

Female 50-60kg Cut (Extreme) Diet Plan

Weight Class: 50-60kg

Goal: Cut

Variation: Extreme

Daily Macro/Calorie Totals

- **Calories:** 1200 kcal
 - **Protein:** 126g
 - **Carbohydrates:** 84g
 - **Fats:** 40g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 5 Whole Eggs + 70g Egg Whites
- 34g Oats *Macros:* 331 kcal | 35g P | 23g C | 11g F

Option 2: Greek Yogurt Power Bowl

- 140g Non-fat Greek Yogurt
- 23g Berries
- 22g Almonds *Macros:* 331 kcal | 35g P | 23g C | 11g F

Option 3: Halal Chicken Keema

- 140g Chicken Mince
 - 23g Whole Wheat Roti *Macros:* 331 kcal | 35g P | 23g C | 11g F
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 140g Halal Chicken Breast
- 34g Basmati Rice
- Large Salad *Macros:* 331 kcal | 35g P | 23g C | 11g F

Option 2: Baked Fish & Potato

- 175g Halal White Fish
- 46g Boiled Potato
- Steamed Broccoli *Macros:* 331 kcal | 35g P | 23g C | 11g F

Option 3: Lean Beef Stir-fry

- 140g Halal Lean Beef
 - 92g Mixed Peppers/Onions
 - 22g Olive Oil *Macros:* 331 kcal | 35g P | 23g C | 11g F
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Meal 3: Afternoon Snack

Choose ONE of the following three options:

Option 1: Protein Shake & Fruit

- 1 Scoop Whey Protein

- 1 Banana *Macros: 186 kcal | 20g P | 13g C | 6g F*

Option 2: Cottage Cheese

- 80g Low-fat Cottage Cheese
- Cucumber slices *Macros: 186 kcal | 20g P | 13g C | 6g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 40g Egg Whites *Macros: 186 kcal | 20g P | 13g C | 6g F*
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Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 140g Halal Lean Steak
- Large bunch of Asparagus
- 22g Butter/Oil *Macros: 331 kcal | 35g P | 23g C | 11g F*

Option 2: Salmon & Greens

- 175g Salmon
- 92g Spinach/Kale *Macros: 331 kcal | 35g P | 23g C | 11g F*

Option 3: Chicken Soup

- 140g Shredded Chicken
 - Clear Veggie Soup
 - 23g Small Bun/Roti *Macros: 331 kcal | 35g P | 23g C | 11g F*
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