

Male 91-100kg Cut (Extreme) Diet Plan

Weight Class: 91-100kg

Goal: Cut

Variation: Extreme

Daily Macro/Calorie Totals

- **Calories:** 2400 kcal
 - **Protein:** 252g
 - **Carbohydrates:** 168g
 - **Fats:** 80g
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Meal 1: Breakfast

Choose ONE of the following three options:

Option 1: Eggs & Oats

- 11 Whole Eggs + 140g Egg Whites
- 70g Oats *Macros: 666 kcal | 70g P | 47g C | 22g F*

Option 2: Greek Yogurt Power Bowl

- 280g Non-fat Greek Yogurt
- 47g Berries
- 44g Almonds *Macros: 666 kcal | 70g P | 47g C | 22g F*

Option 3: Halal Chicken Keema

- 280g Chicken Mince
 - 47g Whole Wheat Roti *Macros: 666 kcal | 70g P | 47g C | 22g F*
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Meal 2: Lunch

Choose ONE of the following three options:

Option 1: Grilled Chicken & Rice

- 280g Halal Chicken Breast
- 70g Basmati Rice
- Large Salad *Macros: 666 kcal | 70g P | 47g C | 22g F*

Option 2: Baked Fish & Potato

- 350g Halal White Fish
- 94g Boiled Potato
- Steamed Broccoli *Macros: 666 kcal | 70g P | 47g C | 22g F*

Option 3: Lean Beef Stir-fry

- 280g Halal Lean Beef
 - 188g Mixed Peppers/Onions
 - 44g Olive Oil *Macros: 666 kcal | 70g P | 47g C | 22g 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: 372 kcal | 40g P | 26g C | 12g F*

Option 2: Cottage Cheese

- 160g Low-fat Cottage Cheese
- Cucumber slices *Macros: 372 kcal | 40g P | 26g C | 12g F*

Option 3: Hard Boiled Eggs

- 2 Whole Eggs + 80g Egg Whites *Macros: 372 kcal | 40g P | 26g C | 12g F*
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Meal 4: Dinner

Choose ONE of the following three options:

Option 1: Steak & Asparagus

- 280g Halal Lean Steak
- Large bunch of Asparagus
- 44g Butter/Oil *Macros: 666 kcal | 70g P | 47g C | 22g F*

Option 2: Salmon & Greens

- 350g Salmon
- 188g Spinach/Kale *Macros: 666 kcal | 70g P | 47g C | 22g F*

Option 3: Chicken Soup

- 280g Shredded Chicken
 - Clear Veggie Soup
 - 47g Small Bun/Roti *Macros: 666 kcal | 70g P | 47g C | 22g F*
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