

# Male 91-100kg Cut (Lean) Diet Plan

---

**Weight Class:** 91-100kg

**Goal:** Cut

**Variation:** Lean

---

## Daily Macro/Calorie Totals

- **Calories:** 2550 kcal
  - **Protein:** 223g
  - **Carbohydrates:** 255g
  - **Fats:** 70g
- 

## Meal 1: Breakfast

Choose ONE of the following three options:

### Option 1: Eggs & Oats

- 10 Whole Eggs + 124g Egg Whites
- 106g Oats *Macros: 703 kcal | 62g P | 71g C | 19g F*

### Option 2: Greek Yogurt Power Bowl

- 248g Non-fat Greek Yogurt
- 71g Berries
- 38g Almonds *Macros: 703 kcal | 62g P | 71g C | 19g F*

### Option 3: Halal Chicken Keema

- 248g Chicken Mince
  - 71g Whole Wheat Roti *Macros: 703 kcal | 62g P | 71g C | 19g F*
- 

## Meal 2: Lunch

Choose ONE of the following three options:

### Option 1: Grilled Chicken & Rice

- 248g Halal Chicken Breast
- 106g Basmati Rice
- Large Salad *Macros: 703 kcal | 62g P | 71g C | 19g F*

### Option 2: Baked Fish & Potato

- 310g Halal White Fish
- 142g Boiled Potato
- Steamed Broccoli *Macros: 703 kcal | 62g P | 71g C | 19g F*

### Option 3: Lean Beef Stir-fry

- 248g Halal Lean Beef
  - 284g Mixed Peppers/Onions
  - 38g Olive Oil *Macros: 703 kcal | 62g P | 71g C | 19g F*
- 

## Meal 3: Afternoon Snack

Choose ONE of the following three options:

### Option 1: Protein Shake & Fruit

- 1 Scoop Whey Protein

- 1 Banana *Macros: 399 kcal | 35g P | 40g C | 11g F*

#### **Option 2: Cottage Cheese**

- 140g Low-fat Cottage Cheese
- Cucumber slices *Macros: 399 kcal | 35g P | 40g C | 11g F*

#### **Option 3: Hard Boiled Eggs**

- 2 Whole Eggs + 70g Egg Whites *Macros: 399 kcal | 35g P | 40g C | 11g F*
- 

## **Meal 4: Dinner**

*Choose ONE of the following three options:*

#### **Option 1: Steak & Asparagus**

- 248g Halal Lean Steak
- Large bunch of Asparagus
- 38g Butter/Oil *Macros: 703 kcal | 62g P | 71g C | 19g F*

#### **Option 2: Salmon & Greens**

- 310g Salmon
- 284g Spinach/Kale *Macros: 703 kcal | 62g P | 71g C | 19g F*

#### **Option 3: Chicken Soup**

- 248g Shredded Chicken
  - Clear Veggie Soup
  - 71g Small Bun/Roti *Macros: 703 kcal | 62g P | 71g C | 19g F*
-