THE SCULPTED *vegan*



WEEK 1

NON-VEGAN MEAL PLANS

THE

SCULPTED

vegan™

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OUR GIFT TO YOU



*The vegan Wondershake from the Protein Works is our preferred protein option for the majority of our customers. **However, the Protein Works does not currently deliver to Australia and New Zealand.** We have collated a list of recommended protein powders that fit the same macros as the Wondershake as closely as possible. Please note however, that there will be minimal differences in the calories and macros. Download recommended options **HERE.**

How to use this meal plan

The calorie and macro split for this meal plan are:

1200 Calories

40% protein

30% carbs

30% fat

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**

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 CAN:

Swap meals between meal plan weeks. For example, **you can** eat breakfast from week 1, lunch from week 2 and dinner from week 3 in one day or week to make up a plan that you like. You can also eat unlimited amounts of green cruciferous vegetables and green salad greens, as they are mainly made up of fiber. Bulk up your meals with them and snack on them if a craving hits. **CLICK HERE** for the list of free foods and flavorings.

YOU CANNOT:

Eat the same meal twice in one day. For example, **you cannot** eat lunch from week 1 for lunch, lunch from week 2 for dinner, and breakfast from week 3 for a snack. You can swap lunch for lunch, dinner for dinner etc., but the order of the meals must remain the same. You also cannot swap recipes, protein or ingredients between the vegan and non vegan plans.

PROTEIN SUBSTITUTES:

Please see below appropriate substitutions for non-vegan proteins. If you wish to swap out the protein in a selected meal, you can use the list below to select another protein source.

Raw, Skinless, Chicken Breast	100g
Raw, Lean Minced Beef	100g
Raw Turkey Breast	100g
Raw Egg Whites	200g
Wondershake Protein Powder (Any Flavour)	30g
Raw, Frozen White Fish	150g

NOTE: As we are a vegan company, we request that when you discuss these meal plans in The Sculpted Vegan communities or coaching calls, you use the wording "non-vegan protein" rather than the specifics of eggs, chicken, etc., to be respectful to our vegan members. We would really appreciate it. Thank you!

Breakfast Recipes

Blueberry Protein Oatmeal

Serves 1

Prep time: 5 minutes

Cook time: 10 minutes

INGREDIENTS

- 30g (1 oz) rolled oats
- 100ml (3.5 fl oz) soya milk
- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 50g (2 oz) blueberries
- 1 tsp lemon juice
- Zest of 1/2 lemon

METHOD

1. Cook the Oats

- In a small saucepan, combine the rolled oats and soya milk.
- Bring to a gentle simmer over medium heat, stirring occasionally until the oats are soft and creamy, about 5-7 minutes.

2. Add Protein and Lemon Zest

- Remove the saucepan from the heat and stir in the Wondershake Protein Powder until fully incorporated and smooth.
- Add the lemon zest, stirring to infuse the oats with a zesty flavor.

3. Fold in the Blueberries

- Gently fold in the blueberries, allowing them to warm slightly but not burst, preserving their texture.

4. Finish with Lemon

- Stir in the lemon juice for a bright, tangy note that complements the sweetness of the blueberries.

5. Serve and Enjoy

- Transfer the oatmeal to a bowl and enjoy.

Post Workout Recipes

Protein-Packed Peanut Butter Ice Cream

Serves 1

Prep time: 5 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 200g (7 oz) frozen riced cauliflower
- 1 tsp peanut butter
- 1 tsp lemon juice
- 1/2 tsp vanilla extract (optional)

METHOD

1. Blend the Ingredients

- In a high-powered blender or food processor, add the frozen cauliflower rice.
- Pulse a few times to break it down slightly, then add the Wondershake Protein Powder, peanut butter, lemon juice, and vanilla extract (if using).
- Blend on high until the mixture becomes smooth and creamy, scraping down the sides as needed. This may take a couple of minutes.

2. Adjust Consistency

- If the mixture is too thick, you can add a small splash of cold water or a few extra drops of lemon juice to achieve your desired consistency.
- Continue blending until the ice cream is smooth and has a soft-serve consistency.

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 12 hours, or until the mixture is firm.

4. Serve and Garnish

- Scoop the ice cream into a bowl. Serve and enjoy.

Lunch Recipes

Chicken and Vegetable Stir-Fry with Basmati Rice and Green Cruciferous Salad

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

For the Stir-Fry:

- 30g (1 oz) uncooked white basmati rice
- 100g (4 oz) sliced mushrooms
- 150g (5 oz) broccoli, cut into small florets
- 100g (4 oz) raw, skinless chicken breast, diced
- 1 tsp olive oil
- 50g (2 oz) bell pepper, sliced
- 30g (1 oz) onion, sliced
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp soy sauce
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 pinch chili flakes (optional)
- 100ml (3.5 fl oz) vegetable stock (fresh or dried)
- Fresh coriander leaves for garnish (optional)

For the Green Cruciferous Salad:

- 50g (2 oz) kale, chopped
- 50g (2 oz) cabbage, thinly sliced
- 30g (1 oz) spinach
- 1 tsp lemon juice
- 1 tsp lime juice
- 1 tsp fresh mint leaves, finely chopped
- 1 pinch black pepper
- 1 pinch salt

Recipe Continues

METHOD

1. Cook the Basmati Rice

- Rinse the basmati rice under cold water until the water runs clear.
- In a small pot, add the rice and double the amount of water by volume.
- Bring to a boil, then reduce the heat to low, cover, and simmer for about 12-15 minutes until the rice is cooked and the water is absorbed.
- Fluff the rice with a fork and set aside.

2. Prepare the Chicken and Vegetables

- In a large pan, heat the olive oil over medium heat.
- Add the diced chicken breast and cook, stirring frequently, until the chicken is browned and cooked through, about 5-7 minutes.
- Remove the chicken from the pan and set it aside.

3. Stir-Fry the Vegetables

- In the same pan, add the minced garlic, grated ginger, sliced onion, and bell pepper. Stir-fry for 2-3 minutes until fragrant and slightly softened.
- Add the sliced mushrooms and broccoli florets, stirring well to combine.
- Pour in the vegetable stock and soy sauce, and stir-fry for 4-5 minutes until the vegetables are tender but still crisp.

4. Combine and Add Flavor

- Return the cooked chicken to the pan with the vegetables.
- Add the lemon juice, lime juice, and chili flakes (if using), stirring well to coat everything in the flavorful sauce.
- Allow the mixture to cook for another 2 minutes to let the flavors meld together.

5. Prepare the Green Cruciferous Salad

- In a mixing bowl, combine the chopped kale, sliced cabbage, and spinach.
- Drizzle with lemon juice and lime juice.
- Sprinkle with finely chopped mint leaves, black pepper, and a pinch of salt.
- Toss the salad to evenly coat the greens in the dressing.

6. Serve and Garnish

- Serve the stir-fried chicken and vegetables over the cooked basmati rice.
- Plate the green cruciferous salad on the side.
- Garnish the stir-fry with fresh coriander leaves if desired.
- Serve and enjoy.

Dinner Recipes

Beef and Tomato Courgette Noodles with Roasted Cruciferous Vegetables

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

For the Beef and Tomato Courgette Noodles:

- 100g (4 oz) raw lean minced beef
- 25g (1 oz) white onion, finely chopped
- 100g (4 oz) crushed, canned tomatoes
- 1 tsp olive oil
- 150g (5 oz) raw courgette, spiralized into noodles
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tsp soy sauce
- 1 tsp lemon juice
- 1 tsp lime juice
- 1/2 tsp dried oregano
- 1 pinch chili flakes (optional)
- Fresh parsley or coriander for garnish

For the Roasted Cruciferous Vegetables:

- 100g (4 oz) broccoli florets
- 100g (4 oz) kale, chopped
- 1 tsp soy sauce
- 1 tsp lemon juice
- 1 pinch black pepper
- 1 pinch garlic powder

Recipe Continues

METHOD

1. Prepare the Roasted Cruciferous Vegetables

- Preheat your oven to 200°C (400°F).
- In a bowl, toss the broccoli florets and chopped kale with soy sauce, lemon juice, black pepper, and garlic powder.
- Spread the vegetables on a baking tray lined with parchment paper.
- Roast in the oven for 20-25 minutes, or until the vegetables are tender and slightly crispy, stirring halfway through.

2. Cook the Beef and Tomato Sauce

- While the vegetables are roasting, heat a pan over medium heat and add the olive oil.
- Add the chopped onion and cook until soft and translucent
- Add the minced garlic, and grated ginger to the pan, stirring for 1-2 minutes until fragrant.
- Then add the minced beef to the pan with the onion, cooking and breaking it up with a spatula until browned and cooked through, about 5-7 minutes.
- Pour in the crushed tomatoes, soy sauce, dried oregano, and chili flakes (if using). Stir to combine and let the mixture simmer for 10 minutes, allowing the flavors to meld.

3. Prepare the Courgette Noodles

- While the sauce is simmering, peel the courgette lengthways with a potato peeler into ribbons.
- Add the courgette noodles to the pan with the beef and tomato sauce, stirring gently to coat the noodles with the sauce.
- Cook for 2-3 minutes until the courgette noodles are tender but still slightly crisp.

4. Add Fresh Flavors

- Once the courgette noodles are cooked, remove the pan from the heat.
- Stir in the lemon juice, lime juice.
- Adjust seasoning with additional salt or pepper if needed.

5. Serve and Garnish

- Serve the beef and tomato courgette noodles on a plate.
- Arrange the roasted cruciferous vegetables on the side.
- Garnish the dish with fresh parsley or coriander for an extra touch of flavor.
- Serve and enjoy.

Evening Snack Recipes

Peanut Butter Protein Energy Balls

Serves 1

Prep time: 10 minutes

Freezing time : 15 minutes

INGREDIENTS

- 30g (1 oz) rolled oats
- 1 tbsp peanut butter
- 12.5g (0.5 oz) **Vegan Wondershake** (any flavor)
- 1 tsp lemon juice
- 1 pinch Stevia (adjust to taste)
- 1 pinch cinnamon (optional)
- 1 tbsp water

METHOD

1. Mix the Dry Ingredients

- In a small mixing bowl, combine the rolled oats and Wondershake Protein Powder.
- If using cinnamon, add it to the mixture and stir to combine.

2. Incorporate the Wet Ingredients

- In a small bowl, mix the peanut butter, stevia, water and lemon juice together then add to the dry ingredients.
- Mix thoroughly with a spoon or your hands, until all the ingredients are well combined and form a sticky, dough-like consistency. If the mixture feels too dry, add a little more water in small amounts until the desired consistency is reached.

3. Form the Protein Balls

- With clean hands, take small portions of the mixture and roll them into bite-sized balls.
- If the mixture is too sticky, you can lightly wet your hands with water to make rolling easier.

4. Chill and Serve

- Place the protein balls in the refrigerator for about 10-15 minutes to firm up.
- Once chilled, serve and enjoy!

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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