THE SCULPTED *vegan*



WEEK 4
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

Lemon-Lime 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
- 1 tsp lime juice
- Zest of 1/2 lemon
- Zest of 1/2 lime
- 1/2 tsp vanilla extract (optional)

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 Flavors

- Once the oats are cooked, remove the saucepan from the heat.
- Stir in the Wondershake Protein Powder until fully incorporated and smooth.
- Add the lemon juice, lime juice, lemon zest, lime zest, and vanilla extract (if using). Stir well to combine, infusing the oats with a bright, citrusy flavor.

3. Fold in the Blueberries

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

4. Serve and Garnish

- Transfer the oatmeal to a bowl.
- For extra citrus flavor, you can sprinkle a bit more lemon and lime zest on top.
- Serve warm and enjoy.

Post Workout Recipes

Cinnamon Nutmeg Peanut Butter Ice Cream

Serves 1

Prep time: 10 minutes

Freezing time: 2 hours

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 200g (7 oz) frozen riced cauliflower
- 1 tsp peanut butter
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/2 tsp vanilla extract (optional)

METHOD

1. Blend the Base

- In a high-powered blender or food processor, combine the frozen cauliflower rice, Wondershake Protein Powder, peanut butter, ground cinnamon, ground nutmeg, 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 the Flavor

- Taste the mixture and adjust the cinnamon and nutmeg to your preference, blending again to incorporate any additional spices.
- If the mixture is too thick, you can add a small splash of cold water to help achieve a smooth, ice cream-like consistency.

3. Freeze and Serve

- Pour the blended mixture into a small container or mold and smooth the top.
- Freeze for at least 1-2 hours, or until the ice cream is firm enough to scoop.
- Before serving, let the ice cream sit at room temperature for a few minutes to soften slightly.

4. Garnish and Enjoy

- Scoop the ice cream into a bowl.
- Enjoy.

Lunch Recipes

Spiced Chicken and Mushroom Pilaf with Ginger-Soy Broccoli and Kale

Serves 1

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

For the Spiced 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
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp smoked paprika
- 1 pinch chili flakes (optional)
- 1 pinch salt

For the Ginger-Soy Broccoli and Kale:

- 100g (4 oz) broccoli, cut into small florets
- 50g (2 oz) kale, chopped
- 1 tsp soy sauce
- 1/2 tsp fresh ginger, grated
- 1 tsp lime juice
- 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 pan, heat the olive oil over medium heat.
- Add the chicken breast, season with salt, cumin, coriander, smoked paprika, and chili flakes (if using).
- 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 Pilaf

- 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

- In a pan, heat a small amount of water until steaming.
- Add the broccoli and kale, and steam for 5-7 minutes until tender.
- Toss the steamed vegetables with soy sauce, grated ginger, lime juice, and black pepper.

5. Serve

- Serve the spiced chicken over the mushroom pilaf.
- Plate the ginger-soy broccoli and kale on the side.

Dinner Recipes

Beef Burger with Tomato-Courgette Relish and Green Side Salad

Serves 1

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

For the Burger:

- 100g (4 oz) raw, lean minced beef
- 25g (1 oz) cooked onion, finely chopped
- 1 clove garlic, minced
- 1 tsp soy sauce
- 1/2 tsp ground black pepper
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- Fresh lettuce leaves (to use as burger buns)

For the Side Salad:

- 50g (2 oz) cucumber, sliced
- 50g (2 oz) boiled asparagus
- 50g (2 oz) boiled broccoli
- Fresh mint leaves, finely chopped
- 1 tsp lime juice
- 1 pinch black pepper
- 1 pinch salt

For the Tomato-Courgette Relish:

- 100g (4 oz) crushed, canned tomatoes
- 150g (5 oz) raw courgette, finely diced
- 1 tsp olive oil
- 1/2 tsp dried oregano
- 1/2 tsp ground black pepper
- 1 pinch chili flakes (optional)
- 1/2 tsp fresh thyme leaves (or dried)
- 1 clove garlic, minced
- 1 tsp fresh lemon juice

Recipe Continues

METHOD

1. Prepare the Tomato-Courgette Relish

- In a pan, heat the olive oil over medium heat.
- Add the minced garlic and sauté for 1-2 minutes until fragrant.
- Add the finely diced courgette and cook for about 5 minutes until softened.
- Stir in the crushed tomatoes, dried oregano, ground black pepper, chili flakes (if using), and fresh thyme.
- Simmer the mixture for 10-12 minutes until it thickens into a relish-like consistency.
- Stir in the fresh lemon juice, then remove from heat and set aside.

2. Prepare the Beef Patty

- In a mixing bowl, combine the minced beef, cooked onion, minced garlic, soy sauce, ground black pepper, ground cumin, and smoked paprika.
- Mix thoroughly until all the ingredients are well incorporated.
- Shape the mixture into a patty.

3. Cook the Beef Patty

- Heat a non-stick pan over medium heat.
- Cook the beef patty for about 4-5 minutes on each side, or until it is cooked through.
- Once cooked, remove the patty from the pan and let it rest for a couple of minutes.

4. Boil the Asparagus and Broccoli

- In a pot, bring water to a boil and add a pinch of salt.
- Add the asparagus and broccoli to the boiling water.
- Boil for 3-4 minutes until the vegetables are tender but still crisp.
- Drain and rinse with cold water to stop the cooking process.

5. Assemble the Burger

- Use fresh lettuce leaves as the bun base.
- Place the cooked beef patty on the lettuce, then spoon a generous amount of the tomato-courgette relish over the patty.
- Top with another lettuce leaf to complete the burger.

6. Prepare the Side Salad

- In a mixing bowl, combine the sliced cucumber, boiled asparagus, and boiled broccoli.
- Toss with fresh mint leaves, lime juice, black pepper, and salt.

7. Serve and Enjoy

- Serve the beef burger with the tomato-courgette relish alongside the refreshing green side salad, and enjoy.

Evening Snack Recipes

Peanut Butter Protein Snack Bar

Serves 1

Prep time: 10 minutes

Chilling time: 30 minutes

INGREDIENTS

- 30g (1 oz) rolled oats
- 1 tbsp peanut butter
- 12.5g (0.5 oz) **Vegan Wondershake** (any flavor)
- Stevia to taste (optional)
- 1/2 tsp vanilla extract (optional)
- 1 pinch cinnamon (optional)
- 1 tsp lemon zest (optional)

METHOD

1. Mix the Dry Ingredients

- In a small mixing bowl, combine the rolled oats and Wondershake Protein Powder.
- Add the cinnamon and lemon zest (if using), and stir to evenly distribute the ingredients.

2. Incorporate the Wet Ingredients

- In a separate small bowl, mix the peanut butter with the Stevia (if using) until smooth.
- Pour the peanut butter mixture into the bowl with the dry ingredients.
- Stir well until all the ingredients are thoroughly combined and form a sticky, cohesive mixture.

3. Shape and Chill

- Line a small dish or tray with parchment paper.
- Press the mixture into the dish, shaping it into a compact rectangle or square, about 1 cm thick.
- Place the dish in the refrigerator and let it chill for at least 30 minutes to firm up.

4. Serve and Enjoy

- Once the cereal bar is firm, remove it from the refrigerator and cut it into a bar shape.
- 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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