THE SCULPTED *vegan*

THE EXTREME BODY MAKEOVER

OVER 40



1500 CALORIE VEGAN MEAL PLANS

WWW.THESCULPTEDVEGAN.COM



The health and fitness information presented in this pdf is an educational resource and is not intended as a substitute for medical advice. Consult your doctor or healthcare professional before performing any of the exercises described in this book or any other exercise programme, particularly if you are pregnant, or if you are elderly or have chronic or recurring medical conditions. Do not attempt any of the exercises while under the influence of alcohol or drugs. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert. Neither the author of the information nor the producer nor distributors of such information make any warranty of any kind in regard to the content of the information presented in this book.

This program may contain affiliate links which means The Sculpted Vegan will receive a small commission if you choose to purchase using those links. This is at no additional cost to you.

To learn more please visit our website
thesculptedvegan.com

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

NOTE: In any of these breakfast recipes, Just Egg can be replaced with 200g silken tofu if preferred.

Mexican Breakfast Tortilla Wraps

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

- 35g (1.25 oz) dried red lentils
- 200ml (7 fl oz) water (for soaking)
- 1/4 tsp turmeric
- 1/4 tsp cumin
- 1/4 tsp garlic powder
- Non-stick cooking spray or a few drops of oil for cooking (optional)
- 100ml Just Egg OR 200g silken tofu
- 100g cooked black beans
- 50g (2oz) onion, finely chopped
- 1/4 bell pepper, finely chopped
- 1 small tomato, chopped
- 1 handful of mixed salad leaves
- 1 tbsp fresh cilantro, chopped
- 1 tsp lime juice
- 1/2 tsp ground paprika
- 1/2 tsp chili powder
- Salt & pepper, to taste

METHOD

1. Prepare the Lentil Wraps:

- Rinse the red lentils thoroughly under cold water. Place them in a bowl and cover with 200ml of water. Let them soak for at least 1 hour, or overnight if possible.
- Drain the soaked lentils and transfer them to a blender. Add 100ml of fresh water, turmeric, cumin, garlic powder, and a pinch of salt. Blend until you get a smooth batter, similar in consistency to pancake batter. Add more water if needed to achieve the right consistency.
- Preheat a non-stick skillet or griddle over medium heat. Lightly grease with non-stick cooking spray or a few drops of oil if using.
- Pour a ladleful of the lentil batter into the skillet and spread it out evenly into a thin circle using the back of the ladle or a spatula.
- Cook for 2-3 minutes on each side until the wrap is golden brown and cooked through
- Repeat with the remaining batter.

Recipe Continues

2. Prepare the Breakfast Filling:

- In a non-stick skillet over medium heat, add the Just Egg. Cook, stirring frequently, until it begins to set and scramble. Season with salt and pepper to taste. Remove from the pan and set aside.
- In the same skillet, add the cooked black beans, chopped onion, and chopped bell pepper. Cook for 3-5 minutes until the vegetables are tender and the beans are heated through. Add the ground paprika and chili powder, and stir well. Season with salt and pepper to taste.

3. Assemble the Wraps:

- Place the lentil wraps on a plate. Evenly distribute the scrambled Just Egg and the black bean mixture onto each wrap.
- Top with chopped tomato and mixed salad leaves. Drizzle with lime juice and sprinkle with fresh cilantro.

4. Serve:

- Roll up the wraps and serve immediately.

Spicy Veggie Lentil and Bean Breakfast Hash

Serves 1

Prep time: 10 minutes

Cook time: 30 minutes

INGREDIENTS

- 35g (1.25 oz) dried red lentils
- 100g (4 oz) cooked black beans
- 50g (2 oz) bell pepper, diced
- 50g (2 oz) onion, diced
- 30g (1 oz) celery, diced
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tbsp soy sauce
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp ground black pepper
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh parsley, chopped
- 100ml (4 fl oz) Just Egg or Silken tofu

METHOD

1. Prepare Lentils:

- Rinse the red lentils thoroughly under cold water.
- Put the lentils in a small pot, and cover with water. Bring to a boil then turn the heat down and simmer for about 15 minutes or until they are tender. Drain and set aside.

2. Sauté Vegetables:

- In a non-stick pan, add the diced bell pepper, onion, and celery. Cook over medium heat until the vegetables are softened, about 5-7 minutes.
- Add the minced garlic and ginger, cooking for another 1-2 minutes until fragrant.

3. Combine Ingredients:

- Add the cooked red lentils and black beans to the pan with the sautéed vegetables. Stir to combine.

Recipe Continues

- Mix in the ground cumin, smoked paprika, and ground black pepper. Cook for another 2-3 minutes to allow the flavors to meld.
- Stir in the lemon juice, lime juice, and soy sauce. Cook for another 2 minutes until everything is well combined.

4. Cook the Just Egg:

- In a separate non-stick pan, pour the Just Egg. Cook over medium heat, stirring occasionally, until it resembles scrambled eggs and is cooked through, about 5-7 minutes.

5. Garnish and Serve:

- Remove the hash from heat and sprinkle with fresh mint and parsley.
- Serve the spicy veggie lentil and bean hash on a plate with the Just Egg on the side & enjoy!

Veggie Lentil Breakfast Omelette with Spicy Lentil Side

Serves 1

Prep time: 15 minutes

Cook time: 35 minutes

INGREDIENTS

For the Omelette:

- 100ml (4 fl oz) Just Egg OR 200g silken tofu
- 50g (2 oz) bell pepper, diced
- 50g (2 oz) onion, diced
- 30g (1 oz) celery, diced
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- Salt & pepper, to taste
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped

For the Spicy Lentil Side Dish:

- 35g (1.25 oz) dried red lentils
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp ground black pepper
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tbsp soy sauce
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped

METHOD

1. Prepare Lentils:

- Rinse the red lentils thoroughly under cold water.
- In a small pot, bring water to a boil and add the lentils. Cook for about 15 minutes or until tender. Drain and set aside.

2. Season Lentils:

- In a mixing bowl, toss the cooked lentils with ground cumin, smoked paprika, ground black pepper, lemon juice, lime juice, soy sauce, fresh parsley, and mint. Mix well and set aside.

3. Prepare Omelette Filling:

- In a non-stick pan, sauté the diced bell pepper, onion, and celery over medium heat until softened, about 5-7 minutes.
- Add the minced garlic and ginger, cooking for another 1-2 minutes until fragrant. Season with ground cumin, smoked paprika, salt, and pepper to taste.

Recipe Continues

4. Cook the Omelette:

- In a separate non-stick pan, pour the Just Egg and cook over medium heat, stirring gently until it starts to set. If using tofu, gently mash and scramble in the pan.
- Add the sautéed veggies to one half of the omelette, sprinkle with chopped parsley and mint, then fold the omelette in half.

5. Serve:

- Plate the omelette and serve the spicy lentils on the side.
- Garnish the lentils with extra parsley and mint if desired. Enjoy!

Post Workout Recipes

Post Workout Power Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 200ml (7 fl oz) cold water
- 1/2 tsp vanilla extract
- 1/4 tsp ground cinnamon
- 1 tbsp fresh lemon juice
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add 25g of Vegan Wondershake, 100g frozen riced cauliflower, 4-5 ice cubes, and 200ml cold water.
- Add 1/2 tsp vanilla extract, 1/4 tsp ground cinnamon, and 1 tbsp fresh lemon juice.
- If you prefer a sweeter taste, add stevia to your liking.

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.

Protein Power Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

Cook time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 100ml (3.5 fl oz) cold water
- 1/2 tsp vanilla extract
- 1/4 tsp ground cinnamon
- 1 tbsp fresh lemon juice
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add 25g of Vegan Wondershake, 100g frozen riced cauliflower, 4-5 ice cubes, and 100ml cold water.
- Add 1/2 tsp vanilla extract, 1/4 tsp ground cinnamon, and 1 tbsp fresh lemon juice.
- If you prefer a sweeter taste, add stevia to your liking.

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.
- The consistency should be thicker than a smoothie but still pourable. Adjust with a bit more water if needed.

3. Freeze the Mixture:

- Pour the blended mixture into a shallow, freezer-safe container.
- Place the container in the freezer for about 1-2 hours, or until the mixture starts to harden around the edges.

4. Blend Again:

- Remove the container from the freezer and blend the semi-frozen mixture again to break up ice crystals and ensure a smooth texture.
- Pour back into the container and freeze for an additional 1-2 hours.

5. Serve:

- Once fully frozen, scoop the ice cream into a bowl & enjoy!

Lunch Recipes

Zesty Seitan Chicken Salad*

*See page 25 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 10 minutes

INGREDIENTS

- 1 serving seitan chicken, sliced
- 22g (0.75 oz) dried quinoa
- 50g (2 oz) bell pepper, diced
- 50g (2 oz) onion, diced
- 30g (1 oz) celery, diced
- 30g (1 oz) cucumber, diced
- 50g (2 oz) mixed leaves (spinach, kale, cabbage)
- 20g (1 oz) beansprouts
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tbsp soy sauce
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh parsley, chopped
- 1 tsp ground cumin
- 1/2 tsp ground black pepper

METHOD

1. Cook Quinoa:

- Rinse 22g of dried quinoa under cold water.
- In a small pot, bring water to a boil and add the quinoa. Reduce heat to low, cover, and simmer for about 15 minutes or until the quinoa is tender and the water is absorbed. Fluff with a fork and set aside to cool.

2. Prepare Seitan Chicken:

- Slice the seitan chicken into bite-sized pieces.
- In a non-stick pan, cook the seitan chicken over medium heat for 5-7 minutes until lightly browned and heated through. Set aside.

Recipe Continues

3. Combine Vegetables:

- In a large mixing bowl, add the diced bell pepper, onion, celery, cucumber, mixed leaves, and beansprouts.
- Add the minced garlic and ginger to the bowl.

4. Make the Dressing:

- In a small bowl, whisk together the lemon juice, lime juice, soy sauce, ground cumin, and ground black pepper.

5. Assemble the Salad:

- Add the cooked quinoa and seitan chicken to the mixing bowl with the vegetables.
- Pour the dressing over the salad and toss to combine thoroughly.
- Sprinkle with fresh mint and parsley.

6. Serve:

- Transfer the salad to a serving plate or bowl.

Hearty Seitan Chicken and Quinoa Casserole

*See page 25 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 1 serving seitan chicken, sliced
- 1 tbsp olive oil
- 50g (2 oz) mushrooms, sliced
- 50g (2 oz) bell pepper, diced
- 50g (2 oz) onion, diced
- 50g (2 oz) spinach, chopped
- 50g (2 oz) kale, chopped
- 22g (0.75 oz) dried quinoa
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 120ml (4 fl oz) vegetable stock
- 1 tbsp lemon juice
- 1 tbsp soy sauce
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped
- Salt & pepper, to taste

METHOD

1. Prepare Quinoa:

- Rinse the quinoa thoroughly under cold water.
- In a small pot, bring 50ml vegetable stock to a boil. Add the quinoa, reduce to a simmer, cover, and cook for 15 minutes or until the quinoa is tender and the liquid is absorbed.
- Fluff the quinoa with a fork and mix in 1 tbsp lemon juice and fresh parsley. Set aside.

2. Sauté Vegetables and Seitan:

- In a non-stick pan, heat 1 tbsp olive oil over medium heat.
- Add the diced onion and bell pepper. Sauté for 5 minutes until softened.
- Add the sliced mushrooms, minced garlic, and minced ginger. Cook for another 3 minutes until the mushrooms are tender.
- Add the sliced seitan chicken, ground

Recipe Continues

cumin, and smoked paprika. Stir well and cook for another 5 minutes until the seitan is heated through.

3. Combine and Bake:

- Preheat the oven to 180°C (350°F).
- In a mixing bowl, combine the sautéed vegetables and seitan with the cooked quinoa, chopped spinach, and kale. Mix well.
- Season with soy sauce, salt, and pepper to taste.
- Transfer the mixture to a small casserole dish.
- Cover the dish with foil and bake for 20 minutes.

4. Finish and Serve:

- Remove the casserole from the oven and let it sit for a few minutes.
- Garnish with fresh mint and additional parsley.
- Serve the hearty seitan chicken and quinoa casserole immediately.

Seitan and Asparagus Quinoa Risotto

*See page 25 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 35 minutes

INGREDIENTS

- 1 serving seitan chicken, sliced
- 1 tbsp olive oil
- 100g (4 oz) asparagus, chopped
- 22g (0.75 oz) dried quinoa
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 120ml (7 fl oz) vegetable stock
- 1 tbsp lemon juice
- 1 tbsp soy sauce
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped
- Salt & pepper, to taste

METHOD

1. Prepare Quinoa:

- Rinse the quinoa thoroughly under cold water.
- In a small pot, bring 200ml vegetable stock to a boil. Add the quinoa, reduce to a simmer, cover, and cook for 15 minutes or until the quinoa is tender and the liquid is absorbed. Set aside.

2. Sauté Vegetables and Seitan:

- In a non-stick pan, heat 1 tbsp olive oil over medium heat.
- Add the minced garlic and ginger. Sauté for 1-2 minutes until fragrant.

Recipe Continues

- Add the sliced seitan chicken, ground cumin, and smoked paprika. Cook for 5 minutes until the seitan is heated through.
- Add the chopped asparagus and cook for another 5 minutes until tender.

3. Combine and Simmer:

- Add the cooked quinoa to the pan with the seitan and asparagus. Mix well.
- Stir in the soy sauce, lemon juice, salt, and pepper to taste.
- Cook for another 3-5 minutes, allowing the flavors to meld and the mixture to reach a creamy risotto-like consistency.

4. Finish and Serve:

- Remove from heat and stir in the fresh parsley and mint.
- Transfer the quinoa risotto to a serving plate.

Dinner Recipes

Seitan and Portobello Mushroom Burger*

*See page 25 for seitan recipe

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 1 serving seitan chicken, sliced
- 1 tbsp olive oil
- 1 large portobello mushroom
- 50g (2 oz) tomato, sliced
- 30g (1 oz) pickles, sliced
- 2 large romaine lettuce leaves
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 1 tbsp soy sauce
- 1 tbsp lemon juice
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped
- Salt & pepper, to taste

METHOD

1. Prepare Seitan and Mushroom:

- In a non-stick pan, heat 1 tbsp olive oil over medium heat.
- Add the minced garlic and ginger. Sauté for 1-2 minutes until fragrant.
- Add the sliced seitan chicken, ground cumin, and smoked paprika. Cook for 5 minutes until the seitan is heated through.
- Remove the seitan from the pan and set aside.
- In the same pan, add the portobello mushroom cap. Cook for 3-4 minutes on each side until tender.
- Drizzle the mushroom with soy sauce and lemon juice while cooking for added flavor.

Recipe Continues

2. Assemble the Burger:

- Place one romaine lettuce leaf on a plate as the bottom “bun.”
- Layer with the cooked portobello mushroom, followed by the sliced seitan chicken.
- Add tomato slices and pickle slices on top.
- Place the second romaine lettuce leaf over the top as the “bun.”

3. Prepare the Green Salad:

- In a bowl, combine mixed greens (such as spinach, kale, or arugula), chopped fresh parsley, and fresh mint.
- Toss with a squeeze of lemon juice, salt, and pepper to taste.

4. Serve:

- Serve the seitan and portobello mushroom burger with the crisp green salad on the side.

Seitan and Mushroom Casserole with Garlic Steamed Broccoli and Green Beans

*See page 25 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 40 minutes

INGREDIENTS

- 1 serving seitan chicken, sliced
- 1 tbsp olive oil
- 100g (4 oz) mushrooms, sliced
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 200ml (7 fl oz) vegetable stock
- 1 tbsp soy sauce
- 1 tbsp lemon juice
- 1 tbsp fresh parsley, chopped
- 1 tsp dried thyme
- 1 tsp dried oregano
- Salt & pepper, to taste

For the side dish:

- 100g (4 oz) broccoli florets
- 50g (2 oz) green beans, trimmed
- 1 clove garlic, minced

METHOD

1. Prepare Seitan and Mushrooms:

- In a non-stick pan, heat 1 tbsp olive oil over medium heat.
- Add the minced garlic and ginger. Sauté for 1-2 minutes until fragrant.
- Add the sliced mushrooms and cook for 5 minutes until they release their moisture and start to brown.
- Add the sliced seitan chicken to the pan and cook for another 3 minutes until heated through.

2. Make the Casserole:

- Preheat the oven to 180°C (350°F).
- In the same pan, add the vegetable stock, soy sauce, lemon juice, dried thyme, and dried oregano to the seitan and mushrooms. Stir well to combine.
- Season with salt and pepper to taste.
- Transfer the mixture to a small casserole dish.
- Cover with foil and bake for 20 minutes.

Recipe Continues

3. Prepare the Side Dish:

- While the casserole is baking, bring a pot of water to a boil and add a steamer basket.
- Place the broccoli florets and green beans in the steamer basket. Cover and steam for 5-7 minutes until tender.
- In a small bowl, toss the steamed vegetables with minced garlic.

4. Finish and Serve:

- Remove the casserole from the oven and sprinkle with fresh parsley.
- Serve the seitan and mushroom casserole with the garlic steamed broccoli and green beans on the side.

Mushroom Soup with Seitan Chicken

*See page 25 for seitan recipe

Serves 1

Prep time: 10 minutes

Cook time: 40 minutes

INGREDIENTS

- 1 serving seitan chicken, sliced
- 1 tbsp olive oil
- 200g (7 oz) mushrooms, sliced
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 300ml (10 fl oz) vegetable stock
- 1 tbsp lemon juice
- 1 tbsp fresh parsley, chopped
- 1 tsp dried thyme
- 1 tsp dried oregano
- Salt & pepper, to taste

METHOD

1. Prepare the Seitan Chicken:

- In a non-stick pan, heat 1 tbsp olive oil over medium heat.
- Add the sliced seitan chicken and cook for 5-7 minutes until heated through and slightly crispy.
- Remove from heat and set aside, keeping it warm.

2. Sauté the Vegetables:

- In the same pan, add the minced garlic and ginger. Sauté for 1-2 minutes until fragrant.
- Add the sliced mushrooms and cook for 5-7 minutes until they release their moisture and start to brown.

Recipe Continues

3. Make the Soup:

- Add the vegetable stock, lemon juice, dried thyme, and dried oregano to the pan with the mushrooms. Stir well to combine.
- Season with salt and pepper to taste.
- Bring to a boil, then reduce the heat and let it simmer for 10-15 minutes to allow the flavors to meld together.
- Use an immersion blender to blend the soup until smooth, or transfer the soup to a blender and blend until smooth before returning it to the pan.

4. Finish and Serve:

- Stir in the chopped fresh parsley.
- Pour the mushroom soup into a serving bowl.
- Serve the seitan chicken on the side.

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

Green Power Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (2 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 50g (2 oz) fresh spinach
- 4-5 ice cubes
- 200ml (7 fl oz) cold water
- 1/2 tsp vanilla extract
- 1/4 tsp ground cinnamon
- 1 tbsp fresh lemon juice
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add 25g of Vegan Wondershake, 100g frozen riced cauliflower, 50g fresh spinach, 4-5 ice cubes, and 200ml cold water.
- Add 1/2 tsp vanilla extract, 1/4 tsp ground cinnamon, and 1 tbsp fresh lemon juice.
- If you prefer a sweeter taste, add stevia to your liking.

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 and enjoy.

Protein Power Popsicles

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 25g (2 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 100ml (3.5 fl oz) cold water
- 1/2 tsp vanilla extract
- 1/4 tsp ground cinnamon
- 1 tbsp fresh lemon juice
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add 25g of Vegan Wondershake, 100g frozen riced cauliflower, 4-5 ice cubes, and 100ml cold water.
- Add 1/2 tsp vanilla extract, 1/4 tsp ground cinnamon, and 1 tbsp fresh lemon juice.
- If you prefer a sweeter taste, add stevia to your liking.

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.
- The consistency should be thicker than a smoothie but still pourable. Adjust with a bit more water if needed.

3. Pour into Molds:

- Pour the blended mixture into popsicle molds, leaving a little space at the top for expansion.
- Insert popsicle sticks into each mold.

4. Freeze:

- Place the molds in the freezer for at least 4-6 hours, or until the popsicles are completely frozen.

5. Serve:

- Once fully frozen, remove the popsicles from the molds by running warm water over the outside of the molds for a few seconds 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
8. **Free Resources**
   Download training and meal plans for free
9. **Get Kim's Look**
   Get the deets (AND DISCOUNTS!)

THE SCULPTED *vegan*

APPAREL



















SHOP NOW



WWW.THESCULPTEDVEGAN.COM