THE SCULPTED *vegan*



WEEK 3
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 Smoothie

Serves 1

Prep time: 5 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
- 1/2 tsp vanilla extract (optional)
- 1-2 ice cubes (optional)

METHOD

1. Blend the Ingredients

- In a blender, combine the rolled oats, soya milk, Wondershake Protein Powder, and blueberries.
- Add the lemon juice and vanilla extract (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 soya milk to reach your desired consistency, blending until smooth.

3. Serve and Garnish

- Pour the smoothie into a glass.
- Serve and enjoy.

Post Workout Recipes

Peanut Butter Protein Cookies

Serves 1

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 200g (7 oz) fresh cauliflower florets, riced
- 1 tsp peanut butter
- 1 tsp lemon juice
- 1/2 tsp vanilla extract (optional)
- 1 pinch cinnamon (optional)
- 1 pinch baking powder

METHOD

1. Mix the Dough

- Preheat your oven to 160°C (320°F).
- Place the cauliflower florets into a food processor and blend until they resemble rice. Place in a mixing bowl. In a small bowl, combine the protein powder, peanut butter, lemon juice, vanilla extract (if using), cinnamon (if using), and baking powder. Mix thoroughly until the ingredients are well combined and form a dough-like consistency. If the mixture seems too dry, add a little more water bit by bit, until the dough is formed.

2. Shape and Bake the Cookies

- Line a baking tray with parchment paper.
- Scoop small portions of the dough onto the baking tray and press down slightly to flatten them to about half an inch thick.
- Bake in the preheated oven for 12-15 minutes, or until the edges are golden brown and the cookies are firm to the touch.

3. Cool and Serve

- Remove the cookies from the oven and allow them to cool on the tray for a few minutes before transferring them to a wire rack to cool completely.
- Serve and enjoy.

Lunch Recipes

Herb-Crusted Chicken with Mushroom and Rice Medley

Serves 1

Prep time: 15 minutes

Cook time: 40 minutes

INGREDIENTS

For the Herb-Crusted 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 dried oregano
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 1 pinch black pepper
- 1 pinch salt

For the Spicy Cauliflower, Broccoli, and Spinach:

- 50g (2 oz) cauliflower florets
- 50g (2 oz) broccoli florets
- 50g (2 oz) spinach leaves
- 1/2 tsp chili powder
- 1/2 tsp smoked paprika
- 1 tsp lemon juice
- 1 pinch garlic powder
- 1 pinch black pepper

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 small bowl, mix the oregano, thyme, rosemary, black pepper, and salt.
- Rub this herb mixture all over the chicken breast.
- In a pan, heat the olive oil over medium heat.
- Add the chicken and cook for 5-7 minutes on each side until fully cooked.
- Remove the chicken from the pan and let it rest.

Recipe Continues

3. Cook the Mushroom and Rice Medley

- In the same pan, add the sliced mushrooms and minced garlic. 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 cauliflower, broccoli, and spinach with chili powder, smoked paprika, garlic powder, black pepper, and lemon juice.
- Spread the vegetables on a baking tray and roast for 15-20 minutes until tender and slightly crispy.

5. Serve

- Serve the herb-crusted chicken over the mushroom and rice medley.
- Plate the spicy roasted cauliflower, broccoli, and spinach on the side.

Dinner Recipes

Spiced Beef and Courgette Skillet with Garlicky Kale

Serves 1

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

For the Spiced Beef and Courgette Skillet:

- 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
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1 pinch chili flakes (optional)
- 1 pinch black pepper
- 1 pinch salt

For the Sautéed Garlicky Kale:

- 100g (4 oz) kale, chopped
- 1 clove garlic, minced
- 1 tsp lemon juice
- 1 pinch black pepper
- 1 pinch salt
- 50ml (2 fl oz) vegetable stock

METHOD

1. Cook the Beef and Courgette

- In a large 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, ground cumin, smoked paprika, chili flakes (if using), black pepper, and salt. Cook for another 2-3 minutes until the spices are fragrant.
- Stir in the crushed tomatoes and bring the mixture to a simmer.
- Add the courgette slices to the skillet, nestling them into the beef mixture.
- Cover and cook for 10 minutes, stirring occasionally, until the courgette is tender and the sauce has thickened.

Recipe Continues

2. Prepare the Garlicky Kale

- In a separate pan, heat a small amount of vegetable stock over medium heat.
- Add the minced garlic and sauté for 1-2 minutes until fragrant.
- Add the chopped kale, stirring to coat with the garlic and stock.
- Cook for 5-7 minutes until the kale is wilted and tender.
- Stir in the lemon juice, black pepper, and salt.

3. Serve

- Plate the spiced beef and courgette skillet.
- Serve the garlicky kale on the side.

Evening Snack Recipes

Peanut Butter Protein Oat Bites

Serves 1

Prep time: 10 minutes

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

METHOD

1. Mix the Ingredients

- In a small mixing bowl, combine peanut butter, lemon juice, water and vanilla extract. Add the oats and protein powder. Stir well until all the ingredients are fully combined into a sticky dough. If the mixture feels too dry, add a little more water in small amounts until the desired consistency is reached.

2. Shape the Bites

- 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.

3. Chill and Serve

- Place the peanut butter protein oat bites in the refrigerator for about 10-15 minutes to firm up. 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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