

Male 76-90kg Bulk (Extreme) Diet Plan

Weight Class: 76-90kg

Goal: Bulk

Variation: Extreme

Daily Macro/Calorie Totals

- **Calories:** 3600 kcal
 - **Protein:** 225g
 - **Carbohydrates:** 405g
 - **Fats:** 120g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 10 Whole Eggs + 126g Egg Whites
- 169g Oats *Macros: 1001 kcal | 63g P | 113g C | 33g F*

Option 2: Greek Yogurt Power Bowl

- 252g Non-fat Greek Yogurt
- 113g Berries
- 66g Almonds *Macros: 1001 kcal | 63g P | 113g C | 33g F*

Option 3: Halal Chicken Keema

- 252g Chicken Mince
 - 113g Whole Wheat Roti *Macros: 1001 kcal | 63g P | 113g C | 33g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 252g Halal Chicken Breast
- 169g Basmati Rice
- Large Salad *Macros: 1001 kcal | 63g P | 113g C | 33g F*

Option 2: Baked Fish & Potato

- 315g Halal White Fish
- 226g Boiled Potato
- Steamed Broccoli *Macros: 1001 kcal | 63g P | 113g C | 33g F*

Option 3: Lean Beef Stir-fry

- 252g Halal Lean Beef
 - 452g Mixed Peppers/Onions
 - 66g Olive Oil *Macros: 1001 kcal | 63g P | 113g C | 33g 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: 571 kcal | 36g P | 64g C | 19g F*

Option 2: Cottage Cheese

- 144g Low-fat Cottage Cheese
- Cucumber slices *Macros: 571 kcal | 36g P | 64g C | 19g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 72g Egg Whites *Macros: 571 kcal | 36g P | 64g C | 19g F*
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Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 252g Halal Lean Steak
- Large bunch of Asparagus
- 66g Butter/Oil *Macros: 1001 kcal | 63g P | 113g C | 33g F*

Option 2: Salmon & Greens

- 315g Salmon
- 452g Spinach/Kale *Macros: 1001 kcal | 63g P | 113g C | 33g F*

Option 3: Chicken Soup

- 252g Shredded Chicken
 - Clear Veggie Soup
 - 113g Small Bun/Roti *Macros: 1001 kcal | 63g P | 113g C | 33g F*
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