

Male 76-90kg Maintain (Vegan) Diet Plan

Weight Class: 76-90kg

Goal: Maintain

Variation: Vegan

Daily Macro/Calorie Totals

- **Calories:** 2700 kcal
 - **Protein:** 148g
 - **Carbohydrates:** 357g
 - **Fats:** 75g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Tofu Scramble

- 164g Firm Tofu
- 495g Spinach & Peppers
- 63g Avocado *Macros: 749 kcal | 41g P | 99g C | 21g F*

Option 2: Vegan Protein Oats

- 198g Rolled Oats
- 1.5 Scoops Vegan Protein
- 42g Chia Seeds *Macros: 749 kcal | 41g P | 99g C | 21g F*

Option 3: Chickpea Flour Omelet

- 148g Besan (Chickpea Flour)
 - 82g Nutritional Yeast
 - Vegetables *Macros: 749 kcal | 41g P | 99g C | 21g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Lentil Dahl & Brown Rice

- 205g Cooked Lentils
- 148g Brown Rice
- Spinach *Macros: 749 kcal | 41g P | 99g C | 21g F*

Option 2: Chickpea Curry

- 205g Boiled Chickpeas
- 148g Quinoa
- 42g Coconut Milk *Macros: 749 kcal | 41g P | 99g C | 21g F*

Option 3: Tempeh Stir-fry

- 143g Tempeh
 - 396g Mixed Vegetables
 - 63g Sesame Oil *Macros: 749 kcal | 41g P | 99g 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: 428 kcal | 23g P | 57g C | 12g F*

Option 2: Hummus & Carrots

- 171g Hummus
- Large Carrot sticks *Macros: 428 kcal | 23g P | 57g C | 12g F*

Option 3: Vegan Protein Shake

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 428 kcal | 23g P | 57g C | 12g F*
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Meal 4: Dinner

Choose *ONE* of the following three options:

Option 1: Quinoa & Black Bean Salad

- 164g Black Beans
- 148g Quinoa
- Lime/Cilantro *Macros: 749 kcal | 41g P | 99g C | 21g F*

Option 2: Tofu Steak & Sweet Potato

- 164g Tofu
- 148g Baked Sweet Potato *Macros: 749 kcal | 41g P | 99g C | 21g F*

Option 3: Seitan Stew

- 123g Seitan
 - Large bowl of Vegetable Broth
 - 99g Whole Wheat Bread *Macros: 749 kcal | 41g P | 99g C | 21g F*
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