

Sample Diet Plan 135 lbs 5'3' (high intensity training 3x per week)

1500 kcal (Fat Loss)

Meal 1:

1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)
50 gram oatmeal: 201 kcal (6.2 protein; 4.3 fat; 6 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:

100 gram brown rice (cooked): 139 kcal (2.6 protein; 1.1 fat; 29.2 Carbs)
100 gram tofu: 80 kcal (11 protein; 8 fat; 1 carbs)
150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Meal 4:

100 gram brown rice (cooked) : 139 kcal (2.6 protein; 1.1 fat; 29.2 Carbs)
200 gram kidney beans: 214 kcal (14.6 protein; 1 fat; 30 carbs)

Meal 5:

40 gram vegan protein shake: 156 kcal (30 protein; 0 fat; 1.1 carbs)
20 gram Mixed nuts: 120 kcal (4 protein; 12 fat; 2.9 carbs)

Total: 1480 calories; 106.5 protein; 29 fat; 161.5 carbs

1750 kcal (Maintenance)

Meal 1:

1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)
50 gram oatmeal: 201 kcal (6.2 protein; 4.3 fat; 6.4 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:

100 gram brown rice (cooked): 139 kcal (2.6 protein; 1.1 fat; 29.2 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)
200 gram kidney beans: 214 kcal (14.6 protein; 1 fat; 30 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: 1702 calories; 115.6 protein; 40 fat; 180.4 carbs

You can fill the rest of the calories with whatever you like

1900 kcal (Bulk)

Meal 1:

1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)

50 gram oatmeal: 201 kcal (6.2 protein; 4.3 fat; 6.4 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: 1880 calories; 125 protein; 41 fat; 210.2 carbs

You might want to fill the remaining calories with more protein