THE SCULPTED *vegan*



WEEK 4
VEGAN MEAL PLANS

THE

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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

Lemon, Blueberry, and Orange 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 fresh lemon juice
- 1 tsp lemon zest
- 1 tsp orange zest
- 100ml (3.5 fl oz) water

METHOD

1. Prepare the Oats Mixture

- In a small jar or bowl, combine the rolled oats, water, fresh lemon juice, lemon zest, and orange zest. Stir well to ensure the oats are evenly coated with the citrus flavors.

2. Add the Peanut Butter and Blueberries

- Gently mix in the peanut butter, ensuring it's evenly distributed throughout the oats.
- Add half of the blueberries, mixing them into the oats so that their juices infuse the mixture overnight.

Recipe Continues

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. If the mixture is too thick, you can add a little more water to loosen it. Top with the remaining fresh blueberries for a burst of freshness.

5. Enjoy

- Serve chilled, straight from the fridge.

Post Workout Recipes

Protein-Packed Bites

Serves 1

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 200g (7 oz) fresh cauliflower florets, riced in a food processor
- 1 tsp lemon juice
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- Pinch of salt

METHOD

1. Prepare the Cauliflower Base

- Preheat your oven to 180°C (350°F).
- Place the cauliflower into a food processor and blend until it resembles grains of rice. (If using frozen riced cauliflower, thaw completely and then squeeze out any excess moisture before using.

2. Mix the Ingredients

- In a mixing bowl, combine the riced cauliflower, Wondershake Protein Powder, lemon juice, ground cinnamon, vanilla extract, and a pinch of salt.
- Stir well until all ingredients are evenly mixed. The mixture should be thick and slightly sticky. If the mixture feels too dry, add a little more water in small amounts until the desired consistency is reached.

3. Shape and Bake the Bites

- Line a baking tray with parchment paper.
- Using your hands, shape the cauliflower mixture into small bite-sized balls or nuggets, pressing firmly to ensure they hold together.
- Place the bites on the prepared baking tray and bake in the preheated oven for 12-15 minutes, or until they are golden brown and firm to the touch.

4. Serve the Snack

- Remove the bites from the oven and let them cool slightly.
- Serve warm or at room temperature.

Lunch Recipes

Herb-Crusted Seitan Chicken with Mushroom and Spinach Rice*

*See page 13 for seitan recipe

Serves 1

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

For the Herb-Crusted Seitan Chicken:

- 30g (1 oz) dry white basmati rice
- 100g (4 oz) sliced mushrooms
- 1 serving no-oil seitan chicken*
- 1 clove garlic, minced
- 1 tsp dried oregano
- 1 tsp fresh lime juice
- 50g (2 oz) spinach, chopped
- 1/4 tsp ground black pepper

For the Steamed Brussels Sprouts:

- 100g (4 oz) Brussels sprouts, halved
- 1 tsp lemon juice
- 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 Chicken and Mushrooms

- In a non-stick pan, sauté minced garlic, add seitan chicken, and cook until browned.
- Add mushrooms, oregano, lime juice, black pepper, and cook until mushrooms are tender.
- Stir in spinach and cook until wilted. Set aside.

3. Prepare the Steamed Brussels Sprouts

- Steam Brussels sprouts until tender, about 5 minutes.
- Toss with lemon juice, and a pinch of salt.

4. Serve the Dish

- Serve the seitan chicken and mushroom mixture over the rice, with the steamed Brussels sprouts on the side.

Dinner Recipes

Spicy Ginger-Garlic Tofu with Broccoli

Serves 1

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

For the Spicy Ginger-Garlic Tofu:

- 140g (5 oz) extra firm tofu, cubed
- 150g (5 oz) broccoli florets
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tbsp soy sauce
- 1/2 tsp chili flakes
- 1 tbsp fresh lime juice
- Fresh cilantro for garnish (optional)

For the Pak Choy and Kale:

- 100g (4 oz) pak choy, chopped
- 50g (2 oz) kale, chopped
- 1 clove garlic, minced
- 1 tsp soy sauce

METHOD

1. Prepare the Tofu

- In a bowl, marinate the cubed tofu with soy sauce, minced garlic, minced ginger, chili flakes, and lime juice. Let it sit for 10 minutes.

2. Cook the Tofu

- In a non-stick pan, cook the marinated tofu on medium heat for about 5-7 minutes, turning to ensure all sides are browned.
- Once the tofu is cooked, set it aside.

3. Prepare the Broccoli

- Steam the broccoli until tender, about 5-7 minutes.
- Toss the steamed broccoli with a pinch of salt. Set aside.

Recipe Continues

4. Prepare the Pak Choy and Kale

- In the same pan, sauté the minced garlic until fragrant. Add the chopped pak choy and kale, and cook until wilted, about 3-4 minutes.
- Stir in soy sauce and cook for another minute.

5. Serve the Dish

- Serve the tofu with the broccoli on the side. Garnish with fresh cilantro if desired.
- Enjoy the dish with a side of pak choy and kale.

Evening Snack Recipes

Nutmeg and Cinnamon Protein Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 200g (7 oz) frozen cauliflower rice
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 tsp vanilla extract
- 150ml (5 fl oz) water (optional, for blending)
- 1 tsp lemon juice

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, ground cinnamon, ground nutmeg, vanilla extract, and lemon juice.
- 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 nutmeg and cinnamon 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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