

# Male 91-100kg Maintain (Extreme) Diet Plan

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**Weight Class:** 91-100kg

**Goal:** Maintain

**Variation:** Extreme

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## Daily Macro/Calorie Totals

- **Calories:** 3200 kcal
  - **Protein:** 304g
  - **Carbohydrates:** 256g
  - **Fats:** 106g
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## Meal 1: Breakfast

Choose ONE of the following three options:

### Option 1: Eggs & Oats

- 14 Whole Eggs + 170g Egg Whites
- 106g Oats *Macros: 885 kcal | 85g P | 71g C | 29g F*

### Option 2: Greek Yogurt Power Bowl

- 340g Non-fat Greek Yogurt
- 71g Berries
- 58g Almonds *Macros: 885 kcal | 85g P | 71g C | 29g F*

### Option 3: Halal Chicken Keema

- 340g Chicken Mince
  - 71g Whole Wheat Roti *Macros: 885 kcal | 85g P | 71g C | 29g F*
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## Meal 2: Lunch

Choose ONE of the following three options:

### Option 1: Grilled Chicken & Rice

- 340g Halal Chicken Breast
- 106g Basmati Rice
- Large Salad *Macros: 885 kcal | 85g P | 71g C | 29g F*

### Option 2: Baked Fish & Potato

- 425g Halal White Fish
- 142g Boiled Potato
- Steamed Broccoli *Macros: 885 kcal | 85g P | 71g C | 29g F*

### Option 3: Lean Beef Stir-fry

- 340g Halal Lean Beef
  - 284g Mixed Peppers/Onions
  - 58g Olive Oil *Macros: 885 kcal | 85g P | 71g C | 29g 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: 496 kcal | 48g P | 40g C | 16g F*

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

- 192g Low-fat Cottage Cheese
- Cucumber slices *Macros: 496 kcal | 48g P | 40g C | 16g F*

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

- 2 Whole Eggs + 96g Egg Whites *Macros: 496 kcal | 48g P | 40g C | 16g F*
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## **Meal 4: Dinner**

*Choose ONE of the following three options:*

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

- 340g Halal Lean Steak
- Large bunch of Asparagus
- 58g Butter/Oil *Macros: 885 kcal | 85g P | 71g C | 29g F*

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

- 425g Salmon
- 284g Spinach/Kale *Macros: 885 kcal | 85g P | 71g C | 29g F*

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

- 340g Shredded Chicken
  - Clear Veggie Soup
  - 71g Small Bun/Roti *Macros: 885 kcal | 85g P | 71g C | 29g F*
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