

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

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**Weight Class:** 61-75kg

**Goal:** Cut

**Variation:** Lean

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## Daily Macro/Calorie Totals

- **Calories:** 1600 kcal
  - **Protein:** 140g
  - **Carbohydrates:** 160g
  - **Fats:** 44g
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## Meal 1: Breakfast

Choose ONE of the following three options:

### Option 1: Eggs & Oats

- 6 Whole Eggs + 78g Egg Whites
- 66g Oats *Macros: 440 kcal | 39g P | 44g C | 12g F*

### Option 2: Greek Yogurt Power Bowl

- 156g Non-fat Greek Yogurt
- 44g Berries
- 24g Almonds *Macros: 440 kcal | 39g P | 44g C | 12g F*

### Option 3: Halal Chicken Keema

- 156g Chicken Mince
  - 44g Whole Wheat Roti *Macros: 440 kcal | 39g P | 44g C | 12g F*
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## Meal 2: Lunch

Choose ONE of the following three options:

### Option 1: Grilled Chicken & Rice

- 156g Halal Chicken Breast
- 66g Basmati Rice
- Large Salad *Macros: 440 kcal | 39g P | 44g C | 12g F*

### Option 2: Baked Fish & Potato

- 195g Halal White Fish
- 88g Boiled Potato
- Steamed Broccoli *Macros: 440 kcal | 39g P | 44g C | 12g F*

### Option 3: Lean Beef Stir-fry

- 156g Halal Lean Beef
  - 176g Mixed Peppers/Onions
  - 24g Olive Oil *Macros: 440 kcal | 39g P | 44g C | 12g 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: 251 kcal | 22g P | 25g C | 7g F*

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

- 88g Low-fat Cottage Cheese
- Cucumber slices *Macros: 251 kcal | 22g P | 25g C | 7g F*

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

- 2 Whole Eggs + 44g Egg Whites *Macros: 251 kcal | 22g P | 25g C | 7g F*
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## **Meal 4: Dinner**

*Choose ONE of the following three options:*

#### **Option 1: Steak & Asparagus**

- 156g Halal Lean Steak
- Large bunch of Asparagus
- 24g Butter/Oil *Macros: 440 kcal | 39g P | 44g C | 12g F*

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

- 195g Salmon
- 176g Spinach/Kale *Macros: 440 kcal | 39g P | 44g C | 12g F*

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

- 156g Shredded Chicken
  - Clear Veggie Soup
  - 44g Small Bun/Roti *Macros: 440 kcal | 39g P | 44g C | 12g F*
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