THE SCULPTED *vegan*

THE EXTREME BODY MAKEOVER

OVER 40



1400 CALORIE 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.

Breakfast Recipes

Banana Oat Pancakes

Serves 1

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

- 1 medium banana
- 30 g (1 oz) rolled oats
- 50 ml (2 fl oz) soya milk
- 1/2 tsp cinnamon (optional)
- 1/4 tsp vanilla extract (optional)
- A pinch of salt

METHOD

1. Prepare the Batter

- Peel the banana and place it in a blender or food processor. Add the rolled oats, soya milk, cinnamon, vanilla extract, and salt.
- Blend until the mixture is smooth and well combined.

2. Heat the Pan

- Preheat a non-stick pan over medium heat. Ensure it is well-heated before adding the batter to prevent sticking.

3. Cook the Pancake

- Pour the batter onto the pan, spreading it slightly to form a round pancake.
- Cook for about 2-3 minutes on one side, or until bubbles start to form on the surface and the edges begin to set.
- Carefully flip the pancake and cook for an additional 2-3 minutes on the other side, or until golden brown and cooked through.

4. Serve

- Once the pancake is cooked, transfer it to a plate. Serve and enjoy.

Banana Oat Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 1 medium banana
- 30 g (1 oz) rolled oats
- 50 ml (2 fl oz) soya milk
- 1/2 tsp cinnamon (optional)
- 1/4 tsp vanilla extract (optional)
- 4-5 ice cubes (optional for a chilled smoothie)

METHOD

1. Prepare the Ingredients

- Peel the banana and break it into chunks.
- Measure out the rolled oats and soya milk.

2. Blend the Smoothie

- Place the banana chunks, rolled oats, soya milk, cinnamon, and vanilla extract into a blender.
- Add the ice cubes if you prefer a chilled smoothie.
- Blend until smooth and creamy, ensuring that the oats are fully incorporated and the smoothie has a consistent texture.

3. Serve

- Pour the smoothie into a glass.
- Optionally, sprinkle a pinch of cinnamon on top.

Banana Overnight Oats

Serves 1

Prep time: 5 minutes (plus chilling time)

INGREDIENTS

- 1 medium banana
- 30 g (1 oz) rolled oats
- 50 ml (2 fl oz) soya milk
- 1/2 tsp cinnamon (optional)
- 1/4 tsp vanilla extract (optional)

METHOD

1. Prepare the Banana

- Peel the banana and mash it in a bowl until smooth.

2. Combine Ingredients

- In a jar or container, mix the mashed banana, rolled oats, soya milk, cinnamon, and vanilla extract. Stir well to combine all the ingredients evenly.

3. Refrigerate Overnight

- Cover the jar or container with a lid and place it in the refrigerator. Let it sit overnight, or for at least 6 hours, to allow the oats to soften and absorb the liquid.

4. Serve

- In the morning, give the oats a good stir. If the mixture is too thick, you can add a splash of soya milk to reach your desired consistency.
- Serve and enjoy.

Post Workout Recipes

Protein-Packed Butter Bean Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 100 g (4 oz) canned butter beans, drained and rinsed
- 70 g (2 oz) frozen riced cauliflower
- 200 ml (7 fl oz) water
- 4-5 ice cubes
- 1/2 tsp cinnamon (optional)
- 1/4 tsp vanilla extract (optional)

METHOD

1. Prepare the Ingredients

- Drain and rinse the canned butter beans.
- Measure out the protein powder and frozen riced cauliflower.

2. Combine Ingredients

- In a blender, add the protein powder, butter beans, frozen riced cauliflower, water, ice cubes, cinnamon, and vanilla extract.

3. Blend the Smoothie

- Blend on high speed until all the ingredients are well combined and the smoothie is smooth and creamy. If the mixture is too thick, add a little more water to reach your desired consistency.

4. Serve

- Pour the smoothie into a glass and enjoy.

Lunch Recipes

Miso Soup with Garlic Steamed Broccoli and Green Beans

Serves 1

Prep time: 20 minutes

Cooked time: 20 minutess

INGREDIENTS

- 300 g (11 oz) silken tofu
- 100 g (4 oz) mushrooms, sliced
- 50 g (2 oz) spinach
- 70 g (3 oz) cauliflower rice
- 1 small bok choy, chopped
- 500 ml (18 fl oz) vegetable stock
- 1 tbsp soy sauce
- 50 g (2 oz) frozen peas
- 1 tbsp miso paste
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp lemon juice
- 100 g (4 oz) broccoli florets
- 100 g (4 oz) green beans
- Salt to taste
- Fresh herbs (optional, for garnish)

METHOD

1. Prepare the Soup Base

- In a medium pot, heat the vegetable stock over medium heat. Add the minced garlic and grated ginger, and let it simmer for 2-3 minutes to infuse the flavors.

2. Add Vegetables

- Add the sliced mushrooms, cauliflower rice, bok choy, and frozen peas to the pot. Cook for about 5 minutes, or until the vegetables are tender.

3. Add Tofu and Spinach

- Gently add the silken tofu to the pot, breaking it into large chunks. Add the spinach and soy sauce. Let it simmer for another 2-3 minutes.

Recipe Continues

4. Finish the Soup

- Remove the pot from heat and stir in the miso paste and lemon juice until the miso is fully dissolved. Taste and add salt if needed.

5. Prepare the Side Vegetables

- In a separate pot, bring a small amount of water to a boil with a pinch of salt. Add the broccoli florets and green beans. Steam for about 5-7 minutes until tender.
- Drain the water, then add a small amount of vegetable stock and the minced garlic. Steam for an additional 2 minutes to infuse the garlic flavor.

6. Serve

- Pour the miso soup into a bowl and garnish with fresh herbs if desired.
- Serve the garlic, steamed broccoli and green beans on the side.

Asian Inspired Tofu and Vegetable Casserole

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 300 g (11 oz) silken tofu
- 100 g (4 oz) mushrooms, sliced
- 50 g (2 oz) spinach
- 70 g (3 oz) cauliflower, chopped
- 1 small bok choy, chopped
- 50 g (2 oz) frozen peas
- 200 ml (7 fl oz) vegetable stock
- 1 tbsp soy sauce
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp miso paste
- 1 tbsp lemon juice
- 100 g (4 oz) broccoli florets
- 100 g (4 oz) green beans
- Salt to taste
- Fresh herbs (optional, for garnish)

METHOD

1. Prepare the Casserole Base

- Preheat your oven to 180°C (350°F).
- In a bowl, mix the vegetable stock, soy sauce, minced garlic, grated ginger, miso paste, and lemon juice until the miso paste is fully dissolved.

2. Assemble the Casserole

- In a baking dish, spread the chopped cauliflower and sliced mushrooms evenly.
- Gently add the silken tofu, breaking it into large chunks.
- Add the chopped bok choy, frozen peas, and spinach on top.
- Pour the vegetable stock mixture over the vegetables and tofu, ensuring everything is well-coated.

3. Bake the Casserole

- Cover the baking dish with foil and bake in the preheated oven for 20 minutes.
- Remove the foil and bake for an additional 10 minutes until the vegetables are tender and the flavors have melded together.

Recipe Continues

4. Prepare the Side Vegetables

- While the casserole is baking, bring a small amount of water to a boil with a pinch of salt in a separate pot.
- Add the broccoli florets and green beans. Steam for about 5-7 minutes until tender.
- Drain the water, then add a small amount of vegetable stock and the minced garlic. Steam for an additional 2 minutes to infuse the garlic flavor.

5. Serve

- Once the casserole is done, remove it from the oven and let it sit for a few minutes.
- Serve the casserole hot, garnished with fresh herbs if desired.
- Serve with the garlic steamed broccoli and green beans on the side.

Asian Tofu Stir-Fry

Serves 1

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

- 300 g (11 oz) silken tofu
- 100 g (4 oz) mushrooms, sliced
- 50 g (2 oz) spinach
- 70 g (3 oz) cauliflower, chopped
- 1 small bok choy, chopped
- 50 g (2 oz) green beans, chopped
- 50 g (2 oz) broccoli florets
- 50 g (2 oz) frozen peas
- 1 small chili, finely chopped
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 200 ml (7 fl oz) vegetable stock
- 1 tbsp soy sauce
- 1 tbsp lemon juice
- Fresh herbs (optional, for garnish)

METHOD

1. Prepare the Tofu

- Gently press the silken tofu to remove excess water, then cut it into large cubes. Be careful as silken tofu is very delicate.

2. Prepare the Stir-Fry Sauce

- In a small bowl, mix the vegetable stock, soy sauce, minced garlic, grated ginger, and lemon juice until well combined.

3. Cook the Vegetables

- Heat a non-stick skillet or wok over medium heat.
- Add the chopped chili, sliced mushrooms, chopped cauliflower, green beans, broccoli florets, and frozen peas. Stir-fry for 5-7 minutes, or until the vegetables are tender but still crisp.

4. Add the Tofu and Sauce

- Gently add the tofu cubes to the skillet with the vegetables.
- Pour the stir-fry sauce over the tofu

Recipe Continues

and vegetables, and gently stir to coat everything evenly. Cook for an additional 3-4 minutes, allowing the tofu to warm through and the flavors to meld together.

5. Add the Leafy Greens

- Add the chopped bok choy and spinach to the skillet. Stir-fry for another 2 minutes, or until the greens are wilted and tender.

6. Serve

- Once everything is cooked, remove the skillet from heat.
- Transfer the stir-fry to a plate or bowl and garnish with fresh herbs if desired.

Dinner Recipes

Seitan Chicken Stir-Fry with Zucchini Ribbons*

*See page 20 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

- 150 g (5 oz) seitan chicken
- 1 tbsp olive oil
- 2 cloves fresh garlic, minced
- 1 tbsp fresh parsley, chopped
- 200 ml (7 fl oz) vegetable stock
- 1 tbsp soy sauce
- 1 tbsp lemon juice
- 1 large zucchini, peeled into ribbons
- 1 tsp fresh ginger, grated
- Salt to taste
- Fresh herbs (optional, for garnish)

METHOD

1. Prepare the Seitan Chicken

- Cut the seitan chicken into bite-sized pieces.
- In a small bowl, mix the vegetable stock, soy sauce, lemon juice, minced garlic, and grated ginger until well combined.

2. Cook the Seitan Chicken

- Heat a non-stick skillet over medium heat.
- Add the olive oil and let it heat for a minute.
- Add the seitan chicken pieces to the skillet. Stir-fry for 5-7 minutes until they are lightly browned.

3. Add the Sauce and Simmer

- Pour the prepared sauce over the seitan chicken in the skillet.
- Reduce the heat to low and let it simmer for about 5 minutes, allowing the seitan to absorb the flavors and the sauce to thicken slightly.

4. Add the zucchini ribbons to the pan

- Cook for 1-2 minutes until just tender.
- Serve immediately.

Seitan Chicken and Vegetable Casserole with Zucchini Ribbons

*See page 20 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 1 serving seitan chicken, sliced
- 1 tbsp olive oil
- 2 cloves fresh garlic, minced
- 1 tbsp fresh parsley, chopped
- 200 ml (7 fl oz) vegetable stock
- 1 tbsp soy sauce
- 1 tbsp lemon juice
- 1 small zucchini, peeled into ribbons
- 1 tsp fresh ginger, grated
- 100 g (4 oz) broccoli florets
- 100 g (4 oz) chopped kale
- Salt to taste
- Fresh herbs (optional, for garnish)

METHOD

1. Prepare the Seitan Chicken

- Cut the seitan chicken into bite-sized pieces.

2. Sauté the Seitan Chicken

- Heat a non-stick skillet over medium heat.
- Add the olive oil and let it heat for a minute.
- Add the seitan chicken pieces to the skillet and sauté for 5-7 minutes until they are lightly browned.

3. Prepare the Sauce

- In a small bowl, mix the vegetable stock, soy sauce, lemon juice, minced garlic, and grated ginger until well combined.

4. Combine and Simmer

- Preheat the oven to 180°C (350°F).
- In an oven-safe baking dish, combine the sautéed seitan chicken, broccoli florets, and chopped kale.
- Pour the prepared sauce over the mixture, ensuring everything is well-coated.
- Cover the dish with foil and bake in the preheated oven for 15 minutes.

Recipe Continues

5. Prepare the Zucchini Ribbons

- While the casserole is baking, bring a pot of salted water to a boil.
- Add the zucchini ribbons to the boiling water and cook for 1-2 minutes until just tender.
- Drain the zucchini ribbons and toss them with a pinch of salt, minced garlic, and chopped parsley.

6. Finish the Casserole

- After 15 minutes, remove the foil from the baking dish and bake for an additional 5 minutes, allowing the top to slightly brown.
- Remove from the oven and let it sit for a few minutes.

7. Serve

- Serve the seitan chicken and vegetable casserole hot, with the zucchini ribbons on the side.
- Garnish with fresh herbs if desired.

Broccoli Soup with Seitan Chicken

*See page 20 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

- 1 serving seitan chicken, sliced
- 1 tbsp olive oil
- 200 g (7 oz) broccoli, chopped
- 2 cloves fresh garlic, minced
- 300 ml (10 fl oz) vegetable stock
- 1 tbsp miso paste
- 1 tbsp lemon juice
- 1 tsp nutritional yeast
- 1 tsp fresh ginger, grated
- Salt to taste
- Fresh herbs (optional, for garnish)

METHOD

1. Prepare the Seitan Chicken

- Cut the seitan chicken into bite-sized pieces.

2. Cook the Seitan Chicken

- Heat a non-stick skillet over medium heat.
- Add the olive oil and let it heat for a minute.
- Add the seitan chicken pieces to the skillet and sauté for 5-7 minutes until they are lightly browned. Set aside.

3. Prepare the Broccoli Soup Base

- In a medium pot, bring the vegetable stock to a boil.
- Add the chopped broccoli, minced garlic, and grated ginger to the pot. Reduce the heat and let it simmer for about 10 minutes until the broccoli is tender.

Recipe Continues

4. Blend the Soup

- Remove the pot from heat and let it cool slightly.
- Using an immersion blender or a regular blender, blend the soup until smooth and creamy.

5. Add Flavors

- Return the blended soup to the pot over low heat.
- Stir in the miso paste, lemon juice, and nutritional yeast until well combined. Taste and add salt if needed.

6. Serve

- Pour the broccoli soup into a bowl.
- Top with the sautéed seitan chicken pieces.
- Garnish with fresh herbs 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

Hummus Platter

Serves 1

Prep time: 15 minutes

INGREDIENTS

- 75 g (3 oz) hummus
- 1/2 toasted pitta bread, cut into wedges
- 100 g (4 oz) cherry tomatoes, halved
- 100 g (4 oz) cucumber, sliced
- 50 g (2 oz) celery, cut into sticks
- 50 g (2 oz) carrot, cut into sticks
- 1 tsp fresh lemon juice
- 1 clove garlic, minced
- 1 tsp fresh mint, chopped
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt to taste
- Fresh parsley (optional, for garnish)

METHOD

1. Prepare the Vegetables

- Wash the cherry tomatoes, cucumber, celery, and carrot.
- Halve the cherry tomatoes.
- Slice the cucumber into rounds.
- Cut the celery and carrot into sticks.

2. Flavor the Hummus

- In a bowl, mix the hummus with minced garlic, lemon juice, ground cumin, and smoked paprika. Stir well to combine.
- Taste and add salt if needed.

3. Assemble the Platter

- Arrange the flavored hummus in the center of a serving plate or platter.
- Surround the hummus with the halved cherry tomatoes, cucumber slices, celery sticks, and carrot sticks.
- Place the toasted pitta bread wedges on the side of the platter.

4. Garnish and Serve

- Sprinkle the chopped fresh mint and parsley over the hummus and vegetables for an extra burst of flavor.
- 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 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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