

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

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**Weight Class:** 65-75kg

**Goal:** Cut

**Variation:** Vegan

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## Daily Macro/Calorie Totals

- **Calories:** 1750 kcal
  - **Protein:** 109g
  - **Carbohydrates:** 218g
  - **Fats:** 48g
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## Meal 1: Breakfast

Choose ONE of the following three options:

### Option 1: Tofu Scramble

- 120g Firm Tofu
- 305g Spinach & Peppers
- 39g Avocado *Macros: 481 kcal | 30g P | 61g C | 13g F*

### Option 2: Vegan Protein Oats

- 122g Rolled Oats
- 1.5 Scoops Vegan Protein
- 26g Chia Seeds *Macros: 481 kcal | 30g P | 61g C | 13g F*

### Option 3: Chickpea Flour Omelet

- 91g Besan (Chickpea Flour)
  - 60g Nutritional Yeast
  - Vegetables *Macros: 481 kcal | 30g P | 61g C | 13g F*
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## Meal 2: Lunch

Choose ONE of the following three options:

### Option 1: Lentil Dahl & Brown Rice

- 150g Cooked Lentils
- 91g Brown Rice
- Spinach *Macros: 481 kcal | 30g P | 61g C | 13g F*

### Option 2: Chickpea Curry

- 150g Boiled Chickpeas
- 91g Quinoa
- 26g Coconut Milk *Macros: 481 kcal | 30g P | 61g C | 13g F*

### Option 3: Tempeh Stir-fry

- 105g Tempeh
  - 244g Mixed Vegetables
  - 39g Sesame Oil *Macros: 481 kcal | 30g P | 61g C | 13g F*
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## Meal 3: Afternoon Snack

Choose ONE of the following three options:

### Option 1: Nut & Seed Mix

- 10g Almonds/Walnuts
- 1 Apple *Macros: 267 kcal | 17g P | 34g C | 7g F*

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

- 102g Hummus
- Large Carrot sticks *Macros: 267 kcal | 17g P | 34g C | 7g F*

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

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 267 kcal | 17g P | 34g C | 7g F*
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## **Meal 4: Dinner**

Choose *ONE* of the following three options:

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

- 120g Black Beans
- 91g Quinoa
- Lime/Cilantro *Macros: 481 kcal | 30g P | 61g C | 13g F*

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

- 120g Tofu
- 91g Baked Sweet Potato *Macros: 481 kcal | 30g P | 61g C | 13g F*

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

- 90g Seitan
  - Large bowl of Vegetable Broth
  - 61g Whole Wheat Bread *Macros: 481 kcal | 30g P | 61g C | 13g F*
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