

Male 65-75kg Maintain (Lean) Diet Plan

Weight Class: 65-75kg

Goal: Maintain

Variation: Lean

Daily Macro/Calorie Totals

- **Calories:** 2200 kcal
 - **Protein:** 176g
 - **Carbohydrates:** 236g
 - **Fats:** 61g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 8 Whole Eggs + 98g Egg Whites
- 99g Oats *Macros:* 613 kcal | 49g P | 66g C | 17g F

Option 2: Greek Yogurt Power Bowl

- 196g Non-fat Greek Yogurt
- 66g Berries
- 34g Almonds *Macros:* 613 kcal | 49g P | 66g C | 17g F

Option 3: Halal Chicken Keema

- 196g Chicken Mince
 - 66g Whole Wheat Roti *Macros:* 613 kcal | 49g P | 66g C | 17g F
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 196g Halal Chicken Breast
- 99g Basmati Rice
- Large Salad *Macros:* 613 kcal | 49g P | 66g C | 17g F

Option 2: Baked Fish & Potato

- 245g Halal White Fish
- 132g Boiled Potato
- Steamed Broccoli *Macros:* 613 kcal | 49g P | 66g C | 17g F

Option 3: Lean Beef Stir-fry

- 196g Halal Lean Beef
 - 264g Mixed Peppers/Onions
 - 34g Olive Oil *Macros:* 613 kcal | 49g P | 66g 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: 341 kcal | 28g P | 37g C | 9g F*

Option 2: Cottage Cheese

- 112g Low-fat Cottage Cheese
- Cucumber slices *Macros: 341 kcal | 28g P | 37g C | 9g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 56g Egg Whites *Macros: 341 kcal | 28g P | 37g C | 9g F*
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Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 196g Halal Lean Steak
- Large bunch of Asparagus
- 34g Butter/Oil *Macros: 613 kcal | 49g P | 66g C | 17g F*

Option 2: Salmon & Greens

- 245g Salmon
- 264g Spinach/Kale *Macros: 613 kcal | 49g P | 66g C | 17g F*

Option 3: Chicken Soup

- 196g Shredded Chicken
 - Clear Veggie Soup
 - 66g Small Bun/Roti *Macros: 613 kcal | 49g P | 66g C | 17g F*
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