

# Female 76-90kg Maintain (Extreme) Diet Plan

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**Weight Class:** 76-90kg

**Goal:** Maintain

**Variation:** Extreme

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## Daily Macro/Calorie Totals

- **Calories:** 2300 kcal
  - **Protein:** 218g
  - **Carbohydrates:** 184g
  - **Fats:** 76g
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## Meal 1: Breakfast

Choose ONE of the following three options:

### Option 1: Eggs & Oats

- 10 Whole Eggs + 122g Egg Whites
- 76g Oats *Macros: 637 kcal | 61g P | 51g C | 21g F*

### Option 2: Greek Yogurt Power Bowl

- 244g Non-fat Greek Yogurt
- 51g Berries
- 42g Almonds *Macros: 637 kcal | 61g P | 51g C | 21g F*

### Option 3: Halal Chicken Keema

- 244g Chicken Mince
  - 51g Whole Wheat Roti *Macros: 637 kcal | 61g P | 51g C | 21g F*
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## Meal 2: Lunch

Choose ONE of the following three options:

### Option 1: Grilled Chicken & Rice

- 244g Halal Chicken Breast
- 76g Basmati Rice
- Large Salad *Macros: 637 kcal | 61g P | 51g C | 21g F*

### Option 2: Baked Fish & Potato

- 305g Halal White Fish
- 102g Boiled Potato
- Steamed Broccoli *Macros: 637 kcal | 61g P | 51g C | 21g F*

### Option 3: Lean Beef Stir-fry

- 244g Halal Lean Beef
  - 204g Mixed Peppers/Onions
  - 42g Olive Oil *Macros: 637 kcal | 61g P | 51g C | 21g 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: 360 kcal | 34g P | 29g C | 12g F*

#### **Option 2: Cottage Cheese**

- 136g Low-fat Cottage Cheese
- Cucumber slices *Macros: 360 kcal | 34g P | 29g C | 12g F*

#### **Option 3: Hard Boiled Eggs**

- 2 Whole Eggs + 68g Egg Whites *Macros: 360 kcal | 34g P | 29g C | 12g F*
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## **Meal 4: Dinner**

*Choose ONE of the following three options:*

#### **Option 1: Steak & Asparagus**

- 244g Halal Lean Steak
- Large bunch of Asparagus
- 42g Butter/Oil *Macros: 637 kcal | 61g P | 51g C | 21g F*

#### **Option 2: Salmon & Greens**

- 305g Salmon
- 204g Spinach/Kale *Macros: 637 kcal | 61g P | 51g C | 21g F*

#### **Option 3: Chicken Soup**

- 244g Shredded Chicken
  - Clear Veggie Soup
  - 51g Small Bun/Roti *Macros: 637 kcal | 61g P | 51g C | 21g F*
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