

Male 91-100kg Bulk (Vegan) Diet Plan

Weight Class: 91-100kg

Goal: Bulk

Variation: Vegan

Daily Macro/Calorie Totals

- **Calories:** 4150 kcal
 - **Protein:** 207g
 - **Carbohydrates:** 570g
 - **Fats:** 115g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Tofu Scramble

- 228g Firm Tofu
- 795g Spinach & Peppers
- 96g Avocado *Macros: 1152 kcal | 57g P | 159g C | 32g F*

Option 2: Vegan Protein Oats

- 318g Rolled Oats
- 1.5 Scoops Vegan Protein
- 64g Chia Seeds *Macros: 1152 kcal | 57g P | 159g C | 32g F*

Option 3: Chickpea Flour Omelet

- 238g Besan (Chickpea Flour)
 - 114g Nutritional Yeast
 - Vegetables *Macros: 1152 kcal | 57g P | 159g C | 32g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Lentil Dahl & Brown Rice

- 285g Cooked Lentils
- 238g Brown Rice
- Spinach *Macros: 1152 kcal | 57g P | 159g C | 32g F*

Option 2: Chickpea Curry

- 285g Boiled Chickpeas
- 238g Quinoa
- 64g Coconut Milk *Macros: 1152 kcal | 57g P | 159g C | 32g F*

Option 3: Tempeh Stir-fry

- 199g Tempeh
 - 636g Mixed Vegetables
 - 96g Sesame Oil *Macros: 1152 kcal | 57g P | 159g C | 32g F*
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Meal 3: Afternoon Snack

Choose ONE of the following three options:

Option 1: Nut & Seed Mix

- 27g Almonds/Walnuts
- 1 Apple *Macros: 658 kcal | 33g P | 91g C | 18g F*

Option 2: Hummus & Carrots

- 273g Hummus
- Large Carrot sticks *Macros: 658 kcal | 33g P | 91g C | 18g F*

Option 3: Vegan Protein Shake

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 658 kcal | 33g P | 91g C | 18g F*
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Meal 4: Dinner

Choose *ONE* of the following three options:

Option 1: Quinoa & Black Bean Salad

- 228g Black Beans
- 238g Quinoa
- Lime/Cilantro *Macros: 1152 kcal | 57g P | 159g C | 32g F*

Option 2: Tofu Steak & Sweet Potato

- 228g Tofu
- 238g Baked Sweet Potato *Macros: 1152 kcal | 57g P | 159g C | 32g F*

Option 3: Seitan Stew

- 171g Seitan
 - Large bowl of Vegetable Broth
 - 159g Whole Wheat Bread *Macros: 1152 kcal | 57g P | 159g C | 32g F*
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