

Sample Diet Plan: 6" 180lb male (high intensity training 3x per week)
Meal Plan 2000 kcal (Fat Loss)

Meal 1:

1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)
100 gram oatmeal: 380 kcal (12.4 protein; 8.3 fat; 12 carbs)

Meal 2:

40 gram vegan protein shake: 156 kcal (30 protein; 0 fat; 1.1 carbs)
1 banana: 105 Kcal (1,4 protein; 0.4 fat ; 27 carbs)

Meal 3:

150 gram brown rice (cooked): 210 kcal (3.8 protein; 1.8 fat; 45 Carbs)
200 gram tofu: 160 kcal (17.6 protein; 8 fat; 1 carbs)
150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Meal 4:

150 gram brown rice (cooked): 210 kcal (3.8 protein; 1.8 fat; 45 Carbs)
300 gram kidney beans: 321 kcal (22 protein; 1.5 fat; 45 carbs)

Meal 5:

40 gram vegan protein shake: 156 kcal (30 protein; 0 fat; 1.1 carbs)
35 gram Mixed nuts: 200 kcal (5.3 protein; 22 fat; 5 carbs)

Total: 2059 calories; 131 protein; 44 fat; 222.2 carbs

If the protein is too low for you might want to consider adding another protein shake

Meal Plan 2500 kcal (Maintenance)

Meal 1:

1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)
100 gram oatmeal: 380 kcal (12.4 protein; 8.3 fat; 12 carbs)
30 gram Mixed nuts: 160 kcal (4.8 protein; 18 fat; 4.8 carbs)

Meal 2:

40 gram vegan protein shake: 156 kcal (30 protein; 0 fat; 1.1 carbs)
1 banana: 105 Kcal (1,4 protein; 0.4 fat ; 27 carbs)
1 apple: 95 kcal (0,4 protein; 0.4 fat ; 25 carbs)

Meal 3:

150 gram brown rice (cooked): 210 kcal (3.8 protein; 1.8 fat; 45 Carbs)
200 gram tofu: 160 kcal (17.6 protein; 8 fat; 1 carbs)
150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Meal 4:

150 gram brown rice (cooked): 210 kcal (3.8 protein; 1.8 fat; 45 Carbs)

300 gram kidney beans: 321 kcal (22 protein; 1.5 fat; 45 carbs)

100 gram tempeh: 193 kcal (18.5 protein; 10.8 fat; 9.4 carbs)

Meal 5:

40 gram vegan protein shake: 156 kcal (30 protein; 0 fat; 1.1 carbs)

35 gram Mixed nuts: 200 kcal (5.3 protein; 22 fat; 5 carbs)

Total: 2507 calories; 154.1 protein; 74 fat; 255 carbs

Meal Plan 2900 kcal (Bulk)

Meal 1:

1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)

150 gram oatmeal: 570 kcal (18 protein; 12.5 fat; 18 carbs)

30 gram Mixed nuts: 160 kcal (4.8 protein; 18 fat; 4.8 carbs)

Meal 2:

40 gram vegan protein shake: 156 kcal (30 protein; 0 fat; 1.1 carbs)

1 banana: 105 Kcal (1,4 protein; 0.4 fat ; 27 carbs)

1 apple: 95 kcal (0,4 protein; 0.4 fat ; 25 carbs)

Meal 3:

150 gram brown rice (cooked): 340 kcal (6.3 protein; 3 fat; 73 Carbs)

200 gram tofu: 160 kcal (17.6 protein; 8 fat; 1 carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Meal 4:

150 gram brown rice (cooked): 210 kcal (3.8 protein; 1.8 fat; 45 Carbs)

300 gram kidney beans: 321 kcal (22 protein; 1.5 fat; 45 carbs)

150 gram tempeh: 290 kcal (27 protein; 16 fat; 14.7 carbs)

Meal 5:

40 gram vegan protein shake: 156 kcal (30 protein; 0 fat; 1.1 carbs)

35 gram Mixed nuts: 200 kcal (5.3 protein; 18 fat; 5 carbs)

Total: 2924 calories; 170 protein; 80.7 fat; 295 carbs