

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

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**Weight Class:** 61-75kg

**Goal:** Maintain

**Variation:** Vegan

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## Daily Macro/Calorie Totals

- **Calories:** 1900 kcal
  - **Protein:** 104g
  - **Carbohydrates:** 251g
  - **Fats:** 52g
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## Meal 1: Breakfast

Choose ONE of the following three options:

### Option 1: Tofu Scramble

- 116g Firm Tofu
- 350g Spinach & Peppers
- 42g Avocado *Macros: 522 kcal | 29g P | 70g C | 14g F*

### Option 2: Vegan Protein Oats

- 140g Rolled Oats
- 1.5 Scoops Vegan Protein
- 28g Chia Seeds *Macros: 522 kcal | 29g P | 70g C | 14g F*

### Option 3: Chickpea Flour Omelet

- 105g Besan (Chickpea Flour)
  - 58g Nutritional Yeast
  - Vegetables *Macros: 522 kcal | 29g P | 70g C | 14g F*
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## Meal 2: Lunch

Choose ONE of the following three options:

### Option 1: Lentil Dahl & Brown Rice

- 145g Cooked Lentils
- 105g Brown Rice
- Spinach *Macros: 522 kcal | 29g P | 70g C | 14g F*

### Option 2: Chickpea Curry

- 145g Boiled Chickpeas
- 105g Quinoa
- 28g Coconut Milk *Macros: 522 kcal | 29g P | 70g C | 14g F*

### Option 3: Tempeh Stir-fry

- 101g Tempeh
  - 280g Mixed Vegetables
  - 42g Sesame Oil *Macros: 522 kcal | 29g P | 70g C | 14g 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: 296 kcal | 16g P | 40g C | 8g F*

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

- 120g Hummus
- Large Carrot sticks *Macros: 296 kcal | 16g P | 40g C | 8g F*

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

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 296 kcal | 16g P | 40g C | 8g F*
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## **Meal 4: Dinner**

Choose *ONE* of the following three options:

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

- 116g Black Beans
- 105g Quinoa
- Lime/Cilantro *Macros: 522 kcal | 29g P | 70g C | 14g F*

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

- 116g Tofu
- 105g Baked Sweet Potato *Macros: 522 kcal | 29g P | 70g C | 14g F*

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

- 87g Seitan
  - Large bowl of Vegetable Broth
  - 70g Whole Wheat Bread *Macros: 522 kcal | 29g P | 70g C | 14g F*
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