

Male 76-90kg Maintain (Lean) Diet Plan

Weight Class: 76-90kg

Goal: Maintain

Variation: Lean

Daily Macro/Calorie Totals

- **Calories:** 2700 kcal
 - **Protein:** 216g
 - **Carbohydrates:** 290g
 - **Fats:** 75g
-

Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 10 Whole Eggs + 120g Egg Whites
- 121g Oats *Macros:* 753 kcal | 60g P | 81g C | 21g F

Option 2: Greek Yogurt Power Bowl

- 240g Non-fat Greek Yogurt
- 81g Berries
- 42g Almonds *Macros:* 753 kcal | 60g P | 81g C | 21g F

Option 3: Halal Chicken Keema

- 240g Chicken Mince
 - 81g Whole Wheat Roti *Macros:* 753 kcal | 60g P | 81g C | 21g F
-

Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 240g Halal Chicken Breast
- 121g Basmati Rice
- Large Salad *Macros:* 753 kcal | 60g P | 81g C | 21g F

Option 2: Baked Fish & Potato

- 300g Halal White Fish
- 162g Boiled Potato
- Steamed Broccoli *Macros:* 753 kcal | 60g P | 81g C | 21g F

Option 3: Lean Beef Stir-fry

- 240g Halal Lean Beef
 - 324g Mixed Peppers/Onions
 - 42g Olive Oil *Macros:* 753 kcal | 60g P | 81g C | 21g F
-

Meal 3: Afternoon Snack

Choose ONE of the following three options:

Option 1: Protein Shake & Fruit

- 1 Scoop Whey Protein

- 1 Banana *Macros: 428 kcal | 34g P | 46g C | 12g F*

Option 2: Cottage Cheese

- 136g Low-fat Cottage Cheese
- Cucumber slices *Macros: 428 kcal | 34g P | 46g C | 12g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 68g Egg Whites *Macros: 428 kcal | 34g P | 46g C | 12g F*
-

Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 240g Halal Lean Steak
- Large bunch of Asparagus
- 42g Butter/Oil *Macros: 753 kcal | 60g P | 81g C | 21g F*

Option 2: Salmon & Greens

- 300g Salmon
- 324g Spinach/Kale *Macros: 753 kcal | 60g P | 81g C | 21g F*

Option 3: Chicken Soup

- 240g Shredded Chicken
 - Clear Veggie Soup
 - 81g Small Bun/Roti *Macros: 753 kcal | 60g P | 81g C | 21g F*
-