

# Male 76-90kg Bulk (Vegan) Diet Plan

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**Weight Class:** 76-90kg

**Goal:** Bulk

**Variation:** Vegan

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## Daily Macro/Calorie Totals

- **Calories:** 3400 kcal
  - **Protein:** 170g
  - **Carbohydrates:** 467g
  - **Fats:** 94g
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## Meal 1: Breakfast

Choose ONE of the following three options:

### Option 1: Tofu Scramble

- 188g Firm Tofu
- 650g Spinach & Peppers
- 78g Avocado *Macros: 942 kcal | 47g P | 130g C | 26g F*

### Option 2: Vegan Protein Oats

- 260g Rolled Oats
- 1.5 Scoops Vegan Protein
- 52g Chia Seeds *Macros: 942 kcal | 47g P | 130g C | 26g F*

### Option 3: Chickpea Flour Omelet

- 195g Besan (Chickpea Flour)
  - 94g Nutritional Yeast
  - Vegetables *Macros: 942 kcal | 47g P | 130g C | 26g F*
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## Meal 2: Lunch

Choose ONE of the following three options:

### Option 1: Lentil Dahl & Brown Rice

- 235g Cooked Lentils
- 195g Brown Rice
- Spinach *Macros: 942 kcal | 47g P | 130g C | 26g F*

### Option 2: Chickpea Curry

- 235g Boiled Chickpeas
- 195g Quinoa
- 52g Coconut Milk *Macros: 942 kcal | 47g P | 130g C | 26g F*

### Option 3: Tempeh Stir-fry

- 164g Tempeh
  - 520g Mixed Vegetables
  - 78g Sesame Oil *Macros: 942 kcal | 47g P | 130g C | 26g F*
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## Meal 3: Afternoon Snack

Choose ONE of the following three options:

### Option 1: Nut & Seed Mix

- 22g Almonds/Walnuts
- 1 Apple *Macros: 539 kcal | 27g P | 74g C | 15g F*

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

- 222g Hummus
- Large Carrot sticks *Macros: 539 kcal | 27g P | 74g C | 15g F*

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

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 539 kcal | 27g P | 74g C | 15g F*
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## **Meal 4: Dinner**

Choose *ONE* of the following three options:

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

- 188g Black Beans
- 195g Quinoa
- Lime/Cilantro *Macros: 942 kcal | 47g P | 130g C | 26g F*

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

- 188g Tofu
- 195g Baked Sweet Potato *Macros: 942 kcal | 47g P | 130g C | 26g F*

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

- 141g Seitan
  - Large bowl of Vegetable Broth
  - 130g Whole Wheat Bread *Macros: 942 kcal | 47g P | 130g C | 26g F*
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