THE
SCULPTED
menopause



VEGAN
SOUP RECIPES

THE

SCULPTED

menopause

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



Mexican Black Bean and Vegetable Soup

Serves 1

Prep time: 10 mins

Cook time: 25 mins

INGREDIENTS

- 200g (7 oz) black beans, cooked (canned, drained, or pre-cooked from dry)
- 100g (4 oz) tomatoes, diced
- 50g (2 oz) green bell pepper, diced
- 50g (2 oz) zucchini, diced
- 1 clove garlic, minced
- 500ml (17 oz) vegetable broth
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1 tbsp lime juice
- Salt and pepper to taste
- Fresh cilantro, for garnish

METHOD

1. Heat the Oil

- Place a large pot on medium heat. Add 1 tbsp olive oil and let it warm for about 1 minute.

2. Sauté the Garlic and Vegetables

- Add the minced garlic to the pot and sauté for about 30 seconds, until fragrant (don't let it brown). Then, add the diced tomatoes, green bell pepper, and zucchini. Stir well and cook for about 5 minutes, stirring occasionally, until vegetables begin to soften.

3. Add Spices and Beans

- Sprinkle in the ground cumin and smoked paprika. Stir to coat the vegetables with the spices. Add the cooked black beans to the pot, stirring to mix them with the vegetables.

Recipe Continues

4. Add Broth and Simmer

- Pour in the vegetable broth, stir, and bring to a boil. Once it's boiling, reduce the heat to low and let it simmer for 15 minutes. This allows the flavors to blend.

5. Finish with Lime Juice and Seasoning

- After 15 minutes, add the lime juice, and season with salt and pepper to taste. Stir well and turn off the heat.

6. Garnish and Serve

- Ladle the soup into a bowl, garnish with fresh cilantro, and serve hot.

Creamy Broccoli and Spinach Soup

Serves 1

Prep time: 10 mins

Cook time: 20 mins

INGREDIENTS

- 150g (5 oz) broccoli florets
- 50g (2 oz) spinach leaves
- 200g (7 oz) silken tofu (for creaminess and protein)
- 1 clove garlic, minced
- 500ml (17 oz) vegetable broth
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh chives, for garnish

METHOD

1. Sauté Garlic

- In a medium pot, heat olive oil over medium heat. Add the minced garlic and cook for 1 minute until fragrant.

2. Add Broccoli and Broth

- Add broccoli florets and vegetable broth to the pot. Bring to a boil, then reduce heat to a simmer and cook for 10 minutes, until broccoli is tender.

3. Blend with Tofu and Spinach

- Add silken tofu and spinach to the pot. Use an immersion blender to blend until smooth and creamy (or transfer to a blender and blend in batches). Reheat if needed.

4. Season and Serve

- Season with salt and pepper. Garnish with fresh chives and serve warm.

Rustic Tomato Basil Soup

Serves 1

Prep time: 10 mins

Cook time: 25 mins

INGREDIENTS

- 200g (7 oz) ripe tomatoes, diced
- 50g (2 oz) firm tofu, crumbled (for added protein)
- 1 small onion, chopped
- 1 clove garlic, minced
- 500ml (17 oz) vegetable broth
- 1 tbsp olive oil
- 1/2 tsp dried oregano
- Fresh basil leaves, chopped, plus more for garnish
- Salt and pepper to taste

METHOD

1. Sauté Onion and Garlic

- In a pot, heat olive oil over medium heat. Add the chopped onion and cook for 3-4 minutes until softened. Add minced garlic and cook for 1 more minute.

2. Add Tomatoes and Seasonings

- Add diced tomatoes, dried oregano, and a pinch of salt. Cook for 10 minutes, stirring occasionally, until the tomatoes break down and become saucy.

3. Add Broth and Tofu

- Pour in the vegetable broth and add crumbled tofu. Simmer for 10 minutes to allow flavors to meld.

4. Blend and Serve

- Use an immersion blender to blend the soup to your desired consistency (chunky or smooth). Season with salt and pepper. Garnish with fresh basil leaves and serve hot.

Mushroom and Lentil Soup

Serves 1

Prep time: 10 mins

Cook time: 30 minutes

INGREDIENTS

- 150g (5 oz) mixed mushrooms, sliced (e.g., button, cremini)
- 50g (2 oz) cooked green or brown lentils
- 1 small leek, chopped
- 1 clove garlic, minced
- 500ml (17 oz) vegetable broth
- 1/2 tsp dried thyme
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh parsley, for garnish

METHOD

1. Sauté Leek, Garlic, and Mushrooms

- In a pot, heat olive oil over medium heat. Add chopped leek and cook for 3 minutes until softened. Add garlic and cook for 1 more minute. Add sliced mushrooms and cook for 5 minutes until mushrooms are soft and golden.

2. Add Lentils and Broth

- Add the cooked lentils and vegetable broth to the pot, along with dried thyme. Stir well and bring to a boil.

3. Simmer the Soup

- Reduce heat to low and simmer for 15 minutes, allowing flavors to meld.

4. Season and Serve

- Season with salt and pepper. Garnish with fresh parsley and serve warm.

Green Vegetable Soup with Leek and Spinach

Serves 1

Prep time: 10 mins

Cook time: 20 minutes

INGREDIENTS

- 100g (4 oz) broccoli florets
- 100g (4 oz) spinach
- 1 small leek, sliced thinly
- 200g (7 oz) firm tofu, cubed (for added protein)
- 1 clove garlic, minced
- 500ml (17 oz) vegetable broth
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh parsley, for garnish

METHOD

1. Sauté Leek and Garlic

- In a pot, heat olive oil over medium heat. Add sliced leek and cook for 3 minutes until soft. Add minced garlic and cook for another minute.

2. Add Broccoli, Spinach, and Tofu

- Add the broccoli florets, spinach, and cubed tofu to the pot. Stir well to combine.

3. Add Broth and Simmer

- Pour in the vegetable broth, bring to a boil, then reduce the heat and simmer for 10 minutes until the broccoli is tender.

4. Blend and Serve

- Use an immersion blender to blend until smooth (or leave a bit chunky if preferred). Season with salt and pepper, garnish with parsley, and serve hot.

Tuscan White Bean Soup

Serves 1

Prep time: 10 mins

Cook time: 25 mins

INGREDIENTS

- 200g (7 oz) cooked white beans (e.g., cannellini or navy beans)
- 50g (2 oz) spinach or kale, chopped
- 1 clove garlic, minced
- 1 small carrot, finely diced (optional for flavor)
- 500ml (17 oz) vegetable broth
- 1/2 tsp dried rosemary
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh thyme, for garnish

METHOD

1. Sauté Garlic and Carrot

- In a pot, heat olive oil over medium heat. Add the minced garlic and diced carrot (if using) and cook for 3 minutes until softened and fragrant.

2. Add Beans and Broth

- Add the cooked white beans and vegetable broth to the pot. Stir in the dried rosemary.

3. Simmer the Soup

- Bring the soup to a boil, then reduce the heat to low and simmer for 15 minutes to allow flavors to meld.

4. Add Greens and Serve

- Add chopped spinach or kale and cook for 2-3 minutes until wilted. Season with salt and pepper. Garnish with fresh thyme and serve warm.

Italian-Style Tempeh and Broccoli Sauté

Serves 1

Prep time: 10 mins

Cook time: 15 mins

INGREDIENTS

- 200g (7 oz) tempeh, sliced
- 100g (4 oz) broccoli florets
- 50g (2 oz) cherry tomatoes, halved
- 1 clove garlic, minced
- 1/2 tsp dried basil
- 1/2 tsp dried thyme
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh parsley, for garnish

METHOD

1. Heat Oil and Cook Tempeh

- In a pan, heat 1/2 tbsp olive oil over medium heat. Add tempeh slices and cook for 5 minutes, turning occasionally until golden. Remove from the pan and set aside.

2. Cook Garlic and Broccoli

- In the same pan, add the remaining 1/2 tbsp olive oil. Add garlic and cook for 1 minute until fragrant. Add broccoli and cook for 3 minutes, stirring occasionally.

3. Add Cherry Tomatoes and Spices

- Add cherry tomatoes, basil, and thyme to the pan. Stir and cook for another 3 minutes until tomatoes start to soften.

4. Combine and Season

- Add the cooked tempeh back into the pan and mix well. Season with salt and pepper.

5. Garnish and Serve

- Garnish with fresh parsley and 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!)

THE SCULPTED *vegan*

APPAREL



















SHOP NOW

THE

SCULPTED

menopause

WWW.THESCULPTEDVEGAN.COM