THE SCULPTED *vegan*



1700 CALORIE
VEGAN MEAL PLANS

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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

Scrambled Tofu Bagel

Serves 1

Prep time: 5 minutes

Cook time: 10 minutes

INGREDIENTS

- 200g (7 oz) tofu
- 50ml (2 fl oz) soya milk
- A pinch of turmeric
- A pinch of black salt (Kala Namak)
- 1 bagel
- 2 tbsp vegan butter (28g / 1 oz)

METHOD

1. Prepare the Tofu:

- Drain the tofu and pat it dry with paper towels to remove excess moisture.
- Crumble the tofu into small pieces using your hands or a fork.

2. Cook the Tofu:

- Heat 1 tablespoon of vegan butter in a non-stick skillet over medium heat.
- Add the crumbled tofu to the skillet.
- Sprinkle the tofu with a pinch of turmeric and black salt (Kala Namak).
- Pour in the soya milk and stir well to combine. The soya milk will help create a creamy texture.
- Cook for 5-7 minutes, stirring occasionally, until the tofu is heated through and slightly golden.

Recipe Continues

3. Toast the Bagel:

- While the tofu is cooking, slice the bagel in half.
- Toast the bagel halves until they are golden brown.

4. Butter the Bagel:

- Spread the remaining 1 tablespoon of vegan butter on the toasted bagel halves.

5. Assemble the Bagel:

- Once the tofu is cooked, remove it from the heat.
- Spoon the turmeric tofu mixture onto one half of the toasted bagel.
- Place the other half of the bagel on top to create a sandwich.

6. Serve:

- Serve the turmeric tofu bagel immediatel & enjoy!

Garlic Tofu and Spinach Bagel

Serves 1

Prep time: 5 minutes

Cook time: 15 minutes

INGREDIENTS

- 200g (7 oz) tofu, mashed
- 1 tbsp garlic oil
- 2 tbsp light soy sauce
- 1 tbsp nutritional yeast
- Juice of half a lemon
- 2 big handfuls of spinach
- 1 bagel
- 1 tsp vegan butter

METHOD

1. Prepare the Ingredients:

- Mash the tofu until it reaches a crumbly consistency.
- Juice half a lemon.
- Wash and dry the spinach leaves.

2. Heat the Garlic Oil:

- In a medium-sized pan, heat the garlic oil over medium-high heat.

3. Cook the Tofu:

- Add the mashed tofu to the hot pan, spreading it out evenly. Cook for about 5-7 minutes, stirring occasionally, until the tofu becomes crispy and golden brown.

4. Add Soy Sauce:

- Pour the light soy sauce over the crispy tofu, stirring well to coat the tofu evenly. Cook for an additional 2-3 minutes to allow the tofu to absorb the soy sauce.

Recipe Continues

5. Add Nutritional Yeast and Lemon Juice:

- Remove the pan from the heat and sprinkle the nutritional yeast over the tofu. Stir to combine. Add the juice of half a lemon and mix well.

6. Wilt the Spinach:

- In the same pan, add the spinach and cook over low heat until wilted, about 2-3 minutes. Stir the spinach into the tofu mixture until well combined.

7. Prepare the Bagel:

- While the tofu and spinach are cooking, cut the bagel in half and toast it until golden brown.

8. Butter the Bagel:

- Spread the vegan butter evenly over the toasted bagel halves.

9. Assemble and Serve:

- Place the crispy tofu and spinach mixture on top of the buttered bagel halves.

Vanilla Peanut Butter Protein Porridge

Serves 1

Prep time: 5 minutes

Cook time: 5 minutes

INGREDIENTS

- 25g (1 oz) **Vegan Wondershake Vanilla Crème**
- 40g (1.5 oz) porridge oats
- 100ml (3.4 fl oz) soya milk
- 2 tbsp (1 oz) peanut butter

METHOD

1. Prepare the Ingredients:

- Measure out the Vegan Wondershake Vanilla Crème, porridge oats, soya milk, and peanut butter.

2. Mix the Dry Ingredients:

- In a small bowl, combine the porridge oats and Vegan Wondershake Vanilla Crème.

3. Heat the Soya Milk:

- In a small saucepan, heat the soya milk over medium heat until it begins to simmer.

4. Cook the Porridge:

- Slowly add the dry mixture to the simmering soya milk, stirring continuously to avoid lumps.
- Cook for 3-5 minutes, stirring occasionally, until the oats are soft and the mixture has thickened.

5. Add the Peanut Butter:

- Remove the saucepan from the heat and stir in the peanut butter until it is fully melted and incorporated into the porridge.

6. Serve:

- Pour the porridge into a bowl and let it sit for a minute to cool slightly before eating.

Post Workout Recipes

Banana Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 1 medium banana, sliced and frozen
- 6-8 ice cubes
- 100ml (3.5 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Prepare the Banana:

- Slice the banana and place the slices in a freezer-safe container.
- Freeze the banana slices for at least 2-3 hours, or until fully frozen.

2. Blend the Ingredients:

- In a blender, combine the Vegan Wondershake, frozen banana slices, ice cubes, and water.
- Add stevia to taste if you prefer a sweeter ice cream.

3. 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.
- If the mixture is too thick, add a little more water until you reach your desired consistency.

Recipe Continues

4. Freeze the Mixture:

- Pour the blended mixture into a shallow, freezer-safe container.
- Cover the container and place it in the freezer for at least 1-2 hours, or until the mixture is firm enough to scoop.

5. Serve:

- Once the ice cream is frozen, remove it from the freezer.
- Let it sit at room temperature for a few minutes to soften slightly before scooping.
- Scoop the ice cream into a bowl and enjoy immediately.

Lunch Recipes

Seitan Chicken and Butter Bean Stew*

*See page 18 for seitan recipe

Serves 1

Prep time: 20 minutes

Cook time: 40 minutes

INGREDIENTS

- 1 serving seitan chicken
- 150g (5 oz) butter beans, drained and rinsed
- 1 tbsp (0.5 fl oz) olive oil
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 50ml (2 fl oz) oat milk
- 1 tbsp fresh chopped coriander
- 1/2 vegetable stock cube
- 200ml (7 fl oz) boiling water
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- Juice of 1/2 lemon
- Salt & pepper, to taste

METHOD

1. Prepare the Ingredients:

- Drain and rinse the butter beans.
- Mince the garlic and grate the ginger.
- Chop the fresh coriander.

2. Heat the Oil:

- In a medium-sized pot, heat the olive oil over medium heat.

3. Cook the Aromatics:

- Add the minced garlic and grated ginger to the pot. Sauté for 1-2 minutes until fragrant.

4. Add Spices:

- Stir in the ground turmeric and ground cumin, cooking for another 1 minute to release their flavors.

Recipe Continues

5. Combine Ingredients:

- Add the seitan chicken and butter beans to the pot, stirring to coat them in the spice mixture.

6. Prepare the Stock:

- Dissolve the 1/2 vegetable stock cube in 200ml boiling water.

7. Simmer the Stew:

- Pour the prepared stock into the pot. Bring to a simmer and cook for about 20 minutes, allowing the flavors to meld and the stew to thicken slightly.

8. Add the Oat Milk:

- Stir in the oat milk and continue to simmer for another 5-10 minutes until the stew reaches your desired consistency.

9. Season and Finish:

- Add the lemon juice, fresh chopped coriander, salt, and pepper to taste. Stir well to combine.

10. Serve:

- Ladle the stew into a bowl and garnish with extra coriander if desired. Serve with as many steamed green vegetables as you need to feel full!

Seitan Chicken and Butter Bean Medley

*See page 18 for seitan recipe

Serves 1

Prep time: 15 minutes

Cook time: 25 minutes

INGREDIENTS

- 1 serving seitan chicken
- 150g (5 oz) butter beans, drained and rinsed
- 1 tbsp (0.5 oz) olive oil
- 1 clove fresh garlic, minced
- 1 cm fresh ginger, grated
- 100ml (3.4 fl oz) vegetable stock or broth
- 1 tbsp fresh lemon juice
- 1 tsp dried thyme
- 1 tsp dried oregano
- Salt & pepper, to taste
- Fresh parsley for garnish (optional)

METHOD

1. Prepare the Ingredients:

- Mince the garlic and grate the ginger.
- Slice the seitan chicken into bite-sized pieces if not pre-sliced.

2. Heat the Oil:

- In a medium-sized skillet, heat 1/2 tbsp of olive oil over medium heat.

3. Cook the Seitan Chicken:

- Add the seitan chicken to the skillet and cook for 3-4 minutes on each side until lightly browned.

4. Add Garlic and Ginger:

- Add the minced garlic and grated ginger to the skillet with the seitan chicken. Sauté for 2-3 minutes until fragrant.

Recipe Continues

5. Add Vegetable Stock:

- Pour in 50ml of vegetable stock and stir to combine. Allow it to simmer for 5-7 minutes until the liquid is mostly absorbed.

6. Season and Finish:

- Add salt and pepper to taste. Stir in the lemon juice and cook for another 1-2 minutes.

7. Garnish and Serve:

- Garnish with fresh parsley if desired and set aside while you prepare the butter beans.

BUTTER BEAN MEDLEY

1. Heat the Oil:

- In another skillet, heat the remaining 1/2 tbsp of olive oil over medium heat.

2. Cook the Aromatics:

- Add the minced garlic and sauté for 2-3 minutes until fragrant.

3. Add Butter Beans:

- Add the drained and rinsed butter beans to the skillet. Stir to coat them in the garlic oil.

4. Add Herbs and Broth:

- Sprinkle the dried thyme and oregano over the beans. Pour in the remaining 50ml of vegetable stock and stir to combine.

5. Simmer the Beans:

- Allow the mixture to simmer for 10 minutes, stirring occasionally, until the liquid is mostly absorbed and the beans are heated through.

6. Season and Finish:

- Add salt and pepper to taste. Stir in a squeeze of lemon juice for extra brightness.

7. Serve:

- Serve the butter beans alongside the seitan chicken with a crisp green salad.

Seitan Chicken and Butter Bean Salad

*See page 18 for seitan recipe

Serves 1

Prep time: 20 minutes

Cook time: 15 minutes

INGREDIENTS

- 1 serving seitan chicken
- 150g (5 oz) butter beans, drained and rinsed
- 1 tbsp (0.5 oz) olive oil
- 100g (3.5 oz) mixed leaves
- 50g (2 oz) cucumber, sliced
- 50g (2 oz) celery, chopped
- 100g (3.5 oz) cherry tomatoes, halved
- 1 tbsp fresh herbs (such as parsley, basil, or cilantro), chopped
- 1 clove fresh garlic, minced
- 1 cm fresh ginger, grated
- Juice of half a lemon
- Salt & pepper, to taste

METHOD

SEITAN CHICKEN PREPARATION

1. Prepare the Ingredients:

- Mince the garlic and grate the ginger.
- Slice the seitan chicken into bite-sized pieces if not pre-sliced.

2. Heat the Oil:

- In a medium-sized skillet, heat 1/2 tbsp of olive oil over medium heat.

3. Cook the Seitan Chicken:

- Add the seitan chicken to the skillet and cook for 3-4 minutes on each side until lightly browned.

Recipe Continues

4. Add Garlic and Ginger:

- Add the minced garlic and grated ginger to the skillet with the seitan chicken. Sauté for 2-3 minutes until fragrant.

5. Season and Finish:

- Add salt and pepper to taste. Stir in the lemon juice and cook for another 1-2 minutes.

BUTTER BEAN SALAD

1. Prepare the Salad Base:

- In a large mixing bowl, combine the mixed leaves, sliced cucumber, chopped celery, and halved cherry tomatoes.

2. Prepare the Dressing:

- In a small bowl, whisk together the remaining 1/2 tbsp olive oil, juice of half a lemon, salt, and pepper.

3. Combine Ingredients:

- Add the butter beans to the salad. Pour the dressing over the salad and toss gently to combine.

4. Add Fresh Herbs:

- Sprinkle the fresh chopped herbs over the salad and mix well.

ASSEMBLING THE SALAD

1. Combine and Serve:

- Place the dressed salad mixture on a serving plate.
- Arrange the cooked seitan chicken on top of the salad.

2. Finish:

- Garnish with extra fresh herbs 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

Red Lentil Soup

Serves 1

Prep time: 15 minutes

Cook time: 30 minutes

INGREDIENTS

- 60g (2 oz) red lentils (uncooked)
- 1 medium carrot, chopped
- 2 medium celery stalks, chopped
- 50g (2 oz) onion, finely chopped
- 1 tbsp fresh chopped coriander
- 1 clove fresh garlic, minced
- 1 cm fresh ginger, grated
- 200ml (17 fl oz) vegetable stock (can use 1/2 stock cube dissolved in boiling water)
- 1 tbsp lemon juice
- Salt & pepper, to taste
- 1 tbsp olive oil

METHOD

1. Prepare the Vegetables:

- Chop the carrot and celery into small pieces.
- Finely chop the onion.
- Mince the garlic and grate the ginger.

2. Heat the Oil:

- In a medium-sized pot, heat the olive oil over medium heat.

3. Cook the Aromatics:

- Add the minced garlic, grated ginger, and chopped onion to the pot. Sauté for 3-4 minutes until the onion becomes translucent and the mixture is fragrant.

4. Add the Vegetables and Lentils:

- Add the chopped carrot, celery, and red lentils to the pot, stirring to combine with the aromatics.

Recipe Continues

5. Prepare the Stock:

- Dissolve the vegetable stock cube in 200ml of boiling water.

6. Simmer the Soup:

- Pour the prepared stock into the pot. Bring to a boil, then reduce the heat and let it simmer for 20-25 minutes, or until the lentils and vegetables are tender.

7. Season and Finish:

- Add the lemon juice, fresh chopped coriander, salt, and pepper to taste. Stir well to combine.

8. Blend the Soup (Optional):

- For a smoother texture, use an immersion blender to partially or fully blend the soup. Alternatively, you can leave it chunky if you prefer.

9. Serve:

- Ladle the soup into a bowl and garnish with extra coriander if desired. Serve with florets of steamed broccoli dropped into the soup if you prefer it chunky.

Red Lentil and Vegetable Stew

Serves 1

Prep time: 20 minutes

Cook time: 35 minutes

INGREDIENTS

- 22 g (0.75 oz) red lentils (uncooked)
- 1 medium carrot, chopped
- 2 medium celery stalks, chopped
- 50g (2 oz) onion, finely chopped
- 1 tbsp fresh chopped coriander
- 1 clove fresh garlic, minced
- 1 cm fresh ginger, grated
- 200ml (7 fl oz) vegetable stock (can use 1/2 stock cube dissolved in boiling water)
- 1 tbsp lemon juice
- 50g (2 oz) broccoli florets
- 50g (2 oz) green beans, trimmed and cut into 1-inch pieces
- 50g (2 oz) spinach leaves
- 1 tsp dried thyme
- 1 tsp dried oregano
- Salt & pepper, to taste
- 1 tbsp olive oil

METHOD

1. Prepare the Vegetables:

- Chop the carrot and celery into small pieces.
- Finely chop the onion.
- Mince the garlic and grate the ginger.
- Cut the broccoli into small florets.
- Trim and cut the green beans into 1-inch pieces.
- Rinse the spinach leaves.

2. Heat the Oil:

- In a medium-sized pot, heat the olive oil over medium heat.

3. Cook the Aromatics:

- Add the minced garlic, grated ginger, and chopped onion to the pot. Sauté for 3-4 minutes until the onion becomes translucent and the mixture is fragrant.

Recipe Continues

4. Add the Vegetables and Lentils:

- Add the chopped carrot, celery, broccoli, and green beans to the pot, stirring to combine with the aromatics.
- Add the red lentils and mix well.

5. Add Herbs and Spices:

- Stir in the dried thyme and dried oregano, cooking for another 1-2 minutes to release their flavors.

6. Prepare the Stock:

- Dissolve the vegetable stock cube in 200ml of boiling water.

7. Simmer the Stew:

- Pour the prepared stock into the pot. Bring to a boil, then reduce the heat and let it simmer for 20-25 minutes, or until the lentils and vegetables are tender.

8. Add Spinach:

- Stir in the spinach leaves and let them wilt in the hot stew for about 2-3 minutes.

9. Season and Finish:

- Add the lemon juice, fresh chopped coriander, salt, and pepper to taste. Stir well to combine.

10. Serve:

- Ladle the stew into a bowl and garnish with extra coriander if desired.

Evening Snack Recipes

Vegan Wondershake Protein Ice Cream

Serves 1

Prep time: 10 minutes (plus freezing time)

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 8-10 ice cubes
- 100ml (3.5 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Prepare the Base:

- In a blender, combine the Vegan Wondershake, ice cubes, and water.
- Add stevia to taste if you prefer a sweeter ice cream.

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.
- If the mixture is too thick, add a little more water; if it's too thin, add a few more ice cubes.

3. Freeze the Mixture:

- Pour the blended mixture into a shallow, freezer-safe container.
- Cover the container and place it in the freezer for at least 2-3 hours, or until the mixture is firm.

4. Serve:

- Once the ice cream is frozen, remove it from the freezer.
- Let it sit at room temperature for a few minutes to soften slightly before scooping.
- Scoop the ice cream into a bowl and enjoy immediately.

Protein Smoothie

Serves 1

Prep time: 5 minutes

INGREDIENTS

- 50g (2 oz) **Vegan Wondershake** (any flavor)
- 6-8 ice cubes
- 200ml (7 fl oz) water (adjust for desired consistency)
- Stevia, to taste (optional)

METHOD

1. Combine Ingredients:

- In a blender, combine the Vegan Wondershake, ice cubes, and water.
- Add stevia to taste if you prefer a sweeter smoothie.

2. Blend Until Smooth:

- Blend on high until the mixture is smooth and creamy.
- If the smoothie is too thick, add more water a little at a time until you reach your desired consistency.

3. Serve:

- Pour the smoothie into a glass & enjoy!

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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