

Male 91-100kg Bulk (Lean) Diet Plan

Weight Class: 91-100kg

Goal: Bulk

Variation: Lean

Daily Macro/Calorie Totals

- **Calories:** 4150 kcal
 - **Protein:** 311g
 - **Carbohydrates:** 466g
 - **Fats:** 115g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 14 Whole Eggs + 174g Egg Whites
- 195g Oats *Macros: 1156 kcal | 87g P | 130g C | 32g F*

Option 2: Greek Yogurt Power Bowl

- 348g Non-fat Greek Yogurt
- 130g Berries
- 64g Almonds *Macros: 1156 kcal | 87g P | 130g C | 32g F*

Option 3: Halal Chicken Keema

- 348g Chicken Mince
 - 130g Whole Wheat Roti *Macros: 1156 kcal | 87g P | 130g C | 32g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 348g Halal Chicken Breast
- 195g Basmati Rice
- Large Salad *Macros: 1156 kcal | 87g P | 130g C | 32g F*

Option 2: Baked Fish & Potato

- 435g Halal White Fish
- 260g Boiled Potato
- Steamed Broccoli *Macros: 1156 kcal | 87g P | 130g C | 32g F*

Option 3: Lean Beef Stir-fry

- 348g Halal Lean Beef
 - 520g Mixed Peppers/Onions
 - 64g Olive Oil *Macros: 1156 kcal | 87g P | 130g C | 32g 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: 654 kcal | 49g P | 74g C | 18g F*

Option 2: Cottage Cheese

- 196g Low-fat Cottage Cheese
- Cucumber slices *Macros: 654 kcal | 49g P | 74g C | 18g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 98g Egg Whites *Macros: 654 kcal | 49g P | 74g C | 18g F*
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Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 348g Halal Lean Steak
- Large bunch of Asparagus
- 64g Butter/Oil *Macros: 1156 kcal | 87g P | 130g C | 32g F*

Option 2: Salmon & Greens

- 435g Salmon
- 520g Spinach/Kale *Macros: 1156 kcal | 87g P | 130g C | 32g F*

Option 3: Chicken Soup

- 348g Shredded Chicken
 - Clear Veggie Soup
 - 130g Small Bun/Roti *Macros: 1156 kcal | 87g P | 130g C | 32g F*
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