

Male 76-90kg Cut (Vegan) Diet Plan

Weight Class: 76-90kg

Goal: Cut

Variation: Vegan

Daily Macro/Calorie Totals

- **Calories:** 2150 kcal
 - **Protein:** 134g
 - **Carbohydrates:** 268g
 - **Fats:** 59g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Tofu Scramble

- 148g Firm Tofu
- 375g Spinach & Peppers
- 48g Avocado *Macros: 592 kcal | 37g P | 75g C | 16g F*

Option 2: Vegan Protein Oats

- 150g Rolled Oats
- 1.5 Scoops Vegan Protein
- 32g Chia Seeds *Macros: 592 kcal | 37g P | 75g C | 16g F*

Option 3: Chickpea Flour Omelet

- 112g Besan (Chickpea Flour)
 - 74g Nutritional Yeast
 - Vegetables *Macros: 592 kcal | 37g P | 75g C | 16g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Lentil Dahl & Brown Rice

- 185g Cooked Lentils
- 112g Brown Rice
- Spinach *Macros: 592 kcal | 37g P | 75g C | 16g F*

Option 2: Chickpea Curry

- 185g Boiled Chickpeas
- 112g Quinoa
- 32g Coconut Milk *Macros: 592 kcal | 37g P | 75g C | 16g F*

Option 3: Tempeh Stir-fry

- 129g Tempeh
 - 300g Mixed Vegetables
 - 48g Sesame Oil *Macros: 592 kcal | 37g P | 75g C | 16g 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: 333 kcal | 21g P | 42g C | 9g F*

Option 2: Hummus & Carrots

- 126g Hummus
- Large Carrot sticks *Macros: 333 kcal | 21g P | 42g C | 9g F*

Option 3: Vegan Protein Shake

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 333 kcal | 21g P | 42g C | 9g F*
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Meal 4: Dinner

Choose *ONE* of the following three options:

Option 1: Quinoa & Black Bean Salad

- 148g Black Beans
- 112g Quinoa
- Lime/Cilantro *Macros: 592 kcal | 37g P | 75g C | 16g F*

Option 2: Tofu Steak & Sweet Potato

- 148g Tofu
- 112g Baked Sweet Potato *Macros: 592 kcal | 37g P | 75g C | 16g F*

Option 3: Seitan Stew

- 111g Seitan
 - Large bowl of Vegetable Broth
 - 75g Whole Wheat Bread *Macros: 592 kcal | 37g P | 75g C | 16g F*
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