.

Recipe Continues

3. Cook the Chicken

- While the rice is cooking, heat 1 tbsp of olive oil in a non-stick skillet over medium heat.
- Add the marinated chicken breast to the skillet and cook for about 5-7 minutes on each side, or until the chicken is fully cooked and has a nice golden-brown crust.
- Remove the chicken from the skillet and let it rest for a few minutes before slicing it.

4. Prepare the Vegetables

- In the same skillet, add the finely chopped onion, tomato, and zucchini.. Cook for about 5 minutes until the vegetables are soft and the onion is translucent.
- Stir in the turmeric and cook for another minute.

5. Combine and Serve

- Fluff the cooked rice with a fork and mix it into the skillet with the vegetables.
- Add the lemon juice and chopped parsley to the rice and vegetable mixture, stirring to combine.
- Place the rice and vegetable mixture on a serving plate.
- Slice the cooked chicken breast and arrange it over the rice.
- Serve immediately and enjoy.

Asian-Inspired Chicken and Rice Bowl

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 200g (7 oz) raw, boneless, skinless chicken breast
- 25g (1 oz) uncooked rice
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tbsp soy sauce
- 1 tsp lime juice
- 1/2 tsp ground coriander
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 1/2 small onion, finely chopped
- 1/2 small zucchini, julienned
- 50ml (1.7 fl oz) vegetable stock
- 1 tbsp fresh cilantro, chopped

METHOD

1. Marinate the Chicken

- In a bowl, mix together the minced garlic, minced ginger, soy sauce, lime juice, ground coriander, ground black pepper, and salt.
- Add the chicken breast to the bowl and coat it thoroughly with the marinade. Let it sit for at least 10 minutes to absorb the flavors.

2. Cook the Rice

- In a small saucepan, bring 50ml (1.7 fl oz) of vegetable stock to a boil.
- Add the uncooked rice, reduce the heat to low, cover, and let it simmer for about 15-20 minutes or until the rice is cooked and the liquid is absorbed. Remove from heat and let it sit covered for an additional 5 minutes.

Recipe Continues

3. Cook the Chicken

- While the rice is cooking, heat 1 tbsp of olive oil in a non-stick skillet over medium heat.
- Add the marinated chicken breast to the skillet and cook for about 5-7 minutes on each side, or until the chicken is fully cooked and has a nice golden-brown crust.
- Remove the chicken from the skillet and let it rest for a few minutes before slicing it.

4. Prepare the Vegetables

- In the same skillet, add the finely chopped onion and julienned zucchini. Cook for about 5 minutes until the vegetables are tender.

5. Combine and Serve

- Fluff the cooked rice with a fork and place it in a serving bowl.
- Top the rice with the cooked vegetables.
- Slice the cooked chicken breast and arrange it over the vegetables and rice.
- Sprinkle with chopped cilantro.

6. Serve

- Serve immediately and enjoy.

Dinner Recipes

Sweet Potato and Beef Mince Stir-Fry

Serves 1

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

- 113g (4 oz) raw lean beef mince
- 300g (11 oz) uncooked sweet potato, peeled and diced
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tbsp soy sauce
- 1 tsp lime juice
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 1 tbsp fresh cilantro, chopped

METHOD

1. Prepare the Sweet Potatoes

- Peel and dice the sweet potatoes into small, even cubes.
- Bring a pot of water to a boil and add the diced sweet potatoes. Boil for about 5-7 minutes until tender but not mushy. Drain and set aside.

2. Cook the Beef

- Heat 1 tbsp of olive oil in a non-stick skillet over medium heat.
- Add the minced garlic and fresh ginger to the skillet. Cook for 1 minute until fragrant.
- Add the raw lean beef mince to the skillet. Cook, breaking it up with a spoon, until browned and fully cooked, about 5-7 minutes.
- Season with ground cumin, smoked paprika, ground black pepper, and salt. Stir to combine.

3. Combine Sweet Potatoes and Beef

- Add the boiled sweet potatoes to the skillet with the beef mixture. Stir gently to combine.
- Add the soy sauce and lime juice to the skillet. Stir well to ensure everything is evenly coated.
- Cook for an additional 5 minutes, allowing the flavors to meld together and the sweet potatoes to get slightly crispy.

4. Finish and Serve

- Remove from heat and stir in the fresh cilantro.
- Serve immediately and enjoy.

Spiced Beef and Sweet Potato Bake

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 113g (4 oz) raw lean beef mince
- 300g (11 oz) uncooked sweet potato, peeled and thinly sliced
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tsp soy sauce
- 1 tsp lemon juice
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 1 tbsp fresh parsley, chopped

METHOD

1. Preheat Oven and Prepare Sweet Potatoes

- Preheat your oven to 400°F (200°C).
- Peel and thinly slice the sweet potatoes into rounds.

2. Prepare the Beef Mixture

- In a non-stick skillet, heat 1 tbsp of olive oil over medium heat.
- Add the minced garlic and fresh ginger to the skillet. Cook for 1 minute until fragrant.
- Add the raw lean beef mince to the skillet. Cook, breaking it up with a spoon, until browned and fully cooked, about 5-7 minutes.
- Season with ground cumin, smoked paprika, ground black pepper, and salt. Stir to combine.
- Add the soy sauce and lemon juice to the beef mixture and stir well.

Recipe Continues

3. Assemble the Bake

- In a small baking dish, layer half of the sliced sweet potatoes on the bottom.
- Spread the beef mixture evenly over the sweet potatoes.
- Layer the remaining sweet potatoes on top of the beef mixture.

4. Bake

- Cover the baking dish with foil and place it in the preheated oven.
- Bake for 20-25 minutes, until the sweet potatoes are tender.

5. Finish and Serve

- Remove the foil and bake for an additional 5 minutes to allow the top to crisp up slightly.
- Remove from the oven and let it sit for a few minutes.
- Sprinkle with fresh parsley before serving.
- Serve immediately and enjoy.

Soy Garlic Beef and Sweet Potato Skillet

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

- 113g (4 oz) raw lean beef mince
- 300g (11 oz) uncooked sweet potato, peeled and diced
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp soy sauce
- 1 tsp lemon juice
- 1/2 tsp dried rosemary
- 1/2 tsp dried thyme
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 250ml (8 oz) vegetable stock
- 1 tbsp fresh parsley, chopped

METHOD

1. Prepare the Sweet Potatoes

- Peel and dice the sweet potatoes into small, even cubes.

2. Cook the Beef

- In a non-stick skillet, heat 1 tablespoon of olive oil over medium heat.
- Add the minced garlic to the skillet. Cook for 1 minute until fragrant.
- Add the raw lean beef mince to the skillet. Cook, breaking it up with a spoon, until browned and fully cooked, about 5-7 minutes.
- Season with dried rosemary, dried thyme, ground black pepper, and salt. Stir to combine.

3. Cook the Sweet Potatoes

- Add the diced sweet potatoes to the skillet with the beef mixture. Stir well.
- Pour in the vegetable stock and soy sauce. Stir to combine.
- Bring the mixture to a simmer, cover the skillet, and let it cook for about 15-20 minutes, or until the sweet potatoes are tender and the liquid has mostly evaporated.

4. Finish and Serve

- Stir in the lemon juice and chopped parsley.
- Adjust seasoning with additional salt and pepper if needed.
- Serve immediately and enjoy.

Evening Snack Recipes

Vegan Wondershake Protein Shake

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- Ice cubes as needed
- Water as needed

METHOD

1. Combine Ingredients in Blender

- In a blender, add the Vegan Wondershake Vanilla Crème.
- Add a few ice cubes to make the shake cold and refreshing.

2. Blend Until Smooth

- Add water (about 1/2 cup to start) to the blender to help the blending process.
- Blend on high speed until smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well mixed.
- If the mixture is too thick, add more water, one tablespoon at a time, until you reach the desired consistency.

3. Serve

- Pour the blended protein shake into a glass.
- Serve immediately and enjoy.

Cinnamon Vanilla Vegan Protein Ice Cream

Serves 1

Prep time: 10 minute

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 1/2 tsp ground cinnamon
- Ice cubes as needed
- Water as needed

METHOD

1. Prepare the Ingredients

- Measure out the Vegan Wondershake Vanilla Crème.
- Prepare the ground cinnamon.

2. Blend the Ingredients

- In a blender, add the VVegan Wondershake Vanilla Crème and ground cinnamon.
- Add a few ice cubes to the blender to give the mixture a thicker, ice cream-like texture.
- Add a small amount of water (about 1-2 tablespoons) to help the blending process. You can add more water if needed, but be careful not to add too much as it will make the mixture too runny.

3. Blend Until Smooth

- Blend all the ingredients on high speed until smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well mixed.
- If the mixture is too thick, add a bit more water, one tablespoon at a time, until you reach the desired consistency.

4. Serve

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

ADDITIONAL RESOURCES

We have thousands of resources available to help you with your body sculpting goals. To view them, simply click on the links below:

1. **Strong & Sculpted Podcast**
   Your go to resource for everything to do with muscle sculpting and fat burning
2. **Private Facebook Group**
   Join our private community and receive free coaching from one of our experienced coaches
3. **Ask a Coach Call**
   Get advice from our team of trained experts with our weekly ASK A COACH Zoom Call
4. **The Sculpted Vegan YouTube**
   For training videos, instructional resources and much more!
5. **Training to Failure**
   Dive deep with me in my personal training sessions as I show you what it really takes!
6. **Training with Mark Getty**
   Join heavyweight pro bodybuilder Mark Getty- my 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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