THE SCULPTED *vegan*

THE EXTREME BODY MAKEOVER

OVER 40



1800 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

Berry Vanilla Protein Oatmeal

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 40g (1 oz) rolled oats
- 100ml (3.5 fl oz) soya milk
- 100g (4 oz) frozen mixed berries
- 25g (1 oz) **Vegan Wondershake Vanilla Crème**

METHOD

1. Prepare the Base:

- In a small saucepan, combine the rolled oats and soya milk.
- Cook over medium heat, stirring occasionally, until the mixture starts to thicken (about 3-5 minutes).

2. Add the Berries:

- Add the frozen mixed berries to the saucepan.
- Continue to cook, stirring frequently, until the berries are heated through and the oatmeal reaches your desired consistency (about 3 more minutes).

3. Incorporate the Protein:

- Once the oatmeal is cooked, remove the saucepan from the heat.
- Stir in the Vegan Wondershake Vanilla Crème until fully combined. Ensure there are no lumps and the powder is evenly distributed.

4. Serve:

- Transfer the oatmeal to a bowl.
- Let it cool for a minute before enjoying to allow the flavors to meld together.

Berry Vanilla Protein Smoothie Bowl

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 100g (4 oz) frozen mixed berries
- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 100ml (3.5 fl oz) soya milk
- 40g (1 oz) rolled oats
- Water, as needed
- Stevia, to taste (optional)

METHOD

1. Blend the Base:

- In a blender, combine the frozen mixed berries, Vegan Wondershake Vanilla Crème, and soya milk.
- Blend until smooth. If the mixture is too thick, add a little water, a tablespoon at a time, until you reach a thick, smooth consistency.

2. Prepare the Oats:

- In a small bowl, add the rolled oats and a splash of water.
- Microwave on high for 1 minute, or until the oats are slightly softened but still retain some texture.

3. Combine:

- Pour the smoothie into a bowl.
- Stir in the microwaved oats to add some texture and extra fiber to the smoothie bowl.

4. Sweeten:

- Taste the smoothie bowl and add a few drops of stevia if you prefer a sweeter flavor. Mix well to combine.

5. Serve:

- Enjoy immediately with a spoon. Optionally, top with a few extra berries or a sprinkle of oats for garnish.

Berry Vanilla Overnight Oats

Serves 1

Prep time: 5 minutes (plus chilling time)

INGREDIENTS

- 40g (1 oz) rolled oats
- 100ml (3.5 fl oz) soya milk
- 100g (4 oz) frozen mixed berries
- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- A pinch of cinnamon
- Stevia, to taste (optional)

METHOD

1. Combine Dry Ingredients:

- In a small bowl or jar, mix the rolled oats, Vegan Wondershake Vanilla Crème, and a pinch of cinnamon.

2. Add Liquid Ingredients:

- Pour the soya milk over the dry ingredients.
- Stir well to combine, ensuring there are no dry clumps of protein powder.

3. Add Berries:

- Gently fold in the frozen mixed berries.
- If you prefer a sweeter taste, add a few drops of stevia and mix thoroughly.

4. Refrigerate:

- Cover the bowl or jar with a lid or plastic wrap.
- Refrigerate overnight (or at least 4 hours) to allow the oats to absorb the liquid and soften.

5. Serve:

- In the morning, give the oats a good stir.
- If the mixture is too thick, you can add a splash of soya milk or water to reach your desired consistency.
- Enjoy cold, or heat it up in the microwave for 1-2 minutes if you prefer a warm breakfast.

Post Workout Recipes

Frozen Protein Smoothie Bowl

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)
- 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.

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.

Lunch Recipes

Spiced Tofu and Sweet Potato Bowl

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 200g (7 oz) extra firm organic tofu
- 1 tbsp olive oil
- 200g (7 oz) sweet potato
- 1 tbsp fresh chopped herbs (optional) or 1 tsp dried herbs
- Salt & pepper, to taste
- 1 tsp smoked paprika
- 1/2 tsp cinnamon
- Pinch of cayenne pepper
- 1 tsp ground cumin

METHOD

1. Prepare the Tofu:

- Drain the tofu and press it between paper towels to remove excess moisture.
- Cut the tofu into 1-inch cubes.

2. Season the Tofu:

- In a bowl, mix the tofu cubes with 1/2 tablespoon of olive oil, 1/2 teaspoon smoked paprika, a pinch of cayenne pepper, salt and pepper.
- Set aside to marinate while you prepare the sweet potato.

3. Prepare the Sweet Potato:

- Peel the sweet potato and cut it into small 1-inch cubes.
- In a separate bowl, toss the sweet potato cubes with the remaining 1/2 tablespoon of olive oil, 1/2 teaspoon smoked paprika, 1/2 teaspoon cinnamon, 1 teaspoon ground cumin, salt, and pepper.

Recipe Continues

4. Cook the Sweet Potato:

- Preheat a non-stick skillet over medium heat.
- Add the seasoned sweet potato cubes to the skillet.
- Cook for 10-12 minutes, stirring occasionally, until the sweet potatoes are tender and slightly crispy.

5. Cook the Tofu:

- In another non-stick skillet, heat a little oil over medium heat.
- Add the marinated tofu cubes to the skillet.
- Cook for 8-10 minutes, turning occasionally, until the tofu is golden brown and crispy on all sides.

6. Combine and Serve:

- Once the sweet potatoes and tofu are cooked, combine them in a bowl.
- Sprinkle with fresh chopped herbs (if using) or dried herbs.
- Adjust seasoning with additional salt and pepper if needed.
- Serve with unlimited green salad or steamed green cruciferous vegetables.

Herb-Crusted Tofu with Spiced Sweet Potato Fries

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 200g (7 oz) extra firm organic tofu
- 1 tbsp olive oil
- 200g (7 oz) sweet potato
- 1 tbsp fresh chopped herbs (optional) or 1 tsp dried herbs
- Salt & pepper, to taste
- 1 tsp smoked paprika
- 1/2 tsp cinnamon
- Pinch of cayenne pepper
- 1 tsp ground cumin

METHOD

1. Prepare the Tofu:

- Drain the tofu and press it between paper towels to remove excess moisture.
- Slice the tofu into 1/2-inch thick slices.

2. Marinate the Tofu:

- In a bowl, mix 1/2 tablespoon of olive oil, fresh chopped herbs or dried herbs, salt, and pepper.
- Coat the tofu slices in the herb mixture and set aside to marinate for at least 10 minutes.

3. Prepare the Sweet Potato Fries:

- Preheat your oven to 400°F (200°C).
- Peel the sweet potato and cut it into thin fry-shaped pieces.
- In a bowl, toss the sweet potato fries with the remaining 1/2 tablespoon of olive oil, smoked paprika, cinnamon, cayenne pepper, ground cumin, salt, and pepper.

Recipe Continues

4. Bake the Sweet Potato Fries:

- Spread the seasoned sweet potato fries in a single layer on a baking sheet lined with parchment paper.
- Bake in the preheated oven for 20-25 minutes, turning halfway through, until the fries are crispy and golden brown.

5. Cook the Tofu:

- While the sweet potato fries are baking, heat a non-stick skillet over medium heat.
- Add the marinated tofu slices to the skillet.
- Cook for 3-4 minutes on each side, until the tofu is golden brown and crispy.

6. Serve:

- Arrange the herb-crusted tofu slices on a plate.
- Serve with the spiced sweet potato fries on the side.
- Optionally, sprinkle with extra fresh herbs for garnish.

Spiced Tofu and Sweet Potato Bowl with Steamed Greens

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 200g (7 oz) extra firm organic tofu
- 1 tbsp olive oil
- 200g (7 oz) sweet potato
- 100g (4 oz) broccoli florets
- 100g (4 oz) green beans
- 1 tbsp fresh chopped herbs (optional) or 1 tsp dried herbs
- Salt & pepper, to taste
- 1 tsp smoked paprika
- 1/2 tsp cinnamon
- Pinch of cayenne pepper
- 1 tsp ground cumin

METHOD

1. Prepare the Tofu:

- Drain the tofu and press it between paper towels to remove excess moisture.
- Cut the tofu into 1-inch cubes.

2. Marinate the Tofu:

- In a bowl, mix the tofu cubes with 1/2 tablespoon of olive oil, fresh chopped herbs or dried herbs, salt, and pepper.
- Set aside to marinate while you prepare the sweet potato.

3. Prepare the Sweet Potato:

- Peel the sweet potato and cut it into 1-inch cubes.
- In a separate bowl, toss the sweet potato cubes with the remaining 1/2 tablespoon of olive oil, smoked paprika, cinnamon, cayenne pepper, ground cumin, salt, and pepper.

Recipe Continues

4. Cook the Sweet Potato:

- Preheat your oven to 400°F (200°C).
- Spread the seasoned sweet potato cubes in a single layer on a baking sheet lined with parchment paper.
- Bake in the preheated oven for 20-25 minutes, turning halfway through, until the sweet potatoes are tender and slightly crispy.

5. Cook the Tofu:

- While the sweet potato is baking, heat a non-stick skillet over medium heat.
- Add the marinated tofu cubes to the skillet.
- Cook for 8-10 minutes, turning occasionally, until the tofu is golden brown and crispy on all sides.

6. Steam the Vegetables:

- While the tofu and sweet potato are cooking, bring a pot of water to a boil and place a steamer basket over it.
- Add the broccoli florets and green beans to the steamer basket.
- Cover and steam for 5-7 minutes, until the vegetables are tender but still bright green.

7. Combine and Serve:

- Once everything is cooked, combine the roasted sweet potato, crispy tofu, steamed broccoli, and green beans in a bowl.
- Sprinkle with extra fresh herbs if using and adjust seasoning with additional salt and pepper if needed.
- Serve immediately.

Spiced Tofu and Sweet Potato Salad

Serves 1

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

- 200g (7 oz) extra firm organic tofu
- 1 tbsp olive oil
- 200g (7 oz) sweet potato
- 50g (2 oz) mixed salad greens or lettuce
- 50g (2 oz) cucumber, sliced
- 50g (2 oz) cherry tomatoes, halved
- 30g (1 oz) celery, chopped
- 30g (1 oz) spring onions, sliced
- 1 tbsp fresh chopped herbs (optional) or 1 tsp dried herbs
- Salt & pepper, to taste
- 1 tsp smoked paprika
- 1/2 tsp cinnamon
- Pinch of cayenne pepper
- 1 tsp ground cumin

METHOD

1. Prepare the Tofu:

- Drain the tofu and press it between paper towels to remove excess moisture.
- Cut the tofu into 1-inch cubes.

2. Marinate the Tofu:

- In a bowl, mix the tofu cubes with 1/2 tablespoon of olive oil, fresh chopped herbs or dried herbs, salt, and pepper.
- Set aside to marinate while you prepare the sweet potato.

3. Prepare the Sweet Potato:

- Peel the sweet potato and cut it into 1-inch cubes.
- In a separate bowl, toss the sweet potato cubes with the remaining 1/2 tablespoon of olive oil, smoked paprika, cinnamon, cayenne pepper, ground cumin, salt, and pepper.

Recipe Continues

4. Cook the Sweet Potato:

- Preheat your oven to 400°F (200°C).
- Spread the seasoned sweet potato cubes in a single layer on a baking sheet lined with parchment paper.
- Bake in the preheated oven for 20-25 minutes, turning halfway through, until the sweet potatoes are tender and slightly crispy.

5. Cook the Tofu:

- While the sweet potato is baking, heat a non-stick skillet over medium heat.
- Add the marinated tofu cubes to the skillet.
- Cook for 8-10 minutes, turning occasionally, until the tofu is golden brown and crispy on all sides.
- Remove from heat and let it cool slightly.

6. Prepare the Salad:

- In a large bowl, combine the mixed salad greens or lettuce, cucumber slices, cherry tomato halves, chopped celery, and sliced spring onions.
- Toss the salad ingredients together.

7. Assemble and Serve:

- Add the cooked sweet potato cubes and tofu to the salad.
- Gently toss to combine all ingredients.
- Season with additional salt and pepper to taste.

Dinner Recipes

Spiced Tofu with Lentil and Vegetable Stir-Fry

Serves 1

Prep time: 15 minutes

Cook time: 15 minutes

INGREDIENTS

Spiced Tofu:

- 140g (5 oz) extra firm tofu
- 1/2 tbs olive oil
- 1 clove fresh garlic, minced
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- Juice of half a lemon
- Salt & pepper, to taste

Lentil and Vegetable Stir-Fry:

- 200g (7 oz) cooked brown or green lentils
- 50g (2 oz) broccoli, cut into florets
- 50g (2 oz) green beans, trimmed and cut in half
- 1/2 tbsp olive oil
- 1 clove fresh garlic, minced
- 1/2 tsp fresh ginger, grated
- 1/2 tsp dried oregano (or fresh herbs of your choice)
- Salt & pepper, to taste

METHOD

1. Prepare the Tofu:

- Drain the tofu and press it between paper towels to remove excess moisture.
- Cut the tofu into 1-inch cubes.

2. Marinate the Tofu:

- In a bowl, mix 1/2 tablespoon of olive oil, minced garlic, ground cumin, smoked paprika, lemon juice, salt, and pepper.
- Add the tofu cubes to the bowl and toss to coat evenly.
- Let it marinate for at least 10 minutes.

3. Cook the Tofu:

- Heat a non-stick skillet over medium heat.
- Add the marinated tofu cubes to the skillet.
- Cook for 5-7 minutes, turning occasionally, until the tofu is golden brown and crispy on all sides.
- Remove the tofu from the skillet and set aside.

Recipe Continues

4. Prepare the Lentil and Vegetable Stir-Fry:

- In the same skillet, add 1/2 tablespoon of olive oil over medium heat.
- Add the minced garlic and grated ginger, sauté for 1 minute until fragrant.
- Add the broccoli florets and green beans to the skillet.
- Stir-fry the vegetables for 5-7 minutes until they are tender but still crisp.
- Add the cooked lentils to the skillet, stirring to combine.
- Season with dried oregano (or fresh herbs), salt, and pepper to taste.
- Cook for another 2-3 minutes until everything is heated through.

5. Serve:

- Arrange the lentil and vegetable stir-fry on a plate.
- Top with the crispy spiced tofu cubes.
- Optionally, drizzle with a bit more lemon juice for extra flavor.

Tofu and Lentil Veggie Bowl with Steamed Asparagus

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

Herb-Crusted Tofu:

- 140g (5 oz) extra firm tofu
- 1/2 tbsp olive oil
- 1 clove fresh garlic, minced
- 1/2 tsp dried oregano (or fresh herbs of your choice)
- Salt & pepper, to taste

Lentil and Vegetable Medley:

- 200g (7 oz) cooked brown or green lentils
- 50g (2 oz) broccoli, cut into florets
- 50g (2 oz) green beans, trimmed and cut in half
- 1/2 tbsp olive oil
- 1/2 tsp fresh ginger, grated
- Salt & pepper, to taste

Steamed Asparagus:

- 100g (4 oz) asparagus, trimmed
- Salt & pepper, to taste
- Juice of half a lemon (optional)

Lemon Herb Dressing:

- Juice of half a lemon
- 1/2 tbsp olive oil
- 1 clove fresh garlic, minced
- Salt & pepper, to taste

METHOD

1. Prepare the Tofu:

- Drain the tofu and press it between paper towels to remove excess moisture.
- Cut the tofu into 1-inch cubes.

2. Season and Cook the Tofu:

- In a bowl, mix 1/2 tablespoon of olive oil, minced garlic, dried oregano, salt, and pepper.
- Toss the tofu cubes in the mixture to coat evenly.
- Heat a non-stick skillet over medium heat.
- Add the tofu cubes and cook for 5-7 minutes, turning occasionally, until golden brown and crispy on all sides.
- Remove from the skillet and set aside.

Recipe Continues

3. Prepare the Lentil and Vegetable Medley:

- In the same skillet, add 1/2 tablespoon of olive oil over medium heat.
- Add the grated ginger and sauté for 1 minute until fragrant.
- Add the broccoli florets and green beans to the skillet.
- Stir-fry the vegetables for 5-7 minutes until they are tender but still crisp.
- Add the cooked lentils to the skillet, stirring to combine.
- Season with salt and pepper to taste.
- Cook for another 2-3 minutes until everything is heated through.

4. Steam the Asparagus:

- Bring a pot of water to a boil and place a steamer basket over it.
- Add the asparagus to the steamer basket.
- Cover and steam for 4-5 minutes, until the asparagus is tender but still bright green.
- Remove from the steamer and season with salt, pepper, and a squeeze of lemon juice if desired.

5. Prepare the Lemon Herb Dressing:

- In a small bowl, mix the juice of half a lemon, 1/2 tablespoon olive oil, minced garlic, salt, and pepper.

6. Assemble the Bowl:

- Arrange the lentil and vegetable medley in a bowl.
- Top with the crispy herb-crusted tofu cubes.
- Place the steamed asparagus on the side.
- Drizzle the lemon herb dressing over the entire bowl.

Evening Snack Recipes

Vegan Wondershake Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 8-10 ice cubes
- 100ml (3.5 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Prepare the Base:

- In a blender, combine the Vegan Wondershake, ice cubes, and water.
- Add stevia to taste if you prefer a sweeter ice cream.

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.
- If the mixture is too thick, add a little more water; if it's too thin, add a few more ice cubes.

3. Freeze the Mixture:

- Pour the blended mixture into a shallow, freezer-safe container.
- Cover the container and place it in the freezer for at least 2-3 hours, or until the mixture is firm.

4. Serve:

- Once the ice cream is frozen, remove it from the freezer.
- Let it sit at room temperature for a few minutes to soften slightly before scooping.
- Scoop the ice cream into a bowl and enjoy immediately.

Protein Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 6-8 ice cubes
- 200ml (7 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, combine the Vegan Wondershake, ice cubes, and water.
- Add stevia to taste if you prefer a sweeter smoothie.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy.
- If the smoothie is too thick, add more water a little at a time until you reach your desired consistency.

3. Serve:

- Pour the smoothie into a glass.

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 Getty- my 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