THE SCULPTED *vegan*



1200 CALORIE
VEGAN MEAL PLANS

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THE

SCULPTED

vegan™

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OUR GIFT TO YOU



How to use this meal plan

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**

Choose one recipe from each meal category option and eat at any time of the day, within a 24 hour period.

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 cannot replace a meal with one from another category. For example, you cannot have two lunch meals instead of a breakfast meal as this will throw the macros off. One meal must be chosen from each category for each meal. You can, of course, change the order of the meals. You just cannot skip choosing from one category. You cannot swap recipes between plans, such as the vegan and non vegan plan.

Breakfast Recipes

Blueberry Chia Oatmeal

Serves 1

Prep time: 5 minutes

Cook time: 10 minutes

INGREDIENTS

- 25g (1 oz) oats
- 50ml (2 fl oz) soya milk
- 50g (2 oz) blueberries
- 1 tsp chia seeds
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- Pinch of salt

METHOD

1. Prepare the Base

- In a small pot, combine the oats, soya milk, and a pinch of salt.
- Add the ground cinnamon and vanilla extract to the pot.

2. Cook the Oatmeal

- Heat the mixture over medium heat, stirring occasionally.
- Cook for 5-7 minutes, or until the oats have absorbed the milk and reached a creamy consistency.

3. Add Blueberries and Chia Seeds

- Stir in the blueberries and chia seeds.
- Continue to cook for an additional 1-2 minutes until the blueberries start to soften and release their juices.

4. Serve

- Transfer the oatmeal to a bowl.
- Optionally, garnish with a sprinkle of cinnamon on top.

Blueberry Oat Chia Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) oats
- 50ml (2 fl oz) soya milk
- 50g (2 oz) blueberries
- 1 tsp chia seeds
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 100ml (4 fl oz) water
- 4-5 ice cubes

METHOD

1. Prepare the Ingredients

- Measure out the oats, soya milk, blueberries, and chia seeds.

2. Blend the Ingredients

- In a blender, combine the oats, soya milk, blueberries, chia seeds, ground cinnamon, vanilla extract, water, and ice cubes.
- Blend on high speed until the mixture is smooth and creamy.

3. Serve

- Pour the smoothie into a glass and enjoy!

Blueberry Chia Overnight Oats

Serves 1

Prep time: minutes (plus chilling time)

INGREDIENTS

- 25g (1 oz) oats
- 50ml (2 fl oz) soya milk
- 50g (2 oz) blueberries
- 1 tsp chia seeds
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract

METHOD

1. Combine Ingredients

- In a jar or container, mix the oats, soya milk, chia seeds, ground cinnamon, and vanilla extract.
- Stir well to ensure all ingredients are evenly distributed.

2. Add Blueberries

- Gently fold in the blueberries, mixing them through the oat mixture.

3. Refrigerate Overnight

- Cover the jar or container with a lid.
- Place in the refrigerator and let it sit overnight, or for at least 6 hours, allowing the oats to soften and absorb the liquid.

4. Serve

- In the morning, give the oats a good stir.
- If the mixture is too thick, you can add a splash of water to reach your desired consistency.
- Optionally, top with a sprinkle of cinnamon before serving.

Post Workout Recipes

Frozen Protein Smoothie Bowl

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 70g (3 oz) frozen riced cauliflower
- 4-5 ice cubes
- 150ml (5 fl oz) water (adjust for desired consistency)
- A pinch of cinnamon (optional)
- Stevia, to taste (optional)

METHOD

1. Blend the Base:

- In a blender, combine the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a pinch of cinnamon and a few drops of Stevia if desired.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if it's too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a bowl.
- Optionally, sprinkle a little extra cinnamon on top for garnish.

Vegan Wondershake Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 70g (3 oz) frozen riced cauliflower
- 4-5 ice cubes
- 150ml (5 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a few drops of Stevia if you prefer a sweeter taste.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if the smoothie is too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a glass.
- Enjoy immediately.

Lunch Recipes

Tofu and Butter Bean Stir-Fry with Green Vegetables

Serves 1

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

- 140g (5 oz) extra firm tofu, cubed
- 150g (5 oz) butter beans, drained and rinsed
- 1/2 tbsp olive oil
- 100g (4 oz) broccoli florets
- 100g (4 oz) kale, chopped
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp soy sauce
- 1 tsp lemon juice
- 200ml (7 fl oz) vegetable stock
- Salt & pepper, to taste
- Fresh parsley or cilantro, chopped (optional, for garnish)

METHOD

1. Prepare the Tofu

- Drain and press the extra firm tofu to remove excess moisture. Cut into 1-inch cubes.

2. Sauté the Aromatics

- In a non-stick skillet, heat the olive oil over medium heat.
- Add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.

3. Cook the Tofu and Butter Beans

- Add the cubed tofu to the skillet and cook until it is golden brown on all sides, about 5-7 minutes.
- Add the butter beans and continue to cook for another 2-3 minutes, stirring occasionally.

Recipe Continues

4. Add Vegetables and Seasoning

- Add the broccoli florets and chopped kale to the skillet. Pour in the vegetable stock and soy sauce.
- Stir to combine and cook for about 5 minutes, or until the vegetables are tender and the liquid has reduced slightly.
- Add the lemon juice and season with salt and pepper to taste.

5. Serve

- Transfer the tofu, beans, and vegetables to a serving plate.
- Garnish with chopped fresh parsley or cilantro if desired.

Chunky Tofu and Butter Bean Vegetable Soup

Serves 1

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

- 140g (5 oz) extra firm tofu, cubed
- 150g (5 oz) butter beans, drained and rinsed
- 1/2 tbsp olive oil
- 100g (4 oz) broccoli florets
- 100g (4 oz) cauliflower, chopped
- 50g (2 oz) green beans, chopped
- 50g (2 oz) frozen peas
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp soy sauce
- 200ml (7 fl oz) vegetable stock
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh lemon juice
- Salt & pepper, to taste

METHOD

1. Prepare the Tofu

- Drain and press the extra firm tofu to remove excess moisture. Cut into 1-inch cubes.

2. Sauté the Aromatics

- In a large pot, heat the olive oil over medium heat.
- Add the minced garlic and grated ginger, sautéing until fragrant, about 1-2 minutes.

3. Cook the Vegetables

- Add the broccoli florets, chopped cauliflower, green beans, and frozen peas to the pot.
- Pour in the vegetable stock and soy sauce.
- Stir to combine and bring to a boil. Reduce the heat and let it simmer for 10 minutes until the vegetables are tender.

Recipe Continues

4. Add Tofu and Butter Beans

- Add the cubed tofu and butter beans to the pot.
- Simmer for another 5-7 minutes, allowing the tofu and beans to heat through.

5. Season and Serve

- Stir in the fresh lemon juice and chopped parsley.
- Season with salt and pepper to taste.
- Ladle the chunky soup into a bowl and garnish with additional parsley if desired.

Herbed Tofu and Butter Bean Casserole with Cauliflower Rice

Serves 1

Prep time: 15 minutes

Cook time: 40 minutes

INGREDIENTS

- 140g (5 oz) extra firm tofu, cubed
- 150g (5 oz) butter beans, drained and rinsed
- 100g (4 oz) broccoli florets
- 100g (4 oz) cauliflower, chopped
- 50g (2 oz) green beans, chopped
- 50g (2 oz) frozen peas
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp soy sauce
- 200ml (7 fl oz) vegetable stock
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh lemon juice
- Salt & pepper, to taste

For the Cauliflower Rice:

- 200 g (7 oz) cauliflower, grated into rice-sized pieces
- 1 clove garlic, minced
- 1 tsp fresh lemon juice
- Salt & pepper, to taste

METHOD

1. Prepare the Tofu and Vegetables

- Preheat the oven to 180°C (350°F).
- Drain and press the extra firm tofu to remove excess moisture. Cut into 1-inch cubes.
- In a non-stick skillet, sauté the minced garlic and grated ginger over medium heat for 1-2 minutes until fragrant.

2. Combine Ingredients for the Casserole

- In a mixing bowl, combine the tofu cubes, butter beans, broccoli florets, chopped cauliflower, green beans, and frozen peas.
- Add the sautéed garlic and ginger to the bowl.
- Pour in the vegetable stock and soy sauce, and stir well to combine.
- Season with salt and pepper to taste.

Recipe Continues

3. Bake the Casserole

- Transfer the mixture to a small oven-safe baking dish.
- Cover with foil and bake in the preheated oven for 30 minutes.
- Remove the foil and bake for an additional 10 minutes until the top is golden brown and the vegetables are tender.

4. Prepare the Cauliflower Rice

- While the casserole is baking, prepare the cauliflower rice.
- Heat a non-stick skillet over medium heat.
- Add the grated cauliflower and minced garlic, cooking for 5-7 minutes until the cauliflower is tender.
- Stir in the lemon juice and season with salt and pepper to taste.

5. Serve

- Remove the casserole from the oven and let it cool slightly.
- Serve the tofu and butter bean casserole hot, alongside the cauliflower rice.
- Garnish with chopped fresh parsley and an extra splash of lemon juice if desired.

Dinner Recipes

Seitan Chicken Couscous Salad*

*See page 22 for seitan recipe

Serves 1

Prep time: 10 minutes

Cook time: 25 minutes

INGREDIENTS

- 1 serve seitan chicken
- 30g (1 oz) dried couscous
- 1/2 tbsp olive oil
- 50g (2 oz) mixed salad greens
- 50g (2 oz) cherry tomatoes, halved
- 50g (2 oz) cucumber, diced
- 1 celery stalk, chopped
- 1 spring onion, sliced
- 50g (2 oz) green beans, blanched
- 50g (2 oz) broccoli florets, blanched
- 50g (2 oz) frozen peas, thawed
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped
- 1 clove garlic, minced
- 1 tbsp lemon juice
- Salt & pepper, to taste

METHOD

1. Prepare the Couscous

- Place the dried couscous in a heatproof bowl.
- Pour boiling water over the couscous just enough to cover it.
- Cover the bowl with a plate and let it sit for 5-10 minutes until the couscous absorbs the water and becomes tender.
- Fluff the couscous with a fork and set aside.

2. Cook the Seitan Chicken

- In a non-stick skillet over medium heat, add the olive oil.
- Add the minced garlic and sauté for 1-2 minutes until fragrant.
- Add the seitan chicken to the skillet and cook until it is heated through and slightly browned, about 5-7 minutes.
- Remove from heat and set aside.

Recipe Continues

3. Prepare the Vegetables

- Blanch the green beans and broccoli florets in boiling water for 2-3 minutes, then transfer them to an ice water bath to retain their color and crunch. Drain and set aside.
- In a large mixing bowl, combine the mixed salad greens, cherry tomatoes, cucumber, chopped celery, sliced spring onion, blanched green beans, blanched broccoli florets, and thawed peas.

4. Assemble the Salad

- Add the cooked couscous to the bowl with the vegetables.
- Add the seitan chicken and toss everything together gently.
- Drizzle with fresh lemon juice and season with salt and pepper to taste.
- Sprinkle the chopped fresh parsley and mint over the top and toss gently to combine.

5. Serve

- Transfer the salad to a serving plate.

Herb Tabbouleh with Seitan Chicken*

*See page 22 for seitan recipe

Serves 1

Prep time: 10 minutes

Cook time: 25 minutes

INGREDIENTS

- 1 serve seitan chicken
- 30g (1 oz) dried couscous
- 1/2 tbsp olive oil
- 50g (2 oz) mixed salad greens
- 50g (2 oz) cherry tomatoes, diced
- 50g (2 oz) cucumber, diced
- 1 celery stalk, finely chopped
- 1 spring onion, finely sliced
- 50g (2 oz) green beans, blanched and chopped
- 50g (2 oz) broccoli florets, blanched and chopped
- 50g (2 oz) frozen peas, thawed
- 1 tbsp fresh parsley, finely chopped
- 1 tbsp fresh mint, finely chopped
- 1 clove garlic, minced
- 1 tbsp lemon juice
- Salt & pepper, to taste

METHOD

1. Prepare the Couscous

- Place the dried couscous in a heatproof bowl.
- Pour boiling water over the couscous just enough to cover it.
- Cover the bowl with a plate and let it sit for 5-10 minutes until the couscous absorbs the water and becomes tender.
- Fluff the couscous with a fork and set aside.

2. Cook the Seitan Chicken

- In a non-stick skillet over medium heat, add the olive oil.
- Add the minced garlic and sauté for 1-2 minutes until fragrant.
- Add the seitan chicken to the skillet and cook until it is heated through and slightly browned, about 5-7 minutes.
- Remove from heat and set aside.

Recipe Continues

3. Prepare the Vegetables

- Blanch the green beans and broccoli florets in boiling water for 2-3 minutes, then transfer them to an ice water bath to retain their color and crunch. Drain and chop them into small pieces.
- In a large mixing bowl, combine the mixed salad greens, diced cherry tomatoes, cucumber, chopped celery, sliced spring onion, blanched and chopped green beans, blanched and chopped broccoli florets, and thawed peas.

4. Combine the Ingredients

- Add the prepared couscous to the bowl with the vegetables.
- Add the cooked seitan chicken.
- Sprinkle the chopped fresh parsley and mint over the mixture.

5. Season and Toss

- Drizzle with fresh lemon juice.
- Season with salt and pepper to taste.
- Toss everything together gently to combine all the flavors.

6. Serve

- Transfer the tabbouleh to a serving plate.

Seitan Chicken with Herbed Couscous and Steamed Green Vegetables*

*See page 22 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

- 1 serve seitan chicken
- 30g (1 oz) dried couscous
- 1/2 tbsp olive oil
- 1 clove garlic, minced
- 100g (4 oz) broccoli florets
- 50g (2 oz) green beans, trimmed
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped
- 1 tbsp lemon juice
- Salt & pepper, to taste

METHOD

1. Prepare the Couscous

- Place the dried couscous in a heatproof bowl.
- Pour boiling water over the couscous just enough to cover it.
- Cover the bowl with a plate and let it sit for 5-10 minutes until the couscous absorbs the water and becomes tender.
- Fluff the couscous with a fork and stir in the chopped fresh parsley, mint, and lemon juice.
- Season with salt and pepper to taste and set aside.

2. Cook the Seitan Chicken

- In a non-stick skillet over medium heat, add the olive oil.
- Add the minced garlic and sauté for 1-2 minutes until fragrant.
- Add the seitan chicken to the skillet and cook until it is heated through and slightly browned, about 5-7 minutes.
- Remove from heat and set aside.

Recipe Continues

3. Steam the Green Vegetables

- In a steamer or a pot with a steaming basket, bring water to a boil.
- Add the broccoli florets and green beans to the steamer.
- Steam for 5-7 minutes until the vegetables are tender but still crisp.
- In the last minute of steaming, add the minced garlic to the vegetables to infuse flavor.
- Remove from the steamer and season with salt and pepper to taste.

4. Serve

- Serve the cooked seitan chicken on a plate.
- Place the herbed couscous on the side.
- Arrange the steamed green vegetables with garlic on the plate as well.

Simple Chicken Seitan Recipe

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
- 4 tbsp olive oil
- 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: 310
Protein: 42.4g
Carbs: 13.5g
Fat: 9.4g

Evening Snack Recipes

Frozen Protein Smoothie Bowl

Serves 1

Prep time: 10 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 70g (3 oz) frozen riced cauliflower
- 4-5 ice cubes
- 150 ml (5 fl oz) water (adjust for desired consistency)
- A pinch of cinnamon (optional)
- Stevia, to taste (optional)

METHOD

1. Blend the Base:

- In a blender, combine the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a pinch of cinnamon and a few drops of Stevia if desired.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if it's too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a bowl.
- Optionally, sprinkle a little extra cinnamon on top for garnish.

Vegan Wondershake Smoothie

Serves 1

Prep time: 5 minutes (plus freezing time)

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 70g (3 oz) frozen riced cauliflower
- 4-5 ice cubes
- 150 ml (5 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, add the Vegan Wondershake, frozen riced cauliflower, ice cubes, and water.
- Add a few drops of Stevia if you prefer a sweeter taste.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy. You may need to stop and scrape down the sides of the blender to ensure everything is well combined.
- Adjust the consistency by adding more water if the smoothie is too thick or more ice cubes if it's too thin.

3. Serve:

- Pour the smoothie into a glass.
- Enjoy immediately.

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 Gettymy 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
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