

# Female 50-60kg Maintain (Vegan) Diet Plan

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**Weight Class:** 50-60kg

**Goal:** Maintain

**Variation:** Vegan

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## Daily Macro/Calorie Totals

- **Calories:** 1600 kcal
  - **Protein:** 88g
  - **Carbohydrates:** 212g
  - **Fats:** 44g
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## Meal 1: Breakfast

Choose ONE of the following three options:

### Option 1: Tofu Scramble

- 96g Firm Tofu
- 295g Spinach & Peppers
- 36g Avocado *Macros: 440 kcal | 24g P | 59g C | 12g F*

### Option 2: Vegan Protein Oats

- 118g Rolled Oats
- 1.5 Scoops Vegan Protein
- 24g Chia Seeds *Macros: 440 kcal | 24g P | 59g C | 12g F*

### Option 3: Chickpea Flour Omelet

- 88g Besan (Chickpea Flour)
  - 48g Nutritional Yeast
  - Vegetables *Macros: 440 kcal | 24g P | 59g C | 12g F*
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## Meal 2: Lunch

Choose ONE of the following three options:

### Option 1: Lentil Dahl & Brown Rice

- 120g Cooked Lentils
- 88g Brown Rice
- Spinach *Macros: 440 kcal | 24g P | 59g C | 12g F*

### Option 2: Chickpea Curry

- 120g Boiled Chickpeas
- 88g Quinoa
- 24g Coconut Milk *Macros: 440 kcal | 24g P | 59g C | 12g F*

### Option 3: Tempeh Stir-fry

- 84g Tempeh
  - 236g Mixed Vegetables
  - 36g Sesame Oil *Macros: 440 kcal | 24g P | 59g C | 12g F*
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## Meal 3: Afternoon Snack

Choose ONE of the following three options:

### Option 1: Nut & Seed Mix

- 10g Almonds/Walnuts
- 1 Apple *Macros: 251 kcal | 14g P | 33g C | 7g F*

#### **Option 2: Hummus & Carrots**

- 99g Hummus
- Large Carrot sticks *Macros: 251 kcal | 14g P | 33g C | 7g F*

#### **Option 3: Vegan Protein Shake**

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 251 kcal | 14g P | 33g C | 7g F*
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## **Meal 4: Dinner**

Choose *ONE* of the following three options:

#### **Option 1: Quinoa & Black Bean Salad**

- 96g Black Beans
- 88g Quinoa
- Lime/Cilantro *Macros: 440 kcal | 24g P | 59g C | 12g F*

#### **Option 2: Tofu Steak & Sweet Potato**

- 96g Tofu
- 88g Baked Sweet Potato *Macros: 440 kcal | 24g P | 59g C | 12g F*

#### **Option 3: Seitan Stew**

- 72g Seitan
  - Large bowl of Vegetable Broth
  - 59g Whole Wheat Bread *Macros: 440 kcal | 24g P | 59g C | 12g F*
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