

Female 50-60kg Cut (Vegan) Diet Plan

Weight Class: 50-60kg

Goal: Cut

Variation: Vegan

Daily Macro/Calorie Totals

- **Calories:** 1300 kcal
 - **Protein:** 81g
 - **Carbohydrates:** 162g
 - **Fats:** 36g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Tofu Scramble

- 88g Firm Tofu
- 225g Spinach & Peppers
- 30g Avocado *Macros: 358 kcal | 22g P | 45g C | 10g F*

Option 2: Vegan Protein Oats

- 90g Rolled Oats
- 1.5 Scoops Vegan Protein
- 20g Chia Seeds *Macros: 358 kcal | 22g P | 45g C | 10g F*

Option 3: Chickpea Flour Omelet

- 67g Besan (Chickpea Flour)
 - 44g Nutritional Yeast
 - Vegetables *Macros: 358 kcal | 22g P | 45g C | 10g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Lentil Dahl & Brown Rice

- 110g Cooked Lentils
- 67g Brown Rice
- Spinach *Macros: 358 kcal | 22g P | 45g C | 10g F*

Option 2: Chickpea Curry

- 110g Boiled Chickpeas
- 67g Quinoa
- 20g Coconut Milk *Macros: 358 kcal | 22g P | 45g C | 10g F*

Option 3: Tempeh Stir-fry

- 77g Tempeh
 - 180g Mixed Vegetables
 - 30g Sesame Oil *Macros: 358 kcal | 22g P | 45g C | 10g F*
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Meal 3: Afternoon Snack

Choose ONE of the following three options:

Option 1: Nut & Seed Mix

- 7g Almonds/Walnuts
- 1 Apple *Macros: 193 kcal | 12g P | 25g C | 5g F*

Option 2: Hummus & Carrots

- 75g Hummus
- Large Carrot sticks *Macros: 193 kcal | 12g P | 25g C | 5g F*

Option 3: Vegan Protein Shake

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 193 kcal | 12g P | 25g C | 5g F*
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Meal 4: Dinner

Choose *ONE* of the following three options:

Option 1: Quinoa & Black Bean Salad

- 88g Black Beans
- 67g Quinoa
- Lime/Cilantro *Macros: 358 kcal | 22g P | 45g C | 10g F*

Option 2: Tofu Steak & Sweet Potato

- 88g Tofu
- 67g Baked Sweet Potato *Macros: 358 kcal | 22g P | 45g C | 10g F*

Option 3: Seitan Stew

- 66g Seitan
 - Large bowl of Vegetable Broth
 - 45g Whole Wheat Bread *Macros: 358 kcal | 22g P | 45g C | 10g F*
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