THE SCULPTED *vegan*



WEEK 1
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 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.

Extra firm tofu	140g
Fresh Tempeh	100g
Beyond Mince Vegan Mince	100g
Organic TVP	50g
Wondershake Protein Powder	37.5g
No Oil Chicken Seitan*	1 Serving

**Please note this meal plan contains an updated Seitan Chicken recipe. See page 14 of this PDF, for this new recipe.*

PROTEIN POWDER:

The recommended protein powder is the **Protein Works Vegan Wondershake.**

Use code TSV60 to get 60% off or TSV65 to get 65% off orders over $100/£80.

Protein Works Wondershake Macros

Serving size: **25g**
Calories: **94**
Carbs: **1.9g**
Fat: **0.6g**
Protein: **20g**

If you wish to use another protein powder, please look for one with similar macros as the Wondershake. Some of the shakes have slightly different macros, but again this won't matter. A few grams here or there won't make much difference.

Breakfast Recipes

Blueberry Peanut Butter Oatmeal

Serves 1

Prep time: 2 minutes

Cook time: 5 minutes

INGREDIENTS

- 25g (1 oz) rolled oats
- 100g (4 oz) blueberries
- 1 tbsp peanut butter
- 1 tsp lemon juice
- 1/2 tsp ground cinnamon
- Stevia, to taste (optional)
- Pinch of sea salt
- 150ml (5 fl oz) water

METHOD

1. Prepare the Oats

- In a small saucepan, add the rolled oats and 150ml of water.
- Bring to a gentle simmer over medium heat, stirring occasionally to prevent sticking.
- Cook for about 3-4 minutes until the oats begin to soften.

2. Add the Blueberries

- Add 75g of the blueberries to the simmering oats.
- Stir in the lemon juice and ground cinnamon.
- Continue cooking for another 1-2 minutes, allowing the blueberries to burst slightly, releasing their juices into the oats. This will give the oatmeal a beautiful purple hue.

Recipe Continues

3. Incorporate the Peanut Butter

- Once the oats are fully cooked and have absorbed most of the liquid, remove the saucepan from the heat.
- Stir in the peanut butter until fully incorporated. The heat from the oats will help the peanut butter melt, creating a creamy consistency.
- Taste and add the Stevia (optional), and a pinch of sea salt to balance the sweetness.

4. Serve

- Transfer the oatmeal to a serving bowl.
- Top with the remaining 25g of fresh blueberries for a burst of freshness.

5. Enjoy

- Serve immediately while warm.

Post Workout Recipes

Protein-Packed Smoothie Bowl

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 200g (7 oz) frozen riced cauliflower
- 1 tsp lemon juice
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 50ml (2 fl oz) water

METHOD

1. Blend the Smoothie Base

- In a blender, combine the thawed cauliflower, Wondershake Protein Powder, lemon juice, and cinnamon. Add the vanilla extract if using, and blend until smooth. Gradually add the water while blending to reach your desired consistency.

2. Serve the Smoothie Bowl

- Pour the blended mixture into a bowl. Serve immediately and enjoy.

Lunch Recipes

Seitan Chicken Stir-Fry with Spicy Roasted Veggies*

*See page 14 for seitan recipe

Serves 1

Prep time: 10 minutes

Cook time: 25 minutes

INGREDIENTS

For the Stir-Fry:

- 30g (1 oz) uncooked white basmati rice
- 100g (4 oz) sliced mushrooms
- 1 serving no-oil seitan chicken*
- 50g (2 oz) spinach
- 10g (0.5 oz) fresh ginger, minced
- 1 clove garlic, minced
- 1 tbsp soy sauce
- 1 tbsp lemon juice
- 1/4 tsp ground black pepper
- 1/4 tsp red chili flakes (optional, for heat)

For the Spicy Roasted Veggies:

- 50g (2 oz) Brussel sprouts, halved
- 50g (2 oz) broccoli florets
- 50g (2 oz) cauliflower florets
- 50g (2 oz) mushrooms, quartered
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/2 tsp garlic powder
- 1 tbsp lemon juice
- Pinch of salt
- Pinch of red chili flakes (optional, for heat)

METHOD

1. Cook the Basmati Rice

- Rinse the basmati rice thoroughly under cold water.
- In a small saucepan, add the rice and enough water to cover it by about an inch.
- Bring to a boil, then reduce the heat to low, cover, and simmer for about 12-15 minutes until the rice is tender and all the water is absorbed.
- Fluff the rice with a fork and set aside.

2. Prepare the Spicy Roasted Veggies

- Preheat your oven to 200°C (390°F).
- In a mixing bowl, toss the Brussel sprouts, broccoli, cauliflower, and mushrooms with smoked paprika, ground cumin, garlic powder, lemon juice, salt, and red chili flakes.

Recipe Continues

- Spread the seasoned vegetables on a baking sheet in a single layer.
- Roast in the preheated oven for 15-20 minutes, turning halfway through, until the vegetables are tender and slightly crispy.

3. Stir-Fry the Seitan Chicken and Vegetables

- While the veggies are roasting, heat a non-stick pan over medium heat.
- Add the minced ginger and garlic, and sauté for about 30 seconds until fragrant.
- Add the sliced mushrooms to the pan, stirring occasionally until they begin to soften, about 4-5 minutes.
- Add the seitan chicken to the pan, followed by the soy sauce, lemon juice, black pepper, and red chili flakes if using. Stir-fry for another 3-4 minutes until everything is well combined and heated through.
- Toss in the spinach at the last minute, stirring until it wilts slightly.

4. Serve the Dish

- Place the cooked basmati rice on a serving plate.
- Top with the seitan chicken and mushroom stir-fry.

5. Plate the Spicy Roasted Veggies

- Serve the roasted Brussels sprouts, broccoli, cauliflower, and mushrooms on the side of the stir-fry, and enjoy.

Dinner Recipes

Ginger-Lime Tofu with Garlic Sautéed Greens

Serves 1

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

For the Ginger-Lime Tofu:

- 140g (5 oz) extra firm tofu, cubed
- 150g (5 oz) broccoli florets
- 1 tbsp soy sauce
- 1 tbsp lime juice
- 10g (0.5) oz fresh ginger, minced
- 1 clove garlic, minced
- 1/4 tsp ground black pepper
- 1/4 tsp red chili flakes (optional, for heat)

For the Garlic Sautéed Mushrooms, Spinach, and Cabbage:

- 100g (4 oz) mushrooms, sliced
- 50g (2 oz) spinach
- 100g (4 oz) green cabbage, shredded
- 2 cloves garlic, minced
- 1 tsp lemon juice
- Pinch of salt
- Pinch of ground black pepper

METHOD

1. Prepare the Tofu Marinade

- In a mixing bowl, combine the soy sauce, lime juice, minced ginger, minced garlic, and black pepper. Add the cubed tofu to the bowl, gently tossing to coat each piece evenly.
- Let the tofu marinate for at least 10 minutes to absorb the flavors.

2. Cook the Broccoli

- While the tofu is marinating, steam the broccoli florets. You can do this by placing the broccoli in a steamer basket over boiling water, covering, and steaming for about 5-7 minutes until they are tender but still slightly crisp.
- Once cooked, set the broccoli aside.

Recipe Continues

3. Cook the Tofu

- Heat a non-stick pan over medium heat and add the marinated tofu cubes along with the marinade.
- Cook the tofu for 7-8 minutes, turning occasionally until all sides are lightly browned and the marinade has reduced, coating the tofu.
- Add the steamed broccoli to the pan in the final 2 minutes, tossing it with the tofu to ensure it absorbs some of the marinade.

4. Sauté the Mushrooms, Spinach, and Cabbage

- In a separate pan, add the minced garlic and a splash of water and saute for 30 seconds until fragrant. (This is the first two bullet points combined together.)
- Add the minced garlic and sauté for 30 seconds until fragrant.
- Add the sliced mushrooms to the pan and cook for 3-4 minutes until they start to release their juices and soften.
- Add the shredded cabbage and cook for another 3-4 minutes until the cabbage is tender.
- Finally, add the spinach and cook for 1-2 minutes until wilted.
- Season the sautéed vegetables with lemon juice, salt, and black pepper to taste.

5. Serve the Dish

- Plate the tofu and broccoli and serve the garlic sautéed mushrooms, spinach, and cabbage on the side.

Evening Snack Recipes

Vanilla Protein Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (Vanilla Creme flavor recommended)
- 200g (7 oz) frozen cauliflower rice
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1 tsp lemon juice
- 150ml (5 fl oz) water

METHOD

1. Blend the Smoothie Base

- In a blender, combine the cauliflower rice, Wondershake Protein Powder, vanilla extract, ground cinnamon (if using), and lemon juice.
- Add the water gradually while blending to reach your desired consistency.
- Blend until smooth and creamy, ensuring all the cauliflower is fully incorporated.

2. Serve the Smoothie

- Pour the smoothie into a glass or bowl. Serve immediately and enjoy.

Chicken Seitan Recipe No Oil

This recipe is extremely simple to make, even though it looks daunting from the outset. I would recommend making one or two portions of the full recipe at the start of the week when meal prepping. It stores well in the freezer if you fancy making enough to last a month!

Serves 8

Prep time: 15 minutes

Cook time: 35 minutes

INGREDIENTS

- 400g (14.1 oz) can cannellini beans, liquid included
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 3 tbsp nutritional yeast
- 1 tbsp miso paste
- 380g (13.4oz) vital wheat gluten
- 349g (12.3 oz) silken tofu
- 1 tsp salt
- 1 Knorr vegetable jelly stock cube

METHOD

1. Prepare the baking tray:

- Fill a large, deep baking tray with water, around half an inch, and set a wire rack on top, making sure it doesn't touch the wire rack. The type that you use for cooling baked goods would be perfect here.
- Bring it to a boil.

2. Blend all ingredients:

- Use a food processor to blend all ingredients except the vital wheat gluten, creating a paste.
- Add vital wheat gluten and pulse until a ball of dough forms. Pulse for 20-30 more seconds to work the gluten.

Recipe Continues

3. Wrap the seitan in foil:

- Divide the mixture into two portions and spread each half about half an inch thick on separate pieces of foil.
- Wrap each piece with the foil you placed it on.
- Place the wrapped seitan on the wire rack on the steaming tray.

4. Get ready to steam:

- Once water simmers, cover the tray fully with another large piece of foil (or use 2 pieces if needed for complete coverage) to create a steaming environment.
- Tuck the foil in around the edges of the top edge of the tray as much as possible.

5. Steam the seitan:

- Reduce heat to the lowest setting. Steam for 15 minutes on one side, then turn and steam for another 15 minutes. Seitan should feel firm and not doughy.
- If needed, steam for an additional 5 minutes.

6. Allow to cool and serve:

- Remove from foil and allow to cool fully.
- Store in the refrigerator for a week or freeze for up to 3 months.
- Enjoy by tearing and frying, or marinating with your favorite spices.

Each seitan chicken portion has the following macros.

If you can find a similar store bought substitute, you can absolutely use that instead:

Calories: 251
Protein: 42.4g
Carbs: 15g
Fat: 2.5g

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
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   Download training and meal plans for free
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