THE SCULPTED *vegan*

THE EXTREME BODY MAKEOVER

OVER 40



1600 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 Protein Oatmeal

Serves 1

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

- 30g (1 oz) rolled oats
- 1/2 medium banana, sliced
- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 1 tsp lemon juice
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp vanilla extract
- 200ml (7 fl oz) water
- Stevia, to taste (optional)
- Fresh mint leaves for garnish (optional)

METHOD

1. Prepare the Oats:

- In a small saucepan, combine 30g of rolled oats with 200ml of water. Bring to a boil over medium-high heat, then reduce the heat to low and let it simmer for 5-7 minutes, stirring occasionally, until the oats are soft and the mixture has thickened.

2. Mix in Flavors:

- While the oats are cooking, add the sliced banana, 1 tsp of lemon juice, 1/2 tsp of ground cinnamon, and 1/4 tsp of ground ginger to the saucepan. Stir well to combine all the ingredients and let it cook for an additional 1-2 minutes until the banana is soft.

Recipe Continues

3. Incorporate the Protein:

- Remove the saucepan from the heat and stir in 25g of Vegan Wondershake and 1/4 tsp of vanilla extract. Mix thoroughly until the protein powder is completely dissolved and the mixture is smooth. If desired, add Stevia to taste.

4. Serve and Garnish:

- Transfer the oatmeal to a serving bowl. If desired, garnish with fresh mint leaves for an extra burst of flavor and a touch of color.
- Enjoy your delicious, flavor-packed banana protein oatmeal!

Banana Protein Overnight Oats

Serves 1

Prep time: 5 minutes (plus chilling time)

INGREDIENTS

- 30g (1 oz) rolled oats
- 1/2 medium banana, mashed
- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp vanilla extract
- 150ml (5 fl oz) water
- Stevia, to taste (optional)
- Ice cubes (optional)

METHOD

1. Combine Dry Ingredients:

- In a bowl or jar, combine 30g of rolled oats, 1/2 tsp of ground cinnamon, and 1/4 tsp of ground ginger. Mix well to ensure the spices are evenly distributed.

2. Mix Wet Ingredients:

- In a separate bowl, mash 1/2 medium banana until smooth. Add 25g of Vegan Wondershake, 150ml of water, and 1/4 tsp of vanilla extract. Stir until the protein powder is fully dissolved and the mixture is smooth. If desired, add Stevia to taste.

3. Combine and Refrigerate:

- Pour the wet mixture over the dry ingredients in the bowl or jar. Stir thoroughly to ensure all the oats are coated with the liquid mixture. Cover the bowl or seal the jar and refrigerate overnight, or for at least 6 hours, to allow the oats to absorb the liquid and flavors.

4. Serve:

- In the morning, give the oats a good stir. If you prefer your overnight oats cold, you can enjoy them straight from the fridge. If you like them a bit warmer, you can microwave them for 30-60 seconds. Add ice cubes if you prefer a chilled, refreshing texture.

Banana Protein Cookies

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 30g (1 oz) rolled oats
- 1/2 medium banana, mashed
- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 1/4 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp vanilla extract
- 1 tbsp water
- Stevia, to taste (optional)

METHOD

1. Preheat Oven

- Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.

2. Prepare Dry Ingredients

- In a small bowl, combine 30g of rolled oats, 25g of Vegan Wondershake, 1/4 tsp of baking powder, 1/2 tsp of ground cinnamon, and 1/4 tsp of ground ginger. Mix well to ensure everything is evenly distributed.

3. Mix Wet Ingredients

- In a separate bowl, mash 1/2 medium banana until smooth. Add 1/4 tsp of vanilla extract and 1 tbsp of water. Stir until the mixture is well combined. If desired, add Stevia to taste.

Recipe Continues

4. Combine Ingredients

- Add the wet ingredients to the dry ingredients and mix until a thick, sticky dough forms.

5. Shape and Bake Cookies

- Drop spoonfuls of the dough onto the prepared baking sheet, flattening them slightly with the back of a spoon to form cookie shapes. Leave some space between each cookie as they will spread a little while baking.
- Bake in the preheated oven for 12-15 minutes, or until the cookies are golden brown and set.

6. Cool and Serve

- Remove the cookies from the oven and let them cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

Post Workout Recipes

Healthy Green Protein Smoothie

Serves 1

Prep time: 10 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)
- 2 handfuls of baby spinach
- A squeeze of lemon juice (optional)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a high-speed blender, add the Vegan Wondershake, frozen riced cauliflower, ice cubes, water, and baby spinach.
- Add a squeeze of lemon juice and a few drops of stevia if desired for extra sweetness.

2. Blend Until Slushy:

- Blend on high until the mixture is thick and icy, resembling a slushie consistency. Ensure everything is well combined, stopping to scrape down the sides of the blender if necessary.
- Adjust the consistency by adding more ice cubes if the slushie is too thin or a bit more water if it's too thick.

3. Serve:

- Pour the slushie into a glass.

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.

Protein Iced Coffee

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 4-5 ice cubes
- 200ml (7 fl oz) cold brewed coffee (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add the Vegan Wondershake, ice cubes, and cold brewed coffee
- 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 coffee if the mixture is too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the iced coffee into a glass.

Lunch Recipes

Hearty Tofu and Vegetable Stew

Serves 1

Prep time: 15 minutes

Cook time: 40 minutes

INGREDIENTS

- 140g (5 oz) tofu, cubed
- 200g (7 oz) butternut squash, peeled and cubed
- 200g (7 oz) sweet potato, peeled and cubed
- 1/2 onion, roughly chopped
- 1 garlic clove, minced
- 1 small zucchini, sliced
- 100g (3.5 oz) tomatoes, chopped
- 2 tbsp tomato puree
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 500ml (17 fl oz) vegetable stock
- 1 handful spinach leaves
- 1 tbsp lemon juice
- Salt & pepper, to taste

METHOD

1. Prepare Vegetables

- In a large pot, add the roughly chopped onion and minced garlic. Sauté them with a splash of vegetable stock until the onion becomes translucent.

2. Add Squash and Sweet Potato

- Add the cubed butternut squash and sweet potato to the pot. Pour in the remaining vegetable stock and bring the mixture to a boil. Reduce the heat to a simmer and cook for about 10 minutes.

3. Add Tofu and Zucchini

- Add the cubed tofu and sliced zucchini to the pot. Stir in the chopped tomatoes and tomato puree. Add the ground cinnamon and nutmeg, and season with salt & pepper, to taste. Simmer for another 15-20 minutes, or until the vegetables are tender.

4. Finish with Spinach and Lemon Juice

- Stir in the spinach leaves and allow them to wilt in the hot stew. Add the lemon juice for a bright, fresh flavor. Adjust the seasoning with additional salt and pepper if needed.

5. Serve

- Ladle the stew into a bowl and serve hot.

Warm Tofu and Roasted Vegetable Salad

Serves 1

Prep time: 10 minutes

Cook time: 35 minutes

INGREDIENTS

- 140g (5 oz) tofu, cubed
- 200g (7 oz) butternut squash, peeled and cubed
- 200g (7 oz) sweet potato, peeled and cubed
- 1 garlic clove, minced
- 1 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 tbsp lemon juice
- 1 tbsp soy sauce
- Salt & pepper, to taste
- Mixed salad leaves
- Fresh mint leaves for garnish (optional)

METHOD

1. Preheat Oven and Prepare Vegetables

- Preheat your oven to 400°F (200°C). In a large bowl, combine the cubed butternut squash and sweet potato with the minced garlic, ground cumin, ground cinnamon, and ground nutmeg. Toss to coat the vegetables evenly with the spices. Spread the vegetables out on a baking sheet lined with parchment paper.

2. Roast Vegetables

- Roast the butternut squash and sweet potato in the preheated oven for 25-30 minutes, or until they are tender and slightly caramelized, stirring halfway through to ensure even cooking.

3. Cook Tofu

- While the vegetables are roasting, place the cubed tofu in a non-stick pan over medium heat. Add the soy sauce and cook, stirring occasionally, until the tofu is golden brown and slightly crisp on the edges, about 10 minutes.

4. Assemble the Salad

- In a serving bowl, arrange a bed of mixed salad leaves. Top with the roasted butternut squash, sweet potato, and cooked tofu. Drizzle with lemon juice and season with Salt & pepper, to taste. Garnish with fresh mint leaves if desired.

5. Serve

- Serve the warm tofu and roasted vegetable salad immediately.

Dinner Recipes

Indian-Inspired Seitan Salad*

*See page 21 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 10 minutes

INGREDIENTS

- 1 serving Seitan, chopped
- Mixed salad leaves
- 1/4 cucumber, sliced
- 100g (4 oz) broccoli, steamed and chopped
- 1 celery stalk, chopped
- 2 green onions, chopped
- 1 tsp no calorie sweetener
- 2 tsp curry powder
- 1/2 tsp garlic powder
- 1/2 tsp turmeric
- 1 tbsp lemon juice
- Salt & pepper, to taste
- Fresh mint leaves for garnish (optional)

METHOD

1. Prepare the Seitan

- In a non-stick pan over medium heat, add the chopped seitan. Sprinkle the curry powder, garlic powder, and turmeric over the seitan.
- Stir well to coat the seitan with the spices and cook for about 5-7 minutes, until the seitan is heated through and slightly crisp on the edges. Remove from heat and set aside.

2. Prepare the Vegetables

- While the seitan is cooking, steam the broccoli until tender, then chop it into bite-sized pieces. In a large bowl, combine the mixed salad leaves, sliced cucumber, chopped celery, chopped green onions, and steamed broccoli.

Recipe Continues

3. Mix the Dressing

- In a small bowl, mix the lemon juice with the no calorie sweetener. Season with Salt & pepper, to taste.

4. Assemble the Salad

- Add the cooked seitan to the bowl of mixed vegetables. Drizzle the lemon dressing over the salad and toss gently to combine all the ingredients.

5. Serve

- Serve the salad immediately, garnished with fresh mint leaves if desired.

Mexican Seitan Lettuce Wraps*

*See page 21 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 10 minutes

INGREDIENTS

- 1 serving Seitan chicken, chopped
- 1 capsicum (bell pepper), chopped
- 1/2 onion, finely chopped
- 100g (4 oz) chopped tomatoes
- 6-8 baby gem lettuce leaves
- 1-2 chillies, sliced (to taste)
- 1 tbsp lime juice
- 1 tsp ground cumin
- 1/2 tsp ground smoked paprika
- 1/2 tsp garlic powder
- Salt & pepper, to taste
- Fresh cilantro for garnish (optional)

METHOD

1. Prepare the Seitan

- In a non-stick pan over medium heat, add the chopped seitan chicken. Add the ground cumin, ground paprika, and garlic powder. Cook, stirring frequently, for about 5-7 minutes until the seitan is heated through and slightly crispy on the edges. Season with Salt & pepper, to taste.

2. Cook the Vegetables

- In the same pan, add the chopped capsicum and finely chopped onion. Sauté until the vegetables are tender, about 3-5 minutes. Add the chopped tomatoes and cook for another 2 minutes until the tomatoes are softened.

Recipe Continues

3. Combine and Season

- Mix the cooked seitan with the sautéed vegetables in the pan. Stir well to combine all the ingredients. Adjust the seasoning with more salt and pepper if needed. Squeeze the lime juice over the mixture and stir to incorporate.

4. Assemble the Wraps

- Lay out the baby gem lettuce leaves on a plate. Spoon the seitan and vegetable mixture onto each leaf. Top with sliced chillies and fresh cilantro, if desired.

5. Serve

- Serve the lettuce wraps immediately, with additional lime wedges on the side for extra zest.

Seitan Chicken Casserole with Cauliflower Rice*

*See page 21 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

- 1 serving Seitan chicken, chopped
- 1/2 onion, finely chopped
- 1 tbsp olive oil
- 200g (7 oz) cauliflower, grated into rice-sized pieces
- 1 celery stalk, chopped
- 100g (4 oz) broccoli, chopped
- 1 garlic clove, minced
- 1 tbsp lemon juice
- 1 tsp soy sauce
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp ground turmeric
- 300ml (10 fl oz) vegetable stock
- Salt & pepper, to taste
- Fresh cilantro for garnish (optional)

METHOD

1. Prepare the Seitan and Vegetables

- In a non-stick pan, heat the olive oil over medium heat. Add the chopped seitan chicken and cook for 5-7 minutes until heated through and slightly crispy on the edges. Remove from the pan and set aside.
- In the same pan, add the finely chopped onion, chopped celery, and minced garlic. Sauté with a splash of vegetable stock until the onion becomes translucent.

2. Cook the Casserole

- Add the chopped broccoli, ground cumin, ground coriander, and ground turmeric to the pan. Stir well to coat the vegetables with the spices. Pour in the remaining vegetable stock and bring to a simmer. Cook for about 10 minutes until the vegetables are tender.
- Return the cooked seitan to the pan. Stir in the lemon juice and soy sauce. Season with Salt & pepper, to taste. Let it simmer for another 5 minutes to allow the flavors to meld.

Recipe Continues

3. Prepare the Cauliflower Rice

- While the casserole is simmering, prepare the cauliflower rice by either grating or blitzing in a food processor. In a separate non-stick pan, add the grated cauliflower and cook over medium heat for about 5 minutes until it becomes tender. Season with Salt & pepper, to taste.

4. Serve

- Serve the seitan chicken casserole over a bed of cauliflower rice. Garnish with fresh cilantro 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

Protein-Packed Oatmeal Cookie

Serves 1

Prep time: 10 minutes

Cook time: 12 minutes

INGREDIENTS

- 15g (0.5 oz) rolled oats
- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 1/4 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 tbsp water
- Stevia, to taste (optional)

METHOD

1. Preheat Oven

- Preheat your oven to 350°F (175°C). Line a small baking sheet with parchment paper.

2. Prepare Dry Ingredients

- In a small bowl, combine 15 g of rolled oats, 25g of Vegan Wondershake, 1/4 tsp of baking powder, 1/2 tsp of ground cinnamon, and 1/4 tsp of ground nutmeg. Mix well to ensure the ingredients are evenly distributed.

3. Add Wet Ingredients

- Add 1 tbsp of water to the dry ingredients and mix until a dough forms. If the mixture is too dry, add a few more drops of water until you achieve the desired consistency. If desired, add Stevia to taste.

4. Shape the Cookie

- Form the dough into a cookie shape and place it on the prepared baking sheet. Flatten it slightly with the back of a spoon.

5. Bake

- Bake in the preheated oven for 10-12 minutes, or until the cookie is golden brown and set.

6. Cool and Serve

- Allow the cookie to cool on the baking sheet for a few minutes before transferring it to a wire rack to cool completely.

Toasted Oat Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

Cook time: 5 minutes

INGREDIENTS

- 15g (0.5 oz) rolled oats
- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 1/4 tsp ground cinnamon
- 1/4 tsp vanilla extract
- 1 cup ice
- 100ml (3.5 fl oz) water
- Stevia, to taste (optional)

METHOD

1. Toast the Oats

- Preheat a non-stick skillet over medium heat. Add the rolled oats and toast them, stirring frequently, until they are golden brown and fragrant, about 3-5 minutes. Remove from heat and let them cool.

2. Blend Ingredients

- In a blender, combine the toasted oats, 25g of Vegan Wondershake, 1/4 tsp of ground cinnamon, 1/4 tsp of vanilla extract, ice, and 100 ml of water. Blend until smooth and creamy. If desired, add Stevia to taste and blend again to mix.

3. Freeze the Mixture

- Pour the blended mixture into a shallow container and spread it evenly. Place the container in the freezer and let it freeze for at least 2 hours, stirring every 30 minutes to break up ice crystals and ensure a smooth texture.

4. Serve

- Once the mixture is fully frozen and has a creamy consistency, scoop it into a bowl and serve 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**
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