

Male 91-100kg Maintain (Vegan) Diet Plan

Weight Class: 91-100kg

Goal: Maintain

Variation: Vegan

Daily Macro/Calorie Totals

- **Calories:** 3200 kcal
 - **Protein:** 176g
 - **Carbohydrates:** 424g
 - **Fats:** 88g
-

Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Tofu Scramble

- 196g Firm Tofu
- 590g Spinach & Peppers
- 72g Avocado *Macros: 884 kcal | 49g P | 118g C | 24g F*

Option 2: Vegan Protein Oats

- 236g Rolled Oats
- 1.5 Scoops Vegan Protein
- 48g Chia Seeds *Macros: 884 kcal | 49g P | 118g C | 24g F*

Option 3: Chickpea Flour Omelet

- 177g Besan (Chickpea Flour)
 - 98g Nutritional Yeast
 - Vegetables *Macros: 884 kcal | 49g P | 118g C | 24g F*
-

Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Lentil Dahl & Brown Rice

- 245g Cooked Lentils
- 177g Brown Rice
- Spinach *Macros: 884 kcal | 49g P | 118g C | 24g F*

Option 2: Chickpea Curry

- 245g Boiled Chickpeas
- 177g Quinoa
- 48g Coconut Milk *Macros: 884 kcal | 49g P | 118g C | 24g F*

Option 3: Tempeh Stir-fry

- 171g Tempeh
 - 472g Mixed Vegetables
 - 72g Sesame Oil *Macros: 884 kcal | 49g P | 118g C | 24g F*
-

Meal 3: Afternoon Snack

Choose ONE of the following three options:

Option 1: Nut & Seed Mix

- 21g Almonds/Walnuts
- 1 Apple *Macros: 506 kcal | 28g P | 67g C | 14g F*

Option 2: Hummus & Carrots

- 201g Hummus
- Large Carrot sticks *Macros: 506 kcal | 28g P | 67g C | 14g F*

Option 3: Vegan Protein Shake

- 1 Scoop Vegan Protein + Water/Almond Milk *Macros: 506 kcal | 28g P | 67g C | 14g F*
-

Meal 4: Dinner

Choose *ONE* of the following three options:

Option 1: Quinoa & Black Bean Salad

- 196g Black Beans
- 177g Quinoa
- Lime/Cilantro *Macros: 884 kcal | 49g P | 118g C | 24g F*

Option 2: Tofu Steak & Sweet Potato

- 196g Tofu
- 177g Baked Sweet Potato *Macros: 884 kcal | 49g P | 118g C | 24g F*

Option 3: Seitan Stew

- 147g Seitan
 - Large bowl of Vegetable Broth
 - 118g Whole Wheat Bread *Macros: 884 kcal | 49g P | 118g C | 24g F*
-