THE SCULPTED *vegan*

THE EXTREME BODY MAKEOVER

OVER 40



1200 CALORIE 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.

Breakfast Recipes

Savory Tofu Scramble on Wholemeal Toast

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 140g (5 oz) extra firm tofu, crumbled
- 1 slice wholemeal toast
- 1 tsp garlic infused olive oil
- 1 tsp vegan butter
- 1 tbsp nutritional yeast
- 1 tbsp soy sauce
- Salt & pepper, to taste
- Fresh parsley, chopped (optional, for garnish)

METHOD

1. Prepare the Tofu Scramble:

- Heat the garlic infused olive oil in a non-stick skillet over medium heat.
- Add the crumbled tofu to the skillet and immediately drizzle with soy sauce.
- Cook, stirring frequently, for about 5-7 minutes until the tofu is heated through and slightly browned.

2. Add Nutritional Yeast:

- Sprinkle the nutritional yeast over the tofu scramble.
- Stir well to combine and cook for an additional 1-2 minutes.
- Season with salt and pepper to taste.

3. Toast the Bread:

- While the tofu is cooking, toast the slice of wholemeal bread until golden brown.
- Spread the vegan butter on the hot toast.

4. Assemble the Dish:

- Place the buttered toast on a plate.
- Spoon the tofu scramble on top of the toast.
- Garnish with chopped fresh parsley if desired.

Tofu and Spinach Breakfast Toast

Serves 1

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

- 140g (5 oz) extra firm tofu, crumbled
- 1 slice wholemeal toast
- 1 tsp garlic infused olive oil
- 1 tsp vegan butter
- 1 tbsp nutritional yeast
- 1 tbsp soy sauce
- 50g (2 oz) fresh spinach, roughly chopped
- Salt & pepper, to taste
- Fresh parsley, chopped (optional, for garnish)

METHOD

1. Prepare the Tofu:

- Heat the garlic infused olive oil in a non-stick skillet over medium heat.
- Add the crumbled tofu to the skillet and immediately drizzle with soy sauce.
- Cook, stirring frequently, for about 5 minutes until the tofu is heated through and slightly browned.

2. Add Spinach and Nutritional Yeast:

- Add the chopped spinach to the skillet with the tofu.
- Cook for an additional 2-3 minutes, stirring until the spinach is wilted.
- Sprinkle the nutritional yeast over the tofu and spinach mixture.
- Stir well to combine and cook for another 1-2 minutes.
- Season with salt and pepper to taste.

3. Toast the Bread:

- While the tofu and spinach are cooking, toast the slice of wholemeal bread until golden brown.
- Spread the vegan butter on the hot toast.

4. Assemble the Dish:

- Place the buttered toast on a plate.
- Spoon the tofu and spinach mixture on top of the toast.
- Garnish with chopped fresh parsley if desired.

Post Workout Recipes

Frozen Protein Smoothie Bowl

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 70g (3 oz) frozen riced cauliflower
- 4-5 ice cubes
- 150 ml (5 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.

Green Super Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 70g (3 oz) frozen riced cauliflower
- 4-5 ice cubes
- 150 ml (5 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)
- Juice of 1 lemon
- 1 large handful of fresh spinach

METHOD

1. Combine Ingredients:

- In a blender, add the Vegan Wondershake, frozen riced cauliflower, ice cubes, water, lemon juice, and spinach.
- 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.
- Enjoy immediately.

Lunch Recipes

Red Lentil and Vegetable Soup

Serves 1

Prep time: 20 minutes

Cook time: 35 minutes

INGREDIENTS

- 1/2 tbsp olive oil
- 15 g (0.5 oz) red lentils
- 1 celery stalk, chopped
- 1 medium carrot, diced
- 1 small onion, chopped
- 1 tsp fresh ginger, grated
- 1 clove fresh garlic, minced
- 1 tbsp fresh coriander, chopped
- 200ml (7 fl oz) vegetable stock
- Salt & pepper, to taste

METHOD

1. Prepare the Vegetables:

- Chop the celery, carrot, and onion.
- Grate the fresh ginger and mince the garlic.

2. Sauté the Aromatics:

- Heat the olive oil in a pot over medium heat.
- Add the chopped onion, grated ginger, and minced garlic.
- Sauté for 3-4 minutes until the onion becomes translucent and fragrant.

3. Add Vegetables and Lentils:

- Add the chopped celery and diced carrot to the pot.
- Stir well and cook for another 3-4 minutes.
- Add the red lentils and stir to combine.

Recipe Continues

4. Simmer the Soup:

- Pour in the vegetable stock.
- Bring the mixture to a boil, then reduce the heat to low and let it simmer for 20-25 minutes until the lentils and vegetables are tender.

5. Season and Serve:

- Taste the soup and adjust the seasoning with salt and pepper.
- Stir in the chopped fresh coriander.
- Serve hot, garnished with additional fresh coriander if desired.

Hearty Vegetable and Red Lentil Casserole

Serves 1

Prep time: 20 minutes

Cook time: 40 minutes

INGREDIENTS

- 1/2 tbsp olive oil
- 15 g (0.5 oz) red lentils
- 1 celery stalk, chopped
- 1 medium carrot, diced
- 1 small onion, chopped
- 100g (4 oz) broccoli florets
- 100g (4 oz) cauliflower, chopped
- 50g (2 oz) green beans, chopped
- 1 clove fresh garlic, minced
- 1 tsp fresh ginger, grated
- 100 ml (3.5 fl oz) vegetable stock
- 1 tbsp fresh parsley, chopped
- Salt & pepper, to taste

METHOD

1. Prepare the Vegetables:

- Chop the celery, carrot, onion, broccoli, cauliflower, and green beans.
- Mince the garlic and grate the ginger.

2. Sauté the Aromatics:

- Preheat your oven to 180°C (350°F).
- In a non-stick skillet over medium heat, add the olive oil.
- Add the chopped onion, minced garlic, and grated ginger.
- Sauté for 3-4 minutes until the onion becomes translucent and fragrant.

3. Combine Ingredients for Casserole:

- In a mixing bowl, combine the red lentils, celery, carrot, broccoli, cauliflower, and green beans with the sautéed aromatics.
- Season with salt and pepper to taste.
- Transfer the mixture to a small oven-safe baking dish.

Recipe Continues

4. Add Vegetable Stock:

- Pour the vegetable stock over the vegetable and lentil mixture in the baking dish.
- Stir gently to ensure the stock is evenly distributed.

5. Bake the Casserole:

- Cover the baking dish with foil and place it in the preheated oven.
- Bake for 25-30 minutes until the lentils are tender and the vegetables are cooked through.
- Remove the foil and bake for an additional 5-10 minutes to allow the top to brown slightly.

6. Serve:

- Remove the casserole from the oven and let it cool slightly.
- Sprinkle with chopped fresh parsley before serving.

Lentil Wraps with Fresh Vegetable Filling

Serves 1

Prep time: 25 minutes

Cook time: 45 minutes

INGREDIENTS

- 1/2 tbsp olive oil
- 15 g (0.5 oz) red lentils
- 1 celery stalk, chopped
- 1 medium carrot, diced
- 1 small onion, chopped
- 100g (4 oz) broccoli florets
- 100g (4 oz) cauliflower, chopped
- 50g (2 oz) green beans, chopped
- 1 clove fresh garlic, minced
- 1 tsp fresh ginger, grated
- 100 ml (3.5 fl oz) vegetable stock
- 1 tbsp fresh parsley, chopped
- Salt & pepper, to taste
- Mixed salad greens
- Cherry tomatoes, halved
- Cucumber, sliced
- Bell pepper, sliced
- Fresh herbs (optional, for garnish)

METHOD

1. Cook the Lentils:

- Rinse the red lentils under cold water.
- In a pot, add the lentils and vegetable stock.
- Bring to a boil, then reduce heat and simmer for about 15-20 minutes until the lentils are soft and the water is mostly absorbed.
- Drain any excess water and let the lentils cool slightly.

2. Prepare the Lentil Wraps:

- Blend the cooked lentils in a food processor until smooth, adding a little water if necessary to achieve a batter-like consistency.
- Heat a non-stick skillet over medium heat.
- Pour a small amount of lentil batter into the skillet, spreading it out thinly to form a wrap.
- Cook for 2-3 minutes on each side until lightly browned and set.
- Repeat with the remaining batter to make additional wraps.

Recipe Continues

3. Prepare the Vegetables:

- Chop the celery, carrot, onion, broccoli, cauliflower, and green beans.
- Mince the garlic and grate the ginger.
- Heat the olive oil in a non-stick skillet over medium heat.
- Add the garlic and ginger, sautéing until fragrant, about 1-2 minutes.
- Add the chopped vegetables to the skillet.
- Sauté for 5-7 minutes until the vegetables are tender but still crisp.
- Season with salt and pepper to taste.

4. Prepare the Fresh Vegetables:

- Wash and prepare the salad greens.
- Halve the cherry tomatoes.
- Slice the cucumber and bell pepper.

5. Assemble the Wraps:

- Lay out the lentil wraps.
- Place a portion of the sautéed vegetable mixture in the center of each wrap.
- Add a handful of mixed salad greens, cherry tomatoes, cucumber slices, and bell pepper slices.
- Sprinkle with chopped fresh parsley and any additional fresh herbs if desired.

6. Serve:

- Fold the wraps around the filling and serve immediately.

Dinner Recipes

Seitan Chicken and Vegetable Rice Casserole*

*See page 19 for seitan recipe

Serves 1

Prep time: 20 minutes

Cook time: 40 minutes

INGREDIENTS

- 1 serve seitan chicken
- 15g (1/2 oz) uncooked basmati rice
- 1 small onion, chopped
- 100g (4 oz) broccoli florets
- 100g (4 oz) cauliflower, chopped
- 50g (2 oz) green beans, chopped
- 1 clove fresh garlic, minced
- 1 tsp fresh ginger, grated
- 200ml (7 fl oz) vegetable stock
- 1 tbsp fresh parsley, chopped
- 1 tsp fresh thyme, chopped
- Salt & pepper, to taste

METHOD

1. Prepare the Seitan Chicken and Vegetables:

- Preheat the oven to 180°C (350°F).
- Chop the onion, broccoli, cauliflower, and green beans.
- Mince the garlic and grate the ginger.
- Slice the seitan chicken into bite-sized pieces.

2. Sauté the Aromatics:

- In a non-stick skillet over medium heat, add the chopped onion, minced garlic, and grated ginger. Add a little vegetable stock if it starts to stick.
- Sauté for 3-4 minutes until the onion becomes translucent and fragrant.

Recipe Continues

3. Combine Ingredients for Casserole:

- In a mixing bowl, combine the uncooked basmati rice, broccoli florets, chopped cauliflower, green beans, and sautéed aromatics.
- Add the seitan chicken pieces.
- Season with salt, pepper, fresh parsley, and thyme.
- Transfer the mixture to a small oven-safe baking dish.

4. Add Vegetable Stock:

- Pour the vegetable stock over the mixture in the baking dish.
- Stir gently to ensure the stock is evenly distributed.

5. Bake the Casserole:

- Cover the baking dish with foil and place it in the preheated oven.
- Bake for 25-30 minutes until the rice is cooked and the vegetables are tender.
- Remove the foil and bake for an additional 5-10 minutes to allow the top to brown slightly.

6. Serve:

- Remove the casserole from the oven and let it cool slightly.
- Serve hot, garnished with additional fresh parsley if desired.

Seitan Chicken and Vegetable Risotto*

*See page 19 for seitan recipe

Serves 1

Prep time: 20 minutes

Cook time: 40 minutes

INGREDIENTS

- 1 serve seitan chicken
- 15g (1/2 oz) uncooked basmati rice
- 1 small onion, chopped
- 100g (4 oz) broccoli florets
- 100g (4 oz) cauliflower, chopped
- 50g (2 oz) green beans, chopped
- 1 clove fresh garlic, minced
- 1 tsp fresh ginger, grated
- 300ml (10 fl oz) vegetable stock, kept warm
- 1 tbsp fresh parsley, chopped
- 1 tsp fresh thyme, chopped
- Salt & pepper, to taste

METHOD

1. Prepare the Seitan Chicken and Vegetables:

- Chop the onion, broccoli, cauliflower, and green beans.
- Mince the garlic and grate the ginger.
- Slice the seitan chicken into bite-sized pieces.

2. Sauté the Aromatics:

- In a non-stick skillet over medium heat, add the chopped onion, minced garlic, and grated ginger. Add a little vegetable stock if it starts to stick.
- Sauté for 3-4 minutes until the onion becomes translucent and fragrant.

3. Cook the Seitan Chicken:

- Add the sliced seitan chicken to the skillet and cook for another 3-4 minutes until lightly browned.
- Remove the seitan chicken from the skillet and set aside.

Recipe Continues

4. Cook the Rice:

- Add the uncooked basmati rice to the skillet with the sautéed aromatics.
- Stir to coat the rice with the oil and cook for 1-2 minutes until the rice becomes slightly translucent.

5. Add Vegetable Stock:

- Begin adding the warm vegetable stock to the rice one ladleful at a time, stirring frequently.
- Wait until most of the stock is absorbed before adding more.
- Continue this process until the rice is creamy and tender, about 20-25 minutes.

6. Add Vegetables and Seitan Chicken:

- When the rice is almost done, stir in the broccoli florets, chopped cauliflower, and green beans.
- Continue to cook, stirring, until the vegetables are tender and the rice is fully cooked.
- Add the cooked seitan chicken back to the skillet.

7. Season and Serve:

- Season the risotto with salt, pepper, fresh parsley, and thyme.
- Stir well to combine all the ingredients.
- Serve hot, garnished with additional fresh parsley if desired.

Simple Chicken Seitan Recipe

This recipe is extremely simple to make, even though it looks daunting from the outset. I would recommend making one or two portions of the full recipe at the start of the week when meal prepping. It stores well in the freezer if you fancy making enough to last a month!

Serves 8

Prep time: 15 minutes

Cook time: 35 minutes

INGREDIENTS

- 400g (14.1 oz) can cannellini beans, liquid included
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 3 tbsp nutritional yeast
- 4 tbsp olive oil
- 1 tbsp miso paste
- 380g (13.4oz) vital wheat gluten
- 349g (12.3 oz) silken tofu
- 1 tsp salt
- 1 Knorr vegetable jelly stock cube

METHOD

1. Prepare the baking tray:

- Fill a large, deep baking tray with water, around half an inch, and set a wire rack on top, making sure it doesn't touch the wire rack. The type that you use for cooling baked goods would be perfect here.
- Bring it to a boil.

2. Blend all ingredients:

- Use a food processor to blend all ingredients except the vital wheat gluten, creating a paste.
- Add vital wheat gluten and pulse until a ball of dough forms. Pulse for 20-30 more seconds to work the gluten.

Recipe Continues

3. Wrap the seitan in foil:

- Divide the mixture into two portions and spread each half about half an inch thick on separate pieces of foil.
- Wrap each piece with the foil you placed it on.
- Place the wrapped seitan on the wire rack on the steaming tray.

4. Get ready to steam:

- Once water simmers, cover the tray fully with another large piece of foil (or use 2 pieces if needed for complete coverage) to create a steaming environment.
- Tuck the foil in around the edges of the top edge of the tray as much as possible.

5. Steam the seitan:

- Reduce heat to the lowest setting. Steam for 15 minutes on one side, then turn and steam for another 15 minutes. Seitan should feel firm and not doughy.
- If needed, steam for an additional 5 minutes.

6. Allow to cool and serve:

- Remove from foil and allow to cool fully.
- Store in the refrigerator for a week or freeze for up to 3 months.
- Enjoy by tearing and frying, or marinating with your favorite spices.

Each seitan chicken portion has the following macros. If you can find a similar store bought substitute, you can absolutely use that instead:

Calories: 310
Protein: 42.4g
Carbs: 13.5g
Fat: 9.4g

Evening Snack Recipes

Vegan Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 70g (3 oz) frozen riced cauliflower
- 4-5 ice cubes
- 150ml (5 fl oz) water
- A pinch of cinnamon (optional)
- Stevia, to taste (optional)

METHOD

1. Prepare 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. Freeze:

- Pour the blended mixture into a shallow, freezer-safe container.
- Place in the freezer for 2-3 hours, stirring every 30 minutes to break up any ice crystals and ensure a smooth texture.

4. Serve:

- Once the mixture has reached your desired ice cream consistency, scoop into a bowl.
- Optionally, sprinkle a little extra cinnamon on top for garnish and enjoy immediately.

Vegan Wondershake Smoothie

Serves 1

Prep time: 5 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 70g (3 oz) frozen riced cauliflower
- 4-5 ice cubes
- 150ml (5 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.
- Enjoy 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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