THE SCULPTED *vegan*



FREE FOOD RECIPES

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OUR GIFT TO YOU



Free Foods

GREEN CRUCIFERS (FREE FOOD) The following are allowed in unlimited quantities:	
Spinach	Celery
Broccoli	Radish
Green beans	Brussels sprouts
Asparagus	Collard greens
Cauliflower (not green, but allowed)	Cabbage (not red)
Kale	Frozen peas / Petits pois
Pak choi / Bok choy	Zucchini / Courgette
Salad greens / Lettuce	Cucumber
Mushrooms (not a crucifer but contains zero calories)	

Free Flavorings

You can use any of the following to flavor your food:

- Mexican Spice Tajin (this is AMAZING for flavoring food!)
- Tamari/soy sauce/liquid aminos/liquid smoke
- Spices, fresh or dried
- Herbs, fresh or dried
- Fresh or powdered garlic
- Fresh or powdered ginger
- Spice mix or seasoning (such as that you would put on a fajita)
- Apple cider vinegar (*Natural Umber is only available in the UK & Europe)
- Fresh lemon or lime juice
- Salt & pepper

One of my favorite ways to flavor food is with spice mixes or seasonings that don't contain extra calories. You can buy these in the supermarket or search on Google to make your own. Don't be afraid to get innovative with marinades and seasonings. One of my favorite marinade mixes is lemon juice, herbs, fresh garlic, and salt.

Free Food Recipes

Use these recipes to bulk up any of your meals. While we give ingredient amounts, you can really eat as many green cruciferous vegetables as you wish. Enjoy!

Garlic Sautéed Broccoli

INGREDIENTS

- 200g (7 oz) broccoli florets
- 1 tbsp olive oil
- 2 cloves garlic, minced
- Salt and pepper to taste

INSTRUCTIONS

1. Heat olive oil in a pan over medium heat.
2. Add minced garlic and cook until fragrant, about 30 seconds.
3. Add broccoli florets and sauté for 5-7 minutes until tender but still crisp.
4. Season with salt and pepper and serve.

Roasted Brussels Sprouts with Lemon

INGREDIENTS

- 300g (10.5 oz) Brussels sprouts, halved
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Toss Brussels sprouts with olive oil, salt, and pepper.
3. Spread on a baking sheet and roast for 20-25 minutes until crispy and golden.
4. Drizzle with lemon juice before serving.

Steamed Kale with Garlic

INGREDIENTS

- 150g (5 oz) kale, stems removed, and chopped
- 1 tbsp olive oil
- 2 cloves garlic, minced
- Salt and pepper to taste

INSTRUCTIONS

1. Steam kale for 5 minutes until wilted.
2. Heat olive oil in a pan over medium heat, add garlic, and cook until fragrant.
3. Toss steamed kale in the garlic oil and season with salt and pepper.
4. Serve warm.

Spicy Stir-Fried Bok Choy

INGREDIENTS

- 200g (7 oz) baby bok choy, halved lengthwise
- 1 tbsp sesame oil
- 1 tsp soy sauce
- 1 tsp chili flakes
- 1 clove garlic, minced

INSTRUCTIONS

1. Heat sesame oil in a pan over medium-high heat.
2. Add garlic and cook for 30 seconds.
3. Add bok choy and stir-fry for 3-4 minutes until tender.
4. Stir in soy sauce and chili flakes, and cook for another minute.
5. Serve immediately.

Charred Cabbage Wedges with Balsamic

INGREDIENTS

- 250g (9 oz) green cabbage, cut into wedges
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

INSTRUCTIONS

1. Heat olive oil in a large skillet over medium-high heat.
2. Add cabbage wedges and cook for 3-4 minutes per side until charred and softened.
3. Drizzle with balsamic vinegar and season with salt and pepper before serving.

Broccoli and Brussels Sprout Salad

INGREDIENTS

- 100g (3.5 oz) broccoli florets
- 100g (3.5 oz) Brussels sprouts, shredded
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- Salt and pepper to taste

INSTRUCTIONS

1. Steam broccoli for 3-4 minutes, then let cool.
2. In a large bowl, combine steamed broccoli and shredded Brussels sprouts.
3. Whisk together olive oil, lemon juice, mustard, salt, and pepper, and toss with the vegetables.
4. Serve chilled or at room temperature.

Sautéed Collard Greens with Onions

INGREDIENTS

- 200g (7 oz) collard greens, stems removed, and chopped
- 1 small onion, sliced
- 1 tbsp olive oil
- Salt and pepper to taste

INSTRUCTIONS

1. Heat olive oil in a pan over medium heat and sauté onions until translucent.
2. Add chopped collard greens and sauté for 5-7 minutes until tender.
3. Season with salt and pepper and serve warm.

Roasted Broccoli and Kale

INGREDIENTS

- 150g (5 oz) broccoli florets
- 100g (3.5 oz) kale, stems removed, and chopped
- 1 tbsp olive oil
- Salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Toss broccoli and kale with olive oil, salt, and pepper.
3. Spread on a baking sheet and roast for 15-20 minutes until crispy.
4. Serve immediately.

Garlic Roasted Brussels Sprouts and Broccoli

INGREDIENTS

- 150g (5 oz) Brussels sprouts, halved
- 150g (5 oz) broccoli florets
- 1 tbsp olive oil
- 3 cloves garlic, minced
- Salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Toss Brussels sprouts and broccoli with olive oil, garlic, salt, and pepper.
3. Spread on a baking sheet and roast for 20-25 minutes until golden and tender.
4. Serve immediately.

Sautéed Bok Choy and Broccoli

INGREDIENTS

- 100g (3.5 oz) bok choy, chopped
- 150g (5 oz) broccoli florets
- 1 tbsp olive oil
- 1 tsp soy sauce
- 1 clove garlic, minced

INSTRUCTIONS

1. Heat olive oil in a pan over medium heat and add garlic.
2. Add broccoli florets and sauté for 5 minutes.
3. Add chopped bok choy and soy sauce, and continue to sauté for another 3-4 minutes.
4. Serve warm.

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!)

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