

# Female 76-90kg Maintain (Vegan) Diet Plan

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**Weight Class:** 76-90kg

**Goal:** Maintain

**Variation:** Vegan

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## Daily Macro/Calorie Totals

- **Calories:** 2300 kcal
  - **Protein:** 126g
  - **Carbohydrates:** 304g
  - **Fats:** 63g
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## Meal 1: Breakfast

Choose ONE of the following three options:

### Option 1: Tofu Scramble

- 140g Firm Tofu
- 425g Spinach & Peppers
- 51g Avocado *Macros:* 633 kcal | 35g P | 85g C | 17g F

### Option 2: Vegan Protein Oats

- 170g Rolled Oats
- 1.5 Scoops Vegan Protein
- 34g Chia Seeds *Macros:* 633 kcal | 35g P | 85g C | 17g F

### Option 3: Chickpea Flour Omelet

- 127g Besan (Chickpea Flour)
  - 70g Nutritional Yeast
  - Vegetables *Macros:* 633 kcal | 35g P | 85g C | 17g F
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## Meal 2: Lunch

Choose ONE of the following three options:

### Option 1: Lentil Dahl & Brown Rice

- 175g Cooked Lentils
- 127g Brown Rice
- Spinach *Macros:* 633 kcal | 35g P | 85g C | 17g F

### Option 2: Chickpea Curry

- 175g Boiled Chickpeas
- 127g Quinoa
- 34g Coconut Milk *Macros:* 633 kcal | 35g P | 85g C | 17g F

### Option 3: Tempeh Stir-fry

- 122g Tempeh
  - 340g Mixed Vegetables
  - 51g Sesame Oil *Macros:* 633 kcal | 35g P | 85g C | 17g 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: 362 kcal | 20g P | 48g C | 10g F*

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

- 144g Hummus
- Large Carrot sticks *Macros: 362 kcal | 20g P | 48g C | 10g F*

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

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 362 kcal | 20g P | 48g C | 10g F*
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## **Meal 4: Dinner**

Choose *ONE* of the following three options:

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

- 140g Black Beans
- 127g Quinoa
- Lime/Cilantro *Macros: 633 kcal | 35g P | 85g C | 17g F*

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

- 140g Tofu
- 127g Baked Sweet Potato *Macros: 633 kcal | 35g P | 85g C | 17g F*

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

- 105g Seitan
  - Large bowl of Vegetable Broth
  - 85g Whole Wheat Bread *Macros: 633 kcal | 35g P | 85g C | 17g F*
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