

Female 76-90kg Bulk (Lean) Diet Plan

Weight Class: 76-90kg

Goal: Bulk

Variation: Lean

Daily Macro/Calorie Totals

- **Calories:** 2850 kcal
 - **Protein:** 213g
 - **Carbohydrates:** 320g
 - **Fats:** 79g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 9 Whole Eggs + 118g Egg Whites
- 133g Oats *Macros: 790 kcal | 59g P | 89g C | 22g F*

Option 2: Greek Yogurt Power Bowl

- 236g Non-fat Greek Yogurt
- 89g Berries
- 44g Almonds *Macros: 790 kcal | 59g P | 89g C | 22g F*

Option 3: Halal Chicken Keema

- 236g Chicken Mince
 - 89g Whole Wheat Roti *Macros: 790 kcal | 59g P | 89g C | 22g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 236g Halal Chicken Breast
- 133g Basmati Rice
- Large Salad *Macros: 790 kcal | 59g P | 89g C | 22g F*

Option 2: Baked Fish & Potato

- 295g Halal White Fish
- 178g Boiled Potato
- Steamed Broccoli *Macros: 790 kcal | 59g P | 89g C | 22g F*

Option 3: Lean Beef Stir-fry

- 236g Halal Lean Beef
 - 356g Mixed Peppers/Onions
 - 44g Olive Oil *Macros: 790 kcal | 59g P | 89g C | 22g 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: 448 kcal | 34g P | 51g C | 12g F*

Option 2: Cottage Cheese

- 136g Low-fat Cottage Cheese
- Cucumber slices *Macros: 448 kcal | 34g P | 51g C | 12g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 68g Egg Whites *Macros: 448 kcal | 34g P | 51g C | 12g F*
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Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 236g Halal Lean Steak
- Large bunch of Asparagus
- 44g Butter/Oil *Macros: 790 kcal | 59g P | 89g C | 22g F*

Option 2: Salmon & Greens

- 295g Salmon
- 356g Spinach/Kale *Macros: 790 kcal | 59g P | 89g C | 22g F*

Option 3: Chicken Soup

- 236g Shredded Chicken
 - Clear Veggie Soup
 - 89g Small Bun/Roti *Macros: 790 kcal | 59g P | 89g C | 22g F*
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