

Female 76-90kg Cut (Vegan) Diet Plan

Weight Class: 76-90kg

Goal: Cut

Variation: Vegan

Daily Macro/Calorie Totals

- **Calories:** 1900 kcal
 - **Protein:** 118g
 - **Carbohydrates:** 237g
 - **Fats:** 52g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Tofu Scramble

- 132g Firm Tofu
- 330g Spinach & Peppers
- 42g Avocado *Macros: 522 kcal | 33g P | 66g C | 14g F*

Option 2: Vegan Protein Oats

- 132g Rolled Oats
- 1.5 Scoops Vegan Protein
- 28g Chia Seeds *Macros: 522 kcal | 33g P | 66g C | 14g F*

Option 3: Chickpea Flour Omelet

- 99g Besan (Chickpea Flour)
 - 66g Nutritional Yeast
 - Vegetables *Macros: 522 kcal | 33g P | 66g C | 14g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Lentil Dahl & Brown Rice

- 165g Cooked Lentils
- 99g Brown Rice
- Spinach *Macros: 522 kcal | 33g P | 66g C | 14g F*

Option 2: Chickpea Curry

- 165g Boiled Chickpeas
- 99g Quinoa
- 28g Coconut Milk *Macros: 522 kcal | 33g P | 66g C | 14g F*

Option 3: Tempeh Stir-fry

- 115g Tempeh
 - 264g Mixed Vegetables
 - 42g Sesame Oil *Macros: 522 kcal | 33g P | 66g 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: 292 kcal | 18g P | 37g C | 8g F*

Option 2: Hummus & Carrots

- 111g Hummus
- Large Carrot sticks *Macros: 292 kcal | 18g P | 37g C | 8g F*

Option 3: Vegan Protein Shake

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 292 kcal | 18g P | 37g C | 8g F*
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Meal 4: Dinner

Choose *ONE* of the following three options:

Option 1: Quinoa & Black Bean Salad

- 132g Black Beans
- 99g Quinoa
- Lime/Cilantro *Macros: 522 kcal | 33g P | 66g C | 14g F*

Option 2: Tofu Steak & Sweet Potato

- 132g Tofu
- 99g Baked Sweet Potato *Macros: 522 kcal | 33g P | 66g C | 14g F*

Option 3: Seitan Stew

- 99g Seitan
 - Large bowl of Vegetable Broth
 - 66g Whole Wheat Bread *Macros: 522 kcal | 33g P | 66g C | 14g F*
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