

Female 61-75kg Bulk (Lean) Diet Plan

Weight Class: 61-75kg

Goal: Bulk

Variation: Lean

Daily Macro/Calorie Totals

- **Calories:** 2350 kcal
 - **Protein:** 176g
 - **Carbohydrates:** 264g
 - **Fats:** 65g
-

Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 8 Whole Eggs + 98g Egg Whites
- 109g Oats *Macros: 650 kcal | 49g P | 73g C | 18g F*

Option 2: Greek Yogurt Power Bowl

- 196g Non-fat Greek Yogurt
- 73g Berries
- 36g Almonds *Macros: 650 kcal | 49g P | 73g C | 18g F*

Option 3: Halal Chicken Keema

- 196g Chicken Mince
 - 73g Whole Wheat Roti *Macros: 650 kcal | 49g P | 73g C | 18g F*
-

Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 196g Halal Chicken Breast
- 109g Basmati Rice
- Large Salad *Macros: 650 kcal | 49g P | 73g C | 18g F*

Option 2: Baked Fish & Potato

- 245g Halal White Fish
- 146g Boiled Potato
- Steamed Broccoli *Macros: 650 kcal | 49g P | 73g C | 18g F*

Option 3: Lean Beef Stir-fry

- 196g Halal Lean Beef
 - 292g Mixed Peppers/Onions
 - 36g Olive Oil *Macros: 650 kcal | 49g P | 73g C | 18g F*
-

Meal 3: Afternoon Snack

Choose ONE of the following three options:

Option 1: Protein Shake & Fruit

- 1 Scoop Whey Protein

- 1 Banana *Macros: 370 kcal | 28g P | 42g C | 10g F*

Option 2: Cottage Cheese

- 112g Low-fat Cottage Cheese
- Cucumber slices *Macros: 370 kcal | 28g P | 42g C | 10g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 56g Egg Whites *Macros: 370 kcal | 28g P | 42g C | 10g F*
-

Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 196g Halal Lean Steak
- Large bunch of Asparagus
- 36g Butter/Oil *Macros: 650 kcal | 49g P | 73g C | 18g F*

Option 2: Salmon & Greens

- 245g Salmon
- 292g Spinach/Kale *Macros: 650 kcal | 49g P | 73g C | 18g F*

Option 3: Chicken Soup

- 196g Shredded Chicken
 - Clear Veggie Soup
 - 73g Small Bun/Roti *Macros: 650 kcal | 49g P | 73g C | 18g F*
-