

Female 50-60kg Cut (Lean) Diet Plan

Weight Class: 50-60kg

Goal: Cut

Variation: Lean

Daily Macro/Calorie Totals

- **Calories:** 1300 kcal
 - **Protein:** 113g
 - **Carbohydrates:** 130g
 - **Fats:** 36g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 5 Whole Eggs + 62g Egg Whites
- 54g Oats *Macros: 358 kcal | 31g P | 36g C | 10g F*

Option 2: Greek Yogurt Power Bowl

- 124g Non-fat Greek Yogurt
- 36g Berries
- 20g Almonds *Macros: 358 kcal | 31g P | 36g C | 10g F*

Option 3: Halal Chicken Keema

- 124g Chicken Mince
 - 36g Whole Wheat Roti *Macros: 358 kcal | 31g P | 36g C | 10g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 124g Halal Chicken Breast
- 54g Basmati Rice
- Large Salad *Macros: 358 kcal | 31g P | 36g C | 10g F*

Option 2: Baked Fish & Potato

- 155g Halal White Fish
- 72g Boiled Potato
- Steamed Broccoli *Macros: 358 kcal | 31g P | 36g C | 10g F*

Option 3: Lean Beef Stir-fry

- 124g Halal Lean Beef
 - 144g Mixed Peppers/Onions
 - 20g Olive Oil *Macros: 358 kcal | 31g P | 36g C | 10g 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: 197 kcal | 18g P | 20g C | 5g F*

Option 2: Cottage Cheese

- 72g Low-fat Cottage Cheese
- Cucumber slices *Macros: 197 kcal | 18g P | 20g C | 5g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 36g Egg Whites *Macros: 197 kcal | 18g P | 20g C | 5g F*
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Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 124g Halal Lean Steak
- Large bunch of Asparagus
- 20g Butter/Oil *Macros: 358 kcal | 31g P | 36g C | 10g F*

Option 2: Salmon & Greens

- 155g Salmon
- 144g Spinach/Kale *Macros: 358 kcal | 31g P | 36g C | 10g F*

Option 3: Chicken Soup

- 124g Shredded Chicken
 - Clear Veggie Soup
 - 36g Small Bun/Roti *Macros: 358 kcal | 31g P | 36g C | 10g F*
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