

Male 65-75kg Maintain (Vegan) Diet Plan

Weight Class: 65-75kg

Goal: Maintain

Variation: Vegan

Daily Macro/Calorie Totals

- **Calories:** 2200 kcal
 - **Protein:** 121g
 - **Carbohydrates:** 291g
 - **Fats:** 61g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Tofu Scramble

- 132g Firm Tofu
- 405g Spinach & Peppers
- 51g Avocado *Macros: 609 kcal | 33g P | 81g C | 17g F*

Option 2: Vegan Protein Oats

- 162g Rolled Oats
- 1.5 Scoops Vegan Protein
- 34g Chia Seeds *Macros: 609 kcal | 33g P | 81g C | 17g F*

Option 3: Chickpea Flour Omelet

- 121g Besan (Chickpea Flour)
 - 66g Nutritional Yeast
 - Vegetables *Macros: 609 kcal | 33g P | 81g C | 17g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Lentil Dahl & Brown Rice

- 165g Cooked Lentils
- 121g Brown Rice
- Spinach *Macros: 609 kcal | 33g P | 81g C | 17g F*

Option 2: Chickpea Curry

- 165g Boiled Chickpeas
- 121g Quinoa
- 34g Coconut Milk *Macros: 609 kcal | 33g P | 81g C | 17g F*

Option 3: Tempeh Stir-fry

- 115g Tempeh
 - 324g Mixed Vegetables
 - 51g Sesame Oil *Macros: 609 kcal | 33g P | 81g C | 17g F*
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Meal 3: Afternoon Snack

Choose ONE of the following three options:

Option 1: Nut & Seed Mix

- 13g Almonds/Walnuts
- 1 Apple *Macros: 341 kcal | 19g P | 46g C | 9g F*

Option 2: Hummus & Carrots

- 138g Hummus
- Large Carrot sticks *Macros: 341 kcal | 19g P | 46g C | 9g F*

Option 3: Vegan Protein Shake

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 341 kcal | 19g P | 46g C | 9g F*
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Meal 4: Dinner

Choose *ONE* of the following three options:

Option 1: Quinoa & Black Bean Salad

- 132g Black Beans
- 121g Quinoa
- Lime/Cilantro *Macros: 609 kcal | 33g P | 81g C | 17g F*

Option 2: Tofu Steak & Sweet Potato

- 132g Tofu
- 121g Baked Sweet Potato *Macros: 609 kcal | 33g P | 81g C | 17g F*

Option 3: Seitan Stew

- 99g Seitan
 - Large bowl of Vegetable Broth
 - 81g Whole Wheat Bread *Macros: 609 kcal | 33g P | 81g C | 17g F*
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