

Male 91-100kg Bulk (Extreme) Diet Plan

Weight Class: 91-100kg

Goal: Bulk

Variation: Extreme

Daily Macro/Calorie Totals

- **Calories:** 4500 kcal
 - **Protein:** 281g
 - **Carbohydrates:** 506g
 - **Fats:** 150g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 13 Whole Eggs + 156g Egg Whites
- 211g Oats *Macros: 1254 kcal | 78g P | 141g C | 42g F*

Option 2: Greek Yogurt Power Bowl

- 312g Non-fat Greek Yogurt
- 141g Berries
- 84g Almonds *Macros: 1254 kcal | 78g P | 141g C | 42g F*

Option 3: Halal Chicken Keema

- 312g Chicken Mince
 - 141g Whole Wheat Roti *Macros: 1254 kcal | 78g P | 141g C | 42g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 312g Halal Chicken Breast
- 211g Basmati Rice
- Large Salad *Macros: 1254 kcal | 78g P | 141g C | 42g F*

Option 2: Baked Fish & Potato

- 390g Halal White Fish
- 282g Boiled Potato
- Steamed Broccoli *Macros: 1254 kcal | 78g P | 141g C | 42g F*

Option 3: Lean Beef Stir-fry

- 312g Halal Lean Beef
 - 564g Mixed Peppers/Onions
 - 84g Olive Oil *Macros: 1254 kcal | 78g P | 141g C | 42g 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: 712 kcal | 44g P | 80g C | 24g F*

Option 2: Cottage Cheese

- 176g Low-fat Cottage Cheese
- Cucumber slices *Macros: 712 kcal | 44g P | 80g C | 24g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 88g Egg Whites *Macros: 712 kcal | 44g P | 80g C | 24g F*
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Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 312g Halal Lean Steak
- Large bunch of Asparagus
- 84g Butter/Oil *Macros: 1254 kcal | 78g P | 141g C | 42g F*

Option 2: Salmon & Greens

- 390g Salmon
- 564g Spinach/Kale *Macros: 1254 kcal | 78g P | 141g C | 42g F*

Option 3: Chicken Soup

- 312g Shredded Chicken
 - Clear Veggie Soup
 - 141g Small Bun/Roti *Macros: 1254 kcal | 78g P | 141g C | 42g F*
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