

Female 50-60kg Bulk (Vegan) Diet Plan

Weight Class: 50-60kg

Goal: Bulk

Variation: Vegan

Daily Macro/Calorie Totals

- **Calories:** 2000 kcal
 - **Protein:** 100g
 - **Carbohydrates:** 275g
 - **Fats:** 55g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Tofu Scramble

- 112g Firm Tofu
- 385g Spinach & Peppers
- 45g Avocado *Macros: 555 kcal | 28g P | 77g C | 15g F*

Option 2: Vegan Protein Oats

- 154g Rolled Oats
- 1.5 Scoops Vegan Protein
- 30g Chia Seeds *Macros: 555 kcal | 28g P | 77g C | 15g F*

Option 3: Chickpea Flour Omelet

- 115g Besan (Chickpea Flour)
 - 56g Nutritional Yeast
 - Vegetables *Macros: 555 kcal | 28g P | 77g C | 15g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Lentil Dahl & Brown Rice

- 140g Cooked Lentils
- 115g Brown Rice
- Spinach *Macros: 555 kcal | 28g P | 77g C | 15g F*

Option 2: Chickpea Curry

- 140g Boiled Chickpeas
- 115g Quinoa
- 30g Coconut Milk *Macros: 555 kcal | 28g P | 77g C | 15g F*

Option 3: Tempeh Stir-fry

- 98g Tempeh
 - 308g Mixed Vegetables
 - 45g Sesame Oil *Macros: 555 kcal | 28g P | 77g C | 15g F*
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Meal 3: Afternoon Snack

Choose ONE of the following three options:

Option 1: Nut & Seed Mix

- 12g Almonds/Walnuts
- 1 Apple *Macros: 312 kcal | 16g P | 44g C | 8g F*

Option 2: Hummus & Carrots

- 132g Hummus
- Large Carrot sticks *Macros: 312 kcal | 16g P | 44g C | 8g F*

Option 3: Vegan Protein Shake

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 312 kcal | 16g P | 44g C | 8g F*
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Meal 4: Dinner

Choose *ONE* of the following three options:

Option 1: Quinoa & Black Bean Salad

- 112g Black Beans
- 115g Quinoa
- Lime/Cilantro *Macros: 555 kcal | 28g P | 77g C | 15g F*

Option 2: Tofu Steak & Sweet Potato

- 112g Tofu
- 115g Baked Sweet Potato *Macros: 555 kcal | 28g P | 77g C | 15g F*

Option 3: Seitan Stew

- 84g Seitan
 - Large bowl of Vegetable Broth
 - 77g Whole Wheat Bread *Macros: 555 kcal | 28g P | 77g C | 15g F*
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