



THE SCULPTED *vegan*

EXACTLY HOW I

# MEAL PLAN

AS A VEGAN ATHLETE

KIM CONSTABLE

Learn The Single-Most  
Important Factor in  
**Losing Weight**  
& The Science behind a  
**Calorie Deficit!**



WWW.THESCULPTEDVGEAN.COM





## From Humble Beginnings: My Introduction to Meal Planning

I remember the moment so vividly—I had just given birth to my daughter Maya, my third child in three years. I had a beautiful, easy home birth and was so consumed by the experience. But, a few hours after she was born, I stood on my bathroom scale and was shocked by what I saw (don't ask why I stood on the scale a mere hours after I birthed a baby—I'm OCD). I was thirty pounds over my pre-pregnancy body weight, and although a lot of that was water weight, seeing that number ignited a fire within me.

Within six weeks, I was dieting for the first time.

I never had to *really* diet before, although I had experimented with a raw food diet for about 2 years (nothing stringent). I gained quite a bit of weight during my second pregnancy, and the raw food movement fascinated me. I did lose a lot of weight, but I honestly just missed cooked food.

**I needed a different approach this time.** I wanted to be more methodical, so I found a calorie-counter on my phone to use (since I heard that counting calories was the best way to lose weight).

I inputted data about my height, weight, age, activity level, goal weight, and how many pounds per week I wanted to lose. Because I was breastfeeding at the time, I chose one pound per week. Using that information, the app recommended that I eat 1400 calories per day until I reached my goal. There was no information about *where* those calories should come from (i.e., protein, carbs, or fats).

This was my first experience tracking my food, and I have to say, I really enjoyed it! I was able to put in various foods and determine right then and there if eating something would be worth it or not...

*...Oooh, a muffin! How many calories would this be? Ah, no way. Not eating that. What about half of it? What about a quarter of it?*

This was great for me—I was able to have everything I wanted but in smaller quantities. I never felt guilty or deprived. I also started running on the treadmill during Maya's nap. There was no watching Netflix on the phone back then! Running was boring. I could listen to music, but that was it.

Between running for 30 minutes daily and eating 1400 calories, I lost the weight really quickly—a pound per week.

I was so impressed! It proved that working towards a goal isn't a guessing game. It's a science—a mathematical equation. I want to weigh x amount of weight, and my height and weight are x amount, so if I eat x amount of food and exercise in x amount, I will lose x amount of weight.

I was quickly back to being super slim and lean, but I soon fell pregnant again.

Looking back, I wish I could take postpartum Kim and put her on a macro- and calorie-counted meal plan (or at least a 1400 calorie meal plan that was higher in protein and lower in fat and carbs.)

Had I understood that prioritizing protein would be more thermogenic and better for my body composition and muscle retention, and had I incorporated strength training, **I could've gotten far better (and faster) results.**

But here's the caveat: Figuring everything out for myself was actually brilliant because it enabled me to achieve the results without pressure. I just had to hit a calorie goal, and I got the expected result. Was it the best or fastest result I could have gotten? No, probably not. But who cares? At the time, it was perfect for me because I built tremendous confidence in the science of meal planning.

# The Single-Most Important Factor in Losing Weight



The reason I lost weight is simple: *I was in a calorie deficit.*

Some people swear by intermittent fasting (which narrows the window of time during which you eat). Some people say the best way to lose weight is by going on a ketogenic diet (which eliminates all carbohydrates). Some people swear by cardio, and some people insist on strength training. The reason why any of these approaches can be helpful is that they all help push you into a calorie deficit. ***The calorie deficit causes you to lose weight, not the specific method in which you reach that deficit.***

Your body loses fat because you're in a calorie deficit. Period. It's not because you're eating more protein or less fat or you're doing more exercise. All of those things *add up* to a calorie deficit. It's like taking  $2 + 2 + 2 + 2$  and getting 8. 8 is the result. If it's the *result* you want, it doesn't matter if you're doing  $4 + 4$  or  $6 + 2$ ; it's still 8. It doesn't matter if you're putting in keto plus running or slow, steady cardio with intermittent fasting. You're still getting the same result.

The real question is how to get to the result you want within the parameters of your life. **What you need most when you're getting started is a method that is not overwhelming.**



# The Science: What Is a Calorie Deficit & How Is It Calculated?

Before you can get to the calorie *deficit* part, you must understand how many calories your body needs to maintain its current weight. To do that, we use **total daily energy expenditure (TDEE)**.

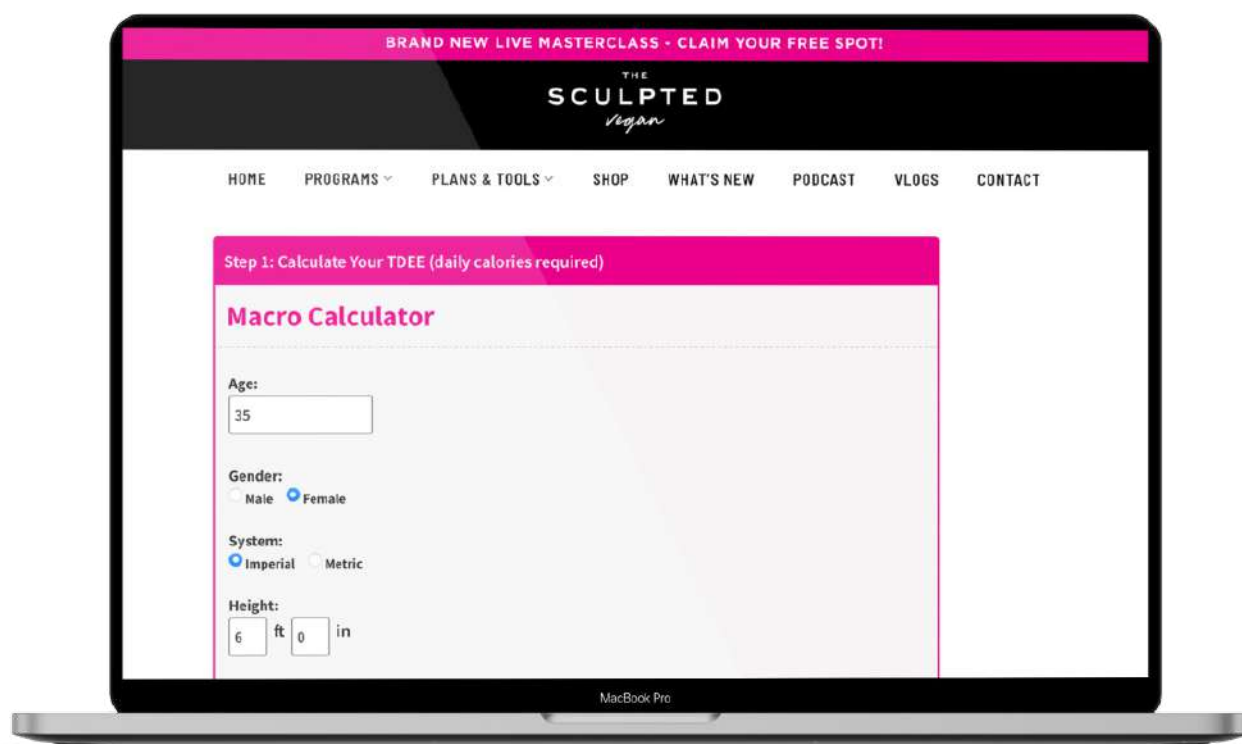
Your TDEE is a calculation based on your basal metabolic rate (BMR) and your activity level together. Your BMR is the rate at which your body burns calories to keep you alive. It's the energy your body expends to digest your food, to blink, to grow hair, to grow nails, to make urine, to hold water, etc. All of those things require calories. Every time you drink a glass of water, your body uses energy to absorb it through the small intestine into the blood, to send it to the bladder to be excreted as urine. Sixty percent of your total daily energy expenditure is taken up by your body, keeping itself alive!

Your BMR is only one part of the TDEE equation— 60% of it.

If your TDEE is 2000 calories (which means you need 2000 calories to maintain your current weight and body composition), your BMR will account for 1200 of them. If you were to lie on your bed all day watching the Real Housewives of Beverly Hills (don't judge), you would still burn those 1200 calories. The other 800 is made up of your daily activities: lifting your arm, pouring yourself a gin and tonic (again, don't judge), lifting weights, or doing your cardio.

Currently, I average 13,000-17,000 steps, including a six or seven-kilometer daily walk (I track this using my iWatch). On the weekends, I get close to 20,000 because I'm extra active in the house and in the garden, compared to weekdays when I spend more time at my desk. I also do one hour of soul-crushing strength training four or five days a week. Because I can track how much energy I expend, I can calculate my TDEE with a high degree of accuracy.

If you're feeling overwhelmed with all of this information, don't worry! We have a **free calorie calculator** that will calculate your total daily energy expenditure. It tells you how many calories you need to eat every day to maintain your current body composition. **Once you have your TDEE, it's a simple math equation. If you want to lose weight, eat less than your body needs to maintain your current size, or exercise more—or both.**



My TDEE is 2600 calories, based on my BMR plus my activity level. If I want to lose body fat, all I have to do is eat fewer than 2600 calories, and that's going to push me into a deficit. If I also exercise more, that's going to push me into even *more* of a deficit. For example, I could decide to add in a second hour-long walk. My watch tells me that I can burn about 280-300 calories (I always under-estimate, so I'll round down to 250) during that hour. If an additional walk is the only change I make to my weekly lifestyle, I will lose body fat. If I *also* cut 100-200 calories every day *and* go for a walk, I will be in a daily deficit of 450 calories, so I'll lose more weight, faster!

Simple, right? If they taught our kids this in school, there wouldn't be as many obese adults in the world!

# How to Meal Plan Appropriately for YOU

One of the most commonly asked questions I get around meal planning is whether it's better to follow a prescriptive meal plan or track your own macronutrient requirements each day/each week.

If you are just starting, you should follow a prescriptive meal plan (**unless you fall into one of these categories below**):

- ➔ You are very overweight (a BMI of over 30, which qualifies as obese)
- ➔ You have food allergies or intolerances
- ➔ You are very low in body fat (under 16 %) and or are a very seasoned athlete who wants to stand on stage

Otherwise, if you're a regular person who has not been doing a lot of meal planning or consistent exercise (specifically cardio, which will increase your caloric deficit), I always recommend the prescriptive meal plan. It's the simplest way to achieve epic results while avoiding the potential overwhelm of tracking macros.





# The Only Way To Win Is Through Consistency

I know that there will be readers out there who will shake their heads and cling to the idea that they need to be on a personalized, macro-counted meal plan. I get it. It can be hard to believe that a generic plan can produce spectacular results. If you're one of those readers, pay close attention to this story about a **client** who took a simple approach, followed through consistently, and lost over 100 pounds in a year!

Trisha tipped the scale at around 280 pounds when she decided to change her life. She made two key lifestyle decisions: she committed to working out every day and committed to eating healthier (she's a chef, so one can only imagine how often she's faced with temptations!)



She doesn't have a complicated exercise regimen, but she does *something* every day: walking, running, HIIT or strength-training session, or jumping on her trampoline. Her eating habits are also simple. She had been eating Weetabix and a banana for breakfast, so I switched her to a protein-rich meal to jump-start her metabolism first thing in the morning.

When I started to work with Trisha, I knew I could write her a solid meal plan and improve her results. I offered to do it for free, but she told me, "I appreciate the offer, but I'm happy with what I'm doing. It's gotten epic



results. It's working for me, and I don't want to change it." I had so much respect for her because she lost an enormous amount of weight, and **she did it *not* by being really precise with her macros or calories or training. She did it just by putting in consistent effort *every single day*.**



I do believe that Trisha will eventually plateau because everybody does. She will reach a stage where her weight loss won't be as fast or as consistent. That's when she may have to become more precise—but by then, she'll be armed to make that decision because she already has a solid foundation.

(This is why, as a seasoned athlete who wants to stand on stage, you should NOT follow a prescriptive meal plan—you'll need to be far more precise.)

People underestimate consistency. Many beginners want to do something over-the-top because they think that's the secret to losing weight. The idea of a "generic" plan might sound limiting. Well, guess what? Losing fat and changing your body composition is not a Blockbuster movie. It's boring and tedious. It takes time and effort, and consistency.

That's the bad news. **The good news is, there's no magic behind meal planning. It's science, plain and simple.**

# Mastering Your Meal Planning



Learning to calculate your own macros is a significant shift. I encourage you to start looking at the label of everything you eat. Look at the protein, carbs, fat, calories, and look at the ingredients. It's so essential for your overall health to watch for artificial ingredients and other things you don't want in your body.

Don't worry—I know this seems grueling now, but that's only because it's new and different. Once you've done it for a bit of time, I promise it becomes second nature!

A little back story about this: The other day, I was driving around with Ryan, and I asked him to drive so I could create another meal plan for my new **8-week Butt Camp** program. We only had a 10-minute drive, and he was stunned that I was planning to complete this entire meal plan in 10 minutes.

As he drove, I whipped out my calorie tracker on my phone and inputted all the numbers—adding and subtracting until the percentages were met. I finished by the end of our drive and uploaded it into the PDF.

It was easy and simple because I've got several years of experience doing it.





## So how do you do this for yourself?



➔ **Choose your macro percentage split** - The macro split that I recommend for *bulking* is 40% carbohydrate, 30% protein, and 30% fat.

The macro split I recommend for *shredding* is 30% carbohydrate, 45% protein, and 25% fat.

I increase my protein for a shred compared to a bulk because protein is very thermogenic (eating protein will *boost* the metabolism and use calories to break down and metabolize it.) Fewer carbohydrates will cause your body to naturally burn more fat and store less of the carbohydrates as energy.

Meal-timing is another consideration when deciding how to divide up your macros over the course of the day. Always make sure to start the day with protein to get your metabolism going. Eat most of your carbs before and after strength training (not cardio!) to ensure that you have enough energy to push the weights and to replenish the muscle afterwards.

➔ **Decide on total calories** - When bulking, I always eat at my TDEE or slightly over. When shredding, I usually start in a 10% deficit of my TDEE and slowly drop by 50 to 100 calories every 1 to 2 weeks, depending on how my progress pictures look. If my TDEE is 2000, I start at 1800 calories.

(Use our [free calculator](#) to learn how many calories you should be eating to achieve your goals.)

## ➔ **Decide how many meals you want to eat each day**

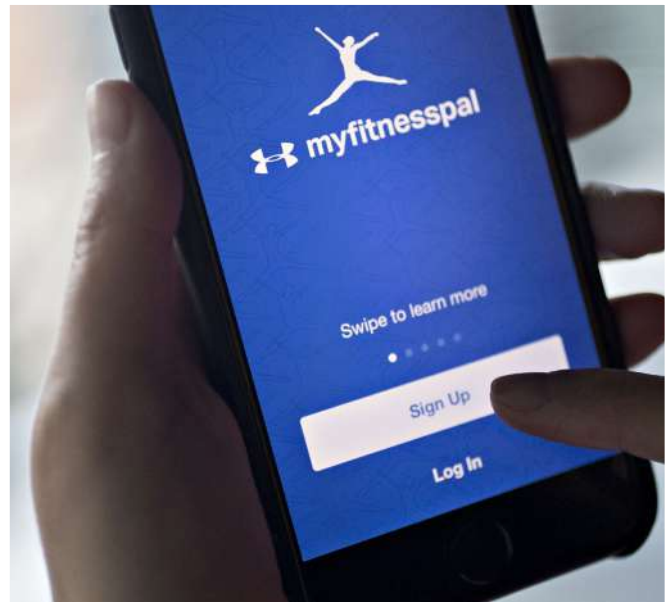
When bulking, I eat four times per day because my meals are bigger, and I feel more satisfied and less hungry. When shredding, I try to eat five to six times per day to combat hunger.

When bulking, I eat breakfast, post-workout protein shake, lunch, and dinner.

When shredding, I eat breakfast, post-workout protein shake, lunch, dinner, and an evening protein shake. I like to eat a huge protein shake with only a little water so that it resembles ice cream. It really helps fill me up and feels like a nice treat before bed!

## ➔ **Download MyFitnessPal (MFP) and enter calories and macros**

I have always used the premium (paid) version of MyFitnessPal because of its increased accuracy in tracking. However, many people use the free version very successfully. You can trial the paid version for 30-days free.



Once you have downloaded the app, change the calories to the amount you have decided you need to eat. To do this, click on the MORE button at the bottom of the page and then click on the NUTRITION tab. Click the GOAL tab and change the amount of calories you want to consume by clicking on the blue calorie number.

You also need to change the macro split. To do this, simply click on the word CARBOHYDRATES and change the percentage using the dial.

Once you have done this, go back to the home tab and look at “nutrients remaining” at the top of the page. As you enter food into MyFitnessPal, it will deduct the calories of the food from your daily total, always showing you the amount you have left to eat.



➔ **Plan your protein first** - Usually, I plan a week in advance, and I take it one meal at a time. I always plan my protein first in every meal, starting with breakfast. Lean protein is the key to meal planning, whether you're bulking or shredding. In addition to protein's thermogenic nature, it's also the necessary macro-nutrient to build your muscles. For example, I love to do oatmeal in the morning, but I need to work out the protein first. Because I add two scoops of protein to my oatmeal, that's what I will log first into the app. Adding protein powder to your oatmeal in the **morning** will not only give you an incredible dose of slow-release carbohydrate (from the oatmeal), it will keep your metabolism running high.

Once I finish the protein for my breakfast, I will enter the protein for all the other meals that I plan to eat. As I am logging the protein, the app shows how much protein I have left. I like to log until I have around 15g left of protein. Why? Because I will also have protein-carbs (see below), that will add a small amount to my total protein intake.



➔ When looking for **protein powder**, you want one with the highest possible protein content and lowest possible calories. Remember to add at least 50 grams of protein to every protein shake. It's not true that your body can only metabolize 30g of protein at any one time, so don't be afraid to load it up! Your muscles need it!

The best protein sources for a vegan athlete are:

- Protein powder
- Tofu
- Seitan
- Seitan
- Sunflower mince
- Soy products (such as burgers, sausages, or mince)

➔ **Be conscientious about carbs/start with "protein carbs"** - The best carb sources that also contain protein are:

- Beans of any kind (especially black beans and lupini beans)
- Chickpeas (garbanzo beans)
- Quinoa (this cooks like a grain but is actually a seed)
- Lentils

➔ **Select low-GI carbs** - When I need to add carbohydrates to my meals, such as before and after training, I prioritize carbs with a low glycemic index. Low GI carbs support weight loss by helping minimize spikes in your insulin and blood sugar levels. With lower GI carbs, you can eat a larger volume of food, which gives you that full, satisfied feeling. My goal is always to eat a lot of food that is nutritionally-dense but calorically-light.

My favourite carbohydrates are:

- Oats
- Sweet potato
- Squash
- Carrots
- Cabbage
- Rice
- Berries (blueberries, strawberries, or raspberries)





➔ **Fats** - Fats are very high in calories, so I always add them at the end. When shredding, my fats are relatively low. By adding them in last, I see what I can play with after MFP has added up all the fat in my food. (For example, tofu is high in fat, so you won't have a lot of fat left over if that's your primary protein source.) I fry or saute my food in a little water rather than oil. However, sometimes tofu needs oil to get it crispy, so I will factor this into my macros. (You can also buy an air fryer for tofu, which requires no oil.)

My favourite fats are:

- Avocado
- Olive oil
- Flax oil
- Nuts
- Seeds
- Vegan mayonnaise

➔ **Fight hunger with fiber (I don't track these)** - People are often surprised to learn that veggies are a carbohydrate source, but it generally isn't necessary to track them.

In addition to getting carbs from beans and lentils, I load up on cruciferous vegetables, especially:

- Spinach
- Broccoli
- Green beans
- Asparagus
- Cauliflower
- Collard greens

Low in carbs, these vegetables are packed with micro-nutrients, which will help your body function at the highest possible level and stave off cravings.

So you're adding and subtracting as you go. Think of it as online shopping, where you add all the things you love into your cart, but then when the total gets too high, you begrudgingly take some out!

When meal planning, prioritize protein. That's what goes in your "cart" first, then the carbs and then the fats. If you've gone over your total (and you probably will at first), look back and take out the things you really don't need.

Once you've created a meal plan for one day, eat the same thing every day for a full week (unless you are a bit crazy and you want to do a different meal plan and cook separately every day. If you have all that time, rock on with your bad self!!) Then multiply each ingredient in each meal by 7, so you know exactly how much food you need to buy. If you eat 200 grams of tofu per day, you need 1,400 grams for the week. If a block of tofu is 280 grams, you'll need five blocks per week.

Once you have your shopping list, take a trip to the supermarket, come home, and mass-produce meals like it's your job. Cook everything in bulk and weigh it out into seven different containers. Put half in the fridge and half in the freezer, and then repeat the process for dinner.



You can even prepare a smoothie by freezing the exact amounts of fruit, so you can just chuck it into the blender when it's time to drink it. It takes extra work upfront, but believe me, once you get started, you can almost run on auto-pilot! It makes the rest of the week so much easier!

The only catch is that you have to be prepared to eat the same thing every single day. **It does get boring, but let me tell you, the process of getting results isn't sexy.** It's not exciting. It's boring. *Having* the results...that's epic!



That's why it's so important to have a measurable goal. Instead of thinking about how you don't want to eat tofu *again*, you can keep your eye on the prize, whether it's to fit into your favorite pair of jeans, get your pre-baby body back, or to look smoking hot on your next beach trip.

## Final Things To Remember

With all the possibilities, meal planning can quickly become overwhelming. I want you to walk away with these reminders to make sure your goals are easier to reach!

- 1. Calorie deficit and consistency above all -** If you want to lose weight, burn more calories than you consume, day after day after day. A great way to start is like my client Trisha: eat clean, watch portion sizes and desserts, and exercise every day. This approach is likely to work well for a while, and then when it doesn't, you know exactly how to be more precise.
- 2. Become an expert meal planner -** Once you've had success with a prescriptive meal plan, try making your own macro-counted meal plan according to what I laid out above.
- 3. Always have a goal -** There's nothing fun about meal planning, so it helps to have a goal to keep up your motivation. You don't have to stand on a stage in front of judges. You don't have to have a goal that overwhelms you. You can simply plan for your next beach/pool trip. Whatever matters to you.

**It's your body and your journey, and I truly can't wait for your future success!**



FEATURED PODCAST

EXACTLY HOW I  
**MEAL PLAN AS A  
VEGAN ATHLETE**

[CLICK HERE TO TUNE IN](#)



# 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. [The Sculpted Vegan YouTube](#)**

For training videos, instructional resources and much more!

**4. [Training to Failure](#)**

Dive deep with me in my personal training sessions as I show you what it really takes!

**5. [Training with Mark Getty](#)**

Join heavyweight pro bodybuilder Mark Getty- my personal trainer, as we discuss supplements, protein, training and more.

**6. [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

**7. [Free Resources](#)**

Download training and meal plans for free

# THE SCULPTED VEGAN APPAREL



SHOP NOW



THE  
SCULPTED  
*vegan*