

# Male 65-75kg Maintain (Extreme) Diet Plan

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**Weight Class:** 65-75kg

**Goal:** Maintain

**Variation:** Extreme

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## Daily Macro/Calorie Totals

- **Calories:** 2200 kcal
  - **Protein:** 209g
  - **Carbohydrates:** 176g
  - **Fats:** 73g
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## Meal 1: Breakfast

Choose ONE of the following three options:

### Option 1: Eggs & Oats

- 9 Whole Eggs + 116g Egg Whites
- 73g Oats *Macros: 608 kcal | 58g P | 49g C | 20g F*

### Option 2: Greek Yogurt Power Bowl

- 232g Non-fat Greek Yogurt
- 49g Berries
- 40g Almonds *Macros: 608 kcal | 58g P | 49g C | 20g F*

### Option 3: Halal Chicken Keema

- 232g Chicken Mince
  - 49g Whole Wheat Roti *Macros: 608 kcal | 58g P | 49g C | 20g F*
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## Meal 2: Lunch

Choose ONE of the following three options:

### Option 1: Grilled Chicken & Rice

- 232g Halal Chicken Breast
- 73g Basmati Rice
- Large Salad *Macros: 608 kcal | 58g P | 49g C | 20g F*

### Option 2: Baked Fish & Potato

- 290g Halal White Fish
- 98g Boiled Potato
- Steamed Broccoli *Macros: 608 kcal | 58g P | 49g C | 20g F*

### Option 3: Lean Beef Stir-fry

- 232g Halal Lean Beef
  - 196g Mixed Peppers/Onions
  - 40g Olive Oil *Macros: 608 kcal | 58g P | 49g C | 20g 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: 343 kcal | 33g P | 28g C | 11g F*

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

- 132g Low-fat Cottage Cheese
- Cucumber slices *Macros: 343 kcal | 33g P | 28g C | 11g F*

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

- 2 Whole Eggs + 66g Egg Whites *Macros: 343 kcal | 33g P | 28g C | 11g 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
- 40g Butter/Oil *Macros: 608 kcal | 58g P | 49g C | 20g F*

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

- 290g Salmon
- 196g Spinach/Kale *Macros: 608 kcal | 58g P | 49g C | 20g F*

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

- 232g Shredded Chicken
  - Clear Veggie Soup
  - 49g Small Bun/Roti *Macros: 608 kcal | 58g P | 49g C | 20g F*
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