THE SCULPTED *vegan*

THE EXTREME BODY MAKEOVER

OVER 40



REFEED MEALS

VEGAN RECIPES

THE EXTREME BODY MAKEOVER OVER 40

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Refeed Meal Recipes

Beyond Burger and Spiced Sweet Potato Chips

Serves 1

Prep time: 10 minutes

Cook time: 30 minutes

INGREDIENTS

- 1 Beyond Burger Patty (approx. 113 g / 4 oz)
- 1 Burger bun
- 300 g (14 oz) sweet potato
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp cinnamon
- 1/4 tsp cayenne pepper
- 1 tbsp olive oil
- Lettuce leaves
- 1 small onion, sliced
- Pickles
- 1 tomato, sliced
- 1 vegan cheese slice

METHOD

1. Prepare the Sweet Potato Chips:

- Preheat the oven to 200°C (390°F).
- Peel and cut the sweet potato into thin chips.
- In a large bowl, toss the sweet potato chips with olive oil, ground cumin, smoked paprika, cinnamon, and cayenne pepper until evenly coated.
- Spread the chips out in a single layer on a baking sheet lined with parchment paper.
- Bake in the preheated oven for 25-30 minutes, turning halfway through, until the chips are crispy and golden brown.

2. Cook the Beyond Burger Patty:

- While the chips are baking, heat a non-stick skillet over medium heat.
- Cook the Beyond Burger patty for about 3-4 minutes on each side until fully cooked and browned on the outside.
- In the last minute of cooking, place the vegan cheese slice on top of the patty and cover the skillet to allow the cheese to melt.

Recipe Continues

3. Assemble the Burger:

- Toast the burger bun halves in the oven for a few minutes until lightly crispy.
- Place lettuce leaves on the bottom half of the bun.
- Add the cooked Beyond Burger patty with melted vegan cheese.
- Top with sliced onion, pickles, and tomato slices.
- Cover with the top half of the bun.

4. Serve:

- Plate the burger alongside the spiced sweet potato chips.

Mushroom and Seitan Chicken Risotto*

*See page 12 for seitan recipe

Serves 1

Prep time: 10 minutes

Cook time: 30 minutes

INGREDIENTS

- 30 g (1 oz) risotto rice
- 100 g (4 oz) mushrooms, sliced
- 50 g (2 oz) frozen peas
- 1 serve seitan chicken, sliced
- 300 ml (10 oz) vegetable stock, kept warm
- 1 clove garlic, minced
- 1 small onion, finely chopped
- 1 tbsp fresh parsley, chopped
- Salt & pepper, to taste

METHOD

1. Prepare the Aromatics:

- Mince the garlic and finely chop the onion.
- Heat a non-stick skillet over medium heat.
- Add the chopped onion and minced garlic to the skillet.
- Sauté for 3-4 minutes until the onion becomes translucent and fragrant.

2. Cook the Mushrooms and Seitan Chicken:

- Add the sliced mushrooms to the skillet and cook for about 5 minutes until they release their moisture and start to brown.
- Add the sliced seitan chicken to the skillet and cook for another 3-4 minutes until heated through and slightly browned.
- Remove the mushroom and seitan mixture from the skillet and set aside.

Recipe Continues

3. Cook the Risotto:

- Add the risotto rice to the same skillet and toast for 1-2 minutes until lightly fragrant.
- 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.

4. Add Peas and Combine:

- When the rice is almost done, stir in the frozen peas.
- Cook for an additional 3-4 minutes until the peas are heated through.
- Return the mushroom and seitan chicken mixture to the skillet and stir to combine all ingredients.
- Season with salt and pepper to taste.

5. Serve:

- Transfer the risotto to a serving plate.
- Garnish with chopped fresh parsley before serving.

Classic Veggie Vegan Pizza

Serves 1

Prep time: 2 hours (including dough rising time)

Cook time: 15 minutes

INGREDIENTS

For the Dough:

- 100 g (4 oz) all-purpose flour
- 1/2 tsp active dry yeast
- 50 ml (2 oz) warm water
- 1/4 tsp sugar
- 1/4 tsp salt

For the Toppings:

- 1 tbsp tomato sauce
- 50 g (2 oz) mozzarella cheese, shredded
- 50 g (2 oz) mushrooms, sliced
- 50 g (2 oz) cherry tomatoes, halved
- 30 g (1 oz) spinach leaves
- 1 clove garlic, minced
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp olive oil
- Salt & pepper, to taste
- Fresh basil leaves (optional, for garnish)

METHOD

1. Prepare the Dough:

- In a small bowl, mix the warm water, sugar, and active dry yeast. Let it sit for 5-10 minutes until frothy.
- In a large mixing bowl, combine the flour and salt.
- Pour the yeast mixture into the flour mixture and stir until a dough forms.
- Knead the dough on a floured surface for about 5-7 minutes until smooth and elastic.
- Place the dough in a lightly oiled bowl, cover with a damp cloth, and let it rise in a warm place for about 1 hour or until doubled in size.

2. Prepare the Toppings:

- Preheat the oven to 220°C (430°F).
- In a small bowl, mix the sliced mushrooms with minced garlic, dried oregano, dried basil, and a pinch of salt and pepper.
- Set aside the spinach leaves, cherry tomatoes, and shredded mozzarella cheese.

Recipe Continues

3. Assemble the Pizza:

- Once the dough has risen, punch it down and roll it out on a floured surface to your desired thickness.
- Place the rolled-out dough on a baking sheet or pizza stone.
- Spread the tomato sauce evenly over the dough.
- Sprinkle the shredded mozzarella cheese over the sauce.
- Arrange the seasoned mushrooms, cherry tomatoes, and spinach leaves evenly on top of the cheese.
- Drizzle the toppings with a teaspoon of olive oil for extra flavor.

4. Bake and Serve:

- Bake the pizza in the preheated oven for 12-15 minutes, or until the crust is golden and the cheese is melted and bubbly.
- Remove from the oven and let it cool slightly.
- Garnish with fresh basil leaves if desired.
- Slice and serve hot.

Seitan Chicken and Mushroom Pasta Risotto*

*See page 12 for seitan recipe

Serves 1

Prep time: 20 minutes

Cook time: 20 minutes

INGREDIENTS

- 60 g (2 oz) pasta (small shapes like orzo or broken spaghetti)
- 100 g (4 oz) mushrooms, sliced
- 50 g (2 oz) frozen peas
- 1 serve seitan chicken, sliced
- 300 ml (10 oz) vegetable stock, kept warm
- 1 clove garlic, minced
- 1 small onion, finely chopped.
- 1 tbsp fresh parsley, chopped
- 1 tsp dried thyme
- Salt & pepper, to taste

METHOD

1. Prepare the Aromatics:

- Mince the garlic and finely chop the onion.
- Heat a non-stick skillet over medium heat.
- Add the chopped onion and minced garlic to the skillet.
- Sauté for 3-4 minutes until the onion becomes translucent and fragrant.

2. Cook the Mushrooms and Seitan Chicken:

- Add the sliced mushrooms to the skillet and cook for about 5 minutes until they release their moisture and start to brown.
- Add the sliced seitan chicken to the skillet and cook for another 3-4 minutes until heated through and slightly browned.
- Remove the mushroom and seitan mixture from the skillet and set aside.

Recipe Continues

3. Cook the Pasta Risotto:

- Add the pasta to the same skillet and toast for 1-2 minutes until lightly fragrant.
- Begin adding the warm vegetable stock to the pasta one ladleful at a time, stirring frequently.
- Wait until most of the stock is absorbed before adding more.
- Continue this process until the pasta is creamy and tender, about 15-20 minutes.

4. Add Peas and Combine:

- When the pasta is almost done, stir in the frozen peas.
- Cook for an additional 3-4 minutes until the peas are heated through.
- Return the mushroom and seitan chicken mixture to the skillet and stir to combine all ingredients.
- Season with dried thyme, salt, and pepper to taste.

5. Serve:

- Transfer the pasta risotto to a serving plate.
- Garnish with chopped fresh parsley before serving.

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

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!)

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