

Female 61-75kg Bulk (Extreme) Diet Plan

Weight Class: 61-75kg

Goal: Bulk

Variation: Extreme

Daily Macro/Calorie Totals

- **Calories:** 2500 kcal
 - **Protein:** 156g
 - **Carbohydrates:** 281g
 - **Fats:** 83g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 7 Whole Eggs + 86g Egg Whites
- 117g Oats *Macros: 691 kcal | 43g P | 78g C | 23g F*

Option 2: Greek Yogurt Power Bowl

- 172g Non-fat Greek Yogurt
- 78g Berries
- 46g Almonds *Macros: 691 kcal | 43g P | 78g C | 23g F*

Option 3: Halal Chicken Keema

- 172g Chicken Mince
 - 78g Whole Wheat Roti *Macros: 691 kcal | 43g P | 78g C | 23g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 172g Halal Chicken Breast
- 117g Basmati Rice
- Large Salad *Macros: 691 kcal | 43g P | 78g C | 23g F*

Option 2: Baked Fish & Potato

- 215g Halal White Fish
- 156g Boiled Potato
- Steamed Broccoli *Macros: 691 kcal | 43g P | 78g C | 23g F*

Option 3: Lean Beef Stir-fry

- 172g Halal Lean Beef
 - 312g Mixed Peppers/Onions
 - 46g Olive Oil *Macros: 691 kcal | 43g P | 78g C | 23g 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: 389 kcal | 24g P | 44g C | 13g F*

Option 2: Cottage Cheese

- 96g Low-fat Cottage Cheese
- Cucumber slices *Macros: 389 kcal | 24g P | 44g C | 13g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 48g Egg Whites *Macros: 389 kcal | 24g P | 44g C | 13g F*
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Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 172g Halal Lean Steak
- Large bunch of Asparagus
- 46g Butter/Oil *Macros: 691 kcal | 43g P | 78g C | 23g F*

Option 2: Salmon & Greens

- 215g Salmon
- 312g Spinach/Kale *Macros: 691 kcal | 43g P | 78g C | 23g F*

Option 3: Chicken Soup

- 172g Shredded Chicken
 - Clear Veggie Soup
 - 78g Small Bun/Roti *Macros: 691 kcal | 43g P | 78g C | 23g F*
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