

Female 76-90kg Bulk (Vegan) Diet Plan

Weight Class: 76-90kg

Goal: Bulk

Variation: Vegan

Daily Macro/Calorie Totals

- **Calories:** 2850 kcal
 - **Protein:** 142g
 - **Carbohydrates:** 391g
 - **Fats:** 79g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Tofu Scramble

- 156g Firm Tofu
- 545g Spinach & Peppers
- 66g Avocado *Macros: 790 kcal | 39g P | 109g C | 22g F*

Option 2: Vegan Protein Oats

- 218g Rolled Oats
- 1.5 Scoops Vegan Protein
- 44g Chia Seeds *Macros: 790 kcal | 39g P | 109g C | 22g F*

Option 3: Chickpea Flour Omelet

- 163g Besan (Chickpea Flour)
 - 78g Nutritional Yeast
 - Vegetables *Macros: 790 kcal | 39g P | 109g C | 22g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Lentil Dahl & Brown Rice

- 195g Cooked Lentils
- 163g Brown Rice
- Spinach *Macros: 790 kcal | 39g P | 109g C | 22g F*

Option 2: Chickpea Curry

- 195g Boiled Chickpeas
- 163g Quinoa
- 44g Coconut Milk *Macros: 790 kcal | 39g P | 109g C | 22g F*

Option 3: Tempeh Stir-fry

- 136g Tempeh
 - 436g Mixed Vegetables
 - 66g Sesame Oil *Macros: 790 kcal | 39g P | 109g C | 22g F*
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Meal 3: Afternoon Snack

Choose ONE of the following three options:

Option 1: Nut & Seed Mix

- 18g Almonds/Walnuts
- 1 Apple *Macros: 444 kcal | 22g P | 62g C | 12g F*

Option 2: Hummus & Carrots

- 186g Hummus
- Large Carrot sticks *Macros: 444 kcal | 22g P | 62g C | 12g F*

Option 3: Vegan Protein Shake

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 444 kcal | 22g P | 62g C | 12g F*
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Meal 4: Dinner

Choose *ONE* of the following three options:

Option 1: Quinoa & Black Bean Salad

- 156g Black Beans
- 163g Quinoa
- Lime/Cilantro *Macros: 790 kcal | 39g P | 109g C | 22g F*

Option 2: Tofu Steak & Sweet Potato

- 156g Tofu
- 163g Baked Sweet Potato *Macros: 790 kcal | 39g P | 109g C | 22g F*

Option 3: Seitan Stew

- 117g Seitan
 - Large bowl of Vegetable Broth
 - 109g Whole Wheat Bread *Macros: 790 kcal | 39g P | 109g C | 22g F*
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