

Male 65-75kg Bulk (Lean) Diet Plan

Weight Class: 65-75kg

Goal: Bulk

Variation: Lean

Daily Macro/Calorie Totals

- **Calories:** 2800 kcal
 - **Protein:** 210g
 - **Carbohydrates:** 315g
 - **Fats:** 77g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 9 Whole Eggs + 116g Egg Whites
- 132g Oats *Macros:* 773 kcal | 58g P | 88g C | 21g F

Option 2: Greek Yogurt Power Bowl

- 232g Non-fat Greek Yogurt
- 88g Berries
- 42g Almonds *Macros:* 773 kcal | 58g P | 88g C | 21g F

Option 3: Halal Chicken Keema

- 232g Chicken Mince
 - 88g Whole Wheat Roti *Macros:* 773 kcal | 58g P | 88g C | 21g F
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 232g Halal Chicken Breast
- 132g Basmati Rice
- Large Salad *Macros:* 773 kcal | 58g P | 88g C | 21g F

Option 2: Baked Fish & Potato

- 290g Halal White Fish
- 176g Boiled Potato
- Steamed Broccoli *Macros:* 773 kcal | 58g P | 88g C | 21g F

Option 3: Lean Beef Stir-fry

- 232g Halal Lean Beef
 - 352g Mixed Peppers/Onions
 - 42g Olive Oil *Macros:* 773 kcal | 58g P | 88g 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: 440 kcal | 33g P | 50g C | 12g F*

Option 2: Cottage Cheese

- 132g Low-fat Cottage Cheese
- Cucumber slices *Macros: 440 kcal | 33g P | 50g C | 12g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 66g Egg Whites *Macros: 440 kcal | 33g P | 50g C | 12g F*
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Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 232g Halal Lean Steak
- Large bunch of Asparagus
- 42g Butter/Oil *Macros: 773 kcal | 58g P | 88g C | 21g F*

Option 2: Salmon & Greens

- 290g Salmon
- 352g Spinach/Kale *Macros: 773 kcal | 58g P | 88g C | 21g F*

Option 3: Chicken Soup

- 232g Shredded Chicken
 - Clear Veggie Soup
 - 88g Small Bun/Roti *Macros: 773 kcal | 58g P | 88g C | 21g F*
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