THE SCULPTED *vegan*

THE EXTREME BODY MAKEOVER

OVER 40



1800 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

Fluffy Egg White Scramble with Toasted Bagel

Serves 1

Prep time: 5 minutes

Cook time: 5 minutes

INGREDIENTS

- 250g (9 oz) egg whites
- 1 regular bagel
- 1 tbsp butter
- 1 tbsp fresh chives, chopped
- Salt & pepper, to taste

METHOD

1. Prepare the Bagel:

- Slice the bagel in half.
- Toast the bagel halves until they are golden brown.

2. Butter the Bagel:

- Spread half of the butter (0.5 tbsp) on the toasted bagel halves.
- Set the buttered bagel aside.

3. Cook the Egg Whites:

- In a non-stick skillet, melt the remaining 0.5 tablespoon of butter over medium-low heat.
- Pour the egg whites into the skillet.
- Season with a pinch of salt and pepper.
- Cook gently, stirring frequently, until the egg whites are set and fluffy (about 3-5 minutes).

4. Add the Chives:

- Once the egg whites are cooked, remove the skillet from the heat.
- Stir in the chopped fresh chives.

5. Serve:

- Transfer the fluffy egg white scramble to a plate.
- Serve with the buttered bagel halves on the side.
- Optionally, garnish with a few extra chopped chives for a fresh touch.

Protein Packed Egg White Omelette with Toasted Bagel

Serves 1

Prep time: 5 minutes

Cook time: 10 minutes

INGREDIENTS

- 250g (9 oz) egg whites
- 1 regular bagel
- 1 tbsp butter
- 1 tbsp fresh chives, chopped
- Salt & pepper, to taste

METHOD

1. Prepare the Bagel:

- Slice the bagel in half.
- Toast the bagel halves until they are golden brown.
- Spread half of the butter (0.5 tablespoon) on the toasted bagel halves.
- Set the buttered bagel aside.

2. Cook the Omelette:

- In a non-stick skillet, melt the remaining 0.5 tablespoon of butter over medium heat.
- Pour the egg whites into the skillet, tilting the pan to ensure they cover the entire surface evenly.
- Season with salt and pepper to taste.
- Cook undisturbed for about 2-3 minutes, or until the edges start to set.

3. Add the Chives:

- Sprinkle the chopped fresh chives evenly over the egg whites.
- Continue to cook for another 1-2 minutes until the omelette is fully set but still tender.

4. Fold and Serve:

- Carefully fold the omelette in half using a spatula.
- Slide the folded omelette onto a plate.
- Serve immediately with the buttered bagel halves on the side.

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

Lemon Herb Chicken with Roasted Sweet Potatoes

Serves 1

Prep time: 30 minutes

Cook time: 30 minutes

INGREDIENTS

Lemon Herb Chicken:

- 113g (4 oz) raw, boneless, skinless chicken breast
- 1 tbsp olive oil
- 1 tbsp fresh chopped herbs (such as parsley, thyme, or rosemary) or 1/2 tsp dried herbs
- Juice of 1 lemon
- Salt & pepper, to taste

Roasted Sweet Potatoes:

- 200g (7 oz) sweet potato
- 1/2 tbsp olive oil
- Salt & pepper, to taste

METHOD

1. Prepare the Marinade:

- In a small bowl, mix the olive oil, fresh chopped herbs or dried herbs, lemon juice, salt, and pepper.
- Slice the chicken and place in the bowl and coat it with the marinade. Let it marinate for at least 30 minutes, but several hours or overnight is better.

2. Prepare the Sweet Potatoes:

- Preheat your oven to 400°F (200°C).
- Peel the sweet potato and cut it into 1-inch cubes.
- In a separate bowl, toss the sweet potato cubes with the olive oil, salt, and pepper.
- Spread the sweet potato cubes in a single layer on a baking sheet lined with parchment paper.
- Bake in the preheated oven for 20-25 minutes, turning halfway through, until the sweet potatoes are tender and slightly crispy.

Recipe Continues

3. Cook the Chicken:

- While the sweet potatoes are roasting, heat a non-stick skillet over medium heat.
- Add the chicken to the skillet.
- Cook for 5-7 minutes on each side, or until golden brown and cooked through.
- Remove from the skillet and let it rest for a few minutes. If cooked whole, slice after cooking.

4. Serve:

- Place the roasted sweet potatoes and chicken on a plate. Serve with unlimited amounts of green salad or steamed green cruciferous vegetables.

Spiced Lean Chicken with Roasted Sweet Potatoes

Serves 1

Prep time: 30 minutes

Cook time: 30 minutes

INGREDIENTS

Spiced Lean Chicken:

- 113g (4 oz) raw, boneless, skinless chicken breast
- 1/2 tbsp olive oil
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt & pepper, to taste

Spiced Roasted Sweet Potatoes:

- 200g (7 oz) sweet potato
- 1/2 tbsp olive oil
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 tsp ground cinnamon
- A pinch of cayenne pepper
- Salt & pepper, to taste

METHOD

1. Prepare the Sweet Potatoes:

- Preheat your oven to 400°F (200°C).
- Peel the sweet potato and cut it into 1-inch cubes.
- In a bowl, toss the sweet potato cubes with 1/2 tablespoon of olive oil, ground cumin, smoked paprika, ground cinnamon, cayenne pepper, salt, and pepper.
- Spread the seasoned sweet potato cubes in a single layer on a baking sheet lined with parchment paper.
- Bake in the preheated oven for 20-25 minutes, turning halfway through, until the sweet potatoes are tender and slightly crispy.

2. Marinate the chicken:

- In a small bowl, mix 1/2 tablespoon of olive oil, ground cumin, smoked paprika, salt, and pepper.
- Rub the mixture onto the chicken, ensuring it is evenly coated.
- Let it marinate for at least 10 minutes while the sweet potatoes are roasting.

3. Cook the chicken:

- Heat a non-stick skillet over medium heat.
- Add the marinated chicken to the skillet.
- Cook for 5-7 minutes on each side, or until the chicken is golden brown and cooked through.
- Remove the chicken from the skillet and let it rest for a few minutes before slicing.

4. Serve:

- Place the roasted sweet potatoes on a plate.
- Slice the spiced chicken and arrange it alongside the sweet potatoes.
- Serve with unlimited amounts of green salad or steamed green cruciferous vegetables.

Dinner Recipes

Lemon Herb Chicken with Garlic Vegetables and Brown Rice

Serves 1

Prep time: 35 minutes

Cook time: 30 minutes

INGREDIENTS

Lemon Herb chicken:

- 113g (4 oz) raw, boneless, skinless chicken breast
- 1 tbsp olive oil
- Juice of half a lemon
- Pinch of tarragon
- Salt & pepper, to taste

Garlic Vegetables:

- 50g (2 oz) broccoli, cut into florets
- 50g (2 oz) green beans
- 1 clove fresh garlic, chopped
- 1/2 tbsp olive oil
- Salt & pepper, to taste

Brown Rice:

- 30g (1 oz) uncooked brown rice
- Salt, to taste

METHOD

1. Cook the Brown Rice:

- Rinse the brown rice under cold water several times until the water runs clear.
- In a small saucepan, combine the brown rice with 60ml (2 fl oz) of water and a pinch of salt.
- Bring to a boil, then reduce the heat to low, cover, and simmer for about 25-30 minutes or until the rice is tender and the water is absorbed.
- Fluff the rice with a fork and set aside.

2. Marinate the chicken:

- In a small bowl, mix the olive oil, lemon juice, tarragon, salt, and pepper.
- Add the chicken, ensuring it is well-coated with the marinade.
- Let it marinate for at least 10 minutes.

Recipe Continues

3. Cook the chicken:

- Heat a non-stick skillet over medium heat.
- Add the marinated chicken to the skillet.
- Cook for 5-7 minutes on each side, or until the chicken is golden brown and cooked through.
- Remove from the skillet and let it rest for a few minutes before slicing.

4. Prepare the Garlic Vegetables:

- While the chicken is cooking, heat 1/2 tablespoon of olive oil in another skillet over medium heat.
- Add the chopped garlic and sauté for 1 minute until fragrant.
- Add the broccoli florets and green beans to the skillet.
- Season with salt and pepper to taste.
- Sauté the vegetables for 5-7 minutes, stirring occasionally, until they are tender but still crisp.

5. Serve:

- Arrange the cooked brown rice on a plate.
- Place the sliced lemon herb chicken on top of the rice.
- Serve the garlic vegetables on the side.
- Optionally, drizzle any remaining lemon juice over the chicken for extra.

Herb Lemon Chicken with Vegetable Stir-Fry and Brown Rice

Serves 1

Prep time: 35 minutes

Cook time: 30 minutes

INGREDIENTS

Herb Lemon chicken:

- 113g (4 oz) raw, boneless, skinless chicken breast
- 1 tbsp olive oil
- Juice of half a lemon
- Pinch of tarragon
- Salt & pepper, to taste

Vegetable Stir-Fry:

- 50g (2 oz) broccoli, cut into florets
- 50g (2 oz) green beans
- 1 clove fresh garlic, chopped
- 1/2 tbsp olive oil
- Salt & pepper, to taste

Brown Rice:

- 30g (1 oz) uncooked brown rice
- Salt, to taste

METHOD

1. Cook the Brown Rice:

- Rinse the brown rice under cold water.
- In a small saucepan, combine the brown rice with 60ml (2 fl oz) of water and a pinch of salt.
- Bring to a boil, then reduce the heat to low, cover, and simmer for about 25-30 minutes or until the rice is tender and the water is absorbed.
- Fluff the rice with a fork and set aside.

2. Marinate the chicken:

- In a small bowl, mix the olive oil, lemon juice, tarragon, salt, and pepper.
- Add the chicken, ensuring it is well-coated with the marinade.
- Let it marinate for at least 10 minutes.

3. Cook the chicken:

- Heat a non-stick skillet over medium heat.
- Add the marinated chicken to the skillet.
- Cook for 5-7 minutes on each side, or until the chicken is golden brown and cooked through.
- Remove from the skillet and let it rest for a few minutes before slicing.

Recipe Continues

4. Prepare the Vegetable Stir-Fry:

- While the chicken is resting, heat 1/2 tablespoon of olive oil in a skillet or wok over medium-high heat.
- Add the chopped garlic and sauté for 1 minute until fragrant.
- Add the broccoli florets and green beans to the skillet.
- Season with salt and pepper to taste.
- Stir-fry the vegetables for 5-7 minutes, stirring frequently, until they are tender but still crisp.

5. Serve:

- Arrange the cooked brown rice on a plate.
- Place the sliced herb lemon chicken on top of the rice.
- Serve the vegetable stir-fry on the side.
- Optionally, drizzle any remaining lemon juice over the chicken for extra.

Lemon Herb Chicken Fried Rice

Serves 1

Prep time: 35 minutes

Cook time: 30 minutes

INGREDIENTS

- 113g (4 oz) raw, boneless, skinless chicken breast
- 1 tbsp olive oil
- 50g (2 oz) broccoli, cut into florets
- 50g (2 oz) green beans, trimmed and cut in half
- 1 clove fresh garlic, chopped
- 30g (1 oz) uncooked brown rice
- Juice of half a lemon
- Pinch of tarragon
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt & pepper, to taste

METHOD

1. Cook the Brown Rice:

- Rinse the brown rice under cold water.
- In a small saucepan, combine the brown rice with 60ml (2 fl oz) of water and a pinch of salt.
- Bring to a boil, then reduce the heat to low, cover, and simmer for about 25-30 minutes or until the rice is tender and the water is absorbed.
- Fluff the rice with a fork and set aside.

2. Marinate the chicken:

- In a small bowl, mix half of the olive oil, lemon juice, tarragon, ground cumin, smoked paprika, salt, and pepper.
- Add the sliced chicken, ensuring it is well-coated with the marinade.
- Let it marinate for at least 10 minutes.

Recipe Continues

3. Cook the chicken:

- Heat a non-stick skillet over medium heat.
- Add the marinated chicken to the skillet.
- Cook for 5-7 minutes on each side, or until the chicken is golden brown and cooked through.
- Remove from the skillet, let it rest for a few minutes.

4. Prepare the Stir-Fry:

- In the same skillet, add the remaining olive oil and heat over medium-high heat.
- Add the chopped garlic and sauté for 1 minute until fragrant.
- Add the broccoli florets and green beans to the skillet (add a little water if needed).
- Stir-fry the vegetables for 5-7 minutes, until they are tender but still crisp.

5. Combine and Cook the Fried Rice:

- Add the cooked brown rice to the skillet with the vegetables.
- Add the chopped chicken back to the skillet.
- Stir well to combine all ingredients.
- Cook for another 2-3 minutes, stirring frequently, until everything is heated through.
- Season with additional salt and pepper to taste.

6. Serve:

- Transfer the lemon herb chicken fried rice to a plate.
- Optionally, drizzle any remaining lemon juice over the top for extra.

Evening Snack Recipes

Peanut Butter Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 1 tbsp peanut butter
- 6-8 ice cubes
- 100ml (3.5 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Prepare the Base:

- In a blender, combine the Vegan Wondershake, peanut butter, ice cubes, and water.
- Add stevia to taste if you prefer a sweeter ice cream.

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.

3. Freeze the Mixture:

- Pour the blended mixture into a shallow, freezer-safe container.
- Cover the container and place it in the freezer for at least 2-3 hours, or until the mixture is firm.

4. Serve:

- Once the ice cream is frozen, remove it from the freezer.
- Let it sit at room temperature for a few minutes to soften slightly before scooping.
- Scoop the ice cream into a bowl and enjoy immediately.

Peanut Butter Protein Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 1 tbsp peanut butter
- 6-8 ice cubes
- 200ml (7 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, combine the Vegan Wondershake, peanut butter, ice cubes, and water.
- Add stevia to taste if you prefer a sweeter smoothie.

2. Blend Until Smooth:

- 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 you reach your desired consistency.

3. Serve:

- Pour the smoothie into a glass.

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**
   Download training and meal plans for free
9. **Get Kim's Look**
   Get the deets (AND DISCOUNTS!)

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