

Male 91-100kg Cut (Vegan) Diet Plan

Weight Class: 91-100kg

Goal: Cut

Variation: Vegan

Daily Macro/Calorie Totals

- **Calories:** 2550 kcal
 - **Protein:** 159g
 - **Carbohydrates:** 318g
 - **Fats:** 70g
-

Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Tofu Scramble

- 176g Firm Tofu
- 445g Spinach & Peppers
- 57g Avocado *Macros: 703 kcal | 44g P | 89g C | 19g F*

Option 2: Vegan Protein Oats

- 178g Rolled Oats
- 1.5 Scoops Vegan Protein
- 38g Chia Seeds *Macros: 703 kcal | 44g P | 89g C | 19g F*

Option 3: Chickpea Flour Omelet

- 133g Besan (Chickpea Flour)
 - 88g Nutritional Yeast
 - Vegetables *Macros: 703 kcal | 44g P | 89g C | 19g F*
-

Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Lentil Dahl & Brown Rice

- 220g Cooked Lentils
- 133g Brown Rice
- Spinach *Macros: 703 kcal | 44g P | 89g C | 19g F*

Option 2: Chickpea Curry

- 220g Boiled Chickpeas
- 133g Quinoa
- 38g Coconut Milk *Macros: 703 kcal | 44g P | 89g C | 19g F*

Option 3: Tempeh Stir-fry

- 154g Tempeh
 - 356g Mixed Vegetables
 - 57g Sesame Oil *Macros: 703 kcal | 44g P | 89g C | 19g F*
-

Meal 3: Afternoon Snack

Choose ONE of the following three options:

Option 1: Nut & Seed Mix

- 16g Almonds/Walnuts
- 1 Apple *Macros: 399 kcal | 25g P | 50g C | 11g F*

Option 2: Hummus & Carrots

- 150g Hummus
- Large Carrot sticks *Macros: 399 kcal | 25g P | 50g C | 11g F*

Option 3: Vegan Protein Shake

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 399 kcal | 25g P | 50g C | 11g F*
-

Meal 4: Dinner

Choose *ONE* of the following three options:

Option 1: Quinoa & Black Bean Salad

- 176g Black Beans
- 133g Quinoa
- Lime/Cilantro *Macros: 703 kcal | 44g P | 89g C | 19g F*

Option 2: Tofu Steak & Sweet Potato

- 176g Tofu
- 133g Baked Sweet Potato *Macros: 703 kcal | 44g P | 89g C | 19g F*

Option 3: Seitan Stew

- 132g Seitan
 - Large bowl of Vegetable Broth
 - 89g Whole Wheat Bread *Macros: 703 kcal | 44g P | 89g C | 19g F*
-
-