

# Male 76-90kg Cut (Lean) Diet Plan

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**Weight Class:** 76-90kg

**Goal:** Cut

**Variation:** Lean

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## Daily Macro/Calorie Totals

- **Calories:** 2150 kcal
  - **Protein:** 188g
  - **Carbohydrates:** 215g
  - **Fats:** 59g
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## Meal 1: Breakfast

Choose ONE of the following three options:

### Option 1: Eggs & Oats

- 8 Whole Eggs + 104g Egg Whites
- 90g Oats *Macros: 592 kcal | 52g P | 60g C | 16g F*

### Option 2: Greek Yogurt Power Bowl

- 208g Non-fat Greek Yogurt
- 60g Berries
- 32g Almonds *Macros: 592 kcal | 52g P | 60g C | 16g F*

### Option 3: Halal Chicken Keema

- 208g Chicken Mince
  - 60g Whole Wheat Roti *Macros: 592 kcal | 52g P | 60g C | 16g F*
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## Meal 2: Lunch

Choose ONE of the following three options:

### Option 1: Grilled Chicken & Rice

- 208g Halal Chicken Breast
- 90g Basmati Rice
- Large Salad *Macros: 592 kcal | 52g P | 60g C | 16g F*

### Option 2: Baked Fish & Potato

- 260g Halal White Fish
- 120g Boiled Potato
- Steamed Broccoli *Macros: 592 kcal | 52g P | 60g C | 16g F*

### Option 3: Lean Beef Stir-fry

- 208g Halal Lean Beef
  - 240g Mixed Peppers/Onions
  - 32g Olive Oil *Macros: 592 kcal | 52g P | 60g C | 16g 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: 337 kcal | 30g P | 34g C | 9g F*

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

- 120g Low-fat Cottage Cheese
- Cucumber slices *Macros: 337 kcal | 30g P | 34g C | 9g F*

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

- 2 Whole Eggs + 60g Egg Whites *Macros: 337 kcal | 30g P | 34g C | 9g F*
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## **Meal 4: Dinner**

*Choose ONE of the following three options:*

#### **Option 1: Steak & Asparagus**

- 208g Halal Lean Steak
- Large bunch of Asparagus
- 32g Butter/Oil *Macros: 592 kcal | 52g P | 60g C | 16g F*

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

- 260g Salmon
- 240g Spinach/Kale *Macros: 592 kcal | 52g P | 60g C | 16g F*

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

- 208g Shredded Chicken
  - Clear Veggie Soup
  - 60g Small Bun/Roti *Macros: 592 kcal | 52g P | 60g C | 16g F*
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