THE SCULPTED *vegan*



WEEK 2
NON-VEGAN MEAL PLANS

THE

SCULPTED

vegan™

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



*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 Lemon Protein Overnight Oats

Serves 1

Prep time: 5 minutes

Chilling time: Overnight

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
- 1/2 tsp vanilla extract (optional)
- 1 pinch cinnamon (optional)

METHOD

1. Mix the Base Ingredients

In a small jar or container, combine the rolled oats and soya milk.

Stir well until all the ingredients are fully incorporated.

2. Add Flavors and Blueberries

- Add the lemon juice, lemon zest, and vanilla extract (if using) to the oats mixture. Stir to combine, ensuring the flavors are evenly distributed.
- Gently fold in the blueberries.

3. Chill Overnight

- Cover the jar or container with a lid and place it in the refrigerator.
- Allow the oats to soak and absorb the liquid overnight (at least 6-8 hours).

4. Serve and Garnish

- In the morning, give the overnight oats a quick stir.
- Add the protein powder and more water. Stir again until the desired consistency is achieved.

Post Workout Recipes

Peanut Butter Protein Ice Lolly

Serves 1

Prep time: 10 minutes

Freeze time : 4-6 hours

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)
- 1 pinch cinnamon (optional)

METHOD

1. Blend the Ingredients

- In a high-powered blender or food processor, add the frozen cauliflower rice.
- Blend until the cauliflower rice starts to break down, then add the Wondershake Protein Powder, peanut butter, lemon juice, vanilla extract (if using), and cinnamon (if using).
- Continue blending until the mixture is smooth and creamy, with no visible chunks of cauliflower.

2. Prepare the Ice Lolly

- Pour the blended mixture into an ice lolly mold, tapping the mold gently on the counter to remove any air bubbles.
- Insert a wooden stick into the center of the mold.

3. Freeze

- Place the mold in the freezer and allow the ice lolly to freeze for at least 4-6 hours, or until completely solid.

4. Serve and Enjoy

- Once frozen, remove the ice lolly from the mold by running warm water over the outside of the mold for a few seconds. Enjoy.

Lunch Recipes

Lemon Garlic Chicken with Mushroom Rice

Serves 1

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

For the Lemon Garlic Chicken:

- 30g (1 oz) uncooked white basmati rice
- 100g (4 oz) sliced mushrooms
- 100g (4 oz) raw, skinless chicken breast
- 1 tsp olive oil
- 1 clove garlic, minced
- 1 tsp lemon juice
- 1/2 tsp dried thyme
- 1 pinch black pepper
- 1 pinch salt

For the Roasted Broccoli with Lemon and Mint:

- 150g (5 oz) broccoli, cut into small florets
- 1 tsp lemon juice
- Fresh mint leaves, finely chopped
- 1 pinch black pepper
- 1 pinch garlic powder

METHOD

1. Cook the 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. Cook the Chicken

- In a pan, heat the olive oil over medium heat.
- Add the chicken breast, season with salt, black pepper, and thyme, and cook for 5-7 minutes on each side, or until the chicken is fully cooked.
- Add the minced garlic and lemon juice, cooking for an additional 1-2 minutes until fragrant.
- Remove the chicken from the pan and let it rest.

Recipe Continues

3. Cook the Mushroom Rice

- In the same pan, add the sliced mushrooms and sauté for 5 minutes until tender.
- Stir the cooked mushrooms into the cooked rice and mix well.

4. Prepare the Side Dish

- Preheat the oven to 200°C (400°F).
- Toss the broccoli florets with lemon juice, black pepper, garlic powder, and chopped mint leaves.
- Spread the broccoli on a baking tray and roast for 15-20 minutes until tender and slightly crispy.

5. Serve

- Serve the lemon garlic chicken over the mushroom rice.
- Plate the roasted broccoli on the side.

Dinner Recipes

Herb-Infused Beef and Tomato Courgette Bake with Roasted Brussels Sprouts

Serves 1

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

For the Herb-Infused Beef and Tomato Courgette Bake

- 100g (4 oz) raw lean minced beef
- 25g (1 oz) cooked onion, finely chopped
- 100g (4 oz) crushed, canned tomatoes
- 150g (5 oz) raw courgette, sliced into rounds
- 1 tsp olive oil
- 1 clove garlic, minced
- 1 tsp dried oregano
- 1/2 tsp dried basil
- 1 pinch black pepper
- 1 pinch salt

For the Lemon-Thyme Roasted Brussels Sprouts:

- 100g (4 oz) Brussels sprouts, halved
- 1 tsp lemon juice
- 1/2 tsp dried thyme
- 1 pinch black pepper
- 1 pinch garlic powder
- 50ml (2 fl oz) vegetable stock

METHOD

1. Prepare the Beef and Tomato Courgette Bake

- Preheat your oven to 180°C (350°F).
- In a skillet, heat the olive oil over medium heat.
- Add the minced beef and cook, breaking it up with a spatula, until browned and cooked through, about 5-7 minutes.
- Add the cooked onion, minced garlic, dried oregano, dried basil, black pepper, and salt. Cook for another 2-3 minutes until the herbs are fragrant.
- Stir in the crushed tomatoes and bring the mixture to a simmer.
- In an ovenproof dish, layer the courgette slices on the bottom.
- Pour the beef and tomato mixture over the courgette slices, spreading it evenly.
- Cover the dish with foil and bake in the preheated oven for 15-20 minutes, or until the courgette is tender.

Recipe Continues

2. Prepare the Roasted Brussels Sprouts

- While the bake is in the oven, preheat the oven to 200°C (400°F) for the Brussels sprouts.
- Toss the halved Brussels sprouts with lemon juice, dried thyme, black pepper, garlic powder, and vegetable stock. If you don't have a second oven, you can add the Brussels sprouts in with the bake.
- Spread the Brussels sprouts on a baking tray lined with parchment paper.
- Roast in the oven for 15-20 minutes, stirring halfway through, until the Brussels sprouts are tender and slightly crispy on the edges.

3. Serve:

- Serve the herb-infused beef and tomato courgette bake hot from the oven.
- Plate the lemon-thyme roasted Brussels sprouts on the side.

Evening Snack Recipes

Peanut Butter Oat Protein Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 30g (1 oz) rolled oats
- 1 tbsp peanut butter
- 12.5g (0.5 oz) **Vegan Wondershake** (any flavor)
- 150ml (5 fl oz) water
- 1 tsp lemon juice
- 1/2 tsp vanilla extract (optional)
- 1 pinch cinnamon (optional)
- 1-2 ice cubes (optional)

METHOD

1. Blend the Ingredients

- In a blender, combine the rolled oats, peanut butter, Wondershake Protein Powder, and water.
- Add the lemon juice, vanilla extract (if using), and cinnamon (if using) to the blender.
- Blend on high until the mixture is smooth and creamy. If you prefer a colder smoothie, add 1-2 ice cubes and blend again until smooth.

2. Adjust Consistency

- If the smoothie is too thick, add a little more water to reach your desired consistency, blending until smooth.

3. Serve and Garnish

- Pour the smoothie into a glass.
- Enjoy cold.

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

vegan™

WWW.THESCULPTEDVEGAN.COM