

Female 76-90kg Cut (Extreme) Diet Plan

Weight Class: 76-90kg

Goal: Cut

Variation: Extreme

Daily Macro/Calorie Totals

- **Calories:** 1800 kcal
 - **Protein:** 189g
 - **Carbohydrates:** 126g
 - **Fats:** 60g
-

Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 8 Whole Eggs + 104g Egg Whites
- 52g Oats *Macros:* 492 kcal | 52g P | 35g C | 16g F

Option 2: Greek Yogurt Power Bowl

- 208g Non-fat Greek Yogurt
- 35g Berries
- 32g Almonds *Macros:* 492 kcal | 52g P | 35g C | 16g F

Option 3: Halal Chicken Keema

- 208g Chicken Mince
 - 35g Whole Wheat Roti *Macros:* 492 kcal | 52g P | 35g C | 16g F
-

Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 208g Halal Chicken Breast
- 52g Basmati Rice
- Large Salad *Macros:* 492 kcal | 52g P | 35g C | 16g F

Option 2: Baked Fish & Potato

- 260g Halal White Fish
- 70g Boiled Potato
- Steamed Broccoli *Macros:* 492 kcal | 52g P | 35g C | 16g F

Option 3: Lean Beef Stir-fry

- 208g Halal Lean Beef
 - 140g Mixed Peppers/Onions
 - 32g Olive Oil *Macros:* 492 kcal | 52g P | 35g C | 16g F
-

Meal 3: Afternoon Snack

Choose ONE of the following three options:

Option 1: Protein Shake & Fruit

- 1 Scoop Whey Protein

- 1 Banana *Macros: 281 kcal | 30g P | 20g C | 9g F*

Option 2: Cottage Cheese

- 120g Low-fat Cottage Cheese
- Cucumber slices *Macros: 281 kcal | 30g P | 20g C | 9g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 60g Egg Whites *Macros: 281 kcal | 30g P | 20g C | 9g F*
-

Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 208g Halal Lean Steak
- Large bunch of Asparagus
- 32g Butter/Oil *Macros: 492 kcal | 52g P | 35g C | 16g F*

Option 2: Salmon & Greens

- 260g Salmon
- 140g Spinach/Kale *Macros: 492 kcal | 52g P | 35g C | 16g F*

Option 3: Chicken Soup

- 208g Shredded Chicken
 - Clear Veggie Soup
 - 35g Small Bun/Roti *Macros: 492 kcal | 52g P | 35g C | 16g F*
-