THE SCULPTED *vegan*

THE EXTREME BODY MAKEOVER

OVER 40



1700 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

Creamy Vanilla Peanut Butter Oats

Serves 1

Prep time: 5 minutes

Cook time: 10 minutes

INGREDIENTS

- 40g (1 oz) rolled oats
- 1 tbsp peanut butter
- 100ml (3.4 fl oz) soya milk
- 25g (1 oz) **Vegan Wondershake Vanilla Crème**

METHOD

1. Prepare the Base

- In a small saucepan, combine the oats and soya milk.
- Heat over medium heat, stirring occasionally until the mixture starts to simmer.

2. Cook the Oats

- Reduce the heat to low and let the oats cook for about 5-7 minutes, stirring occasionally until they reach a creamy consistency.

3. Add Protein Powder

- Once the oats are cooked, remove the saucepan from heat.
- Stir in the Vegan Wondershake Vanilla Crème protein powder until fully dissolved and the mixture is smooth.

4. Incorporate Peanut Butter

- Add the peanut butter to the oat mixture.
- Stir until the peanut butter is evenly distributed, giving the oats a rich, nutty taste .

5. Serve

- Transfer the creamy vanilla peanut butter oats to a bowl and enjoy!

Peanut Butter Vanilla Overnight Oats

Serves 1

Prep time: 5 minutes (plus chilling time)

INGREDIENTS

- 40g (1 oz) rolled oats
- 1 tbsp peanut butter
- 100ml (3.4 fl oz) soya milk
- 25g (1 oz) **Vegan Wondershake Vanilla Crème**

METHOD

1. Combine Dry Ingredients

- In a small bowl or jar with a lid, add the oats and Vegan Wondershake Vanilla Crème.
- Stir well to ensure the protein powder is evenly distributed with the oats.

2. Add Wet Ingredients

- Pour in the soya milk, topping up with water if needed to make a wetter consistency.
- Add the peanut butter.

3. Mix Thoroughly

- Stir the mixture thoroughly until the peanut butter is well incorporated. Make sure there are no dry clumps of oats or protein powder.

4. Refrigerate Overnight

- Cover the bowl or jar with a lid or plastic wrap.
- Place it in the refrigerator and let it sit overnight, or for at least 6-8 hours.

5. Serve

- In the morning, give the oats a good stir to ensure everything is well mixed.
- Add more water if needed to loosen the oats.

Peanut Butter Vanilla Oat Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 40g (1.4 oz) rolled oats
- 1 tbsp peanut butter
- 100ml (3.4 fl oz) soya milk
- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 100ml (3.4 oz) water (add more if needed for desired consistency)

METHOD

1. Blend Dry Ingredients

- Add the oats to a blender and blend until they form a fine powder.

2. Combine Wet Ingredients

- Pour the soya milk and water into the blender with the ground oats.
- Add the peanut butter and Vegan Wondershake Vanilla Crème.

3. Blend Until Smooth

- Blend all the ingredients on high speed until the mixture is smooth and creamy.
- Check the consistency and add more water if needed, blending again to incorporate.

4. Serve

- Pour the smoothie into a glass and enjoy!

Post Workout Recipes

Frozen Protein Smoothie Bowl

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 200ml (7 fl oz) water (adjust for desired consistency)
- A pinch of cinnamon (optional)
- Stevia, to taste (optional)

METHOD

1. Blend the Base:

- In a blender, combine the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a pinch of cinnamon and a few drops of stevia if desired.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if it's too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a bowl.
- Optionally, sprinkle a little extra cinnamon on top for garnish.

Vegan Wondershake Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 200ml (7 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a few drops of stevia if you prefer a sweeter taste.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if the smoothie is too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a glass.

Lunch Recipes

Marinated Chicken Breast with Baked Cauliflower

Serves 1

Prep time: 20 minutes (plus 1 hour marination)

Cook time: 30 minutes

INGREDIENTS

Marinated Chicken:

- 200g (7 oz) raw, boneless, skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 2 tbsp (30 ml) soy sauce
- 1 clove garlic, minced
- 1 tsp grated ginger
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tbsp fresh flat leaf parsley, chopped
- Salt & pepper, to taste

Baked Cauliflower:

- 200g (7 oz) cauliflower florets
- 1 tsp vegetable stock powder
- 1 tsp dried thyme
- 1 tsp paprika
- 1 clove garlic, minced
- Salt & pepper, to taste

METHOD

Marinated Chicken:

1. Prepare the Marinade

- In a bowl, combine olive oil, soy sauce, minced garlic, grated ginger, dried thyme, dried oregano, and a pinch of salt and pepper. Mix well.

2. Marinate the Chicken

- Place the chicken breast in a resealable plastic bag or shallow dish.
- Pour the marinade over the chicken, ensuring it is well coated.
- Seal the bag or cover the dish and refrigerate for at least 1 hour, or overnight for better flavor.

3. Cook the Chicken

- Preheat your oven to 200°C (400°F).
- Remove the chicken from the marinade and place it on a baking sheet lined with parchment paper.

Recipe Continues

- Bake in the preheated oven for 20-25 minutes, or until the chicken is cooked through and reaches an internal temperature of 75°C (165°F).
- Let the chicken rest for 5 minutes before slicing.

Baked Cauliflower:

1. Preheat Oven

- Preheat your oven to 200°C (400°F).

2. Season the Cauliflower

- In a bowl, toss the cauliflower florets with vegetable stock powder, dried thyme, paprika, minced garlic, salt, and pepper.

3. Bake the Cauliflower

- Spread the seasoned cauliflower florets on a baking sheet lined with parchment paper.
- Bake in the preheated oven for 20-25 minutes, or until the cauliflower is tender and golden brown, turning halfway through for even cooking.

4. Serve

- Arrange the sliced marinated chicken on a plate.
- Serve with the baked cauliflower on the side.
- Garnish with freshly chopped flat leaf parsley for added flavor and presentation and serve with a crisp, green salad.

Chicken Supreme with Cauliflower Rice and Vegetables

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

Chicken Supreme:

- 200g (7 oz) raw, boneless, skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 1 clove garlic, minced
- 1 tsp grated ginger
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tbsp fresh flat leaf parsley, chopped
- 200 ml (7 oz) vegetable stock
- 1 tbsp soy sauce
- Salt & pepper, to taste

Cauliflower Rice:

- 200g (7 oz) cauliflower, grated or processed into rice-sized pieces
- 1 clove garlic, minced
- 1 tsp dried thyme
- 1 tsp dried parsley
- Salt & pepper, to taste

Vegetables:

- 100g (4 oz) mixed vegetables (e.g., carrots, green beans, peas)
- 1 tsp vegetable stock powder
- 1 tsp dried basil
- Salt & pepper, to taste

METHOD

Chicken Supreme:

1. Marinate the Chicken

- In a small bowl, mix the olive oil, minced garlic, grated ginger, dried thyme, dried oregano, soy sauce, salt, and pepper.
- Rub the mixture all over the chicken breast and let it marinate for at least 15 minutes.

2. Cook the Chicken

- Preheat your oven to 200°C (400°F).
- Heat a non-stick skillet over medium heat and sear the marinated chicken breast on both sides until golden brown.
- Transfer the chicken to a baking dish, add the vegetable stock, and bake in the preheated oven for 20 minutes, or until the chicken is cooked through and reaches an internal temperature of 75°C (165°F).
- Let the chicken rest for 5 minutes before slicing.

Recipe Continues

Cauliflower Rice:

1. Prepare the Cauliflower Rice

- Heat a non-stick skillet over medium heat.
- Add the minced garlic and sauté for 1 minute until fragrant.
- Add the cauliflower rice, dried thyme, dried parsley, salt, and pepper.
- Cook, stirring occasionally, for 5-7 minutes until the cauliflower rice is tender.

Vegetables:

1. Prepare the Vegetables

- Steam or boil the mixed vegetables until tender, about 5-7 minutes.
- In a bowl, toss the cooked vegetables with vegetable stock powder, dried basil, salt, and pepper to taste.

Serve:

1. Plate the Dish

- Arrange the sliced chicken supreme on a plate.
- Serve the cauliflower rice and seasoned vegetables on the side.
- Garnish with freshly chopped flat leaf parsley for added flavor and presentation.

Mexican Chicken Salad

Serves 1

Prep time: 30 minutes

Cook time: 15 minutes

INGREDIENTS

- 200g (7 oz) raw, boneless, skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 100g (4 oz) mixed salad leaves
- 100g (4 oz) cherry tomatoes, halved
- 50g (2 oz) white cabbage, shredded
- 1 fresh chili, finely chopped
- 1 small carrot, grated
- 1 tbsp fresh coriander, chopped
- Juice of 1 lime
- 1 clove garlic, minced
- 1 tsp ground cumin
- 1 tsp ground paprika
- 1 tsp dried oregano
- Salt & pepper, to taste

METHOD

1. Marinate the Chicken

- In a small bowl, mix the olive oil, minced garlic, ground cumin, ground paprika, dried oregano, lime juice, salt, and pepper.
- Coat the chicken breast with the marinade and let it sit for at least 15 minutes.

2. Cook the Chicken

- Heat a non-stick skillet over medium heat.
- Add the marinated chicken breast and cook for about 6-7 minutes on each side, or until the chicken is cooked through and reaches an internal temperature of 75°C (165°F).
- Remove the chicken from the skillet and let it rest for 5 minutes before slicing into thin strips.

3. Prepare the Salad

- In a large bowl, combine the mixed salad leaves, cherry tomatoes, shredded white cabbage, chopped chili, and grated carrot.
- Add the chopped coriander and toss the salad to mix well.

4. Assemble the Salad

- Arrange the salad mixture on a plate.
- Top with the sliced chicken breast.
- Drizzle with lime juice and soy sauce for extra zing.

Dinner Recipes

Lemon Herb Fish with Basmati Rice and Vegetables

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 1175g (6 oz) raw white skinless fish
- 100g (4 oz) cooked Basmati rice
- 1 tsp butter
- 150g (5 oz) fresh asparagus
- 30g (1 oz) frozen garden peas
- 1 clove garlic, minced
- 1 tsp grated ginger
- 1 tsp lemon zest
- 1 tbsp lemon juice
- 1 tsp dried thyme
- 1 tsp dried parsley
- Salt & pepper, to taste
- 200ml (7 fl oz) vegetable stock

METHOD

1. Prepare the Vegetables

- Trim the asparagus and cut into bite-sized pieces.
- In a pot of boiling water, blanch the asparagus and frozen peas for 2-3 minutes until just tender. Drain and set aside.

2. Cook the Fish

- Season the fish with salt, pepper, lemon zest, and dried thyme.
- In a non-stick pan over medium heat, add the butter and let it melt.
- Add the minced garlic and grated ginger, sauté for 1 minute until fragrant.
- Add the fish to the pan and cook for 3-4 minutes on each side, or until the fish is cooked through and flakes easily with a fork.
- Remove the fish from the pan and set aside.

Recipe Continues

3. Prepare the Vegetables and Rice

- In the same pan, add the vegetable stock, blanched asparagus, and peas.
- Cook for 2-3 minutes until the vegetables are heated through and the stock has reduced slightly.
- Add the cooked Basmati rice to the pan and stir to combine.
- Season with dried parsley, lemon juice, salt, and pepper to taste.

4. Serve

- Plate the vegetable and rice mixture.
- Place the cooked fish on top of the rice and vegetables.
- Garnish with additional dried herbs if desired.

Hearty Fish and Vegetable Stew

Serves 1

Prep time: 30 minutes

Cook time: 30 minutes

INGREDIENTS

- 175g (6 oz) raw white skinless fish, cut into chunks
- 100g (4 oz) cooked Basmati rice
- 1 tsp butter
- 150g (5 oz) fresh green beans, trimmed and cut into bite-sized pieces
- 30g (1 oz) frozen garden peas
- 100g (4 oz) broccoli, cut into florets
- 1 clove garlic, minced
- 1 tsp grated ginger
- 1 small onion, finely chopped
- 1 small carrot, diced
- 1 stalk celery, diced
- 1 tsp dried thyme
- 1 tsp dried parsley
- 1 bay leaf
- 200ml (7 0z) vegetable stock
- 1 tsp lemon juice
- Salt & pepper, to taste

METHOD

1. Sauté Aromatics

- In a large pot, melt the butter over medium heat.
- Add the minced garlic, grated ginger, and chopped onion. Sauté for 2-3 minutes until fragrant and the onion is translucent.

2. Add Vegetables

- Add the diced carrot and celery to the pot, cooking for another 3-4 minutes until they begin to soften.
- Add the green beans, broccoli florets, and frozen peas to the pot. Stir to combine.

3. Prepare the Stew

- Pour in the vegetable stock and add the bay leaf, dried thyme, and dried parsley.
- Bring the mixture to a simmer and cook for 10 minutes, or until the vegetables are tender.

Recipe Continues

4. Cook the Fish

- Add the fish chunks to the pot and gently stir.
- Cook for an additional 5-7 minutes until the fish is cooked through and flakes easily with a fork.
- Season the stew with lemon juice, salt, and pepper to taste.

5. Serve

- Place the cooked Basmati rice in a bowl.
- Ladle the fish and vegetable stew over the rice, ensuring plenty of broth and vegetables are included.
- Garnish with additional dried herbs if desired.

Evening Snack Recipes

Spiced Hummus with Toasted Pitta

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 100g (4 oz) hummus
- 100g (4 oz) toasted white or wholemeal pitta bread
- 1 clove garlic, minced
- 1 tsp lemon juice
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1/4 tsp ground cayenne pepper (optional for heat)
- 1 tbsp fresh parsley, chopped
- Salt & pepper, to taste

METHOD

1. Prepare the Spiced Hummus

- In a small bowl, combine the hummus, minced garlic, lemon juice, ground cumin, ground paprika, and ground cayenne pepper (if using).
- Mix well until all the spices are fully incorporated into the hummus.
- Season with Salt & pepper, to taste.

2. Toast the Pitta Bread

- Toast the pitta bread until it is warm and slightly crispy.
- Cut the toasted pitta into wedges for easy dipping.

3. Assemble and Serve

- Place the spiced hummus in a serving bowl.
- Sprinkle the chopped fresh parsley on top of the hummus for garnish.
- Arrange the toasted pitta bread wedges around the hummus.

Mediterranean Hummus Platter

Serves 1

Prep time: 15 minutes

INGREDIENTS

- 100g (4 oz) hummus
- 100g (4 oz) toasted white or wholemeal pitta bread
- A handful of cherry tomatoes, halved
- 1/2 cucumber, sliced
- 1 stalk celery, cut into sticks
- 100g (4 oz) cauliflower florets
- 1 clove garlic, minced
- 1 tsp lemon juice
- 1/2 tsp ground cumin
- 1/2 tsp ground paprika
- 1 tbsp fresh mint, chopped
- Salt & pepper, to taste

METHOD

1. Prepare the Spiced Hummus

- In a small bowl, combine the hummus, minced garlic, lemon juice, ground cumin, and ground paprika.
- Mix well until all the spices are fully incorporated into the hummus.
- Season with Salt & pepper, to taste.

2. Toast the Pitta Bread

- Toast the pitta bread until it is warm and slightly crispy.
- Cut the toasted pitta into wedges for easy dipping.

3. Prepare the Vegetables

- Halve the cherry tomatoes.
- Slice the cucumber.
- Cut the celery into sticks.
- Separate the cauliflower into bite-sized florets.

4. Assemble and Serve

- Place the spiced hummus in a serving bowl.
- Arrange the cherry tomatoes, cucumber slices, celery sticks, and cauliflower florets around the hummus.
- Sprinkle the chopped fresh mint on top of the hummus for garnish.
- Place the toasted pitta bread wedges alongside the vegetables.

ADDITIONAL RESOURCES

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

1. **Strong & Sculpted Podcast**
   Your go to resource for everything to do with muscle sculpting and fat burning
2. **Private Facebook Group**
   Join our private community and receive free coaching from one of our experienced coaches
3. **Ask a Coach Call**
   Get advice from our team of trained experts with our weekly ASK A COACH Zoom Call
4. **The Sculpted Vegan YouTube**
   For training videos, instructional resources and much more!
5. **Training to Failure**
   Dive deep with me in my personal training sessions as I show you what it really takes!
6. **Training with Mark Getty**
   Join heavyweight pro bodybuilder Mark Gettymy personal trainer, as we discuss supplements, protein, training and more.
7. **The Sculpted Vegan Video Blogs**
   Come behind the scenes in my personal life and see what it takes to be a pro bodybuilder, mom of 4 and founder of a global empire
8. **Free Resources**
   Download training and meal plans for free
9. **Get Kim's Look**
   Get the deets (AND DISCOUNTS!)

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