THE SCULPTED *vegan*



WEEK 3
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 Oat Cookie

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 25g (1 oz) rolled oats
- 1 tbsp peanut butter
- 100g (4 oz) blueberries
- 1 tsp lemon juice
- 1/4 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 1.5 - 2 tbsp water
- Pinch of salt

METHOD

1. Preheat the Oven and Prepare Ingredients

- Preheat your oven to 180°C (350°F).
- In a small mixing bowl, mash half of the blueberries with a fork until they are a rough purée. Add the lemon juice, vanilla extract, and water to the mashed blueberries, mixing well.

2. Mix the Cookie Dough

- In the same bowl, add the rolled oats, peanut butter, ground cinnamon, and a pinch of salt to the blueberry mixture.
- Stir everything together until a thick dough forms. The dough should hold together when pressed. If it seems too wet, you can add a little more oats; if too dry, add a few more mashed blueberries.

Recipe Continues

3. Shape and Bake the Cookie

- Line a small baking tray with parchment paper.
- Scoop the dough onto the tray and shape it into a cookie, flattening it slightly with the back of a spoon.
- Top the cookie with the remaining whole blueberries, pressing them gently into the dough.
- Bake in the preheated oven for 12 minutes, until the edges are golden brown and the cookie is set.

4. Cool and Serve

- Remove the cookie from the oven and let it cool on the baking tray for a few minutes to firm up. Serve warm or at room temperature and enjoy.

Post Workout Recipes

Vanilla Protein Lolly

Serves 1

Prep time: 10 minutes

Freeze time: 4 hours

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 200g (7 oz) frozen riced cauliflower
- 1 tsp vanilla extract
- 1 tsp lemon juice
- 100ml (3.5 fl oz) water

METHOD

1. Prepare the Cauliflower Mixture

- In a blender, combine the frozen cauliflower rice, Wondershake Protein Powder, vanilla extract, lemon juice, and water. Blend until smooth and creamy, ensuring all the ingredients are fully incorporated.

2. Pour into Mold and Freeze

- Pour the smooth mixture into a lolly mold. If you don't have a mold, you can use a small cup and insert a wooden stick or spoon as the handle.
- Place the mold in the freezer and let it freeze for at least 4 hours, or until completely solid.

3. Serve the Lolly

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

Lunch Recipes

Spicy Seitan Chicken Rice Bowl with Sautéed Pak Choy and Mushrooms*

*See page 14 for seitan recipe

Serves 1

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

For the Spicy Seitan Chicken Rice Bowl:

- 30g (1 oz) uncooked white basmati rice
- 100g (4 oz) sliced mushrooms
- 1 serving no-oil seitan chicken*
- 1 clove garlic, minced
- 1 tsp soy sauce
- 1 tsp lime juice
- 1/2 tsp ground cumin
- 50g (2 oz) pak choy, chopped
- 1/2 tsp chili powder (optional)
- Fresh cilantro for garnish (optional)

For the Garlic Sautéed Broccoli and Cauliflower:

- 50g (2 oz) broccoli florets
- 50g (2 oz) cauliflower florets
- 1 clove garlic, minced
- 1 tsp soy sauce
- Pinch of black pepper

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 Chicken and Mushrooms

- Sauté minced garlic in a non-stick pan, add seitan chicken, and cook until browned.
- Add mushrooms, soy sauce, lime juice, cumin, and chili powder, and cook until mushrooms are tender.
- Add pak choy and cook until just wilted. Set aside.

Recipe Continues

3. Prepare the Garlic Sautéed Broccoli and Cauliflower

- Sauté minced garlic in a non-stick pan, add broccoli and cauliflower, and cook until tender-crisp.
- Season with soy sauce and black pepper.

4. Serve the Dish

- Serve the seitan chicken and mushroom mixture over the rice, with the garlic sautéed broccoli and cauliflower on the side. Garnish with fresh cilantro if desired.

Dinner Recipes

Herbed Tofu with Citrus-Braised Broccoli and Cauliflower

Serves 1

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

For the Herbed Tofu:

- 140g (5 oz) extra firm tofu, cubed
- 150g (5 oz) broccoli florets
- 1 clove garlic, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tbsp fresh lemon juice
- 1 tsp soy sauce
- 1/2 tsp ground black pepper
- Fresh parsley for garnish (optional)

For the Citrus-Braised Broccoli and Cauliflower:

- 100g (4 oz) broccoli florets
- 50g (2 oz) cauliflower florets
- 1 tbsp fresh lemon juice
- 1 tbsp fresh orange juice
- 1 clove garlic, minced
- 1 tsp soy sauce
- Pinch of salt

METHOD

1. Prepare the Tofu

- In a bowl, marinate the tofu with dried oregano, dried thyme, minced garlic, lemon juice, soy sauce, 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 browned and fragrant. Set aside.

3. Prepare the Citrus-Braised Broccoli and Cauliflower

- In a pot, combine the broccoli and cauliflower florets with lemon juice, orange juice, minced garlic, and soy sauce.
- Add a small amount of water, cover, and simmer over low heat until the vegetables are tender and infused with the citrus flavors, about 7-10 minutes.

Recipe Continues

4. Prepare the Steamed Broccoli

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

5. Serve the Dish

- Serve the herbed tofu with the citrus-braised broccoli and cauliflower on the side.
- Enjoy with the steamed broccoli, garnished with fresh parsley if desired.

Evening Snack Recipes

Lemon and Lime Protein Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 200g (7 oz) frozen cauliflower rice
- 1 tbsp fresh lemon juice
- 1 tbsp fresh lime juice
- 1 tsp lemon zest
- 1 tsp lime zest
- 150ml (5 fl oz) cold 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 Smoothie

- In a blender, combine the frozen cauliflower rice, Wondershake Protein Powder, fresh lemon juice, fresh lime juice, lemon zest, and lime zest.
- Add cold water gradually while blending until you achieve your desired consistency—thicker for a smoothie bowl or thinner for a drinkable smoothie.
- Blend until smooth and creamy, ensuring all the ingredients are fully incorporated.

3. Serve the Smoothie

- Pour the lemon and lime smoothie into a glass.
- 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**
   Get the deets (AND DISCOUNTS!)

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