

Female 76-90kg Maintain (Lean) Diet Plan

Weight Class: 76-90kg

Goal: Maintain

Variation: Lean

Daily Macro/Calorie Totals

- **Calories:** 2300 kcal
 - **Protein:** 184g
 - **Carbohydrates:** 247g
 - **Fats:** 63g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 8 Whole Eggs + 102g Egg Whites
- 103g Oats *Macros: 633 kcal | 51g P | 69g C | 17g F*

Option 2: Greek Yogurt Power Bowl

- 204g Non-fat Greek Yogurt
- 69g Berries
- 34g Almonds *Macros: 633 kcal | 51g P | 69g C | 17g F*

Option 3: Halal Chicken Keema

- 204g Chicken Mince
 - 69g Whole Wheat Roti *Macros: 633 kcal | 51g P | 69g C | 17g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 204g Halal Chicken Breast
- 103g Basmati Rice
- Large Salad *Macros: 633 kcal | 51g P | 69g C | 17g F*

Option 2: Baked Fish & Potato

- 255g Halal White Fish
- 138g Boiled Potato
- Steamed Broccoli *Macros: 633 kcal | 51g P | 69g C | 17g F*

Option 3: Lean Beef Stir-fry

- 204g Halal Lean Beef
 - 276g Mixed Peppers/Onions
 - 34g Olive Oil *Macros: 633 kcal | 51g P | 69g C | 17g 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: 362 kcal | 29g P | 39g C | 10g F*

Option 2: Cottage Cheese

- 116g Low-fat Cottage Cheese
- Cucumber slices *Macros: 362 kcal | 29g P | 39g C | 10g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 58g Egg Whites *Macros: 362 kcal | 29g P | 39g C | 10g F*
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Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 204g Halal Lean Steak
- Large bunch of Asparagus
- 34g Butter/Oil *Macros: 633 kcal | 51g P | 69g C | 17g F*

Option 2: Salmon & Greens

- 255g Salmon
- 276g Spinach/Kale *Macros: 633 kcal | 51g P | 69g C | 17g F*

Option 3: Chicken Soup

- 204g Shredded Chicken
 - Clear Veggie Soup
 - 69g Small Bun/Roti *Macros: 633 kcal | 51g P | 69g C | 17g F*
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