

Male 76-90kg Maintain (Extreme) Diet Plan

Weight Class: 76-90kg

Goal: Maintain

Variation: Extreme

Daily Macro/Calorie Totals

- **Calories:** 2700 kcal
 - **Protein:** 256g
 - **Carbohydrates:** 216g
 - **Fats:** 90g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 11 Whole Eggs + 142g Egg Whites
- 90g Oats *Macros: 749 kcal | 71g P | 60g C | 25g F*

Option 2: Greek Yogurt Power Bowl

- 284g Non-fat Greek Yogurt
- 60g Berries
- 50g Almonds *Macros: 749 kcal | 71g P | 60g C | 25g F*

Option 3: Halal Chicken Keema

- 284g Chicken Mince
 - 60g Whole Wheat Roti *Macros: 749 kcal | 71g P | 60g C | 25g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 284g Halal Chicken Breast
- 90g Basmati Rice
- Large Salad *Macros: 749 kcal | 71g P | 60g C | 25g F*

Option 2: Baked Fish & Potato

- 355g Halal White Fish
- 120g Boiled Potato
- Steamed Broccoli *Macros: 749 kcal | 71g P | 60g C | 25g F*

Option 3: Lean Beef Stir-fry

- 284g Halal Lean Beef
 - 240g Mixed Peppers/Onions
 - 50g Olive Oil *Macros: 749 kcal | 71g P | 60g C | 25g 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: 422 kcal | 40g P | 34g C | 14g F*

Option 2: Cottage Cheese

- 160g Low-fat Cottage Cheese
- Cucumber slices *Macros: 422 kcal | 40g P | 34g C | 14g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 80g Egg Whites *Macros: 422 kcal | 40g P | 34g C | 14g F*
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Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 284g Halal Lean Steak
- Large bunch of Asparagus
- 50g Butter/Oil *Macros: 749 kcal | 71g P | 60g C | 25g F*

Option 2: Salmon & Greens

- 355g Salmon
- 240g Spinach/Kale *Macros: 749 kcal | 71g P | 60g C | 25g F*

Option 3: Chicken Soup

- 284g Shredded Chicken
 - Clear Veggie Soup
 - 60g Small Bun/Roti *Macros: 749 kcal | 71g P | 60g C | 25g F*
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