

Female 76-90kg Bulk (Extreme) Diet Plan

Weight Class: 76-90kg

Goal: Bulk

Variation: Extreme

Daily Macro/Calorie Totals

- **Calories:** 3000 kcal
 - **Protein:** 187g
 - **Carbohydrates:** 337g
 - **Fats:** 100g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 8 Whole Eggs + 104g Egg Whites
- 141g Oats *Macros: 836 kcal | 52g P | 94g C | 28g F*

Option 2: Greek Yogurt Power Bowl

- 208g Non-fat Greek Yogurt
- 94g Berries
- 56g Almonds *Macros: 836 kcal | 52g P | 94g C | 28g F*

Option 3: Halal Chicken Keema

- 208g Chicken Mince
 - 94g Whole Wheat Roti *Macros: 836 kcal | 52g P | 94g C | 28g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 208g Halal Chicken Breast
- 141g Basmati Rice
- Large Salad *Macros: 836 kcal | 52g P | 94g C | 28g F*

Option 2: Baked Fish & Potato

- 260g Halal White Fish
- 188g Boiled Potato
- Steamed Broccoli *Macros: 836 kcal | 52g P | 94g C | 28g F*

Option 3: Lean Beef Stir-fry

- 208g Halal Lean Beef
 - 376g Mixed Peppers/Onions
 - 56g Olive Oil *Macros: 836 kcal | 52g P | 94g C | 28g 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: 472 kcal | 29g P | 53g C | 16g F*

Option 2: Cottage Cheese

- 116g Low-fat Cottage Cheese
- Cucumber slices *Macros: 472 kcal | 29g P | 53g C | 16g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 58g Egg Whites *Macros: 472 kcal | 29g P | 53g C | 16g F*
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Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 208g Halal Lean Steak
- Large bunch of Asparagus
- 56g Butter/Oil *Macros: 836 kcal | 52g P | 94g C | 28g F*

Option 2: Salmon & Greens

- 260g Salmon
- 376g Spinach/Kale *Macros: 836 kcal | 52g P | 94g C | 28g F*

Option 3: Chicken Soup

- 208g Shredded Chicken
 - Clear Veggie Soup
 - 94g Small Bun/Roti *Macros: 836 kcal | 52g P | 94g C | 28g F*
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