THE SCULPTED *vegan*



# 1300 CALORIE
# VEGAN MEAL PLANS

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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

## Lemon Blueberry Chia Oat Pudding

**Serves 1**

**Prep time: 10 minutes (plus chilling time)**

**INGREDIENTS**

- 50ml (2 fl oz) soya milk
- 15g (1 oz) instant oats
- 2 tbsp chia seeds
- 50g (2 oz) blueberries
- 30ml (1 fl oz) lemon juice
- 1 tsp maple syrup

**METHOD**

**1. Prepare the Chia Oat Pudding Base**

- In a medium bowl, combine the soya milk, lemon juice, and maple syrup. Stir well to combine.
- Add the instant oats and chia seeds to the liquid mixture. Mix thoroughly to ensure the oats and chia seeds are evenly distributed.

**2. Chill the Mixture**

- Cover the bowl with a lid or plastic wrap and place it in the refrigerator.
- Let it chill overnight, or for at least 4 hours, to allow the chia seeds to absorb the liquid and create a pudding-like consistency.

**3. Add the Blueberries**

- Once the chia oat pudding has set, remove it from the refrigerator.
- Gently fold in the blueberries, reserving a few for garnish if desired.

**4. Serve**

- Transfer the chia oat pudding to a serving bowl.
- Top with the reserved blueberries for a fresh burst of flavor and a pop of color.

# Blueberry Lemon Chia Parfait

**Serves 1**

**Prep time: 10 minutes (plus chilling time)**

## INGREDIENTS

- 50ml (2 fl oz) soya milk
- 15g (1 oz) instant oats
- 50g (2 oz) blueberries
- 30ml (1 fl oz) lemon juice
- 1 tsp maple syrup
- 2 tbsp chia seeds

## METHOD

### 1. Prepare the Chia Pudding

- In a small bowl, combine the chia seeds with 25ml (1 fl oz) soya milk and 15ml (0.5 fl oz) lemon juice.
- Stir well and let it sit for about 5 minutes, allowing the chia seeds to absorb the liquid and form a gel.

### 2. Prepare the Oat Layer

- In another small bowl, mix the instant oats with the remaining 25ml (1 fl oz) soya milk and 15ml (0.5 fl oz) lemon juice.
- Add the maple syrup and stir well to combine.
- Let it sit for 5 minutes to soften the oats.

### 3. Layer the Parfait

- In a glass or jar, start by adding half of the oat mixture at the bottom.
- Add a layer of blueberries over the oats.
- Spoon half of the chia pudding over the blueberries.
- Repeat the layers with the remaining oat mixture, blueberries, and chia pudding.

### 4. Chill and Serve

- Cover the glass or jar and refrigerate for at least 4 hours, preferably overnight, to allow the flavors to meld and the layers to set.
- In the morning, give the parfait a gentle stir if desired.
- Serve and enjoy.

# Blueberry Lemon Chia Pancakes

**Serves 1**

**Prep time: 10 minutes**

**Cook time: 10 minutes**

## INGREDIENTS

- 50ml (2 fl oz) soya milk
- 15g (1 oz) instant oats
- 50g (2 oz) blueberries
- 30ml (1 fl oz) lemon juice
- 1 tsp maple syrup
- 2 tbsp chia seeds
- 1/4 tsp baking soda

## METHOD

### 1. Prepare the Chia Gel

- In a small bowl, combine the chia seeds with 3 tablespoons of water.
- Stir well and let it sit for about 5 minutes, allowing the chia seeds to absorb the water and form a gel.

### 2. Blend the Pancake Batter

- In a blender, combine the soya milk, instant oats, lemon juice, maple syrup, and the prepared chia gel.
- Blend until smooth and well combined.

### 3. Add Baking Soda and Blueberries

- Transfer the batter to a mixing bowl.
- Gently fold in the baking soda until evenly incorporated.
- Carefully fold in the blueberries, ensuring they are evenly distributed.

### 4. Cook the Pancakes

- Heat a non-stick skillet over medium heat.
- Pour small amounts of batter onto the skillet to form pancakes.
- Cook for about 2-3 minutes on each side, or until bubbles form on the surface and the edges look set.
- Flip and cook for another 2-3 minutes until golden brown and cooked through.

### 5. Serve

- Stack the pancakes on a plate and eat warm or cold.

# Post Workout Recipes

## Post Workout Power Smoothie

**Serves 1**

**Prep time: 5 minutes**

**INGREDIENTS**

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 200ml (7 fl oz) cold water
- 1/2 tsp vanilla extract
- 1/4 tsp ground cinnamon
- 1 tbsp fresh lemon juice
- Stevia, to taste (optional)

**METHOD**

**1. Combine Ingredients:**

- In a blender, add 25g of Vegan Wondershake, 100g frozen riced cauliflower, 4-5 ice cubes, and 200ml cold water.
- Add 1/2 tsp vanilla extract, 1/4 tsp ground cinnamon, and 1 tbsp fresh lemon juice.
- If you prefer a sweeter taste, add stevia to your liking.

**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.

# Protein Power Ice Cream

**Serves 1**

**Prep time: 10 minutes (plus freezing time)**

## INGREDIENTS

- 25g (1 oz) **Vegan Wondershake** (any flavor)
- 100g (4 oz) frozen riced cauliflower
- 4-5 ice cubes
- 200ml (3.5 fl oz) cold water
- 1/2 tsp vanilla extract
- 1/4 tsp ground cinnamon
- 1 tbsp fresh lemon juice
- Stevia, to taste (optional)

## METHOD

**1. Combine Ingredients:**

- In a blender, add 25g of Vegan Wondershake, 100g frozen riced cauliflower, 4-5 ice cubes, and 100ml cold water.
- Add 1/2 tsp vanilla extract, 1/4 tsp ground cinnamon, and 1 tbsp fresh lemon juice.
- If you prefer a sweeter taste, add stevia to your liking.

**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.
- The consistency should be thicker than a smoothie but still pourable. Adjust with a bit more water if needed.

**3. Freeze the Mixture:**

- Pour the blended mixture into a shallow, freezer-safe container.
- Place the container in the freezer for about 1-2 hours, or until the mixture starts to harden around the edges.

Recipe Continues

**4. Blend Again:**

- Remove the container from the freezer and blend the semi-frozen mixture again to break up ice crystals and ensure a smooth texture.
- Pour back into the container and freeze for an additional 1-2 hours.

**5. Serve:**

- Once fully frozen, scoop the ice cream into a bowl.
- Serve and enjoy.

**NOTE:** For a creamier texture, you can repeat the freezing and blending process one more time before the final freeze.

Recipe Continues

# Lunch Recipes

## Seitan Chicken with Roasted Butternut Squash*

*See page 15 for seitan recipe

**Serves 1**

**Prep time: 15 minutes**

**Cook time: 30 minutes**

### INGREDIENTS

- 150g (5 oz) seitan chicken
- 200g (7 oz) butternut squash, peeled and cubed
- 100g (4 oz) broccoli florets or brussels sprouts, halved
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp dried thyme
- Salt & pepper, to taste
- 1 tbsp fresh parsley, chopped (optional, for garnish)

### METHOD

**1. Preheat the Oven**

- Preheat your oven to 400°F (200°C).

**2. Prepare the Vegetables**

- In a mixing bowl, combine the cubed butternut squash, broccoli florets (or halved brussels sprouts), olive oil, smoked paprika, garlic powder, dried thyme, salt, and pepper.
- Toss until the vegetables are evenly coated with the oil and spices.

**3. Roast the Vegetables**

- Spread the butternut squash and green cruciferous vegetables in a single layer on a baking sheet.
- Place the baking sheet in the preheated oven.

Recipe Continues

- Roast for 20-25 minutes, or until the butternut squash is tender and the green vegetables are cooked through and slightly crispy, stirring halfway through the cooking time.

**4. Prepare the Seitan Chicken**

- While the vegetables are roasting, heat a non-stick skillet over medium heat.
- Add the seitan chicken to the skillet.
- Cook for 5-7 minutes, turning occasionally, until the seitan is heated through and slightly crispy on the edges.
- Season with salt and pepper to taste.

**5. Assemble and Serve**

- Once the vegetables are done roasting, remove them from the oven.
- Plate the roasted butternut squash and green cruciferous vegetables.
- Top with the cooked seitan chicken.
- Garnish with chopped fresh parsley if desired.

# Seitan Chicken and Roasted Vegetable Stew*

*See page 15 for seitan recipe

**Serves 1**

**Prep time: 15 minutes**

**Cook time: 40 minutes**

## INGREDIENTS

- 150g (5 oz) seitan chicken, sliced
- 200g (7 oz) butternut squash, peeled and cubed
- 100g (4 oz) cauliflower florets
- 50g (2 oz) zucchini, sliced
- 1/2 onion, chopped
- 1 clove garlic, minced
- 200g (7 oz) tinned tomatoes
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp dried thyme
- Salt & pepper, to taste
- 1 tbsp fresh parsley, chopped (optional, for garnish)

## METHOD

### 1. Preheat the Oven

- Preheat your oven to 400°F (200°C).

### 2. Prepare the Vegetables

- In a mixing bowl, combine the cubed butternut squash, cauliflower florets, and sliced zucchini.
- Drizzle with half of the olive oil and sprinkle with smoked paprika, dried thyme, salt, and pepper.
- Toss until the vegetables are evenly coated with the oil and spices.
- Spread the vegetables in a single layer on a baking sheet.

### 3. Roast the Vegetables

- Place the baking sheet in the preheated oven.
- Roast for 20-25 minutes, or until the vegetables are tender and lightly browned, stirring halfway through the cooking time.

Recipe Continues

**4. Saute Onion and Garlic with Seitan**

- While the vegetables are roasting, heat the remaining olive oil in a non-stick skillet over medium heat.
- Add the chopped onion and cook for 2-3 minutes until translucent.
- Add the minced garlic and cook for another minute until fragrant.
- Add the sliced seitan chicken to the skillet.
- Cook for 5-7 minutes, turning occasionally, until the seitan is heated through and slightly crispy on the edges.
- Season with salt and pepper to taste.

**5. Combine and Simmer**

- In a saucepan, combine the roasted vegetables and tinned tomatoes.
- Bring to a simmer over medium heat, stirring occasionally.
- Add the cooked seitan, onion, and garlic mixture to the saucepan.
- Mix well and simmer for 5-10 minutes, allowing the flavors to meld together.

**6. Serve**

- Pour the stew into a bowl.
- Garnish with chopped fresh parsley if desired.

# 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

# Dinner Recipes

## Vegan Beef Vegetable Stew with Cauliflower Steak

**Serves 1**

**Prep time: 15 minutes**

**Cook time: 30 minutes**

### INGREDIENTS

- 100 g (4 oz) TVP (Textured Vegetable Protein) or soya mince
- 1 medium carrot, diced
- 100 g (4 oz) zucchini, diced
- 1 tsp tomato paste
- 200 g (7 oz) tinned tomatoes
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 1 tsp soy sauce
- 1/2 tsp dried thyme
- 1/2 tsp smoked paprika
- 1/4 tsp ground cumin
- 1/4 tsp ground black pepper
- 1/2 lemon, juiced
- 200 ml (7 fl oz) vegetable stock
- Fresh parsley or mint, chopped (optional, for garnish)

**For Cauliflower Steak:**

- 1 large cauliflower steak
- 1 clove garlic, minced 1 tsp fresh lemon juice
- 1 tsp fresh thyme leaves (or 1/2 tsp dried thyme)
- 1/2 tsp paprika
- 1/4 tsp ground cumin Salt & pepper, to taste
- 100 ml (4 fl oz) vegetable stock

### METHOD

**1. Prepare the Cauliflower Steak**

- Preheat your oven to 200°C (390°F).
- In a small bowl, mix the minced garlic, lemon juice, thyme, paprika, cumin, salt, and pepper.
- Place the cauliflower steak on a baking sheet lined with parchment paper.
- Rub the seasoning mixture evenly over both sides of the cauliflower steak.
- Pour the vegetable stock around the cauliflower steak on the baking sheet.
- Cover with foil and bake for 15 minutes.
- Remove the foil and bake for an additional 10 minutes, or until the cauliflower is tender and golden brown on the edges.

**2. Prepare the TVP**

- In a bowl, rehydrate the TVP by covering it with hot vegetable stock. Let it sit for about 10 minutes, then drain any excess liquid.

Recipe Continues

**3. Sauté the Aromatics**

- In a nonstick skillet over medium heat, add the minced garlic and ginger. Sauté for 12 minutes until fragrant.

**4.** Add the Vegetables

- Add the diced carrot and zucchini to the skillet. Cook for 57 minutes until the vegetables begin to soften.

**5. Incorporate the TVP and Tomato Paste**

- Stir in the rehydrated TVP and tomato paste. Cook for another 2 minutes, allowing the tomato paste to coat the vegetables and TVP evenly.

**6. Add Tinned Tomatoes and Seasonings**

- Add the tinned tomatoes, soy sauce, dried thyme, smoked paprika, ground cumin, and ground black pepper. Stir well to combine.

**7. Simmer the Stew**

- Pour in the vegetable stock and bring the mixture to a boil. Reduce the heat to low and let it simmer for 1520 minutes, allowing the flavors to meld together and the stew to thicken.

**8. Add Lemon Juice**

- Stir in the lemon juice just before serving to add a fresh, tangy flavor to the stew.

**9. Serve**

- Serve the stew in a bowl, garnished with chopped fresh parsley or mint if desired.
- Place the roasted cauliflower steak on the side or on top of the stew.

# Spicy Stuffed Peppers

**Serves 1**

**Prep time: 20 minutes**

**Cook time: 40 minutes**

## INGREDIENTS

- 100g (4 oz) TVP (Textured Vegetable Protein) or soya mince
- 1 medium carrot, diced
- 100g (4 oz) zucchini, diced
- 1 large bell pepper (any color), halved and seeds removed
- 1 tsp tomato paste
- 1 clove garlic, minced
- 1 tsp ginger, minced
- 1 tsp soy sauce
- 1/2 tsp dried thyme
- 1/2 tsp smoked paprika
- 1/4 tsp ground cumin
- 1/4 tsp ground black pepper
- 1/2 lemon, juiced
- 200ml (7 fl oz) vegetable stock
- Fresh parsley or mint, chopped (optional, for garnish)

## METHOD

### 1. Prepare the TVP

- In a bowl, rehydrate the TVP by covering it with hot vegetable stock. Let it sit for about 10 minutes, then drain any excess liquid.

### 2. Sauté the Aromatics

- In a non-stick skillet over medium heat, add the minced garlic and ginger. Sauté for 1-2 minutes until fragrant.

### 3. Cook the Vegetables

- Add the diced carrot and zucchini to the skillet. Cook for 5-7 minutes until the vegetables begin to soften.

### 4. Add the TVP and Tomato Paste

- Stir in the rehydrated TVP and tomato paste. Cook for another 2 minutes, allowing the tomato paste to coat the vegetables and TVP evenly.

Recipe Continues

**5. Incorporate Seasonings**

- Add the soy sauce, dried thyme, smoked paprika, ground cumin, and ground black pepper. Stir well to combine.
- Add a small amount of vegetable stock if the mixture becomes too thick. Simmer for another 5 minutes to meld the flavors together.

**6. Prepare the Bell Pepper**

- Preheat your oven to 375°F (190°C).
- Place the halved bell pepper on a baking sheet, cut side up.

**7. Stuff the Bell Pepper**

- Spoon the TVP and vegetable mixture into the bell pepper halves, packing it in firmly.

**8. Bake the Stuffed Pepper**

- Bake in the preheated oven for 20-25 minutes, until the bell pepper is tender and the filling is heated through.

**9. Add Lemon Juice**

- Drizzle the lemon juice over the stuffed bell pepper just before serving to add a fresh, tangy flavor.

**10. Serve**

- Plate the stuffed bell pepper.
- Garnish with chopped fresh parsley or mint if desired.

# Evening Snack Recipes

## Peanut Butter Celery Sticks

**Serves 1**

**Prep time: 5 minutes**

**INGREDIENTS**

- 1 tbsp of peanut butter
- Celery sticks

**METHOD**

1. Wash and cut the celery sticks into snack-sized pieces.

2. Spread the peanut butter evenly across the celery sticks.

3. Enjoy your crunchy and satisfying snack!

# Peanut Butter Sweet Popsicles

**Serves 1**

**Prep time: 5 minutes (plus freezing time)**

## INGREDIENTS

- 1 tbsp peanut butter
- 240ml (8 fl oz) water
- Stevia, to taste (optional)

## METHOD

### 1. Prepare Peanut Butter Mixture

- In a small bowl, mix the peanut butter with a little water to thin it out until smooth.

### 2. Combine with Water

- In a larger bowl, combine the sweetened peanut butter mixture with the remaining water. Stir well to ensure the peanut butter is evenly distributed.

### 3. Sweeten to Taste

- Add the Stevia to taste, mixing thoroughly.

### 4. Pour into Molds

- Pour the mixture into popsicle molds or small paper cups.

### 5. Freeze

- Insert sticks into the molds and freeze for at least 4 hours or until solid.

### 6. Serve

- Once frozen, remove the popsicles from the molds and enjoy.

# Vegan Peanut Butter Sweet Slush

**Serves 1**

**Prep time: 5 minutes**

**INGREDIENTS**

- 1 tbsp peanut butter
- 240ml (8 fl oz) water
- Stevia, to taste (optional)
- Ice cubes

**METHOD**

**1. Prepare Peanut Butter Mixture**

- In a small bowl, mix the peanut butter with a little water to thin it out until smooth.

**2. Combine with Water and Sweetener**

- In a blender, combine the sweetened peanut butter mixture with the remaining water and Stevia to taste. Stir well to ensure the peanut butter is evenly distributed.

**3. Add Ice Cubes**

- Add a handful of ice cubes into the blender.

**4. Blend**

- Blend until you achieve a slushy consistency.

**5. Serve**

- Pour the slush into a glass and drink 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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# APPAREL




























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