

# Male 65-75kg Bulk (Vegan) Diet Plan

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**Weight Class:** 65-75kg

**Goal:** Bulk

**Variation:** Vegan

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## Daily Macro/Calorie Totals

- **Calories:** 2800 kcal
  - **Protein:** 140g
  - **Carbohydrates:** 385g
  - **Fats:** 77g
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## Meal 1: Breakfast

Choose ONE of the following three options:

### Option 1: Tofu Scramble

- 156g Firm Tofu
- 535g Spinach & Peppers
- 63g Avocado *Macros: 773 kcal | 39g P | 107g C | 21g F*

### Option 2: Vegan Protein Oats

- 214g Rolled Oats
- 1.5 Scoops Vegan Protein
- 42g Chia Seeds *Macros: 773 kcal | 39g P | 107g C | 21g F*

### Option 3: Chickpea Flour Omelet

- 160g Besan (Chickpea Flour)
  - 78g Nutritional Yeast
  - Vegetables *Macros: 773 kcal | 39g P | 107g C | 21g F*
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## Meal 2: Lunch

Choose ONE of the following three options:

### Option 1: Lentil Dahl & Brown Rice

- 195g Cooked Lentils
- 160g Brown Rice
- Spinach *Macros: 773 kcal | 39g P | 107g C | 21g F*

### Option 2: Chickpea Curry

- 195g Boiled Chickpeas
- 160g Quinoa
- 42g Coconut Milk *Macros: 773 kcal | 39g P | 107g C | 21g F*

### Option 3: Tempeh Stir-fry

- 136g Tempeh
  - 428g Mixed Vegetables
  - 63g Sesame Oil *Macros: 773 kcal | 39g P | 107g C | 21g 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: 440 kcal | 22g P | 61g C | 12g F*

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

- 183g Hummus
- Large Carrot sticks *Macros: 440 kcal | 22g P | 61g C | 12g F*

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

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 440 kcal | 22g P | 61g 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
- 160g Quinoa
- Lime/Cilantro *Macros: 773 kcal | 39g P | 107g C | 21g F*

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

- 156g Tofu
- 160g Baked Sweet Potato *Macros: 773 kcal | 39g P | 107g C | 21g F*

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

- 117g Seitan
  - Large bowl of Vegetable Broth
  - 107g Whole Wheat Bread *Macros: 773 kcal | 39g P | 107g C | 21g F*
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