THE SCULPTED *vegan*



WEEK 2
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

Peanut Butter Blueberry Overnight Oats

Serves 1

Prep time: 5 minutes

Chilling time: Overnight

INGREDIENTS

- 25g (1 oz) rolled oats
- 1 tbsp peanut butter
- 100g (4 oz) blueberries
- 1 tsp lemon juice
- 1/4 tsp ground cinnamon
- 100ml (3.5 fl oz) water

METHOD

1. Prepare the Oats

- In a small jar or bowl, combine the rolled oats, water, lemon juice, and ground cinnamon. Stir well to ensure all the oats are submerged in the liquid.

2. Add the Peanut Butter and Blueberries

- Gently stir in the peanut butter, ensuring it's evenly distributed.
- Add half of the blueberries, mixing them into the oats to allow some of their juices to infuse the mixture overnight.

3. Refrigerate Overnight

- Cover the jar or bowl with a lid or plastic wrap and refrigerate for at least 6 hours, or overnight, to allow the oats to absorb the liquid and soften.

4. Serve the Overnight Oats

- In the morning, give the oats a good stir. Add a little more liquid if you prefer a looser consistency.
- Top with the remaining blueberries for a fresh burst of flavor.

5. Enjoy

- Serve chilled, straight from the fridge.

Post Workout Recipes

Green Goddess Protein Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 200g (7 oz) frozen riced cauliflower
- 50g (2 oz) fresh spinach leaves
- 1 tsp lemon juice
- 1/2 tsp ground ginger
- 150ml (5 fl oz) cold water

METHOD

1. Blend the Smoothie Base

- In a blender, combine the thawed cauliflower rice, fresh spinach leaves, Wondershake Protein Powder, lemon juice, and ground ginger (if using).
- Add the cold water gradually while blending to reach your desired consistency.
- Blend until smooth and creamy, ensuring all the ingredients are fully incorporated.

2. Serve the Smoothie

- Pour the smoothie into a glass. Serve immediately.

Lunch Recipes

Lemon-Ginger Seitan Chicken with Stir-Fried Mushrooms and Spinach*

*See page 13 for seitan recipe

Serves 1

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

For the Lemon-Ginger Seitan Chicken:

- 30g (1 oz) uncooked white basmati rice
- 100g (4 oz) sliced mushrooms
- 1 serving no-oil seitan chicken*
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tbsp soy sauce
- 1 tbsp fresh lemon juice
- 50g (2 oz) spinach
- 1 tsp lemon zest (optional)

For the Steamed Kale with Lemon and Chili:

- 100g (4 oz) kale, chopped
- 100g (4 oz) broccoli florets
- 1 tsp fresh lemon juice
- 1/4 tsp red chili flakes (optional)
- Pinch of salt

METHOD

1. Cook the Basmati Rice

- Rinse the rice 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, then fluff with a fork and set aside.

2. Prepare the Seitan and Mushrooms

- In a non-stick pan, sauté the minced garlic and ginger until fragrant. Add the seitan chicken and cook until browned on all sides.
- Add the sliced mushrooms and cook until softened.
- Stir in the soy sauce, lemon juice, and lemon zest. Add spinach and cook until wilted. Set aside.

Recipe Continues

3. Prepare the Steamed Kale

- Steam the kale and broccoli until tender, about 5 minutes.
- Toss with lemon juice, chili flakes, and a pinch of salt.

4. Serve the Dish

- Serve the seitan and mushroom stir-fry over the basmati rice, with the steamed kale on the side.

Dinner Recipes

Cumin-Spiced Tofu with Smoky Cabbage and Brussels Sprouts

Serves 1

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

For the Cumin-Spiced Tofu:

- 140g (5 oz) extra firm tofu, cubed
- 150g (5 oz) broccoli florets
- 1 clove garlic, minced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp lime juice
- 1/2 tsp black pepper

For the Smoky Cabbage and Brussels Sprouts:

- 100g (4 oz) Brussels sprouts, halved
- 50g (2 oz) green cabbage, shredded
- 1 clove garlic, minced
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- Pinch of salt

METHOD

1. Prepare the Tofu

- In a bowl, marinate the tofu with ground cumin, smoked paprika, minced garlic, lime juice, and black pepper for about 10 minutes.

2. Cook the Tofu

- In a non-stick pan, cook the marinated tofu on medium heat for about 5-7 minutes, until all sides are browned and crispy. Set aside.

3. Prepare the Smoky Cabbage and Brussels Sprouts

- Steam the Brussels sprouts until tender, about 5 minutes.
- In the same pan used for the tofu, sauté the minced garlic until fragrant. Add the shredded cabbage and steamed Brussels sprouts.

Recipe Continues

- Stir in smoked paprika, ground cumin, and a pinch of salt, cooking until the cabbage is tender and slightly caramelized.

4. Prepare the Steamed Broccoli

- Steam the broccoli until tender, about 5-7 minutes, and set aside.

5. Serve the Dish

- Serve the cumin-spiced tofu with the smoky cabbage and Brussels sprouts on the side.
- Enjoy with the steamed broccoli.

Evening Snack Recipes

Cinnamon Protein Ice Cream

Serves 1

Prep time: 5 minutes

INGREDIENTS

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

METHOD

1. Prepare the Cauliflower Base

- If the frozen cauliflower rice is very hard, let it sit at room temperature for a few minutes to slightly soften. This will make blending easier.

2. Blend the Ingredients

- In a high-powered blender or food processor, combine the frozen cauliflower rice, Wondershake Protein Powder, ground cinnamon, vanilla extract, and lemon juice.
- Start blending on low speed, gradually adding water as needed to help the mixture blend smoothly. Use just enough liquid to allow the mixture to come together into a thick, ice cream-like consistency.
- Blend until smooth and creamy, scraping down the sides of the blender as necessary to ensure everything is well incorporated.

3. Serve the Ice Cream

- Scoop the cinnamon protein ice cream into a 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
8. **Free Resources**
   Download training and meal plans for free
9. **Get Kim's Look**
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