

Female 61-75kg Maintain (Lean) Diet Plan

Weight Class: 61-75kg

Goal: Maintain

Variation: Lean

Daily Macro/Calorie Totals

- **Calories:** 1900 kcal
 - **Protein:** 152g
 - **Carbohydrates:** 204g
 - **Fats:** 52g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 7 Whole Eggs + 84g Egg Whites
- 85g Oats *Macros: 522 kcal | 42g P | 57g C | 14g F*

Option 2: Greek Yogurt Power Bowl

- 168g Non-fat Greek Yogurt
- 57g Berries
- 28g Almonds *Macros: 522 kcal | 42g P | 57g C | 14g F*

Option 3: Halal Chicken Keema

- 168g Chicken Mince
 - 57g Whole Wheat Roti *Macros: 522 kcal | 42g P | 57g C | 14g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 168g Halal Chicken Breast
- 85g Basmati Rice
- Large Salad *Macros: 522 kcal | 42g P | 57g C | 14g F*

Option 2: Baked Fish & Potato

- 210g Halal White Fish
- 114g Boiled Potato
- Steamed Broccoli *Macros: 522 kcal | 42g P | 57g C | 14g F*

Option 3: Lean Beef Stir-fry

- 168g Halal Lean Beef
 - 228g Mixed Peppers/Onions
 - 28g Olive Oil *Macros: 522 kcal | 42g P | 57g 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: 296 kcal | 24g P | 32g C | 8g F*

Option 2: Cottage Cheese

- 96g Low-fat Cottage Cheese
- Cucumber slices *Macros: 296 kcal | 24g P | 32g C | 8g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 48g Egg Whites *Macros: 296 kcal | 24g P | 32g C | 8g F*
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Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 168g Halal Lean Steak
- Large bunch of Asparagus
- 28g Butter/Oil *Macros: 522 kcal | 42g P | 57g C | 14g F*

Option 2: Salmon & Greens

- 210g Salmon
- 228g Spinach/Kale *Macros: 522 kcal | 42g P | 57g C | 14g F*

Option 3: Chicken Soup

- 168g Shredded Chicken
 - Clear Veggie Soup
 - 57g Small Bun/Roti *Macros: 522 kcal | 42g P | 57g C | 14g F*
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