

Female 61-75kg Maintain (Extreme) Diet Plan

Weight Class: 61-75kg

Goal: Maintain

Variation: Extreme

Daily Macro/Calorie Totals

- **Calories:** 1900 kcal
 - **Protein:** 180g
 - **Carbohydrates:** 152g
 - **Fats:** 63g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 8 Whole Eggs + 100g Egg Whites
- 63g Oats *Macros: 521 kcal | 50g P | 42g C | 17g F*

Option 2: Greek Yogurt Power Bowl

- 200g Non-fat Greek Yogurt
- 42g Berries
- 34g Almonds *Macros: 521 kcal | 50g P | 42g C | 17g F*

Option 3: Halal Chicken Keema

- 200g Chicken Mince
 - 42g Whole Wheat Roti *Macros: 521 kcal | 50g P | 42g C | 17g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 200g Halal Chicken Breast
- 63g Basmati Rice
- Large Salad *Macros: 521 kcal | 50g P | 42g C | 17g F*

Option 2: Baked Fish & Potato

- 250g Halal White Fish
- 84g Boiled Potato
- Steamed Broccoli *Macros: 521 kcal | 50g P | 42g C | 17g F*

Option 3: Lean Beef Stir-fry

- 200g Halal Lean Beef
 - 168g Mixed Peppers/Onions
 - 34g Olive Oil *Macros: 521 kcal | 50g P | 42g C | 17g 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: 298 kcal | 28g P | 24g C | 10g F*

Option 2: Cottage Cheese

- 112g Low-fat Cottage Cheese
- Cucumber slices *Macros: 298 kcal | 28g P | 24g C | 10g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 56g Egg Whites *Macros: 298 kcal | 28g P | 24g C | 10g F*
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Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 200g Halal Lean Steak
- Large bunch of Asparagus
- 34g Butter/Oil *Macros: 521 kcal | 50g P | 42g C | 17g F*

Option 2: Salmon & Greens

- 250g Salmon
- 168g Spinach/Kale *Macros: 521 kcal | 50g P | 42g C | 17g F*

Option 3: Chicken Soup

- 200g Shredded Chicken
 - Clear Veggie Soup
 - 42g Small Bun/Roti *Macros: 521 kcal | 50g P | 42g C | 17g F*
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