

# Female 61-75kg Bulk (Vegan) Diet Plan

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**Weight Class:** 61-75kg

**Goal:** Bulk

**Variation:** Vegan

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## Daily Macro/Calorie Totals

- **Calories:** 2350 kcal
  - **Protein:** 117g
  - **Carbohydrates:** 323g
  - **Fats:** 65g
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## Meal 1: Breakfast

Choose ONE of the following three options:

### Option 1: Tofu Scramble

- 128g Firm Tofu
- 450g Spinach & Peppers
- 54g Avocado *Macros: 650 kcal | 32g P | 90g C | 18g F*

### Option 2: Vegan Protein Oats

- 180g Rolled Oats
- 1.5 Scoops Vegan Protein
- 36g Chia Seeds *Macros: 650 kcal | 32g P | 90g C | 18g F*

### Option 3: Chickpea Flour Omelet

- 135g Besan (Chickpea Flour)
  - 64g Nutritional Yeast
  - Vegetables *Macros: 650 kcal | 32g P | 90g C | 18g F*
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## Meal 2: Lunch

Choose ONE of the following three options:

### Option 1: Lentil Dahl & Brown Rice

- 160g Cooked Lentils
- 135g Brown Rice
- Spinach *Macros: 650 kcal | 32g P | 90g C | 18g F*

### Option 2: Chickpea Curry

- 160g Boiled Chickpeas
- 135g Quinoa
- 36g Coconut Milk *Macros: 650 kcal | 32g P | 90g C | 18g F*

### Option 3: Tempeh Stir-fry

- 112g Tempeh
  - 360g Mixed Vegetables
  - 54g Sesame Oil *Macros: 650 kcal | 32g P | 90g C | 18g F*
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## Meal 3: Afternoon Snack

Choose ONE of the following three options:

### Option 1: Nut & Seed Mix

- 15g Almonds/Walnuts
- 1 Apple *Macros: 366 kcal | 18g P | 51g C | 10g F*

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

- 153g Hummus
- Large Carrot sticks *Macros: 366 kcal | 18g P | 51g C | 10g F*

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

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 366 kcal | 18g P | 51g C | 10g F*
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## **Meal 4: Dinner**

Choose *ONE* of the following three options:

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

- 128g Black Beans
- 135g Quinoa
- Lime/Cilantro *Macros: 650 kcal | 32g P | 90g C | 18g F*

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

- 128g Tofu
- 135g Baked Sweet Potato *Macros: 650 kcal | 32g P | 90g C | 18g F*

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

- 96g Seitan
  - Large bowl of Vegetable Broth
  - 90g Whole Wheat Bread *Macros: 650 kcal | 32g P | 90g C | 18g F*
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