

# Female 61-75kg Cut (Extreme) Diet Plan

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**Weight Class:** 61-75kg

**Goal:** Cut

**Variation:** Extreme

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## Daily Macro/Calorie Totals

- **Calories:** 1500 kcal
  - **Protein:** 157g
  - **Carbohydrates:** 105g
  - **Fats:** 50g
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## Meal 1: Breakfast

Choose ONE of the following three options:

### Option 1: Eggs & Oats

- 7 Whole Eggs + 86g Egg Whites
- 43g Oats *Macros: 414 kcal | 43g P | 29g C | 14g F*

### Option 2: Greek Yogurt Power Bowl

- 172g Non-fat Greek Yogurt
- 29g Berries
- 28g Almonds *Macros: 414 kcal | 43g P | 29g C | 14g F*

### Option 3: Halal Chicken Keema

- 172g Chicken Mince
  - 29g Whole Wheat Roti *Macros: 414 kcal | 43g P | 29g C | 14g F*
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## Meal 2: Lunch

Choose ONE of the following three options:

### Option 1: Grilled Chicken & Rice

- 172g Halal Chicken Breast
- 43g Basmati Rice
- Large Salad *Macros: 414 kcal | 43g P | 29g C | 14g F*

### Option 2: Baked Fish & Potato

- 215g Halal White Fish
- 58g Boiled Potato
- Steamed Broccoli *Macros: 414 kcal | 43g P | 29g C | 14g F*

### Option 3: Lean Beef Stir-fry

- 172g Halal Lean Beef
  - 116g Mixed Peppers/Onions
  - 28g Olive Oil *Macros: 414 kcal | 43g P | 29g C | 14g 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: 236 kcal | 25g P | 16g C | 8g F*

#### **Option 2: Cottage Cheese**

- 100g Low-fat Cottage Cheese
- Cucumber slices *Macros: 236 kcal | 25g P | 16g C | 8g F*

#### **Option 3: Hard Boiled Eggs**

- 2 Whole Eggs + 50g Egg Whites *Macros: 236 kcal | 25g P | 16g C | 8g 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
- 28g Butter/Oil *Macros: 414 kcal | 43g P | 29g C | 14g F*

#### **Option 2: Salmon & Greens**

- 215g Salmon
- 116g Spinach/Kale *Macros: 414 kcal | 43g P | 29g C | 14g F*

#### **Option 3: Chicken Soup**

- 172g Shredded Chicken
  - Clear Veggie Soup
  - 29g Small Bun/Roti *Macros: 414 kcal | 43g P | 29g C | 14g F*
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